



# SNOWBIRD LODGE

## Waa Pina Kosiis Miiki Waahp

MAY, JUNE, JULY, AUGUST 2014

Our Vision

The vision of the Waa Pina Kosiis Miiki Waahp is that families will have the opportunity to be healthier, stronger and well balanced.

Our Commitment Statement

To provide First Nations families with supports, resources and linkages focused on empowering families to find balance, emotionally, physically and spiritually in their life journey.

### A Void in Vision

*From the adventures of Louis Ogemah*



*Snowbird Lodge Mural, Louis Ogemah*

A long time ago, in a forest far, far away, I completed my journey that started when I was a boy. In the summer of 1990, I was 27 years old, and going through a religious/spiritual transformation which culminated with a vision quest. For ceremonial purposes, I went to three directions: north to Gimli; south to the Dakotas; and, finally west to Long Plains. When I acknowledged the directions meant something, I consulted an elder who stated the obvious. I must go east, because the spirit which I encountered in my youth, was calling me.

When I was 12 years old, I lived at my kokum's house near Kenora, on Lake of the Woods. It was here, in the forest, down a trail near my kokum's house, I had seen an apparition. I saw it for 4 days, and on the fifth day it was gone. We moved to Winnipeg and when I was 14, I told my parents who called in my kokum. She told my parents that it was my spirit guide, a Manitouk, and that it was there to guide me in a vision

quest. My father explained what a vision quest was and what I may become if I was to follow this path, but I didn't think it was for me at the time.

My next encounter happened when I was 17, during a wild rice picking adventure which ended abruptly. It was night, my family and I had come in from town and when we got out of the cab I saw a glowing person walking through the forest on the trail from my kokum's. I panicked but both my mother and little sister could not see it. This glowing man then walked through me. Again, on the trail near a swamp area, I noticed the leaves shimmering and then the bushes parted, the same man came through and talked with me. The last time was in my bedroom, but my grandfather who had recently passed away, came to me in a dream and sang a drum song to me. The spirit was gone. The next day, I bought a bus ticket and I went back to Winnipeg, vowing never to return.

Ten years went by, and the signs I acknowledged as being a religious calling commenced. I journeyed back to the reserve with my mother and we consulted with Mikanak the local elder shaman. He spoke in Ojibwe and told my mother and I about the vision quest, adding that I was to go alone, deep in the forest. Filled with anxiety, excitement and faith I did just that, and faced my fears.

For more info about any of the programs please contact the front desk.  
(204-944-4100)  
sbl@gov.mb.ca

#### SNOWBIRD LODGE STAFF

**Supervisor**

Margaret Marin 944-4107

**Social Workers**

Liz ..... 944-4112

Ian ..... 944-4106

Norma .....944-4117

**Elders**

Paul ..... 944-4105

Linda ..... 944-4297

**Elders Helper**

Louis ..... 944-4109

Angela .....944-4109

IN THIS ISSUE...

A Void in Vision by Louis Ogemah	1
Calendar of Event	2-3
Program Descriptions	4

**Snowbird Lodge ensures holistic and wrap around services through culturally appropriate and supportive programs.**

**The families that attend are referred by ANCR, external CFS Agencies and self referrals.**

# May 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Arts & Crafts 10-12 Family Harmony-1:30-3:30 Drum Teaching 5-7	6 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8	7 Men's Wellness 10-12	8 Triple P 1:30-3:30 / 6-8	9
12 Arts & Crafts 10-12 Family Harmony-1:30-3:30 Drum Teaching 5-7	13 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8	14 Men's Wellness 10-12	15 Triple P 1:30-3:30 / 6-8 Vision Quest 9-4	16 Sweat Lodge 11 am
19 <b>VICTORIA DAY LODGE CLOSED</b>	20 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Parenting Teens 1:30-3:30	21 Men's Wellness 10-12 Relapse Prevention 1:30-3:30	22 Triple P 1:30-3:30 / 6-8 Relapse Prevention 10-12	23
26 Arts & Crafts 10-12 Drum Teaching 5-7	27 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Parenting Teens 1:30-3:30	28 Men's Wellness 10-12 Relapse Prevention 1:30-3:30	29 Triple P 1:30-3:30 / 6-8 Relapse Prevention 10-12	30 Lodge Closed AM

*SHARING CIRCLE: TUESDAY, WEDNESDAY, THURSDAY 1:30 TO 3:30*

# June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Arts & Crafts 10-12 Drum Teaching 5-7 Family Harmony 1:30-3:30	3 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Parenting Teens 1:30-3:30	4 Men's Wellness 10-12 Relapse Prevention 1:30-3:30	5 Triple P 1:30-3:30 / 6-8 Relapse Prevention 10-12	6
9 Arts & Crafts 10-12 Drum Teaching 5-7 Family Harmony 1:30-3:30 / 6-8	10 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Parenting Teens 1:30-3:30	11 Men's Wellness 10-12 Relapse Prevention 1:30-3:30	12 Triple P 1:30-3:30 / 6-8 Relapse Prevention 10-12	13 Sweat Lodge 11 am
16 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	17 Managing Your Anger 1:30-3:30 / 6-8 Parenting Teens 1:30-3:30	18 Men's Wellness 10-12 Relapse Prevention 1:30-3:30	19 Triple P 1:30-3:30 / 6-8	20 Summer Feast
23 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	24 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Parenting Teens 1:30-3:30	25 Men's Wellness 10-12 Women's Wellness 1:30-3:30	26	27 Lodge Closed AM
30 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8				

# July 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Canada Day Lodge Closed	2 Women's Wellness 1:30-3:30	3 Skirt Making 10-12	4 Picnic in the Park 10-3pm
7 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	8 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	9 Medicine Bundling 9-3 Men's Wellness 10-12 Women's Wellness 1:30-3:30	10 Skirt Making 10-12 Triple P 1:30-3:30 / 6-8	11 Sweat Lodge 11 am
14 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	15 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	16 Medicine Bundling 9-3 Men's Wellness 10-12 Women's Wellness 1:30-3:30	17 Skirt Making 10-12 Triple P 1:30-3:30 / 6-8 Medicine Bag and Rock Bundling 9-3	18
21 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	22 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	23 Medicine Bundling 9-3 Men's Wellness 10-12 Women's Wellness 1:30-3:30	24 Skirt Making 10-12 Triple P 1:30-3:30 / 6-8	25 Sundance 10 am
28 Arts & Crafts 10-12 Family Harmony 6-8	29 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	30 Medicine Bundling 9-3 Men's Wellness 10-12 Parenting Teens 1:30-3:30	31 Puppets for kids 10-12 Triple P 1:30-3:30 / 6-8	
SHARING CIRCLE: TUESDAY, WEDNESDAY, THURSDAY 1:30 TO 3:30				

# August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Civic Holiday Lodge Closed	5 Reclaiming Women's Self 10-12 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	6 Medicine Bundling 9-3 Men's Wellness 10-12 Parenting Teens 1:30-3:30	7 Puppets for kids 10-12 Triple P 1:30-3:30 / 6-8	8 Sweat Lodge 11 am
11 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	12 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	13 Medicine Bundling 9-3 Men's Wellness 10-12 Parenting Teens 1:30-3:30	14 Puppets for kids 10-12 Triple P 1:30-3:30 / 6-8	15
18 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	19 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	20 Medicine Bundling 9-3 Men's Wellness 10-12 Parenting Teens 1:30-3:30	21 Puppets for kids 10-12 Triple P 1:30-3:30 / 6-8	22 Overnight Camp
25 Arts & Crafts 10-12 Family Harmony 1:30-3:30 / 6-8	26 Managing Your Anger 1:30-3:30 / 6-8 Medicine Picking 9-3	27 Medicine Bundling 9-3 Parenting Teens 1:30-3:30	28	29

# PROGRAM DESCRIPTIONS

## Certificate Programs

**Managing Your Anger:** 8 week program offered to assist participants to manage their anger and learn healthy ways of coping.  
**Facilitator:** Ian/Norma, **Tuesdays May 6-June 24 and July 8 to August 26, 2014 (1:30-3:30 & 6-8 pm).**

**Relapse Prevention - Quakadziwin:** 9 sessions that provides recovery tools, social work perspectives and Aboriginal teachings for participants who want to "turn their lives around".  
**Facilitator:** Louis/Ian, **Wednesdays (1:30-3:30) & Thursdays (10-12) May 21 to June 18, 2014.**

**Triple P Parenting Program:** 7 week program that provides opportunities to learn positive parenting skills through observation and discussion, practice and feedback. **Facilitator:** Norma/Ian,  
**Thursdays, May 8 to June 19, 2014 (1:30-3:30 & 6:00-8:00) and July 10 to August 21, 2014 (1:30-3:30 & 6:00-8:00)**

**Family Harmony:** 8 week program to deal with issues of domestic violence and its impact on daily life. **Facilitators:** Norma/Liz,  
**Mondays, June 2 to July 21, 2014 (1:30-3:30) and June 9 to July 28 (6:00-8:00), and Aug 11– Oct 6 (1:30-3:30).**

**Parenting Teens:** 6 week program for parents focusing on teen developmental issues and concerns. Group discussions, sharing and video resources will be incorporated into the program. **Facilitators Liz/Louis,**  
**Tuesdays, May 20 to June 24, 2014 (1:30-3:30) and Wednesdays, July 30 to September 3, 2014 (1:30-3:30)**

## Open Programs

**Arts & Crafts:** Every Monday, join us for the Arts & Crafts Class Blast! **Facilitator: Louis, Mondays (10:00-12:00)**

**Men's Wellness:** Ongoing program utilizes a combination of contemporary and Aboriginal healing approaches and ceremonies. The program will be delivered utilizing the holistic healing concept to address health, wellness and other concerns.  
**Facilitators: Ian Wednesdays (10:00-12:00)**

**Women's Wellness:** 5 week program utilizes a combination of contemporary and Aboriginal healing approaches and ceremonies; holistic healing concept to address health, wellness and other concerns. **Facilitators: Angela/Linda**  
**Wednesdays June 25 to July 23, 2014 (1:30-3:30)**

**Reclaiming Women's Self:** 6 week program designed to enhance one's self-esteem, changing negative to positive coping skills, increase self awareness and empowering women to make positive life changes.  
**Facilitators: Liz/Norma, Tuesdays, May 6 to June 10, 2014 and June 24 to August 5, 2014 (10:00-12:00)**

**Puppets for Kids:** 4 sessions will have children doing hands on learning to make hand puppets, puppet stage and perform a puppet show for parents. **Facilitator: Louis Thursdays July 31 to August 21, 2014 (10:00 am-12:00 pm)**

## Cultural Programs

**Drum Teachings:** 8 week program teaching about the hand drum and learning drum songs. A drum is used to bring balance and rejuvenation to a person. **Facilitators: Linda/Angela, Mondays, April 7 to June 9, 2014 (5:00-7:00)**

**Medicine Picking:** The Cultural team will take participants to gather plants (Sage, Cedar, Sweetgrass) from various communities.  
**Facilitators: Cultural Team, Tuesdays 9-3 July through August**

**Medicine Bundling:** Participants can join Cultural Team for teaching and participating in the cleaning and storage of the traditional plants that were gathered. **Facilitators: Cultural Team, Wednesdays 9-3 July through August**

**Vision Quest:** Each year in May Turtle Lodge hosts a gathering where Youth go out for ceremony. Vision Quest is a rites of passage for young boys. Snowbird Lodge will attend the ceremony as observers to honour and learn about this ceremony. **Cultural Team Thursday May 15 (9:00-3:00)**

**Sweat Lodge:** Once a month Snowbird Lodge Cultural Team conducts a Sweat lodge ceremony for participants. Sweat lodge is a cleansing and healing ceremony which takes place at Marymount. **Facilitators: Cultural Team**

**Sundance:** This is one day outing for participants to observe and support the Sundance ceremony which takes place outside the city.  
**Facilitators: Cultural Team, July 25, 2014.**

**Medicine Bag and Rock Bundling:** Participants will take part in making a medicine bag and receive a teaching about the use of a medicine bag. **Facilitator: Louis, Thursday July 17, 2014 (9:00 am to 3:00 pm)**

**Skirt Making:** 4 week program that will teach participants the connection between the Skirt and the Tipi teachings.  
**Facilitators: Angela/Linda Thursdays July 3-July 24, 2014 (1:30-3:30)**

**Summer Feast:** Time to give thanks to creator and celebrate Summer season with families and staff.  
**Friday June 20, 2014 Everyone welcome!**

Taking a bus?

Route 29 and 15 stop on the corner  
of Sargent and Sherbrook.

[www.ancr.ca](http://www.ancr.ca)

591 Sherbrook Street  
Winnipeg, MB, R3B 2W9  
Phone: (204) 944-4100  
Fax: (204) 944-4138

HOURS OF OPERATION

Monday—Friday  
8:30—4:30