



# Oshki-Giizhig Inc.

A healthy community built on Indigenous journeys towards wellness

## **DID YOU KNOW?**

Oshki-Giizhig's holistic services aim to enhance physical, emotional, intellectual, and spiritual wellness

Many Oshki-Giizhig participants are successfully parenting their own children, whose number now totals over 30 healthy, happy little ones!

Oshki-Giizhig's participants are brought onto the land to assist in gathering the medicines that are used on a daily basis!



## **Oshki-Giizhig's Winter Solstice!**

In December, Oshki-Giizhig hosted its annual winter solstice celebration. A sacred pipe ceremony commenced the celebration, accompanied by insightful solstice teachings from Elder Kookoo Dianne. Special addresses, a sprinkle of winter jokes, and musical entertainment by a guitarist and DJ enriched the atmosphere as attendees shared laughter and cherished one another's company. A delectable feast from Shelly's Bistro—an Indigenous-owned establishment—awaited everyone, featuring an array of bannock pizzas, hearty soups, stew, and dessert. To express Oshki-Giizhig's appreciation for program participants, a raffle was held, adding an extra layer of excitement to the event. The event drew a fantastic turnout, and we were delighted to have MLA Nellie Kennedy join us in our celebration. Altogether, Oshki-Giizhig's winter solstice was a beautiful and memorable celebration for all!



## **A Message from Kookoo Dianne**

Han,

Shunghida Waci Emakiyapi ye,

Hello my relatives, It is with gratitude that I was able to celebrate the Winter Solstice with you. Gratitude for the Canunpa's that were lifted that day for the people as we entered into this time of rest and reflection. A time of sharing stories and visiting with one another. A time to experience the wonders of winter and the gifts that this season brings to us in its uniqueness. As we have moved into another year, this year of 2024 I remember and reflect on when I was a young child growing up in the 60's and 70's. Not even a thought about moving into this century. As a young adult I could not imagine what life would be like beyond the year 2000. I imagined it to be like the Jetsons! And I guess in some ways it is with the technology we have. For myself I am extremely grateful to be alive. To experience this number "2024" with my children and grandchildren and with each and everyone of you.

Pidamayaye for welcoming me into your family. It is an honour to spend time with you and be witness to all the beautiful heart work that happens at Oshki-Giizhig.

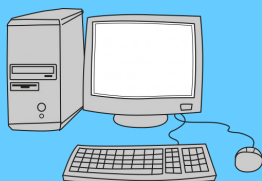
Take good care of yourself my relatives and enjoy this incredible season!

With Love

Kookoo/Kunsi Dianne

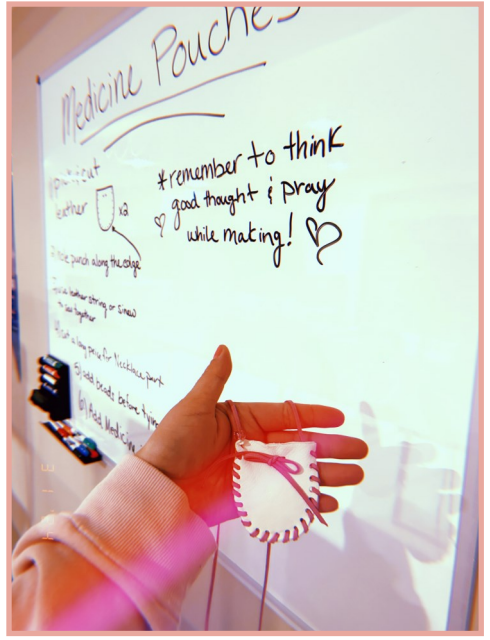
## **Walking Stick Program Desktop Computers**

Oshki-Giizhig recently acquired desktop computers for participants to use at our drop-in center. These computers are intended to assist participants with various tasks, including writing, printing, research, and much more. A big thank you goes out to our IT employee for their valuable assistance in setting everything up.



## Same Beaver Lodge, New Space

In January, our Beaver Lodge program transitioned to a new location – what an exciting change! To mark the beginning of the new year and Beaver Lodge's space a pipe ceremony was held, offering prayers for positive energy throughout the year and to cleanse the new building. As we welcomed back our Beaver Lodge program participants, Oshki-Giizhig kicked off programming with a session dedicated to crafting medicine bags. Anticipating the opportunities the new year holds, we are eager to create lasting memories in our new building.



## National Ribbon Skirt Day!

On January 4th Oshki-Giizhig celebrated National Ribbon Skirt Day. The ribbon skirt, a traditional symbol of identity and survival, reflects a deep connection to Mother Earth for First Nations and Metis peoples. Oshki-Giizhig recognizes that National Ribbon Skirt Day serves as a reminder of the collective responsibility to address injustices and discrimination, ensuring a future of respect and reconciliation.



## Go Jets Go!

Oshki-Giizhig has been generously presented with Winnipeg Jets tickets by player Neal Pionk, providing our program participants with the chance to enjoy the thrill of professional hockey. We express our sincerest gratitude to the Winnipeg Jets for making this experience possible for our participants. These moments truly showcase the uniqueness of our community. A big thank you to Neal Pionk for his generosity, and we eagerly look forward to the exciting games ahead!

## Oshki-Giizhig Merchandise

Hoodies—\$50.00

T-shirts—\$20.00

Toques—\$12.50

Tote Bags & Drawstring Backpacks - \$5.00

Please contact [tbell@oshki-giizig.org](mailto:tbell@oshki-giizig.org) to purchase



To make a charitable donation please see the link below

<https://www.canadahelps.org/en/charities/oshki-giizhig-inc/>

