



pabineau

FIRST NATION

April Newsletter 2017

Penatmuiku's - Egg Laying Moon





Happy Birthday To...

Marie Sherry Lynn Bishop
Jessica April Prisk
Sarah Rose Peter-Paul
Aaron Austin Peter-Paul
Barbara Mary-Theresa Calderone
Xander Gerald Cupelli
Benjamin Peter Paul
Kirk James Ellis
Carol Ann Lewis
River James Caplin
Melissa Dawn Lanz
Christopher Ryan Peter-Paul
James Berry Alexander
Oscar Gordon Johnson
Kevin Scott Patles-Richardson

Eddie Joseph Gray
Ryan Joseph Marchand
Wallace John Fraser
Gordon Michael Alex Sparks
Barbara Ann Boudreau
Gloria Rose Kryszko

Happy Anniversary to:

Ben and Janet Paul
April 12, 1957

Congratulations!



Compost Green Cones



Dear Community,

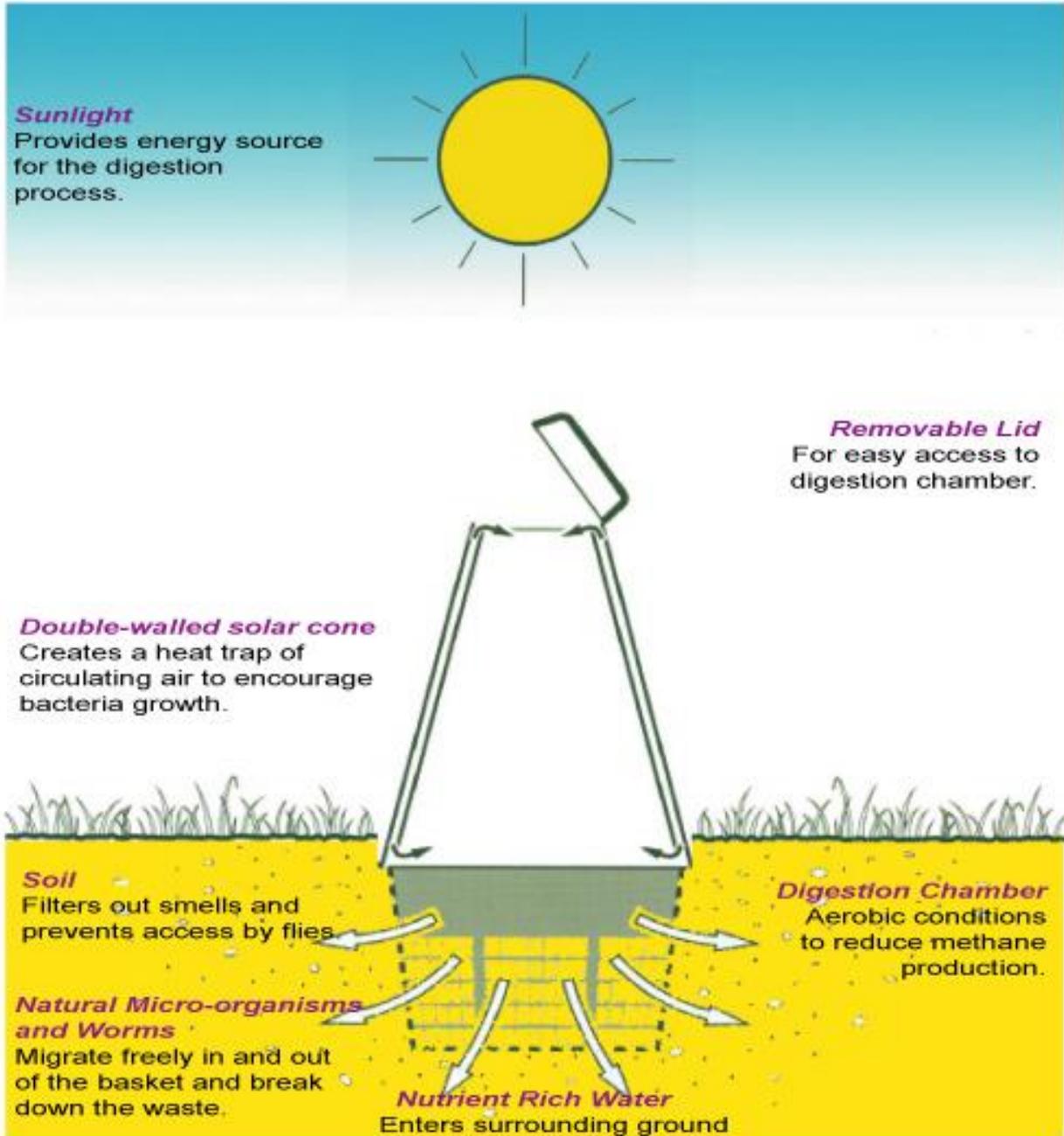
For those interested in having a compost green cone for table scraps installed in their yard, please contact Phyllis Grant at reception. I am compiling a list of homes who want the compost cone. **The cost and installation will be covered this spring.** Please note that this is a long-term composter for table scraps only. It's not mandatory, but if you are interested in composting table left-overs at your home, this is a good time to do it because in the future, the installation and cost will not be covered.

Please call 548-9211 to be included on the installation list this spring. You may also e-mail me at phyllgrant@gmail.com

Thank you!

Phyllis Grant

How the Green Cone Works



Over 90% of the waste material in your Green Cone will be absorbed as water by the soil.

YES!

Add these to your cones:

Fish ~ Meat ~ Poultry

All bones

Bread

Fruit (*including peelings*)

Vegetables (*including peelings*)

Dairy products

Raw and cooked food scraps

Crushed egg shells

Tea bags

Coffee grounds (*but not coffee filters*)

**Small amounts
of animal excrement**

NO!

Keep these out:

Metal ~ Wood

Plastic ~ Glass

Paper ~ Straw

Bulk oil

Disinfectant ~ Bleaches

Grass cuttings ~ Hedge clippings

**Large amounts of coarse
vegetable matter**

(*corn husks, pea shells, etc.*)

(While digestible, large quantities
fill a cone – compost it instead!)

What to Feed Your Green Cone

(and what not to)



Recipe

The Best Chocolate Cake Recipe {Ever}



The Best Chocolate Cake Recipe - A one bowl chocolate cake recipe that is quick, easy, and

delicious! Updated with gluten-free, dairy-free, and egg-free options!

Author: Robyn Stone | Add a Pinch

Cuisine: Dessert

Serves: 12

Ingredients

- 2 cups all-purpose flour
- 2 cups sugar
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 2 teaspoons baking powder
- $1\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon [espresso powder](#)
- 1 cup milk, buttermilk, almond, or coconut milk
- $\frac{1}{2}$ cup vegetable, canola oil, or melted coconut oil
- 2 large eggs
- 2 teaspoons [vanilla extract](#)
- 1 cup boiling water
- [Chocolate Buttercream Frosting Recipe](#)

Instructions

1. Preheat oven to 350° F. Prepare two 9-inch cake pans by spraying with baking spray or buttering and lightly flouring.

For the chocolate cake:

1. Add flour, sugar, cocoa, baking powder, baking soda, salt and espresso powder to a large bowl

- or the bowl of a stand mixer. Whisk through to combine or, using your paddle attachment, stir through flour mixture until combined well.
2. Add milk, vegetable oil, eggs, and vanilla to flour mixture and mix together on medium speed until well combined. Reduce speed and carefully add boiling water to the cake batter until well combined.
 3. Distribute cake batter evenly between the two prepared cake pans. Bake for 30-35 minutes, until a toothpick or cake tester inserted in the center of the chocolate cake comes out clean.
 4. Remove from the oven and allow to cool for about 10 minutes, remove from the pan and cool completely.
 5. Frost cake with [Chocolate Buttercream Frosting](#).

Calendars

Chief David Peter-Paul: Please contact reception.

Councilor Terry Richardson: Time is divided between Pabineau and Trevali Mine.

Councilor Chris Turkenkopf: See reception.

If you have any questions, please contact Phyllis at reception. 548-9211. Thank you.

Free 2017 Discovery Pass

As Canada's gift to you, the 2017 Discovery Pass will provide free admission for the entire year to Parks Canada places from coast to coast to coast.

Find adventure, fun for the whole family or a short break from the everyday. There's never been a better time to make your Parks Canada dream a reality!

Start planning your next visit at parksCanada.gc.ca/visit.

