

HEALING ON THE LAND/REMEMBERING OUR LOVED ONES-----COMMEMORATION ROAD FAMILY GATHERING-----  
SEPTEMBER 10-20

Breakfast 8am- 9am	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
10am- 12pm	Opening Prayer/Ceremonies Chief and Council, Destani, Prevention Connie, Choose life	Healing Grief on the Land- Dennis Windigo	Parenting- Bob Rasmussen	Traditional Family systems- Teri Fiddler	Morning Service at 11am Bob Rasmussen	Self care Lana/Lisa	Elders Circle Traditional Ojibway teachings	Family violence- Robert McClean	Family violence- Robert McClean Addictions	Youth Land- Base 10am- 3pm	CAMP TAKE DOWN
						← Youth	Landbase Activity Sept 15 to Sept 19		10-3 →		
12pm- 1pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1pm- 3pm	The Importance of Family- Bob & Cindy	Craft/Clocks, Picture Frames- Vivian & Sarah	Intergenerational Trauma- Lisa Beardy & Maryanne Kwandibens	Bannock Making- Vivian & Sarah	Traditional Family systems- Teri Fiddler	Craft/Doll Wraps- Vivian & Sarah	Styles of communication- Lisa Beardy	Craft/Paddle Making- Vivian & Sarah	Healing Grief- Robert McClean	games	CAMP TAKE DOWN
				Amazing Race-Lana	Scavenger hunt-Lana						
5pm- 6pm	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
7pm- 10pm	MC- Cecelia Chapman The Team Ernie, Henry Nemo	Preacher Cecelia Chapman & Team	Preacher Ernie Kematch & Team	Preacher Cecelia Chapman & Team	Preacher Ernie Kematch & Team	Preacher Cecelia Chapman & Team	Preacher Ernie Kematch & Team	Guest Speaker Raymond McClean	Guest Speaker Raymond McClean	Preacher Cecelia Chapman & Team	CAMP TAKE DOWN



## Commemeration Family Camp Menu

Day	Breakfast	Lunch	Dinner
Sept 10		Soup and Sandwiches	Pasta, Garlic Bread, Ceasar Salad
Sept 11	Bacon, Eggs, Hashbrowns, Oatmeal, Pancakes	Chili and Bannock	Salsbury Steak, Mashed Potatoes, Baby Carrots, Gravy
Sept 12	Bacon, Eggs, Hashbrowns, Oatmeal, French Toast	BBQ, Burgers, Hot Dogs, Smokies, Mac Salad	Pineapple Teriyaki Pork Chops, Scalloped Potatoes, Veg
Sept 13	Bacon, Eggs, Hashbrowns, Oatmeal, Pancakes	Goulash, Soup and Bannock	Sheppards Pie, Baby Carrots, Fish? And Beans
Sept 14	Bacon, Eggs, Hashbrowns, Oatmeal, French Toast	Soup and Nachos/Soft Tacos	Roasted Chicken, Rice with veg, Corn on the Cob
Sept 15	Bacon, Eggs, Hashbrowns, Oatmeal, Pancakes	Beef/Chicken Stew, Bannock and Salad	BBQ homemade burgers, hotdogs, smokies, wedges and coleslaw
Sept 16	Bacon, Eggs, Hashbrowns, Oatmeal, French Toast	Pulled Pork sandwiches, cold cut sandwiches, Soup	Pasta, Meat sauce and alfredo, Caesar salad, garlic bread
Sept 17	Bacon, Eggs, Hashbrowns, Oatmeal, Pancakes	Beef Stir-fry	Meatloaf, mashed potatoes, baby carrots, gravy
Sept 18	Bacon, Eggs, Hashbrowns, Oatmeal, French Toast	Fried bologna on Bannock, homemade mac and cheese	Ribs and pork hocks, Roasted potatoes, veg
Sept 19	Bacon, Eggs, Hashbrowns, Oatmeal, Pancakes	Fish Fry, Potatoes, Beans	Neckbones with rice, pasta, salad
Sept 20	Bacon, Eggs, Hashbrowns, Oatmeal, French Toast	Leftovers 😊	Prime Rib, Roasted Root veg, mashed potatoes gravy