



The Crisis/Support Line is available 24/7 to Women, Men and Youth who are seeking information or support for themselves, friends, family or neighbors. All calls are confidential.



Message from the East- WAABINONG

The East is where we come from. It represents the springtime, and the spring of life. It is where we begin our journey as human beings coming from the spirit world into the physical world. Our journey begins here, when Creator breathes the spirit of life into us. And the spirit is the one that motivates all that life in this great circle. We are a spirit on a physical journey, until our last breath. Life is a gift. To honour that gift we have been given tobacco. All life is spirit. It is the wind, the earth, the fire, the water, all of those things that are alive with energy and movement. When we talk about life we are talking about spirit, and so we give thanks every day to those things that we cannot exist without, because we need them on our journey. The East is the direction from which the new day comes into the world. It is the direction of renewal. It is the place of innocence, guilelessness, spontaneity, joy and the capacity to believe in the unseen. When we travel to the East we will be tested with lessons that will teach us many things. There we will learn of warmth of spirit, purity, trust, hope, and the uncritical acceptance of others.

<http://www.fourdirectionsteachings.com/transcripts/ojibwe.html>

Spring Cleaning, Organizing & De cluttering

Are you having to clean a spot to eat your dinner? Do you feel embarrassed to have company over due to all the clutter in your house? Do you have trouble processing information?

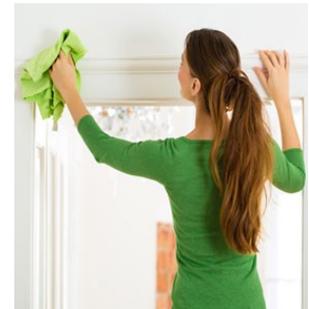
Having clutter in our life and home has major negative impacts on our well-being. Seeing all of the things that are constantly in our way or consistently requiring our attention can leave us feeling frustration. All the untidiness can lead to negative feelings and self talk. You may have feelings of defeat and hopelessness. The chaos is literally known to increase stress levels. Clutter depletes your energy in more ways than one. Having excess stuff in your home can drain your energy both mentally and physically! The clutter requires that you spend a lot of time and energy working around these items or caring for them. Tasks take longer to complete when clutter is in the way. Soon you become late for events, then start missing them all together. Eliminating clutter from your home allowed you to focus, regain some energy, and be more productive.

Ideas for spring cleaning, organizing and de-cluttering

- ◆ Pace yourself if needed, clean and organize a drawer or shelf. Once you feel inspired, work on one room at a time. Organize those items so that they can be easily identified and accessible. You can use bin or baskets to keep you organized. Everything will have a home.
- ◆ Only keep objects you need and love. Re-organize your possessions into groups to keep, donate and/or sale. Use hooks to maximize wall space. Go through your clothes. Keep a sustainable closet. Only keep items that fit you and you have worn in the last year.
- ◆ Dust and clean all the corners. Vacuum under everything.

Spring is a great time to decide which of your belongings are either improving your quality of life, or causing you stress. Nothing feels quite as satisfying as looking at your organized house that sparkles.

Create a fresh, new space to honour your belongings.



Child & Youth Program

Here is a fun activity to do with the children. These Easter Eggs make great little gifts to help cheer up someone's day.



Salt Dough Easter Eggs

Supplies Needed

Salt Dough Recipe

Easter Egg cookie cutter

Acrylic Paint – we used neon paint colors – pink, purple, green, orange and blue

Mod Podge (glossy) or we like this spray for a durable finish

Glitter

twine for hanging

Directions

1. First, make your salt dough.

Salt Dough Recipe

4 cups all purpose flour (Note: you want regular all purpose flour, not self-rising)

1 cup salt

1.5 cups warm water

Combine all of your ingredients (flour, salt, warm water) and mix well until it starts to form a dough.

Take the dough out of the bowl and knead for at least 10 minutes.

If your dough is too dry, add a little bit more water in and continue to knead.

The dough should be smooth and roll out with not too many bumps.

2. Once you're done kneading, roll out the dough to about 1/2 cm in thickness.

3. Using an Easter egg cookie cutter make your ornaments and place them on a baking sheet.

*Don't forget to add a hole for hanging before baking! We used a straw at the top of the Easter egg to make a hole.

4. Once completely dry, paint your Easter eggs. Get creative here and paint them however you like! We did some wavy and some straight.

5. Once you are done, don't forget to seal with either mod podge or a clear glaze spray. We like this spray for a durable finish. Adults should do the spraying and always follow directions of the product chosen. Sealing the final ornaments will help stop them from cracking in a few years.

6. For extra decoration, add some glue to your salt dough Easter eggs and then pour glitter on top. Shake



Dates to Remember

April Fools Day- April 1st

Good Friday- April 2nd

Easter Sunday- April 4th

Earth Day- April 22nd

