



# Wahnapiatae First Nation Community Newsletter

**Inside this issue:**

**July 2023**

**P3: WFN 2023 Pow-Wow**



Come celebrate WFN's Pow-Wow with the community this August.

**P7: RHT Consultation**



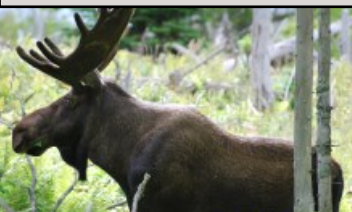
Discuss the future of the Robinson Huron Treaty with the Mizhinawe, Justice Harry Laforme.

**P15: Community Garden**



Members gathered to build a community garden on June 19.

**P25: Moose Hunt**



Learn about WFN's first annual community moose hunt.



## A Message to Members

As we enter the height of the summer season, let us take time to reflect on the wonderful memories we've had this season thus far.

The annual Open House held on June 10 was a big success, with many members and community partners coming together to hear what WFN is working on. All of WFN's departments were on hand to explain the many projects and programs being developed on members' behalf, and a big chi-miigwetch to all those who came out; it was wonderful to see all of you.

Good times were also had at WFN's Father's Day event on June 17, where many families also came with their nmishoome, nzishenh, nmishoomis for an afternoon of good food, fun and games. Miigwetch to all those who came out, and congratulations to Ed and Heather who won the horseshoe games, and to Dave Nicholls for winning the BBQ door prize.

I'd also like to thank those who have attended our Trust meetings, as well as those who have joined WFN's various committees. Your knowledge and wisdom are deeply valued, and are a great help to our community.

That said, there is still much time to create new memories this summer, and to enjoy the sun and warm weather that comes with it.

It's important to do so safely, however, and please follow all local fire bans to help protect the community. Also, with all the smoke from forest fires, be cautious when going outside and follow posted air quality advisories.

If you're looking to enjoy the water, please be cautious and be sure to have all your safety gear. If you are going alone, let someone know where you're going and what time you will be back.

Lastly, we hope you plan to make some summer memories with Wahnapiatae's 2023 Pow-Wow, which is being held on Saturday, Aug. 19 and Sunday, Aug. 20. If you'd like to help make this year's event a success, WFN is currently looking for volunteers to lend a hand, so be sure to contact our Cultural Coordinator, Tammy Chevrette at [tammy.chevrette@wahnapiataefn.com](mailto:tammy.chevrette@wahnapiataefn.com)

Miigwetch,  
Chief Larry Roque

# COMMUNITY NOTICES

## *Chi-Miigwetch*

Thank you to all of the businesses who helped make WFN's Mother's Day and Father's Day events that much brighter with their donations:

Hiawatha's Restaurant and Marina  
Supreme Leaf  
Creator's Choice  
Wanapitei Outfitters  
M&R Grill  
Home Hardware Capreol  
White Birch Creamery  
Aquacade

**CHI-MIIGWETCH FOR ALL  
YOUR DONATIONS.**

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](http://www.wahnapiataefirstnation.com)



**MAIN PAGE:** [www.fb.me/wahnapiataefirstnation](http://www.fb.me/wahnapiataefirstnation)



**YOUTH PAGE:** [www.fb.me/WFNYouthPage](http://www.fb.me/WFNYouthPage)

# WFN POW-WOW



*28th Annual Pow-Wow*

## AUGUST 19 & 20 WFN POW-WOW GROUNDS

**Arena Director:**

Robert Stoneypoint

**MC:**

Paul Owl

**Host Drum:**

Misko-Asin

**Co-Host Drum:**

Northshore Ogitchiidaa Singers

**Invited Drum:**

Wikwemkong Drum  
Committee

**Head Elders:**

Tony Tyson & Caroline Recollet

**Head Dancers:**

Wes Cleland & Tracy Cleland

**Head Youth Dancers:**

Seth Williams & Jade Prentice

**Friday**

5 pm Community  
Sweat Lodge @ Bass Lake  
(Conducted by Julie & Frank Ozawagosh)

**Saturday**

12 pm Grand Entry  
Dance Specials  
Food and Crafts Booths  
10 pm Fireworks Show  
by Dream Catcher Fireworks

**Sunday**

12 pm Grand Entry  
4 pm Closing & Giveaways

**6 am Sunrise Ceremonies**

Thur | Fri | Sat | Sun  
at the Sacred Fire

**Community Feast by**

Hiawatha's Restaurant  
& Marina

**Registration**

11 am to 1 pm  
Saturday & Sunday  
must be in full regalia to receive honorarium

*This is a substance &  
alcohol-free event*

***NO PETS ALLOWED***



*Honouring Our People - Reconciliation  
Gichilwaawiziwin Giinawind Awiya*

# CHIEF AND COUNCIL



## Chief and Council Regular Meeting

**Tuesday, July 25, 2023**

**6 P.M.**

**In-person and via Zoom**

Members wishing to attend via Zoom must register at:

**[https://cutt.ly/WFN\\_CouncilMeeting\\_July2023](https://cutt.ly/WFN_CouncilMeeting_July2023)**

The deadline to register for the web version is July 18, 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 EVENTS

## Service Canada in your community!

Service Canada can provide information and help you access Government of Canada programs and services.

**Service Canada will be here to serve you on the following dates:**

Wednesday, July 26, 2023

**At the following location:**

Centre of Excellence, Elders Lounge  
259 Taighwenini Trail Road, Capreol

**Hours of service:**

9:30 am to 3:00 pm

**You can also visit us in-person at one of these nearby**

**Service Canada Centres (SCC):**

Sudbury, 19 Lisgar Street

**eService Canada** service request form  
[eservices.canada.ca/en/service/](https://eservices.canada.ca/en/service/)

**Hours of service:**

Monday to Friday  
8:30 a.m. to 4:00 p.m.

Please access Government of Canada programs online at [Canada.ca](https://Canada.ca) or by telephone at 1 800 O-Canada (1 800 622-6232).

## Service Canada se rend dans votre localité!

Service Canada peut vous renseigner, et vous aider à accéder aux programmes et aux services du gouvernement du Canada.

**Service Canada sera ici pour vous servir les dates suivantes :**

mercredi, le 26 juillet 2023

**À l'endroit suivant:**

Centre d'Excellence, Elders Lounge  
259 rue Taighwenini Trail, Capréol

**Heures de service :**

9:30h à 15h

**Bureau est fermé :**

**Vous pouvez également nous visiter en personne à un des Centres Service Canada (CSC) suivants :**

Sudbury, 19 rue Lisgar

Formulaire de demande de services  
**eServiceCanada**  
[eservices.canada.ca/fr/service/](https://eservices.canada.ca/fr/service/)

**Heures de service :**

Lundi au vendredi  
8 h 30 à 16 h

Veillez accéder aux programmes du gouvernement du Canada en ligne à [Canada.ca](https://Canada.ca) ou par téléphone au 1 800 O-Canada (1 800 622-6232).

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Service  
Canada 

# INFRASTRUCTURE DEPARTMENT

## Septic System Do's and Don'ts

### Will Toilet Bowl Cleaner Damage a Septic System?

Everything you pour down the drain, flush down the toilet or put in your washing machine has the potential to affect the lifespan of your septic system. Toilet bowl cleaners and bleach/chlorine based cleaners should be avoided or minimized. Look for chlorine bleach or chemical sodium hypochlorite on product labels. Using these products could result in your septic tank backing up, creating costly repairs, contaminating your drinking water, odors and much more.

Standard household bleach and cleaning chemicals may be considered the most useful household products because of their countless uses. They are commonly used to whiten surfaces, remove stains, kill germs and sanitize. But what happens when bleach gets into your septic system?

### What Does Bleach Do to the Septic System?

Your septic system contains different kinds of bacteria throughout the system that treats the water waste from your home. When household chemicals get introduced to your septic tank, it kills the live bacteria inside that is needed to break down and treat the waste properly. Once the chemical or bleach kills the bacteria, it causes "die-off" and it builds up in the septic tank with nowhere to go. To make room, grease, oils and other solids are then pushed out of the tank and into the drain field resulting in costly repairs. Signs that your drain field may be failing are slow drainage, slow flushing and water on the grass near the drain field.

Instead of using bleach or chlorine-based cleaners, we suggest using all natural bio-degradable cleaning products as well as low-sudsing, low phosphate and bio-degradable detergents.

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#### Septic System Do's:

- Do pump your septic system every one to two years to remove solids and sludge.
- Do use high-quality single-ply toilet paper that breaks down quickly.
- Do conserve water. Your septic tank can only hold so much liquid. Spread laundry use over the week rather than all in one day.
- Do remove and prevent trees from growing near the leach field.
- Do run water regularly in seldom used drains to keep gasses from building up.

#### Septic System Don'ts:

- Don't use toilet tank tablets that contain antibacterial agents.
- Don't use soap and detergents in high quantities.
- Don't flush anything that doesn't decompose. For example, paper towels, sanitary napkins, 'flushable' wipes and cigarette butts.
- Don't use a garbage disposal. The food particles and grease can clog and disrupt the bacteria in the tank.
- Don't put solvents, paints and pesticides down the drain system.
- Don't drive or park over your septic system. The weight of the vehicle can break pipes or damage the tank.

# COMMUNITY EVENTS

## Mizhinawe Community Consultation Robinson Huron Treaty Annuities Settlement

**Tuesday, August 1  
6 P.M. to 9 P.M.**

**Maan Doosh Gamig  
Members Only**

The Hon. Harry LaForme, Office of the Mizhinawe, and members of the Robinson Huron Treaty Annuities Settlement Committee will present details about the settlement, the process undertaken, and the possible outcomes for the 21 First Nations of the RHT.

The session will conclude with a question & answer period. Please bring your questions!

If attending via ZOOM, please register in advance.

[https://cutt.ly/WFN\\_Aug1\\_RHTAnnuitiesCommunityConsultation](https://cutt.ly/WFN_Aug1_RHTAnnuitiesCommunityConsultation)



OFFICE *of the* MIZHINAWE

## FINANCIAL ADMINISTRATION LAW BASICS



**MEMBERS ONLY  
SUNDAY, AUGUST 27  
12 PM TO 2 PM  
MAAN DOOSH GAMIG**

Join WFN for a review of the Financial Administration Law (FAL) followed by a Q&A session.

FAL IS FINANCE AND GOVERNANCE PRACTICES THAT WILL ASSIST COUNCILS AND STAFF TO MAKE INFORMED DECISIONS AND RUN THEIR FIRST NATIONS WELL.

**RSVP TO AUSTIN BY AUGUST 15**

705-858-0610

[AUSTIN.ARMSTRONG@WAHNAPITAEFN.COM](mailto:AUSTIN.ARMSTRONG@WAHNAPITAEFN.COM)

# COMMUNITY NOTICES

## TEE-PEE CEREMONIES

ASSC Worker Jamie Guizzo was at C.R. JUDD Public School on June 12 and Redwood Acres Public School on June 13 for each school's Tee-Pee Ceremony and Teachings with WFN students. Zachary Beaudette, Cultural Coordinator from AES, came to conduct these teachings.

Students Olivia Budge, Sage Amyotte and Tomera Recollet presented a gift to Zach while Seth Williams presented Sema and a tie blanket made by Redwood Acres' ISP class to Zach.

Redwood Acres announced their land acknowledgement on this day as well, with both their council and trustee in attendance to the ceremony.





# COMMUNITY NOTICES

## Medicine Walk

NRHC TO BASS LAKE  
LUNCH PROVIDED



10 A.M. TO 2 P.M.  
THURSDAY, JULY 13  
&  
WEDNESDAY, AUGUST 23

JOIN US TO GATHER, LEARN, AND IDENTIFY  
NATURE'S MEDICINES

SIDE-BY-SIDE RIDES CAN BE PROVIDED OR BRING YOUR OWN.  
BRING SUN SCREEN AND BUG SPRAY & DRESS APPROPRIATELY FOR THE  
WEATHER.

RSVP TO LINE AT  
[LINE.BAILLARGEON@WAHNAPITAEFN.COM](mailto:LINE.BAILLARGEON@WAHNAPITAEFN.COM) | 705-858-7700 X218

# COMMUNITY EVENTS



## Cool Summer Treats

Wednesdays  
11 A.M. to 4 P.M.

Come and see Natalie or Heather at the WFN Centre of Excellence every Wednesday afternoon to receive a cool treat.



## SUMMER ACTIVITY KIT

FOR CHILDREN AGES 0 TO 6

WANT TO HAVE FUN THIS  
SUMMER? TALK TO NATALIE,  
HBHC WORKER, TO RECEIVE  
1 SUMMER ACTIVITY KIT

1 KIT/FAMILY

CONTACT NATALIE, HBHC WORKER  
705-858-7700  
[NATALIE.GORING@WAHNAPIAEFN.COM](mailto:NATALIE.GORING@WAHNAPIAEFN.COM)

# COMMUNITY EVENTS

**EARLY YEARS** PARENTS/GUARDIANS MUST BE PRESENT

*July Programming*

**MONDAYS  
9 A.M. to 12 P.M.  
THE GAZEBO**

CONTACT NATALIE, HBHC WORKER  
705-858-7700  
[NATALIE.GORING@WAHNAPIAEFN.COM](mailto:NATALIE.GORING@WAHNAPIAEFN.COM)



If you're not receiving monthly communications from us, your address may not be up to date in our system.

**WE NEED YOUR CONTACT INFO**

CALL OR EMAIL TO LET US KNOW

✉ [leila.roque@wahnapiataefn.com](mailto:leila.roque@wahnapiataefn.com)

☎ 705-858-0610

# EDUCATION UPDATES

WFN Education Dept. Presents

# END OF SUMMER CELEBRATION

Face Painting!

Saturday, August 26  
11 AM - 5 PM

Paddle Boats!

WFN Baseball Field

Bouncy Houses!

Open to members on- and off-reserve  
and their families

BBQ  
with WFN Firefighters

**FOOD VENDORS  
NEEDED!**

Dunk Tank!

Popcorn &  
Cotton Candy!

Contact Nancy or Marlene at  
705-858-0610 if interested



## The Power of Storytelling

Storytelling with Family Wellbeing & HBHC

### Groups and Ages

Tuesday, July 11 (ages 0-6 years)  
9 A.M. - 11 A.M.

Wednesday, July 12 (ages 7-11 years)  
2:30 P.M. - 4:30 P.M.

Located at the Family Wellness Centre



RSVP to Linda by July 10

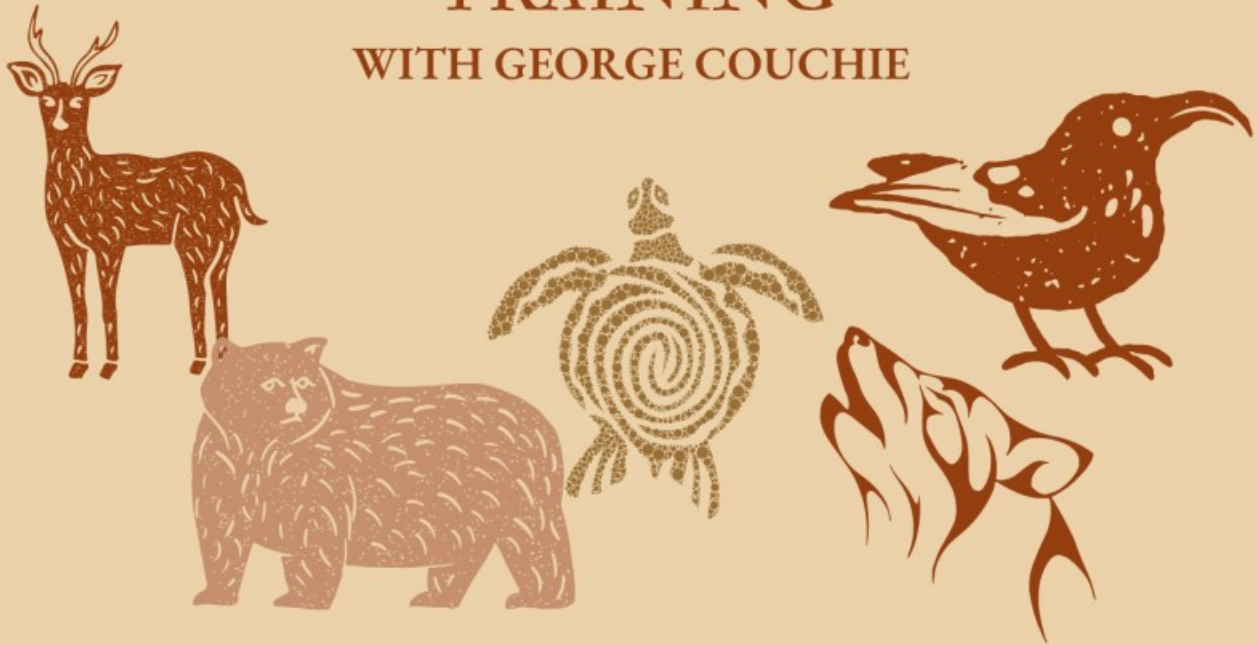
[linda.mhende-chitohwa@wahnapitaefn.com](mailto:linda.mhende-chitohwa@wahnapitaefn.com)

# EDUCATION UPDATES

WAHNAPITAE FIRST NATION  
MEMBERS & YOUTH

## CULTURAL MINDFULNESS TRAINING

WITH GEORGE COUCHIE



MONDAY, JULY 24, 9 A.M. TO 3 P.M.  
MAAN DOOSH GAMIG

Teachings in morning followed by a craft in afternoon.  
Lunch Provided

To register contact Marilyn  
[marilyn.nicholls@wahnapitaefn.com](mailto:marilyn.nicholls@wahnapitaefn.com)

**LIMIT OF 50 PARTICIPANTS.**

# EDUCATION UPDATES



## Women's Book Club

**Family Wellness Center**  
**First Meeting: Wednesday, July 19**  
**2:30 P.M. to 4:30 P.M.**

Each month, WFN's Women's Book Club will meet to select a book then reconvene a month later to discuss it.

The books will be those written by Indigenous authors and focus on wellbeing, family unity, and healing intergenerational traumas.

**Books Provided**



## Youth Book Club

**Ages 13-16**

**Family Wellness Center**  
**First Meeting: Monday, July 17**  
**2:30 P.M. to 4:30 P.M.**

**Join the book club challenge to see who reads the most books.**

### **Eager Readers:**

If you read  
3 books in a month to receive a \$50 Amazon gift card.  
5 books in a month to receive a \$75 Amazon gift card.  
7 books in a month to receive a \$100 Amazon gift card.

**Books Provided**

## COMING TOGETHER AS A COMMUNITY



On June 19, WFN members came together to help create our community garden.

Members also participated in a traditional craft night with Cultural Coordinator Tammy Chevrette.



# HEALTH UPDATES



## Norman Recollet Health Centre Clinical Services

190 LOONWAY ROAD

### HOURS OF OPERATION

**CLOSED FOR LUNCH DAILY 12 P.M. to 1 P.M.**

Monday	9 A.M. to 4 P.M.
Tuesday	9 A.M. to 4 P.M.
Wednesday	9 A.M. to 4 P.M.
Thursday	9 A.M. to 4 P.M.
Friday - Sunday	CLOSED

**TUESDAYS**  
Vaccinations



**WEDNESDAYS**  
Blood Work



**AUGUST DELIVERY**

## Senior Activity Kits

### Kit #1: Medicine Bag

Must be signed up to receive an activity kit

**SIGN UP WITH HEATHER BY JULY 24**  
[heather.roy@wahnapiitaefn.com](mailto:heather.roy@wahnapiitaefn.com)  
705-858-7700 EXT 226

Delivery on August 15 to those registered





**GROUP  
BLUEBERRY PICKING**

**Tuesday, August 1  
WFN Centre of Excellence  
9 A.M.**

**LIMITED TO 10 PEOPLE  
PLEASE RSVP BY THURSDAY, JULY 27  
[HEATHER.ROY@WAHNAPITAEFN.COM](mailto:HEATHER.ROY@WAHNAPITAEFN.COM)**

# HEALTH UPDATES



## HEPATITIS C PRESENTATION



WEDNESDAY, JULY 26, 2023 AT 1 P.M.  
MAAN DOOSH GAMIG

Join Nurse Jenna and Community Wellness Coordinator Heather for a presentation on Hepatitis C.

RSVP BY JULY 20, 2023 TO HEATHER  
705-858-7700 | [HEATHER.ROY@WAHNPITAEFN.COM](mailto:HEATHER.ROY@WAHNPITAEFN.COM)

## DRUG USER'S REMEMBRANCE DAY WALK

Thursday, July 20  
WFN Centre of Excellence  
10 A.M.

We'll gather at the Centre of Excellence and walk to the beach at the Pow-Wow grounds. There, we will have a prayer from Tammy and share stories.

Bradley, WFN's Mental Health and Addictions Counsellor, will be available if anyone needs to talk.

RSVP BY JULY 17 TO HEATHER  
705-858-7700 | [HEATHER.ROY@WAHNPITAEFN.COM](mailto:HEATHER.ROY@WAHNPITAEFN.COM)

# HEALTH UPDATES



## ABOUT HUMAN TRAFFICKING

PRESENTED BY JELISE FROM ANGELS OF HOPE  
AGAINST HUMAN TRAFFICKING

**WEDNESDAY, JULY 12  
1 P.M. TO 3 P.M.  
MAAN DOOSH GAMIG**

RSVP TO HEATHER BY PHONE OR EMAIL  
705-858-7700  
[HEATHER.ROY@WAHNAPITAEFN.COM](mailto:HEATHER.ROY@WAHNAPITAEFN.COM)



## SEXUAL HEALTH

Presented by Nurse Practitioner Lisa

**FOR AGES 18+**

**Monday, July 31 at 1 P.M.  
Maan Doosh Gamig**

Join Nurse Practitioner Lisa and Community Wellness  
Coordinator Heather for a presentation on sexual and  
reproductive health

**RSVP MANDATORY BY JULY 26**

705-858-7700 | [HEATHER.ROY@WAHNAPITAEFN.COM](mailto:HEATHER.ROY@WAHNAPITAEFN.COM)

# HBHC SERVICES



## Prenatal Health & Child Development

The Healthy Babies Healthy Children program is available to answer your questions.

Drop in any time or set up a one-on-one appointment with Natalie Goring, HBHC Worker.

Call or email:

[Natalie.goring@wahnapietefn.com](mailto:Natalie.goring@wahnapietefn.com)  
705-920-9106

**IN EMERGENCY  
SITUATIONS, CALL  
911**

**AND SPECIFY YOUR LOCATION AS  
WAHNAPITAE FIRST NATION RESERVE**

**DO NOT CALL FIRE CHIEF RECOLLET.**

911 Dispatch will notify ALL necessary persons.  
Not calling 911 first could cost our community  
lives and buildings.

# LANDS UPDATES



**LIGHT DINNER PROVIDED  
DOOR PRIZES**

# LAND CODE DEVELOPMENT

**COMMUNITY ENGAGEMENT**

**MAAN DOOSH GAMIG  
WEDNESDAY, JULY 12  
5 P.M. TO 8 P.M.**

**VIA ZOOM**

**[HTTPS://CUTT.LY/WFN LANDCODE JULY2023](https://cutt.ly/wfn_landcode_july2023)**

**RSVP BY JULY 5 TO**

**[SAM.CORBIERE@WAHNAPITAEFN.COM](mailto:SAM.CORBIERE@WAHNAPITAEFN.COM)**

# **B O L O**

## **TURTLES ON THE MOVE**



**BE ON THE LOOKOUT**

**PLEASE WATCH THE SIDES OF THE  
ROADS FOR WARNING FLAGS**

# COMMUNITY PARTNER

# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

## July ZOOM and In-Person Workshops

*Gezhtoojig Gets People Working!*

[www.gezhtoojig.ca](http://www.gezhtoojig.ca)



**Resume/Cover Letter**  
July 11 @ 10:00 AM

**Programs & Services**  
July 26 @ 10:00



**Interview Skills**  
July 12 @ 10:00

**Job Search**  
July 25 @ 10:00 a.m.



*Participate for a chance to win a \$50.00 Walmart Gift Card!*  
*Email [getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca) or call 705 524-6772 to register*

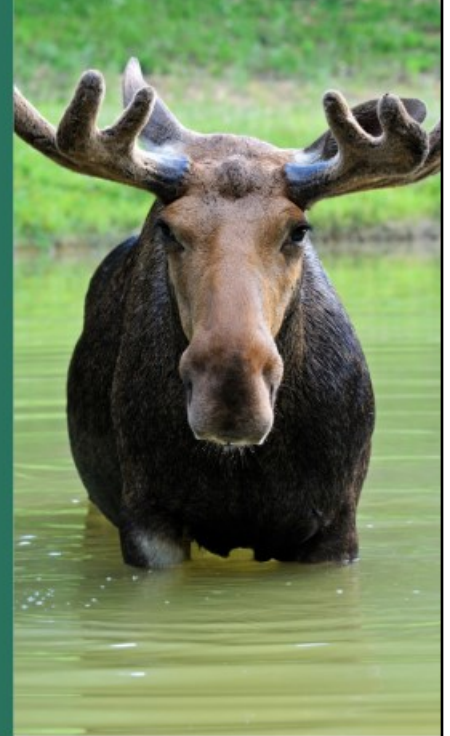
Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152



# COMMUNITY EVENTS

WAHNAPITAE FIRST NATION'S

# FIRST ANNUAL COMMUNITY MOOSE HUNT



## WE NEED HELP WITH:

- 2 community-based hunters to assist with the hunt
- Must provide CPIC
- Must have PAL, Hunter Safety Course and Wilderness First Aid Training (provided July 17 \* 18)
- Preparation and hunt: October 2-5, 2023
- Send letter of interest to Marilyn or Beatrice by July 12

DATE & PLACE:

## OCTOBER 3 - 5

📍 WAHNAPITAE FIRST NATION

Children ages 10+ can participate but **MUST** be supervised by a parent/guardian at all times. Participants will be grouped with hunters for this hunt.

**RSVP BY MONDAY,  
AUGUST 21**



**Please direct any questions or  
RSVPs to:**

Marilyn Nicholls  
[marilyn.nicholls@wahnapitaefn.com](mailto:marilyn.nicholls@wahnapitaefn.com)

Beatrice Debassige  
[beatrice.debassige@wahnapitaefn.com](mailto:beatrice.debassige@wahnapitaefn.com)

# COMMUNITY EVENTS

WFN Fisheries Consumption and Community Health

## FOCUS GROUPS

**Wednesday, July 19  
5:30 P.M.  
Gazebo**

**DINNER & \$50  
HIAWATHA'S GC TO  
EACH PARTICIPANT**

Would you like to take part in a focus group on fish and health in WFN?

This event builds on the Fisheries Project looking at contaminants in fish from Lake Wahnapeitei and Lake Kukagami. The research team is co-led by Sara Lehman (WFN), Brian Laird (University of Waterloo), and Gretchen Lescord (Laurentian University/WCS Canada). The focus group will gather information about the fish harvested and eaten in WFN.

Only verbal information will be collected and all participants and their answers will be protected under our project's community research agreement. Focus groups will take up to 90 minutes. If you take part in the focus group, you will receive a \$50 gift card to Hiawatha's Marina and Gas Bar right after you are done. If you have any questions about the project, please contact us by email at [brian.laird@uwaterloo.ca](mailto:brian.laird@uwaterloo.ca) or [sara.lehman@wahnapitaefn.com](mailto:sara.lehman@wahnapitaefn.com).

**RSVP BY July 11:** | 705-858-0610 or [sara.lehman@wahnapitaefn.com](mailto:sara.lehman@wahnapitaefn.com).



## COMMUNITY KITCHEN

Let's Cook Together

**WEDNESDAY, JULY 19  
1 P.M.  
MAAN DOOSH GAMIG**

Come cook a healthy meal with Heather, Community Wellness Coordinator, and Natalie, Healthy Babies, Healthy Children Worker.

**RSVP to Heather by July 13**  
[HEATHER.ROY@WAHNAPITAEFN.COM](mailto:HEATHER.ROY@WAHNAPITAEFN.COM)  
705-858-7700

# COMMUNITY EVENTS



## GROCERY RUN TO INDEPENDENT IN HANMER

TUESDAY, JULY 18  
10 A.M.

### HOW IT WORKS:

Meet Jenna and Heather at the WFN Centre of Excellence. At the Independent Grocer in Hanmer, they will teach you all about reading labels and how to make healthy choices when doing groceries.

### LIMITED SPOTS

705-858-7700 x226 | [heather.roy@wahnapiitaefn.com](mailto:heather.roy@wahnapiitaefn.com)



# COMMUNITY EVENTS



# TRADITIONAL CRAFT NIGHT

**TUESDAY, JULY 18, 2023  
MAAN DOOSH GAMIG  
6:30 P.M. TO 8:30 P.M.**

Join WFN's Cultural Coordinator Tammy for a night of crafting and conversation.

**RSVP to Tammy**

705-920-9488

[tammy.chevrette@wahnapi'taefn.com](mailto:tammy.chevrette@wahnapi'taefn.com)

*Minimum of 4 participants needed for event to run.*

# COMMUNITY PARTNERS



## SILENT AUCTION

**AUCTION DEADLINE JULY 27 | 4PM**

**Three white 15' Reflections - Mad River Canoes**  
**Two green 17' Reflections - Mad River Canoes**

WFN's Lands and Resources Department is auctioning off five canoes.

**Cracked canoes start at \$50**

**Canoe with no cracks starts at \$200**

Payment must be received and canoes picked up from the Centre of Excellence by August 3, 2023.

**Example of cracks**

Email your bid, canoe number, name and phone number to:  
**[sara.lehman@wahnapiwefn.com](mailto:sara.lehman@wahnapiwefn.com)**

# COMMUNITY EVENTS



**WEDNESDAY, JULY 19**  
**4 P.M. - 6 P.M.**

Please let Rochelle or Line know by **July 12** if you will be participating this month to reserve your kit.

**PICK-UP: 259 TAIGHWENINI TRAIL RD**  
**BRING YOUR OWN BAGS!**



**WEDNESDAY, JULY 19**  
**4 P.M. - 6 P.M.**

Please let Rochelle or Line know by **July 12** 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

**JULY 2023**  
**ORDER: JULY 6**  
**DELIVERY: JULY 13**



# CONGREGATE DINING

ELDERS 55+

**THURSDAY, JULY 6**  
**BETWEEN 5 P.M. - 6 P.M.**  
*in-person and delivery available*

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

# COMMUNITY EVENTS



## JULY SOUP'S ON!

July 4, 11, 18, & 25

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

## NUTRITION



**Thursday, July 20**  
**5:30 P.M.**  
**MDG**

**IN PERSON ONLY**

Call Heather to reserve your spot:  
(705) 858-7700

*Prizes are the same.*



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

## GOOD FOOD BOX

CALL HEATHER TO ORDER:  
(705) 858-7700

**AUGUST 2023**  
**ORDER: AUGUST 3**  
**DELIVERY: AUGUST 10**



## CONGREGATE DINING

ELDERS 55+

**THURSDAY, AUGUST 3**  
**BETWEEN 5 P.M. - 6 P.M.**

*Delivery Only*

*To secure your meal, RSVP by July 27*  
**CALL HEATHER TO RESERVE YOUR MEAL: (705) 858-7700**

# WFN EVENT CALENDAR - MAY 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	3 <b>CLOSED</b>	4 Soup's On	5 Cool Summer Treats	6 GFB Order Congregate Dining	7 <b>CLOSED</b>	8
9	10 Early Years	11 Soup's On Storytelling with Linda - 0 to 6yrs	12 Cool Summer Treats Storytelling with Linda - 7 to 11yrs About Human Trafficking Medicine Walk	13 GFB Pick Up	14 <b>CLOSED</b>	15
16	17 Early Years Youth Book Club	18 Soup's On Grocery Run Traditional Craft Night	19 Cool Summer Treats Fish Focus Group Community Kitchen HROTM Women's Book Club	20 Drug Users' Remembrance Walk Nutrition Bingo	21 <b>CLOSED</b>	22
23	24 Early Years Cultural Mindfulness	25 Soup's On Chief & Council Meeting	26 Cool Summer Treats Service Canada Mobile Services Hepatitis C Presentation	27 Silent Auction Bid Deadline	28 <b>CLOSED</b>	29
30	31 Early Years Sexual Health 18+	1 Blueberry Picking RHT Community Consultation	2	3 GFB Order Congregate Dining	4 <b>CLOSED</b>	5