



Wahnapitae First Nation Community Newsletter

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February 2023

P3: Virtual Meetings



Members can virtually attend Chief and Council Regular Meetings by RSVP: see P3 for more.

P5: Member Makes



WFN member Taylor Nicholls is making a difference through ambition, research.

P12: Early Years Pro-



BlueCheese is back! Check out the Early Years programming.

P17: WFN Events Calendar



WFN has many events in February, start your planning here.



A Message to Members

We are officially one month into the new year and, as always, a new year brings new adventures, opportunities, and challenges.

On Sunday, January 15, WFN hosted Canada's Minister of Crown-Indigenous Relations Marc Miller as well as various community partners for a signing ceremony and feast. There are many to thank for their part in making the event so wonderful: our youth drum group for the songs; George Couchie for the teachings and Elder Tony Tyson for smudging and opening prayer; and Hiawatha's Catering for the feast. The event could not have happened without all of you. Chii-miigwetch.

With all the snow we have been receiving, I'd like to thank our Public Works team for all their hard work keeping our roads clear and safe for our community. While on the topic of safety, I'd like to remind everyone to be careful when out on our area lakes. Tell someone where you are heading and when to expect you back, always carry a safety kit, and wear appropriate attire, including helmets. Whether you are ice fishing or snowmobiling, please ensure you are safe this winter season.

Recently, the Norman Recollet Health Centre and WFN Administration have received reports of unexpected reactions and an increase in overdoses in the area, including some neighboring First Nations. While the specific substance causing these overdoses is not confirmed, it serves as a reminder that street drugs may be cut or mixed with other harmful substances.

To encourage safety and prevent addiction, focus on healthy activities, building a strong support system, and setting healthy boundaries. Remember that seeking help for addiction is important and there are resources available for drug rehab programs, therapy, counseling, and support groups in our community.

Miigwetch,
Chief Larry Roque

COMMUNITY NOTICE



WFN'S COMMUNITY FIRST RESPONDERS

Ten Wahnapiatae First Nation members recently completed the Ministry of Health's Emergency First Response training.

After calling 911, a WFN First Responder will be paged to the location of the emergency to provide medical assistance until paramedics arrive.

Please do not call WFN First Responders directly.

CALL 911 IN ALL EMERGENCY SITUATIONS.

WFN First Responders will be dispatched by the 911 Call Centre.



CHI-MIIGWETCH TO OUR FIRST RESPONDERS

The Wahnapiatae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapiatae First Nation
259 Taighwenini Trail Road
Capreol, Ontario | P0M 1H0
Phone: (705) 858-0610
Fax: (705) 858-5570

Stay Connected

For the most up-to-date information and updates about Wahnapiatae First Nation, including safety measures, check us out online as below:



WEBSITE: www.wahnapiataefirstnation.com



MAIN PAGE: www.fb.me/wahnapiataefirstnation



YOUTH PAGE: www.fb.me/WFNYouthPage



Chief and Council Regular Meeting

Monday, February 27, 2023

6 P.M.

In-person and via Zoom

Members wishing to attend via Zoom must register at:

https://cutt.ly/WFN_CouncilMeeting_Feb2023

The deadline to register for the web version is February 20, 2023.

No registration is required for those wishing to attend in person.

Registration only open to WFN members, who must also be over the age of 18. Virtual attendees must use their real names when signing in.

COMMUNITY NOTICE

Wahnapi'tae First Nation



DOOR PRIZE
TO BE WON!

FIRST NATIONS MARKET HOUSING FUND PRESENTS

RENTAL HOUSING POLICY COMMUNITY CONSULTATION

WITH SCOTT FLAMAND OF FLAMAND MANAGEMENT SERVICES

FRIDAY, FEBRUARY 10
MAAN DOOSH GAMIG

VIRTUAL & IN-PERSON

5 P.M. TO 7 P.M.
SUPPER PROVIDED

ZOOM LINK:

[CUTT.LY/WFN_RENTALHOUSINGPOLICY_COMMUNITYCONSULTATION](https://cutt.ly/WFN_RENTALHOUSINGPOLICY_COMMUNITYCONSULTATION)
PASSCODE: 081487

PLEASE RSVP BY FEBRUARY 7 TO:

EMAIL: HOUSINGCOORDINATOR@WAHNAPITAEFN.COM

COMMUNITY FEATURES

Hiawatha's Restaurant and Marina Set to Open Soon

The sign is about to change at Rocky's Marina and Restaurant on the northern shore of Lake Wanapitei.

Hiawatha Osawamick has taken over the marina, gas bar, restaurant, and cabins along the waterfront on Wahnapiatae First Nation. It's now known as Hiawatha's Restaurant and Marina.

The menu will feature two sides with a blend of Canadian and Indigenous cuisine.

"There will be maple-glazed elk meatballs, pickerel, wild rice casseroles, duck breast, buffalo and salmon. But there will also be classic poutine and fish and chips," says Osawamick.

She said that each month will feature



**HIAWATHA'S
RESTAURANT & MARINA**

Living the good life.

food specials such as fry-bread tacos, berry dishes and three sister salads. It's important for her to ensure Indigenous recipes are featured to celebrate her heritage for her children and for future generations.

"I want to preserve the language and culture of my people and pass my traditions on and love of the land," she adds.

At this time of year, the restaurant is a destination for snowmobilers with the trails running in close proximity.

Come the summer months, it's a full-fledged marina for boaters travelling on the big, deep water of Wanapitei.

The restaurant is set to open during the first week of February.

Wahnapiatae First Nation Member and Laurentian Graduate Student Recognized for Aquaculture Research

A Wahnapiatae First Nation member and Laurentian University graduate student is making waves as she studies whether different species of fish caught in the region are safe to eat.

WFN member Taylor Nicholls began the pursuit of her Master's in Science in Biology at Laurentian University. She is a recipient of the Kurt Grinnell Aquaculture Foundation's first-ever aquaculture scholarship.

"This funded study, which my thesis is a part of, is an analysis of fish in our territory which can create a baseline for future



projects," explains Taylor in a Laurentian University media release.

"I love the fact that this research is about our Indigenous culture as well as marine studies. I want to use my degree and the research I conduct as a student to help advance my community."

Her current work will lay an important foundation for future studies about the things that impact our community's health and future.

She is a wonderful example of a young member of Wahnapiatae First Nation doing great work within her home community.

COMMUNITY UPDATES



Wahnapiatae First Nation

259 Taigwhenini Trail Road
Capreol, Ontario P0M1H0

Phone: 705-858-0610 Fax: 705-858-5570

CALL FOR VOLUNTEERS

Volunteers Wanted!

WFN is looking for dedicated volunteers to join our Community Safety and Well-being Committee. As a volunteer, you will have the opportunity to work with other community members to promote safety and overall well-being in our First Nation. You will be involved in identifying and addressing safety concerns, developing policies and programs to improve safety, and coordinating resources to support the community. If you are passionate about making a difference in your community, we encourage you to apply to be a part of this important committee. Together, we can create a safe and healthy environment for all to thrive in.

Background

Wahnapiatae First Nation is looking to establish a Community Safety & Well-being Committee. This committee will be made up of a combination of volunteers from the community as well as representatives of the administration. It will work to identify and address safety concerns, develop policies and programs to improve safety, and coordinate resources to support the community. The committee may also serve as a liaison between community members and Chief and Council as well as law enforcement agencies to ensure that the community's safety and well-being needs are being met.

How to Apply

If you are interested in joining the Community Safety and Well-being Committee, please submit an expression of interest detailing why you would like to join the committee and what skills, experience or perspective you can bring to the table.

Please reach out to April Cardinal at april.cardinal@wahnapiataefn.com or leave your application packaged at the administration office, addressed to April Cardinal.



Miigwetch

Wahnapitae First Nation's Fire
Department and Emergency Services
would like to thank
**Creator's Choice, White Birch Post,
Roy Roque and Giles Roque**
for sponsoring our team's Christmas
dinner.



COMMUNITY EVENTS

MOVEMENT MONDAYS

WITH HEATHER & JENNA

11 A.M. TO 12 P.M.

FEBRUARY 6, 13, 27

**LOOKING TO GET MOVING AND ADD SOME
EXERCISE INTO YOUR DAILY ROUTINE?**

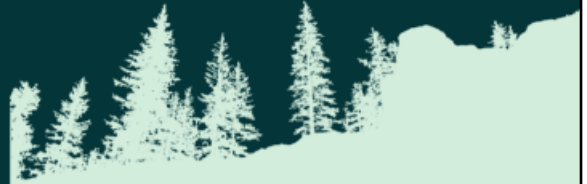
**Join us in
Maan Doosh Gamig**

COMMUNITY EVENTS

WFN LAND CODE COMMUNITY CONSULTATION

Members of the Lands Advisory Board will be speaking and answering questions about the work done to date on WFN's own Land Code.

Please RSVP by February 15 to Sam Corbiere at sam.corbiere@wahnapitaefn.com



**SATURDAY,
FEBRUARY 18**

Maan Doosh Gamig
10 A.M. to 3 P.M.
Lunch included
Members Only

Zoom link available after RSVP submission.

WFN ELDERS 55+

**LET'S GET
SOCIAL!**

ELDERS 55+ ONLY

Come drop-in to have some tea and coffee, play cards or games and socialize.

For more information, contact Heather at 705-858-7700 or heather.roy@wahnapitaefn.com



MONDAYS
1 TO 3 PM
MAAN DOOSH
GAMIG

**SHARING
WOMEN'S
CIRCLE**

WITH TAMMY CHEVRETTE

FIRST SESSION

FEBRUARY

TUESDAY, FEBRUARY 21

6:30 TO 8:30 P.M.

MAAN DOOSH GAMIG

Light refreshments provided

Each month will focus around a different activity during circle.

SHARING
MEN'S
CIRCLE

WITH BRAD STEELE

FIRST SESSION

FEBRUARY

THURSDAY, FEBRUARY 23

6:30 TO 8:30 P.M.

MAAN DOOSH GAMIG

Light refreshments provided

QUESTIONS? CONTACT
BRADLEY.STEELE@WAHNAPITAEFN.COM

EARLY YEARS

Early Years Program

Anishinaabemowin Kit

February 2023

Hello

Aanii

Bonjour

Would you like to learn a little bit of Anishinaabemowin?

PERFECT FOR BEGINNERS!

Natalie Goring (HBHC) has prepared a kit containing a language booklet, with videos/links to help, on Facebook (search Nat HBHC).

Registration deadline: February 28

to natalie.goring@wahnapitaefn.com

Natalie will contact all pre-registered participants when the kits are ready.



BLUECHEESE'S



RECIPE OF THE MONTH CLUB FOR KIDS

BlueCheese is back!
If you would like a recipe for the month of March, please contact Natalie.

Registration deadline is February 27, 2023

Natalie Goring at natalie.goring@wahnapitaefn.com.



WAHNAPIATAE FIRST NATION

After School Tutoring Club

Thursdays at the Gazebo

REGISTRATION BEGINS FEBRUARY 2023

- K- GRADE 4 READING AND WRITING SKILLS 3:30PM - 4:30PM
- GRADE 5- GRADE 8 MATH ESSENTIALS 4:30PM - 5:30PM

WHAT WE PROVIDE:

- Homework help
- Interactive Learning
- Evening snack
- Monthly parent nights

Register by contacting your Anishinabek Student Support Counsellor Jamie McDonald
705-858-0610 ext 232
jamie.mcdonald@wahnapitaefn.com

EARLY YEARS

Early Years Programming

MONDAYS
3:30-5:30 P.M.
AT THE GAZEBO
(FOR AGES 0 TO 6)

MONDAY
FEBRUARY 6

MONDAY
FEBRUARY 13

MONDAY
FEBRUARY 20
NO PROGRAMS

MONDAY
FEBRUARY 27

(FOR AGES 0 TO 6)

Early Years Activity Kits



MARCH:
NAABIDIN: SNOW CRUST MOON

APRIL: BAAKAWAAGAMI GIIZIS; ZIISBAAKWADOKE GIIZIS:
BROKEN SNOWSHOE MOON AND SUGARING MOON

Each activity kit contains 3 to 4 activities.

To request a kit, email
Natalie Goring at natalie.goring@wahnapietaefn.com.
(Natalie will contact you when the kits will be ready for delivery.)

Environmental Site Assessment

**COMMUNITY ENGAGEMENT PRESENTATION
IN-PERSON AND ZOOM**

**THURSDAY, FEBRUARY 16
FROM 6 - 7 P.M.
MAAN DOOSH GAMIG**

Project Consultant Englobe will give an educational presentation about phase one of the Environmental Site Assessment as part of WFN's Land Code.

This presentation will describe what phase one is and why it is being done. Preliminary results of the project will be discussed.

**Light refreshments
provided.**

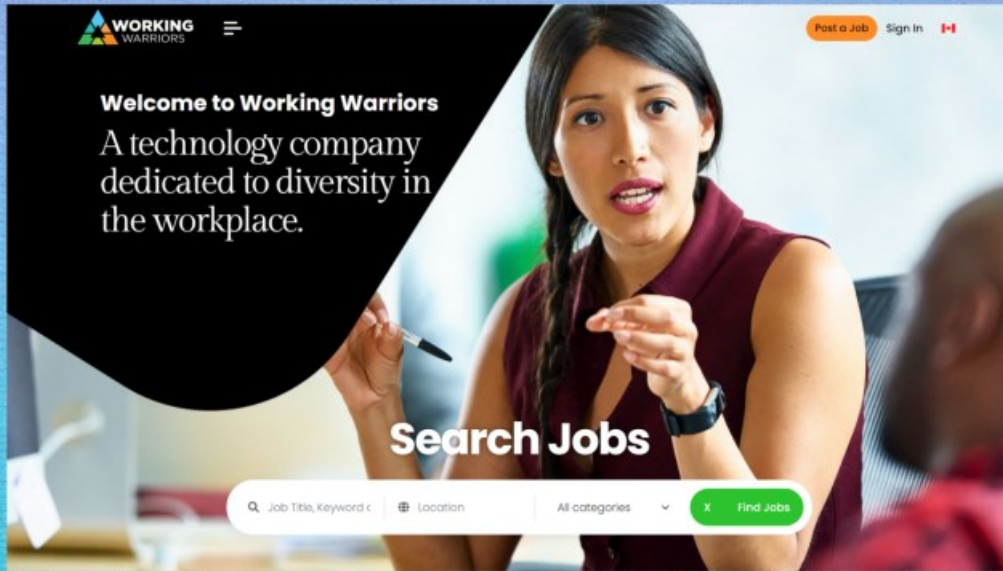
**For further information
contact Sara Lehman
705-858-0610**

**Zoom Link
https://cutt.ly/WFN_ESAZoom**

COMMUNITY PARTNERS

Working Warriors

A JOB SEARCH RESOURCE



Head to [Workingwarriors.com](https://www.workingwarriors.com) to start your job search today.

wfn pow wow grounds

COMMUNITY CONSULTATION

Sunday, February 26
Maan Doosh Gamig
10 A.M. to 2 P.M.
lunch included

help determine the future look and layout of WFN's Pow Wow grounds

RSVP by February 21 to
Tammy Chevrette, WFN Cultural Coordinator
tammy.chevrette@wahnapietaefn.com

N'Swakamok's Winter Carnival

FEBRUARY 11TH 2023

FRIENDSHIP CENTRE PARKING LOT
FROM 11:00AM - 2:00PM

Come & Enjoy This Year's Winter Carnival Featuring
Indoor & Outdoor Activities; Hockey Skills Competition,
Fish Pond, Face Painting, Hot Chocolate Station,
Special Entertainment & more!
Hourly Raffles & Warm fire!

**Hotdogs & Hamburgers will be served
@ 12pm First Come First Serve**

For more information
call 705-674-2128



COMMUNITY EVENTS

Traditional Winter Wellness

SATURDAY FEBRUARY 25
1 P.M. TO 6 P.M.
MAAN DOOSH GAMIG

COME OUT FOR A DAY OF TEACHINGS ON SELF CARE.
WE'LL BE DOING:

FOOT SOAKS/SCRUBS
REFLEXOLOGY
CUSTOMIZED FACIALS
MINI MANICURES

MASSAGES
MINDFUL MEDITATION
HEALTHY SHAKES
SNACKS & REFRESHMENTS

WFN MEMBERS ONLY
ADULTS 18+ MALE AND FEMALE
FEAST @ 5 PM

LIMITED SPACES AVAILABLE
RSVP BY FEBRUARY 16 TO LINE AT (705) 858-7700



Healthy Baking

via Zoom

Thursday, March 2
4 to 7:30 P.M.

Looking to get some new baking ideas? Join us for new recipes and tips and tricks for making your baking healthier with Jenna and Linda.

TO RECIEVE A BAKING KIT

RSVP to Jenna at 705-858-7700

Join Zoom Meeting:

[https://us06web.zoom.us/j/8910631241?](https://us06web.zoom.us/j/8910631241?pwd=eWRSbW9XcTlNNTlRNUhISUZlZHFyUT09)

[pwd=eWRSbW9XcTlNNTlRNUhISUZlZHFyUT09](https://us06web.zoom.us/j/8910631241?pwd=eWRSbW9XcTlNNTlRNUhISUZlZHFyUT09)

Passcode: 294436



COMMUNITY EVENTS

PROBLEM GAMBLING PRESENTATION & PAINT SOCIAL WITH BRAD STEELE

MARCH: SAVE THE DATE

This workshop will focus on the harms, types, and signs of problem gambling. Following the workshop will be a paint night led by Brad Steele and Heather Roy. Brought to you by WFN's Community Wellness Program.

If interested, please contact Heather Roy at

Email: heather.roy@wahnapitaefn.com

Phone: 705-858-7700

MAKING Moccasins

WORKSHOP

Tuesday, February 7

AND

Tuesday, February 28

5 p.m. to 8:30 p.m.

Maan Doosh Gamig

RSVP TO HEATHER BY FEBRUARY 6

HEATHER.ROY@WAHNAPITAEFN.COM | 705-858-7700



Workshop is 18+ with materials provided by WFN.

Workshop led by Tammy Chevrette

COMMUNITY EVENTS



WEDNESDAY, FEBRUARY 15
4 P.M. - 6 P.M.

RECIPE: CHICKEN PINEAPPLE KABOBS

Please let Rochelle or Line know by **February 8**, if you will be participating this month to reserve your kit.

PICK-UP: 259 TAIGHWENINI TRAIL RD

BRING YOUR OWN BAGS!

Small Box: \$10 | Large Box: \$19

GOOD FOOD BOX

CALL HEATHER TO ORDER:
(705) 858-7700

MARCH 2023
ORDER: MARCH 2
DELIVERY: MARCH 9

CONGREGATE DINING

ELDERS 55+

THURSDAY, MARCH 2
BETWEEN 5 P.M. - 6 P.M.
in-person and delivery available

To join us in person, RSVP by March 1
CALL HEATHER TO RESERVE YOUR MEAL: (705) 858-7700

COMMUNITY EVENTS

NUTRITION BINGO



**Thursday, February 9
5:30 P.M.**

In-person and Zoom

Prizes are the same. Cards will be bagged for pickup. Payment due on pickup.

Call Heather to reserve your spot:

(705) 858-7700



**SOUP'S ON!
FEBRUARY**

February 7, 14, 21, 28

Call by 11 A.M. | Pick up by 12 P.M.
Call Heather to place order:
(705) 858-7700



Small Box: \$10 | Large Box: \$19

GOOD FOOD BOX

CALL HEATHER TO ORDER:
(705) 858-7700

FEBRUARY 2023
ORDER: FEBRUARY 2
DELIVERY: FEBRUARY 9



**CONGREGATE
DINING**

ELDERS 55+

THURSDAY, FEBRUARY 2
BETWEEN 5 P.M. - 6 P.M.
in-person and delivery available

To join us in person, RSVP by February 1
**CALL HEATHER TO RESERVE YOUR
MEAL: (705) 858-7700**

WFN EVENT CALENDAR - FEB 2023

Please be sure to use this calendar as your official reminder for these events to help plan your month.

SUN	MON	TUE	WED	THURS	FRI	SAT
			1	2 Congregate Dining GFB Order	3 CLOSED	4
5	6 Elders Social Movement Monday	7 Moccasins Soup's On	8	9 GFB Pickup Bingo	10 CLOSED Rental Housing Policy	11
12	13 Elders Social Movement Monday	14 Soup's On	15 HROTM	16 Environmental Site Assessment	17 CLOSED	18 Land Code Consult
19	20 CLOSED	21 Women's Circle Soup's On Sue Chartrand	22	23 Men's Circle Sue Chartrand	24 CLOSED	25 Traditional Winter Wellness
26 Pow Wow Grounds Consult	27 Elders Social Movement Monday Chief & Council	28 Moccasins Soup's On	1 MARCH	2 Congregate Dining Healthy Baking GFB Order	3 CLOSED	4
5	6	7 Soup's On Sue Chartrand	8	9 GFB Pickup	10 CLOSED	11

Sue Chartrand will be here for footcare and massages per the calendar. If interested, contact Line @ 705-858-7700 ext 218.