



pabineau

FIRST NATION

December and January Newsletter 2016



Submitted by Anthony Peter-Paul:

Dear Pabineau First Nation band members,

My name is Tony Peter-Paul, I am the new Community Liaison Coordinator for Mi'gmawe'l Tplu'taqnn (MTI), most of you know me well. I recently started this position, and I'm based out of the Pabineau Band Office, upstairs in the old-section. My office doors are always open during business hours for band member questions regarding MTI. If you have any questions regarding MTI and what we do, do not hesitate to come see me, call me, and Email me, whatever method works best for you. It is my job to represent Pabineau band member's questions, thoughts, and opinions regarding treaties, rights, the pipeline, self-government, and much more. Bring me your questions or concerns, I will note them, and during MTI's next community engagement in Pabineau, MTI will have time to research your questions prior to the community engagement meeting in the new-year, and be prepared to answer them. Don't be shy; everyone is welcome to speak with me. I'm here for you.

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Regards,

Tony Peter-Paul.

Submitted by Marie Kryszko:

Just follow our 31 easy immune-boosting tips

Winter presents a unique challenge to our immune systems. Because we're not eating as many fresh fruits and vegetables or spending as much time outdoors or exercising as the rest of the year, our bodies aren't getting the nutrients they need to stay well during cold and flu season. All around us, coworkers are coughing and sneezing, kids are bringing more than homework back from school, and bacteria are lurking on every banister and door handle. While we may not be able to avoid every bug making the rounds, there are steps we can take to strengthen our immune systems to repel and minimize the harmful effects of these intruders. The following list of immune-boosting tips will not only protect you against seasonal colds but will also put you on the road to a lifetime of good health.

1. Take 30 minutes to get some physical exercise (do this 3 to 4 times a week).
2. Try a vegetable you haven't tried yet: artichoke, kale, broccoli rabe.

3. Clean your telephone receiver and computer keyboard with alcohol or disinfectant swabs (you can do this daily).
4. Take immune-boosting vitamins: E (200 to 400 IU); C (500 mg.); B complex (50 mg.); selenium (100 mcg.); zinc (no more than 30 mg.) every day.
5. Get (or give) a hug.
6. Get an additional 15 grams (g.) of fiber a day by eating fresh fruits and vegetables, whole grains, including whole-wheat bread, brown rice, bran cereal and bulgur. The RDA for fiber is 25g.
7. Drink at least eight 8-oz glasses of fresh, pure water (every day).
8. Starting today and continuing for two weeks, take any of the following immune-supportive herbs: echinacea, astragalus, goldenseal, licorice. Follow label recommendations for dosage and frequency. Stop for two weeks, then start again.
9. Wash your hands several times a day, especially if someone in close proximity to you is sick.
10. Reduce your intake of saturated fats. Fat levels (all fats) above 20 percent of total daily calories interfere with your body's immune response.
11. But do get essential fatty acids (omega-3, oleic acid, linoleic acid) from olive oil, soybeans, spinach and mustard greens, avocados, nuts and seeds, especially flaxseeds.
12. Skip the sugary treats. Sugar slows down the activity of white blood cells, which carry out a major portion of the immune system's infection-fighting functions.
13. Cook a meal with beans (adzuki, navy, pinto, chickpeas). Their high-mineral, high-fiber, low-fat profile provides protein and essential nutrients. Plus they're deliciously versatile.
14. Today (and as often as possible) eat only freshly prepared food. Cooking, freezing and reheating rob foods of vitamins and minerals.
15. Learn a yoga pose for strength, balance and mental clarity.
16. Avoid foods that you know to cause gas, heartburn, bloating or wheezing. Common allergens include dairy products, wheat gluten, eggs, chocolate and peanuts.
17. Increase your protein intake (today and throughout the winter). It warms the muscles by increasing cell growth, therefore chasing winter chills away. But avoid dairy products; dairy increases mucus production and causes calcium to be leached from your bones. Instead, turn to

beans, greens (kale and spinach), tempeh, tofu and seitan, which can be eaten alone or added to soups, stews, stir-fries and casseroles.

18. Rent a video of your favorite comedy and laugh out loud.

19. Try a new flavor of yogurt: The beneficial bacteria (*Lactobacillus acidophilus*, *L. bifidus*) guards against yeast overgrowth, which weakens the immune response.

20. Get 10 minutes of sunshine today and every day. But skip the sunblock--so the rays are absorbed into the skin and then converted to vitamin D by the liver.

21. Get your "5-a-Day" servings of vegetables and fruits. A good shortcut: fruit smoothies.

22. Give up smoking! (If you don't smoke, give up something else, such as caffeine or nail biting.)

23. Spend 10 minutes a day doing deep, focused breathing to relieve stress. Chronic stress puts a damper on more than just your mood. It can shut down the immune system by keeping the body in an artificially stimulated state that drains resources.

24. Take a salsa dance lesson to increase your heart rate and to have some fun.

25. Spice up your life. Curry, ginger and garlic fight off bacteria, warm up chilled muscles and increase blood circulation.

26. Sing--anything!

27. Pet your dog or cat. Or get one. People who have companion animals live longer.

28. Go to bed an hour earlier--especially if you feel weak or as if you're coming down with something.

29. Switch from black tea or coffee to green tea. Drinking up to 3 cups a day helps fight off cancer cell growth.

30. Smile. Because we all know what happens when you smile.

31. Last but not least: Indulge in a small piece of your favorite chocolate. Health claims aside, it just makes you feel good!

DRUM TEACHINGS
The Drum Represents Mother's Heartbeat/Mother Earth

Different Types of Drums

- Small, large
- One sided, two sided
- Water drum

Using your Drum

- Drum is for healing, prayers for people, life giver
- Uplifts your spirit
- Brings back your own spirit-centering/grounding
- Reconnects your spirit

Teachings to consider while making your drum

- Test of your patience
- Enjoy your creative side of using your hands
- Reconnect your inner-child

Emotions while making your drum-differs for everyone

- Range of emotions, worthy of making a drum
- Emotions vary: sad, happy, angry, frustrations, fear etc.
- Learning to ask others for help, this says a lot about your way in coping with life

Caring for your drum

- Feed your drum with Bear grease
- Respect for your drum with tobacco offering, refraining from alcohol and drugs and moon time
- Hanging your drum-wrapping your drum in cloth or placing your drum sensitive to heat or cold weather
- How do you hear your drum if needed
- Don't be shy-use your drum especially if your emotions are down because your drum is medicine
- Food offerings can be made after you make your drum
- Fasting for your drum and for songs
- Attend ceremonies to bless their drum

IT'S YOUR MEDICINE



A Christmas Story by Gilbert Sewell

Nuwelewing – Christmas

By Gilbert Sewell

Well, this is the time we celebrate Christmas. My mother would say: “Son, go and cut a tree for Christmas..” so I would take my axe and a three foot buck-saw, and ask my sister to join me. We would travel the wooded area behind the house. Sometimes we would travel for more than an hour looking for the right tree. The perfect tree would often be so high that I would have to climb the tree and cut the top off. Then we would drag the tree on top of the snow leaving a trail covering our tracks until we got home. Once we arrived home, we would measure the length with a pole, making sure we had enough room to place an angel on top. This was usually done the day before Christmas. And a day after New Year’s is when we would take the tree out. Not at all like today, where the artificial tree goes up 6 weeks before Christmas, and taken down a week after new years. I brought up in a home with 5 sisters, 1 brother, mom and dad, and a grandfather. We usually only had one gift for Christmas. If I was lucky, my father would bring home a nice pair of woolen socks knitted by Mrs. Frank Sam Branch (Mary) For Christmas dinner we would have Moose roast (tiamuei) and vegetables. Again, if we were lucky, we would also have rabbit stew (wapusewei)! Homemade bannock (lusgnign) and homemade butter (aq melagejumi) with molasses (gastio’mi) was desert. After dinner, I would go visit my friend David Branch, or Norman, his cousin. I remember them sharing a gift with me –usually a toy car that they received. Back then, the spirit of Christmas meant a lot to me. Also, they would serve a big turkey. As I look back, we didn’t have much, put we shared what we had...both friends and relatives. They meant everything to me. Afterward, we couldn’t wait to go outside into the fields or try out the new skis and sleds they had. I tell these stories about what Christmas was like back in the 1950’s, and my son says “Yeah, sure!”. Na M’set. (That’s All)

Happy Birthday!



December Birthdays – Happy Birthday!

Melanie Louise Peter-Paul

Christopher John Junior Turkenkopf

Troy Raymond Daniel Sewell

Alfred Henry Jr. Halka

Page Alberta-Brooke Sewell

Ashlee Heather Peter-Paul

Ethan Douglas Fraser

Brian Louis Murphy

Anthony Jason Doucet

Owen John Reilly O'Neill

Ava Mae Sewell

Kelly Jessica Darlene Sabatine

Wanda May Hannah Fagan

Jason William Verwey

Tiffany Rose Thyr

Angie May Myshrall

Steven George Cupelli

Lucas Henry Julien

Nathaniel Guy Belliveau

Mandi Kathleen Jones

Taylor Lynn Richardson

Crystal Shena O'Neill

Ernest Shane Sparks

Brenda Mildred Alexander-Murphy

Nicholas Noel Prisk

Ruby Marie Aubie

Jennifer Lynn Aubie

Karen Marie Sabatine

Chivas Brooke Peter-Paul



January Birthdays – Happy Birthday!

Anthony Percy Kryszko

Joseph Boone Prisk

Christopher John Paul

Chael Michael Holmes Ignacz

Giovanni Guissepe Antonio Calderone

Jason Christopher Aubie

Jeffery Brian Aubie

Marie Louise Vermette

Carolyn Ann Fraser

Marilyn Ann Fraser

Bryan Corey Julian

Terri Leigh Rochelle Savard

Mary Catherine DeLong

Mary Phyllis Ignacz

Jasmine Vanessa Fairbairn

Miklos Lubicski

Amber Alexandria Peter-Paul

Stephen Peter Jean Sewell

Robert John Mellway

Mary Sarah Ann Mundle

Thomas Gregory Peter-Paul

Alfie Odin Dallaire

Joseph Robert Emery Kryszko

Kelsey Yvonne Bishop

Jarrold Douglas Fraser

Ronald Andrea Prisk

Christine Shannon Sparks

Christmas Recipe

TURKEY GRAVY

10 tablespoons roast turkey drippings
4 cups chicken or turkey broth
4 cloves garlic, minced
1 onion, thinly sliced
1-2 tablespoons minced celery (optional)
1/2 cup thinly sliced mushrooms (or 1 small can)
8 tablespoons all purpose or Wondra flour
1/4 teaspoon Gravy Master (optional)
salt and pepper, to taste
onion and garlic powder, to taste
1 tablespoon fresh Italian parsley, minced (optional)
Remove cooked turkey to heated platter.

Pour off as much of the top fat as possible from roasting pan. Remove all but 10 tablespoons of pan drippings from roasting pan. Using a baster, obtain the dark flavorful drippings from the bottom of the pan, discarding the clear fat portion. Return the drippings to the pan.

Add 1 onion, thinly sliced and 2 cloves garlic, minced. A few tablespoons of finely minced celery and 1/2 cup thinly sliced mushrooms may optionally be added.

Blend in 8 tablespoons flour and stir, scraping up bits from the bottom of the pan, until mixture bubbles.

Add 4 cups of chicken or turkey broth and simmer for 5 minutes. (If you have turkey or chicken soup base, this can be used; follow directions on container to reconstitute to make 4 cups).

Stir in a few drops of Gravy Master, if you prefer a darker gravy (you can also use toasted/browned flour). After simmering for 15 minutes, adjust consistency as desired by adding more flour if the gravy seems too thin, or more water or broth if the mixture is too thick. Simmer another 5 to 10 minutes after adding flour to give it a chance to cook.

Add salt and pepper, onion powder and garlic powder, to taste. Stir in parsley during the last 2 minutes of cooking.

Makes 8 - 10 servings.

Variations: Add green onions, coarsely chopped, or scallions. A pinch of rubbed sage or Bell's Seasoning goes well with turkey. If Wondra Flour is used to thicken the gravy less may be needed; add half as much and check consistency, adding more if you like. Add 1/4 cup dry sherry or port wine and simmer for another 10 minutes. Use up to 1 lb. fresh mushrooms. For the best gravy ever, roast your turkey with a few strips of thinly sliced salt pork over the breast, or use [Roast Turkey Rub](#). The drippings will make for extra tasty gravy!

Submitted by: CM

Calendars:

The community office, Headstart and health center will be closed from December 16 to January 10th. Have a safe and happy holiday.

