

NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE NEWSLETTER

ISSUE - MAY 2018



“Wholistic community well-being through traditional and western health services”

Sexually Transmitted Infections (STI) on the Rise Locally *Be Aware, Get Educated, Stay Safe and Healthy*

The realities of sexually transmitted infections (STI) have been on the rise in the community over the past few months.

Naandwechige-Gamig Wikwemikong Health Centre medical staff have confirmed diagnoses of chlamydia and gonorrhea being somewhat on the rise. As well, there are also confirmed cases of Hepatitis C and HIV in our community.

And with this, it is hoped that citizens become more aware and educated on what STI's are, how to prevent them, how to get tested and how to properly get treated if diagnosed.

As noted, chlamydia and gonorrhea are the most common; chlamydia being the most common and frequently reported and gonorrhea being the second.

Both infections are similar in that they are caused by bacteria and the symptoms can be discharge, painful urination, abdominal pain and pain during sexual intercourse. The most common way the infection is passed on with both STIs is primarily through sexual contact. Sometimes both STIs can have no symptoms so many infections are under-reported.

Early detection and

prompt treatment are key to preventing the spread of infection. Urine-based testing has increased the accessibility and ease of testing, however testing methods will depend on symptoms. Testing is free of charge and can be accessed through a health care provider, sexual health clinic or community health centre.

For more information on STIs and how to get tested, please contact a registered nurse at Naandwechige-Gamig Wikwemikong Health Centre: 705-859-3164.

Hand Drum Making @ WHC



A Hand Drum Making Workshop was held on April 16th and 17th at Naandwechige-Gamig Wikwemikong Health Centre, hosted by Nadmadwin Mental Health Clinic.

Participants made both the drumsticks and drums for themselves.

Organizer Dorothy Wassegijig-Kennedy says that singing and drumming is ‘therapeutic’ because it connects to a person’s *Spirit and Heart*.

“The songs that are being learned are also very meaningful as there are songs for opening ceremonies, honor songs, lullabies and travelling songs. It is a therapeutic program as well as a cultural one.”

IN THIS ISSUE...

Losing Weight the Healthy Way

Calendar of Events

Annual Diabetes Walk

May 3, 2018

Celebrate the ‘Sweetness of the Maple Syrup Season’ with Recipes (back cover)

Wiikwemkoong Welcomes New Community Events Guide

“ENKAMIGAK W.U.T.’S UP”

Wiikwemkoong Unceded Territory Events Guide made it’s official welcome into the community mid-April. It is an initiative of Wiikwemkoong’s Interagency Relations Process - which is a collaborative undertaking of all agencies/organizations in our community. The Guide promotes our services as well key events for a three month period. It is FREE and is available at agencies/organizations as well at Andys. The next guide will be available July 2018 for months *July, August & September*.

APRIL, MAY, JUNE 2018 ISSUE 01

ENKAMIGAK W.U.T.’S UP



WIKWEMKOONG
UNCEDED TERRITORY
EVENTS GUIDE

OGIMAA DIKIDAWIN:
Introducing the FIRST EVER
Issue of the Wiikwemkoong
Community Events Guide

by OGIMAA Duke Pettit

In This Issue:

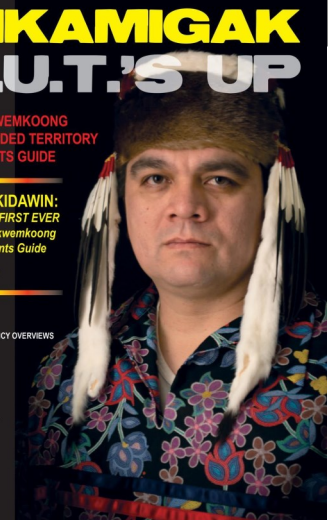
WIKWEMKOONG AGENCY OVERVIEWS
AND EVENT LISTINGS
by Various Agencies

WIKWEMKOONG
PHONE DIRECTORY

Back Inside Cover

BIZIWINI TRADITIONAL
POW WOW

Back Cover



'Trim Down' the Healthy Way



The season is upon us! And no, not just the Spring season, but with that, the season that many start weight loss dieting for the summer. For some this process can be fun and easy to get started and stay committed to yet for others, a bit of an extra boost or incentive is needed, hence the community or workplace 'fitness challenges'. Regardless, whether we as 'individuals' take the solo route and hit the community or home gym or if we jump into a group weight loss challenge of some sort, it all comes down to the same thing – doing 'fitness and health' the right way. Here are some basic tips and guidelines to keep in mind, as extracted from www.caloriesecrets.net:

When Do We Lose Weight?

The healthiest way to lose weight fast should be based on the same principles as a long term healthy diet.

The principle behind weight loss and gain is simple.

If you eat more calories than you burn you will gain weight.

If you eat less calories than you burn you will lose weight.

If you eat the same amount as you burn you will maintain the same weight.

So for the most effective weight loss, we want to increase the calories we burn per day, by exercising more and decreasing the amount we consume by eating smaller portions of food that have less calories.

Different people have different calorie requirements and nutrient needs, so it is essential that even if you are reducing your calories, you are still receiving all

the nutrients your body requires for normal function. You may also want to check with your family physician or other health care provider first.

What is Healthy Weight Loss per Week?

Health professionals agree that a healthy weight loss is about one to two pounds per week. A combination of calorie reduction and exercise is ideal for the most efficient and healthiest weight loss.



Step 1 – Reduce Calorie Intake

To achieve a weight loss of one to two pounds per week, you need to reduce your calorie intake by at least 500 calories per day. But, it is important NOT to let your calorie intake drop below 1050-1200 calories per day, as this is considered an unsafe level.

With an hour of moderate to high intensity exercise and a calorie intake of around 1200 calories, you should be able to lose at least three pounds a week, possibly more, if you have a large amount to lose.

Easy ways to reduce calories:

- Reduce portion sizes. Try using a smaller plate as this will appear fuller with less food and you will feel you are eating more;
- Choose low fat versions when available such as dairy products;
- Avoid creamy and buttery sauces and dressings and replace with vegetable or vinegar based alternatives;
- Avoid adding extra fats to food such as butter, oil and mayonnaise - *instead opt for healthy fats;*

-Avoid snack foods obviously high in sugar or fat and replace with low calorie alternatives such as fresh fruit or air popped popcorn;

-Fill up on low calorie options such as vegetables and fruit and reduce portions of higher calorie foods; and

-Think about what you are eating-it may help to write down your daily intake as this can help to make you more aware of unconscious eating.

Step 2 – Exercise more

It's suggested to do two hours and thirty minutes of moderate aerobic exercise or one hour and fifteen minutes of high intensity exercise per week, accompanied by muscle strengthening activities on two or more days.

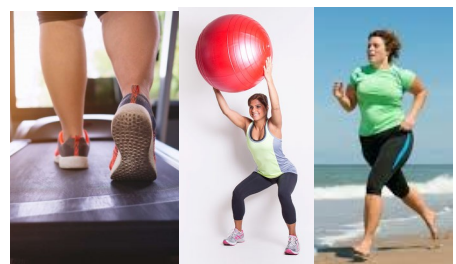
If you are trying to lose weight fast however, you will probably need to aim for more than this.

Exercise is important

Try to fit in one hour of exercise per day, with one day of rest per week. The intensity of this hour will depend on your original level of fitness, so *start with something not too demanding* and increase intensity as you become able.

It is a good idea to consult with your doctor or a fitness professional as to what level of workout is suitable for you. Some aerobic exercise burns calories more efficiently than others, but don't launch straight into a high intensity aerobic-class if you haven't done much exercise in a while. It's best to start at an achievable level, for example walking or swimming, and work your way up to more intense workouts.

Weight training and strengthening exercises are also beneficial.



**Annual
DIABETES WALK**

Thursday
MAY 3, 2018

“Ambe Masedaa”

AGENDA

8AM Pipe Ceremony at Wikwemikong Health Centre Medicine Lodge

10AM Community Walk begins at Wasse-Abin high school; through community; circling the Band Office; and finishing at the arena

11:30AM Welcoming Address followed by brunch

Brunch to be served for ALL WALKERS at Wikwemikong Arena (Upstairs)

**walk to cure
DIABETES**

FOR INFORMATION CONTACT
Bonnie Akiwenzie at 859-3164, Ext. 294
Dorothy Wassegijig-Kennedy at 859-2330, Ext. 308

Wiikwemkoong- 2018- Diabetes Walk



MAY HEALTH AWARENESS THEMES

(As per Health Canada website)

- Bladder Cancer Awareness Month
- Brain Tumour Awareness Month
- Hemochromatosis Awareness Month
- Hypertension Awareness Month
- National Physiotherapy Month
- Speech and Hearing Month
- Vision Health Month
- World Pulmonary Hypertension Day – May 5
- National Child and Youth Mental Health Day - May 7
- Mental Health Week - May 7 to 13
- National Nursing Week - May 7 to 13
- World Red Cross and Red Crescent Day – May 8
- World Lupus Day – May 10
- International Awareness Day for Chronic Immunological and Neurological Diseases – May 12
- International Nurses Day – May 12
- World Hypertension Day – May 17
- World No Tobacco Day – May 31



School Health Support Services

- Physiotherapy
- Behaviour Intervention
- Occupational Therapy
- Psycho-Educational Assessments
- Child/Adolescent Psychiatry
- Complex Case Management
- Speech Language Therapy



- Anyone can make a referral (families, schools, doctors, etc.)
- Children must live on reserve, attend a school or early learning centre on reserve, or be home schooled on reserve
- Children will be seen at their school or early learning centre
- Caregivers and guardians will be contacted by Care Coordinators

To get services for your child, you can:

1. Call your school and ask them to make a referral
2. Call your early learning centre and ask them to make the referral
3. Call *School Health Support Services* to speak to a Care Coordinator (705)-859-3164

If you have questions please call us! (705) 859-3164

School Health Support Services
16A Complex Drive, PO Box 623, Wikwemikong ON, P0P 2J0
Phone: 705-859-3164 Fax: 705-859-3153



AMIKOOK SENIORS CENTRE

EVENTS - MAY 2018

PHONE NUMBER:

705-859-2194



May 1: Language Class 10am-12pm;

May 2: Exercise 9am; VON 10am-12pm

May 3: Applique Quilting 9am-3pm; Quilting All Day

May 4: Mass 10am; Quilting All Day

May 7: Crafts/Sewing 10am-12pm; Food BINGO 1pm

May 8: Surnames with the WHO 10am-3pm

May 9: Mother's Day Breakfast 10am; Afternoon Movie 1pm

May 10: Haircuts with Jean 9am for first 10 to register; Applique Quilting

May 11: Mother's Day Spa with Barb R; 10am-2pm

May 14: Elder's Birthday Social BINGO 1pm-3pm

May 15: Language Gathering-WHO 10am-3pm; Soup N Scone 11am (\$4.00)

May 16: Exercise 9am; VON 10am-12pm; Afternoon Movie 1pm

May 17: Applique Quilting 9am-3pm; Quilting All Day

May 18: Quilting All Day

May 19: SATURDAY - YARD SALE / BAKE SALE 10am - 2pm

May 21: CLOSED FOR VICTORIA DAY

May 22: Crafts/Sewing 10am-12pm; Afternoon Movie 1pm

May 23: Exercise 9am; VON 10am-12pm; Library Time for Seniors 1pm

May 24: Applique Quilting 9am-3pm; Quilting All Day

May 25: Senior Safety Presentation 11am; Quilting All Day

May 28: Women's Steam, Soak & Swim 8am; Crafts/Sewing 10am-12pm;
Food BINGO 1pm

May 29: Women's Outing 9am; Afternoon Baking 1pm; Prize BINGO 7pm

May 30: Exercise 9am; VON 10am-12pm; Afternoon Movie 1pm

May 31: SUDBURY SHOPPING TRIP - MUST REGISTER

TRANSPORTATION HOURS AND FEES; Mon-Fri; 8am-4pm

MANITOWANING: Mon-Fri: 9am-2:30pm; **\$10**

LITTLE CURRENT: Thursdays Only; **\$20**

ESPANOLA: Last Thursday of the Month; **\$40**

PLEASE BOOK LITTLE CURRENT TRIPS IN ADVANCE

If you are 55 years old or older and want a gym membership, or have one, Wikwemikong Health Centre can reimburse you 50% of the membership fee.

To qualify, you must be 55 years old or older and provide proof of payment.



"Biindigen"

Meet our WHC Nigodweyaangiziwin (Family)



Judy Ferguson
Primary Care
Registered Nurse

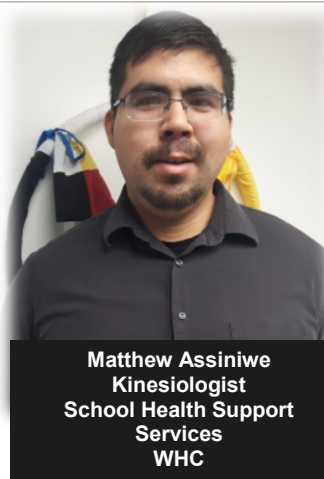
Judy Ferguson is a Registered Nurse who has worked for Naandwechige-Gamig Wikwemikong Health Centre (WHC) for the last four of her 10 years of nursing. Before coming to the WHC, she worked in the same role at the Manitoulin

Health Centre in Little Current. For Judy, one of the many joys working for the WHC, is that she meets so many new people on a regular basis; many of whom she forms continued relations with in helping them with their health needs. Her main focus in her daily duties at the WHC is providing service through the hypertension and colonoscopy programs. When Judy is 'not working' she loves everything and anything to do with her grandchildren; especially experiencing the great outdoors with them like camping and fishing. Judy believes in simplicity of life when it comes to how we choose to live...

"Treat people the way that YOU would like to be treated."

Matthew Assiniwe is a Registered Kinesiologist working for Naandwechige-Gamig Wikwemikong Health Centre's (WHC) School Health Support Services Program (SHSS) since October 2017. He provides physio and occupational therapy treatment plans for students within four First Nation communities in the Manitoulin area: Wiikwemkoong, M'Chigeeng, Whitefish River First Nation and Sagamok Anishnawbek. Matthew says these services are extremely valuable for students because they provide opportunity for them to excel in motor skills which are essential in growth development and success within the classroom. Matthew also operates his own business: "Assiniwe Kinesiology". He is most proud of this accomplishment and continues to stay active in the industry by participating in professional development opportunities. On a personal note, Matthew is all about staying close with family and friends. He has also recently begun to *refocus* on the cultural Anishinabe roots as a means of personal guidance. He also loves to play the bass guitar and 'doesn't enjoy' a tough work-out at the gym; because he believes...

"If you enjoy doing your workouts...then you are doing them wrong!"



Matthew Assiniwe
Kinesiologist
School Health Support
Services
WHC



Dorothy Wassegijig-Kennedy
Wellness Facilitator
Nadmadwin Mental Health Clinic
WHC

Dorothy Wassegijig-Kennedy is a Wellness Facilitator for the Nadmadwin Mental Health Clinic at Naandwechige-Gamig Wikwemikong Health Centre. Dorothy is a facilitator of community wellness and cultural programs, such as the *Forgiveness Journey, Grief Recovery and Meditation*. She has obtained her Bachelor of Arts Degrees in Sociology, Education and Teaching Native As a Second Language. She also obtained training certification in Neuro Linguistic Programming, Psychodrama Bodyworks, and numerous programming in prevention, intervention and healing from violence and abuse. Dorothy was born and raised in Wiikwemkoong Unceded Territory. Having lived a life with a vast amount of 'academic learning', Dorothy acknowledges her very 'first teachers' with the highest regard - ***her mother and father***. They taught her the Anishinaabe language that she speaks fluently today. Dorothy is the mother of three children and a proud grandmother of three. She believes in... ***'tapping into the universal spirit and love!'***

WHC CALENDAR

NIMEBINE GIIZIS (MAY) 2018

Children's Services

Prenatal Classes: May 2, 23, 30; 6:30pm-8:30pm; N'Bwaachwen (Community Living Drop-In Centre)
 May 9, 16; 6:30pm-8:30pm; Resource Room; WHC
 May 7, 14, 21, 28: Sing, Laugh & Play; 6pm-7pm; Wikwemikong Hub Centre
 May 9: Shears to You; 9am-3pm; South Bay Centre
 May 11: Baby Food Making; 10am-12pm; Daystar
 May 12: Car Seat Clinic-Nipissing Developmental Screening; 10am-3pm; WHC
 May 15: Infant Massage; 1pm-3pm; Daystar
 May 16: Cooking Program for Parents; 10am-1pm; Location TBA
 May 24: CPR and FIRST AID; 5pm-9pm; Location TBA

Note: Transportation is provided for all of our Children's Services programs. Please call 705-859-3164 Extensions 247, 298 or 299

Primary Care *(Transportation availability for some programs)*

May 1, 8, 15, 22, 29: HIIT Circuit Training; 12pm-12:30pm; Dance Studio
 May 1, 8, 15, 22, 29: Co-Ed Softball; 6pm-9pm; Thunderbird Park
BLOOD PRESSURE SCREENING: 10am-12pm; *(see dates & locations below)*
MAY 2-Karen's Coffeemat; **MAY 9-**Andys; **MAY 16-**Health Centre Lobby;
MAY 23-Band Office Lobby; **MAY 30-**Ed's Family Restaurant
 May 3: Annual Diabetes Walk; 8am-12pm; Starts @ Highschool;
(see map on Page 3)
 May 3, 10, 17, 24: Stability Ball Class; 12pm-12:30pm; Dance Studio
 May 4, 11, 18, 25: HIIT Circuit Training; 6:30am; Dance Studio
 May 8, 15, 22, 29: Nordic Pole; 10am-11am; Thunderbird Park
 May 8: Menopause Lunch & Learn; 12pm-1pm; Multi Purpose Room-WHC;
 Register with Lianne 705-859-3164 Ext. 382

Youth Services

May 2, 9, 16, 23, 30: Teen Zone; 6:30pm; Ages 13 and up; Youth Centre
 May 3: Youth Cooking; 6:30pm; Ages 13 and up; Youth Centre
 May 4: Multi-Sports Night; 6pm-9:30pm; Ages 13 and up; Youth Centre Gym
 May 5: 4 on 4 Co-Ed Volley Ball Tournament; 2pm-10pm; Youth Centre Gym;
(high School students and open aged adults)
 May 7: Soccer; 3:30pm-5pm
 May 10: Mother's Day Crafts; 6:30pm; Ages 13 and up; Youth Centre
 May 14: Soccer; 3:30pm-5pm
 May 14, 28: Intro To Fastball Co-Ed; 4:30pm-6pm; Ages 13 and up;
 Thunderbird Park

Nadmadwin Mental Health Clinic

Mondays *(except May 21)*: Meditation; 4pm-5pm; WHC Medicine Lodge
 Tuesdays; Meditation; 10am; WHC Medicine Lodge
 Tuesdays; Narcotics Anonymous Meetings; 6pm-7pm; Naandwe Miikan
 May 3, 10, 17, 24, 31: Seeking Safety; 1pm-3pm; WHC Medicine Lodge
 May 7 & 8: Mental Health First Aid Training; 8:30am-4:30pm;
 Rainbow Ridge Golf Course-Register with Sheri Wabanosse 705-859-2330
 May 25: 4th Anniversary of Naandwe Miikan; 12pm-3pm; Naandwe Miikan
 May 29: Women's Gathering; 9am-4pm; Full Moon Ceremony; 6pm-9pm:ARENA

PLEASE NOTE:

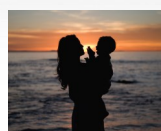
*We will be closed Monday,
 May 21, 2018 for
 Victoria Day.
 We will re-open Tuesday,
 May 22, 2018 at 8am.*

Primary Care *(Continued)*

May 9, 16: Diabetes Café; 1pm; Rectory
 May 9, 16, 23, 30: Co-Ed Dodgeball; 7pm-8pm; Pontiac School
 May 10, 17, 24, 31: YOGA; 4:30pm-5:30pm; Dance Studio
 May 11: Jiibaawekdaa; 10am-1pm; Wiky Arena *(Partner-Prevention Services)*
 May 17: Hypertension Day; Wiky Arena
 May 18: Raised Garden Beds Planting with WDC Foodshare;
 1pm-4pm
 May 23: Indigenous Diabetes Health Circle Foot Care Conference; 10am-4pm; Wiky Arena
 May 29: Mammogram Van Leaves WHC @ 9:30am

Youth Services *(Continued)*

May 16, 23, 30: Co-Ed Youth Slow Pitch; 4pm-5:30pm; Ages 11-14 years; Thunderbird Park
 May 17: Photo Club Outing Cup n Saucer : 4pm; Ages 13 and up; Sign-up/Permission Forms Required; Meet at Youth Centre; Limited Spots
 May 22: Soccer Game; 5:30pm-7pm (Against M'Chigeeng)
 May 24: T-ball; 4pm-5pm; Slow Pitch; 5pm-6pm
 May 24: Summer Safety BBQ; 5pm; Ages 13 and up; Youth Centre
 May 25: Birthday Social-Open Basketball; 6pm; Ages 13 and up; Youth Centre
 May 26: Multi-sports; 3pm; Ages 13 and up; Youth Centre
 May 28: Soccer Game in AOK; 5:30pm-7pm
 May 29: Multi Sport; 3:30pm-5pm
 May 31: T-ball; 4-5pm; Slow Pitch; 5pm-6pm



May 13...
 "Minowaangwozin
 Maanda
 Gashi Giizhigak"
 "Happy Mother's Day!"



Other Highlights

Maple & Syrup Festival

WIKWEMKOONG
FRIDAY

May 4th, 2018

Wikwemikong Arena
1pm - 6pm



- Maple Tree Treasures (Fish Pond)
- Maple Tree Pin the Bucket on the Tree
- Step Dancing Contest
- Live Music with Dennis Pitawanakwat
- Open Fire Sap Tea
- Scone Making with Steven George

PLUS a whole lot more!



NAANDWECHIGE-
GAMIG
WIKWEMIKONG
HEALTH CENTRE
PARTICIPATION
PASSPORT

APPROVED

NAME: _____

JOIN the PARTICIPATION PASSPORT Program. It's FREE and fun to participate. Every time you attend ANY physical activity, event or initiative hosted by WHC's Primary Care team, bring your Passport to get it stamped.

The more stamps you get over the month, the more chances you have to win a monthly prize. Join the 'Participation Passport Events' GROUP Facebook Page.

Contact us to get your Passport- It's *YOUR journey to health, fitness and happiness!*

WIKWEMIKONG HEALTH CENTRE - PROGRAM MANAGERS

Health Services Director; Mary Jo Wabano, Ext. 301

Executive Assistant/Transportation Manager; Melissa Roy, Ext. 241

Children's Services Manager; Judy Black, Ext. 250

Wassa Naabin Youth Services Manager; Lawrence Enosse, 705-859-3597

Nadmadwin Mental Health Manager; Diane Jacko, Ext. 238

Community Health/Primary Care/Nurse Manager; Doris Manitowabi, Ext. 304

Wikwemikong Home Care Manager; Yvette Corbiere, 705-859-3098

Shelter Manager; Mary Pheasant, Ext. 236

School Health Support Services Manager; Lisa Lanktree, Ext. 248

Amikook Seniors Centre; 705-859-2194

Naandwe Miikaan; 705-859-1390

Northwood Clinic; 705-859-3280

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If you have specific questions or concerns, feel free to contact any Manager through our 'Contact' page on our website



WIKYHEALTH.CA

We're Also
On... **YouTube**



CONTACT

NAANDWECHIGE-
GAMIG

Wikwemikong Health Centre

16A Complex Drive

Wikwemikong, Ontario

POP 2J0

PO Box 101

Phone: 705-859-3164

Website:

www.wikyhealth.ca

The WHC Newsletter is
produced through

WHC

Communications & Media
Services

Contact:

Kerry Assiniwe

Ext. 287

kassiniwe@wikyhealth.ca

*(PDF version of newsletter available
www.wikyhealth.ca)*

Maple Syrup

TASTY RECIPES



MAPLE PEAMEAL ROAST

INGREDIENTS

1 whole piece of peameal bacon roast (3.5 lb/1.750kg)

Childrens' Variation:

¼ cup maple syrup (50ml)

1 Tbsp yellow ballpark mustard (15ml)

¼ tsp of each sea salt and freshly ground black pepper (1ml)

Adult Variation:

¼ cup maple syrup (50ml)

1 Tbsp dijon mustard (15ml)

1 tsp chopped fresh rosemary (5ml)

½ tsp freshly ground black pepper (2ml)

¼ tsp sea salt (1ml)

DIRECTIONS

1. Preheat oven to 350F/180C.
2. Cut bacon in half crosswise. Cut three 1-inch slits across each piece.
3. See below for Children's and Adult variations.
4. Place a cooling rack on a large rimmed baking sheet lined with foil. Place bacon on rack.
5. Bake in centre of oven for 25 – 30 minutes and baste with remaining mixture.
6. Bake for 50 - 60 minutes, or until a thermometer registers 130F/55C.
7. Let rest for 5 minutes before slicing.

All recipes were extracted from :
www.foodnetwork.ca

“Minozekoweng!”
‘Good Cooking’!

MAPLE MASHED SWEET POTATOES

Children's Variation:

1. Combine maple syrup, ballpark mustard, salt and pepper. Brush one half with basting mixture.

Adult Variation:

1. Combine maple syrup, Dijon mustard, rosemary, salt and pepper. Brush one half with basting mixture.

INGREDIENTS

4 sweet potatoes

½ cup maple syrup

¼ cup olive oil

Salt and pepper

2 green onions, minced



DIRECTIONS

1. Preheat oven to 400°F.
2. Bake the sweet potatoes until they're tender and soft, about 45 to 60 minutes. Toss the baked sweet potatoes into a bowl and splash in the maple syrup and olive oil. Mash well then season with salt, pepper and green onions. Stir briefly and serve immediately!



MAPLE BAKED BEANS

INGREDIENTS

2 cup dried navy or white beans; soaked overnight

1 cup maple syrup

4 slices bacon, diced

1 large onion, peeled and diced

1 Tbsp dried ginger

1 Tbsp dried mustard

DIRECTIONS

1. Preheat your oven to 300 degrees.
2. Place the beans into a saucepan and cover with cold water. Bring to a boil then reduce the heat and simmer until beans until tender, about 45 minutes.
3. Drain the beans and place in a 4-quart ovenproof baking dish with a tight fitting lid. Add the maple syrup, bacon, onion, ginger and mustard. Bake until the beans have absorbed all the liquid, and are brown and tender, about 1 1/2 hours.