

Kikinaw: Our Home

Exciting news towards equity and excellence

Welcome to the spring edition of the Kikinaw Newsletter (pronounced kee-kee-now). In this newsletter we share reflections from cultural activities around SSCY Centre, let you know about upcoming events, and share quality and equity initiatives. In each edition we share reflections on teachings from our Elders and Knowledge Keepers in the previous season as well as resources that may be helpful in your work and personal lives.

We would love your input on content for the newsletter. If you have ideas to share or a reflection or photos to submit, please get in touch: kikinaw@rccinc.ca.

Smudging at SSCY

We now offer smudge ceremonies most weekdays:

Monday, Wednesday & Thursday at 12PM, and Friday at 8:45AM.

Contact Rowelie at rcantalejo@rccinc.ca if you'd like the calendar invite.

See p.5 for more information about smudging.

Learning with Wisdom Keeper Mary Wilson

Each month, Wisdom Keeper Mary Wilson leads a webinar for SSCY staff and clients. They occur on the second Thursday of every month, from

12-1pm. [Click here](#) to

join the webinar or email rcantalejo@rccinc.ca to receive a calendar invitation.



Upcoming
full moons
2025

March 14: Worm Moon
April 12: Pink Moon
May 12: Flower Moon
June 11: Strawberry Moon

Full Moon Ceremony

Full moon ceremonies are a monthly time of strength when women and two spirit individuals gather outdoors to celebrate the feminine energy of grandmother moon in ceremony. If you are interested in learning more please connect with Knowledge Keeper Mary at mwilson@rccinc.ca.

Dreamcatcher Teaching

by Wisdom Keeper Mary Wilson

The Willow represents one of the most sacred medicines. The Willow tree is the one tree that has medicine within it to help heal and mend as it can bend and not break in that wheel of life. It represents the strength and core of the soul and how powerful we are. Willow brings protection so when we bend that willow, it teaches us that we can bend and not break. All the bending and scarring in a willow tree creates more strength. It teaches us that it is safe to bend in the circle of life. The sear hoop that strikes the medicine wheel, holds us safe from harm's way. That circle of love and that ability to bend provides us strength to carry on finding those teachings and lessons from deep within us. As the two ends of the willow hoop are joined together, it means the circle of life is complete and that the teachings are already held within that circle of life. The willow brings strength, protection, and love to those close to our hearts. With each bend the willow brings healing.

The sinew, the web, is designed to map the stars. The spiders and life inside the hoop have a connection and have a spiritual contract together to have a star map, a connection too far beyond what we all can see or understand. The spider has great wisdom, knowledge, caring and sharing. It has medicine that we need to create that web of life that is designed to catch all the negativity that comes through a person's life, particularly in their dream state in the day and in the night. The web of the spider keeps negativity off you and catches it within that web so that all the good dreams, good thoughts, good energy, and good prayers would fit through all the holes and through that screen and map of life in that circle of protection. The bad dreams and negative energy that gets caught in those places in the webbing. In that map of life, we've placed beads and stone to represent the spider itself. The spider itself who eats the negativity, creates the beauty, and has tons of rebirth and new beginnings within it. Sister spider, grandmother spider comes to visit us to bring us the medicine of being still, of being able to see beyond negativity and into a brighter day. As we go through her hoop of life, and when the negativity gets caught, it doesn't move but it stays there until it's cleansed out with smudge or with prayer with great consideration. This process will usually take about 4 days to complete. The beautiful intense webbing shows that it can handle so much and continues to catch all the negativity to transform it from a negative problem into something positive.

Once transformed, the positive thoughts move through the screen of life, drip down all the intricate webbing into the most beautiful goose feathers hanging from the bottom of the dream catcher. The goose is the bringer of dreams, the one that helps us with daydreams and nightdreams. The feathers are hung at the bottom of the dream catcher pointed to mother earth. The sleekness and slipperiness of the goose's feather is very important, as it allows the good dreams and positive energy to drip down the beautiful feathers and as the feathers shake, the positive energy is brought right back to mother earth.



Upcoming Events at SSCY ~Save the date!~

Spring Equinox Celebration: Friday March 21, 2025

We will be celebrating the advent of spring with a sunrise ceremony at 7:30AM, and an event in the SSCY Atrium at 10AM. All are welcome and there will be snacks!

Bear Witness Day: Friday May 9, 2025

Bear Witness Day is held to honour Jordan River Anderson, the name sake of Jordan's Principle. On this day, each year, Canadians are invited to advocate for the full implementation of Jordan's Principle. You can advocate or "bear witness" in your own way by writing to your MP or sharing information with others. Visit: <https://fncaringsociety.com/i-am-witness> for more details.



Other Significant Dates: Spring 2025

March 20: Elderbeary Day:

Elderbeary Day honours and celebrates the contributions of our Elders, who do so much to teach and raise our little ones. Celebrate by thanking your Elders for all that they do for you and for your community in ways that you believe best represents how much you care.

Source: [Elderbeary Day | First Nations Child & Family Caring Society \(fncaringsociety.com\)](https://www.firstnationschildandfamilycaringsociety.com/elderbeary-day)

May 5: National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQIA+ Peoples (MMIWG2SLGBTQIA+)

This day is also known as Red Dress Day with respect to Jaime Black's REDress art installation which helped inspire the red dress movement. On May 5th, many people across North America hang red dresses in private and public spaces to remember those who are missing and murdered.

May 16: Moose Hide Campaign

Moose Hide Campaign Day is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation.

June: National Indigenous History Month

During this month, we celebrate and honour the history, heritage and diversity of First Nations, Inuit, and Métis Peoples in Canada. This month is also a time for all Canadians to learn about, appreciate and acknowledge the Indigenous Peoples of Canada's immense contributions, both past and present.

Celebrations in the Winter Months

Winter Solstice 2024

On Thursday, December 19th, SSCY staff and families were invited to celebrate with children from the Inspired by Wonder Daycare. Wisdom Keeper Mary shared teachings and a feast followed the event. Donations were also collected for Acorn Family Place throughout the month of December.

National Ribbon Skirt Day January 4, 2025

National Ribbon Skirt Day was on Saturday January 4th, 2025. On January 10th, SSCY center staff gathered to hear teachings about Ribbon skirts from Wisdom Keeper Mary Wilson. Staff at SSCY Centre wore their ribbon skirts and shirts to honour the traditions and meaning behind the ribbon skirt. Many of these skirts were created at ribbon skirt workshops held through SSCY Centre!

National Ribbon Skirt day was established through an act of parliament on Dec 15, 2021 as a way for "everyone in Canada to recognize, learn about and celebrate the importance of Indigenous traditions and expressions of culture." - Senator Mary-Jane McCallum. (Source: January 4 is National Ribbon Skirt Day | CFWE, Alberta's Best Country: <https://cfweradio.ca/2024/01/03/13080/>)

You can read more about the history of ribbon skirts and Isabella Kaluk's story here: <https://shorturl.at/x6azi>



Have a Heart Day 2025

On Friday, February 14th, we celebrated Have a Heart Day-- a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.

Tables were set up around SSCY Centre with information, colouring pages and treats.

<https://fncaringsociety.com/events/have-heart-day>

Did you know that we have an Indigenous Interest Resource Library inside the SSCY Family Resource Centre?

This collection is open to everyone. Drop by learn more, or to loan a book or two!



What is smudging?

Submitted by Kally-Anna Clinton
Reviewed by Wisdom Keeper Mary Wilson

Smudging is a moment of personal ceremony where sacred smoke is created by burning Indigenous medicines. This is a practice used all over the world, each nation, culture, region, or person may have their own protocols to follow. Smudging often takes place to begin group events or done individually. Our smudging at SSCY has been using the traditional medicine of Sage to represent earth. The plant leaves are placed in shell, which represents water, and the lighting of the medicine represents fire and smoke represents air, which bathes the spirit. The smoke



created during the smudge is used to cleanse or heal your body, mind, and spirit.

During a smudging ceremony, we each take a personal moment to waft the smoke over ourselves by hand or using a feather. This can be done to invite good thoughts and feelings to yourself or into spaces, to go on with your day in a good way. The ashes symbolize negative energy being absorbed and removed.

Smudge ceremonies take place outside the front doors of SSCY Centre at various times throughout the week. All SSCY staff and families are welcome to join.

Indigenous Service Team Members: Justine & Rowelie



My name is Justine Hutton and I started on April 8th as the SCO Jordan's Principle Coordinator. I have a passion for working with families and enjoy connecting with anyone who walks past my office. My goal as the Jordans Principle Coordinator is to support families navigating services at SSCY, have a culturally safe space for families to visit, and offer support through the application process to access Jordan's Principle. I am a proud mother of two young children, Hazel and Tecwyn. In my down time I enjoy spending time with them, exploring Manitoba and attending yoga workshops.



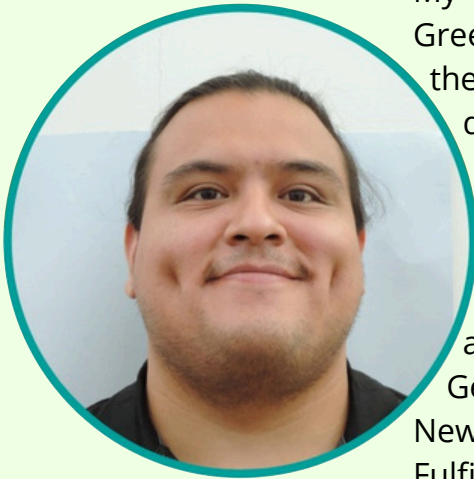
Rowelie Cantalejo is the administrative assistant for the Elder Services, Corporate and Human Resources at the Rehabilitation Centre for Children. She started her journey here at RCC in 2020 as the Clinic Assistant in the Prosthetic and Orthotic Department. Prior to this, she was worked at St. Boniface Hospital where she did staff scheduling and payroll for the Cardiac Sciences Program. Currently, she is a member of the Jordan's Principle/Truth & Reconciliation Committee, SSCY Health & Wellness Committee, Human Resources Committee and is the chair of the Indigenous Events Planning Committee. As part of her role, she helps to coordinate and organize a variety of Indigenous ceremonies and events at SSCY such as smudge ceremonies, webinars, in-person teachings or workshops, Orange Shirt Day and more.

Rowelie has always had a love for music. She discovered her passion for music and performing arts at a young age. She started singing at the age of 4 and dancing at the age of 6. She took part in musicals at school and a few Rainbow Stage Productions. She participated in Folklorama for 10 years performing with the group Kayumanggi as part of the Philippine Pavilion.

In every role she has been in, work or performing arts, Rowelie always strives to carefully learn about each role and do every task to the best of her abilities while doing it all with passion, dedication, empathy, creativity and perseverance. She is thankful to be a part of the RCC/SSCY Family and is excited for what the future has in store.

If you would like to join the Indigenous Events Planning Committee or have any inquiries. You can reach Rowelie at rcantalejo@rccinc.ca.

Indigenous Services Team Members: Josh



My name is Josh Ahmo and I have been working in the SSCY Greeter/ Concierge role since August 6, 2024. I graduated from the University of Manitoba in 2020 with a Bachelor of Arts degree, and I have been working in the social services field for 6 years now. I am deeply passionate about working with Indigenous community members and truly enjoy learning about Indigenous cultures, and languages. I am very excited that this passion for learning Indigenous languages has led to additional opportunities for employment. As I was cast as General Cassio Tagge, in Anangong Miigaading (Star Wars: A New Hope) the Ojibwe dubbed version earlier this year (2024). Fulfilling a lifelong dream of mine of being apart of the Star Wars universe.

The Kikinaw Newsletter is put together by a small group from the Jordan's Principle / Truth and Reconciliation Advisory Committee. If you are interested in contributing to this publication, please email us at kikinaw@rccinc.ca.

Our summer newsletter deadline is May 1st!

We always welcome feedback, so please contact us with any questions or concerns.

RCC Jordan's Principle Facebook Group

Check out shared resources, tips, information AND MORE!

Scan the QR code OR search "RCC Jordan's Principle"

For caregivers, Jordan's Principle staff, healthcare workers, daycare staff, etc.

Jordan's Principle / Truth and Reconciliation Advisory Committee

The purpose of the Jordan's Principle / Truth and Reconciliation Advisory Committee is to ensure that Rehabilitation Centre for Children (RCC) is providing culturally safe and culturally appropriate services with and for Indigenous clients and families and is facilitating the ongoing movement towards First Nations-led health services. The Committee was formed in 2018 and since then has spearheaded many initiatives across the SSCY Centre and beyond, including education, outreach and special events.

Committee Members:

Grandmother Helen Robinson-Settee (chair), Knowledge Keeper Mary Wilson, Josh Ahmo, Pam Becker, Barb Borton, Krista Buchanan, Rowelie Cantalejo, Jeanette Edwards, Chris Froese, Justine Hutton, Nicole Leclair, Diana Renaud, Melanie Sheldon, Cheryl Susinski, Collette Wilson & Kristy Wittmeier.