

# Renfrew County and District Aboriginal Friendship Centre

## Electronic Newsletter

March - April 2020

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### Members and Friends

This is the first edition of our electronic newsletter as it has become too expensive to do as a mail-out. Our membership continues to grow into areas such as Sudbury, the Sharbot Lake area, North Bay, Mattawa and Quebec. These are primarily Algonquin people that originated from this area and relocated.

We have been busy around our office in Petawawa dealing primarily with our mandate of Health Care, Education, Housing and Employment. For a start we have had problems with our Aboriginal Awareness Program due to the teachers strikes that had occurred and now the pandemic. The ladies from the Turtle Lodge will be able to deliver information on the program soon.

We are pleased to have the Turtle Lodge on board and I am sure they will have a lot to contribute. The Anishinaabe Cultural Circle through the Waka-ehi Lodge located at 464 Isabella St in Pembroke, Ontario meets every month to provide teachings and discuss various issues and concerns around the indigenous family.

A new program that I personally was involved with for the last several years is the Aboriginal Diabetes Program. This service is provided through the Pembroke Regional Hospital through Jennifer Meere. Native people are in the high-risk category for diabetes, if you or anyone you know is having problems and needs assistance please contact myself or Jennifer at the hospital.

Education is still very big with us, we believe with the proper education you can get a good job that provides proper housing and health care. We are willing to help as much as possible. What is currently available is coverage for two years of college or the last year of University. Trade programs are also in demand as there is a shortage of tradespeople. For more information contact me through email or phone.

What follows is a brief description of each service.

Chi Meegwetch

### **Robert Guyea**

Director / Chief

Renfrew County and District Aboriginal Friendship Centre

Bonnechere Algonquin Community

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## The Circle of Turtle Lodge

**Aimee Bailey** • 613-325-9977 • Home: 613-625-9980 • [info@thecircleofturtlelodge.ca](mailto:info@thecircleofturtlelodge.ca)  
13162B Hwy 60, Golden Lake, ON, K0J 1X0.

Kwey kwey. The Circle of Turtle Lodge has been reviving, promoting and restoring Traditional Anishinaabe Culture in the Ottawa Valley since 1999. We are a not-for-profit organization and a registered charity based in Deacon, Ontario which is at the head of Golden Lake in unceded Algonquin Territory. Anyone with Indigenous heritage may join us (see our website: <http://thecircleofturtlelodge.ca>). Our members include individuals from many different Indigenous Nations from across Turtle Island regardless of *status*. Some of the projects that we have undertaken since we began are:

- *Anishinaabe 101* - a primer for anyone wanting to learn about Indigenous Culture; first published in 2000, now on our 12th printing. Available on Website.
- *Getting the Basics' Cultural Retreat* in 2003 at Lamp Lutherlyn on Golden Lake; at sunrise ceremonies, teachings, feasts, talking circles.
- *Anishinaabekwe Rising Program* in 2009-10 - a series of travelling workshops to introduce Indigenous Women to Talking Circles and Moon Ceremonies.
- *Anishinaabekwe Rising Program II* in 2011-12 - a series of workshops on Traditional Arts and Crafts held in Deacon for Indigenous Women from across the territory.
- Cultural support for many of the Algonquins of Ontario communities.
- Seminars on Truth & Reconciliation Commission's Calls to Action.

- *Indigenous History Month* at Algonquin College in Pembroke: static displays, slide presentations, cultural workshops & exercises, talking circles and ceremony
- Cultural support for the Renfrew County and District Aboriginal Friendship Centre and their Indigenous Awareness Program for elementary and secondary schools.

Since becoming a Registered Charity in 2015 we've refined our focus to *helping Indigenous People access Ceremony and Teachings from Traditional Elders and Spiritual Leaders*. Should you or anyone in your Circle wish to financially support our objectives, donations can be made directly to us or securely online through [Canada Helps](#). If your organization is interested in engaging us for cultural education sessions, please contact our Spokesperson Aimee Bailey.

If you are of Indigenous Heritage, you may become a member of our Circle by submitting this form: <http://circleofturtlelodge.ca/membership-join/membership-registration/>

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## Renfrew County Indigenous Diabetes Navigation

**Jennifer Meere** • 1-855-293-7838 • 613-633-0886 • Fax: 613-732-6350 •  
Pembroke Regional Hospital

A new Indigenous Diabetes Navigation resource is available to support all residents **who self-identify as indigenous** and have **Diabetes** (including at-risk, type 1, type 2 and gestational) living within our communities in Renfrew County!

The navigator (Jennifer Meere) takes care of the community members in the role of a professional resource who assists in guiding them through their health care journey and various aspects of the health care systems.

How this new resource can help you (the client):

The navigator works collaboratively with you, your family, and your care teams to learn what your care needs are and create a coordinated care plan through a holistic lens; acting as an advocate and a guide. Working with the navigator will help you to relieve the stress and frustration that can be associated with accessing the services you require. The navigator also acts on your behalf to encourage a culturally inclusive approach to your care and enhances your skills in your ability to make your own choices related to the management of your health-related goals. The goal is to reduce any barriers related to your diabetes care!

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In addition, there is a dental program called the Ontario Seniors Dental Program, that is a great program for those who qualify (over 65 and meet the income requirements) to receive dental care as well as 80-90% coverage for dentures.

<http://ontario.ca/page/dental-care-low-income-seniors> and is an easy program to enroll into if you follow the link.

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## **Anishinaabe Cultural Circle**

**Angela Duchene** • 613-735-6866 ex 2052 • Waka-ehi Lodge, 464 Isabella Rd, Pembroke, ON

Anishinaabe Cultural Circle consists of partnerships between FCS, MNO and the Renfrew County and District Aboriginal Friendship Centre. These partners came together in order to bring culture and provide a safe space for local Indigenous people to gather and learn about their culture and traditions through local elders and knowledge keepers. As well as provide education and youth engagement through the Waka-ehi lodge located in Pembroke, ON where all are welcome. The Anishinaabe Community Group is a committee that meets once a month, composed of local service providers who plan events and speak about joint Indigenous families in need and how the local community can help provide family circles and Indigenous connections. If interested or would like more information please contact Angela Duchene, the co-coordinator.

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This newsletter is edited and designed by Emelie Janes, Office Administrative Assistant.

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