

Wahnapi'tae First Nation



WAHNAPITAE FIRST NATION
COMMUNITY NEWSLETTER

JANUARY 2017

MANDIDOO GIIZIS

'SPIRIT MOON'



HAPPY
NEW
YEAR
2017

CHIEF & COUNCIL CORNER

- Chief and Council Meeting January 17th, 2017 6:00 PM
- Strategic planning session January 21st & 22nd 2017

We hope everyone had a very Merry Christmas & Best Wishes for a Prosperous & Happy New Year

Triplex's available

There are still 2 triplex units available for rent. If you are interested in renting or know a WFN member who might be interested please contact Vince Roque @ that band office 705-858-0610 ext 210



Garbage & Recycling

Garbage & recycling will remain on the same days and times for the 2017 new year, as well as land fill—recycling is Tuesday & Garbage—Thursdays



Friendly Reminder To All Home Owners, & Band Renters

Just a friendly reminder to all home owners and band renters to please stay off your field beds during the winter season- this means no driving on your field beds, playing, no foot traffic, or ski doo's.. If there is heavy traffic on your field beds - it will cause your field bed to freeze & your septic tank will back up in to the house. The tank will have to be dumped regularly, and it will be at the owner's/ renter's expense.

So please be sure to stay off your field beds during this time.

Thank you,

From your friendly housing department.

Christmas lights Contest Winners

The Christmas lights contest was sponsored by our awesome Sustainable Development Department .. We would like to give you a big thank you for your generosity in hosting this contest... Here are the Winners



Wendy & Myles Tyson
1st Place Winner's



Shannon
Skelliter
2nd Place
Winner

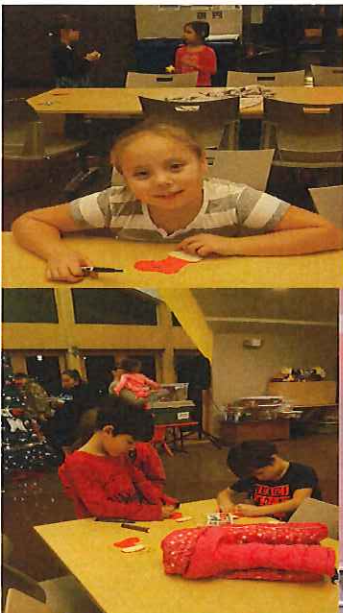


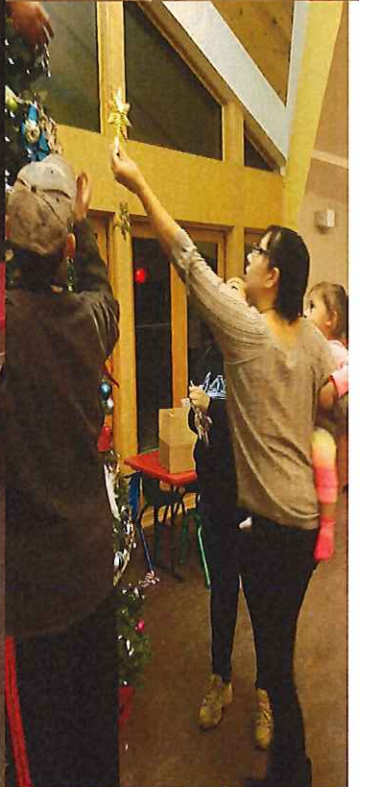
Larry &
Debbie
McGregor
3rd Place
Winner's



CHRISTMAS TREE DECORATING NIGHT

Community events from December





P.A. Day Activity

What a treat to have Marnie Anderson come join us in facilitating a day full of healthy eating, education and physical fitness!

A day split to accommodate our tots who were invited to join our 4-7 in the morning, had them creating and tasting each other's mystery smoothies, pizza lunch and take part in games geared to meet the level of fitness appropriate for their ages!

Youth 8+ in the afternoon also took part in smoothie tasting, an educational craft and a few games of dodge ball in the snow!!

Thank you to all our youth who came out to participate!



Christmas Craft Bash

Huge "Thank You" to the families who came and enjoyed the evening with Samantha and I!!

We were pleased to have had nearly all our youth, a total of 27 participants, who came to craft, eat a catered Subway supper and enjoy some Christmas themed snacks!

Merry Christmas everyone!!



Tots Play Group

Big Thank You to our student placement nurse, Samantha, for organizing a play group for our Tots!

We had two tots along with their Mums, who came and did a craft, we played games, and had our little ones make their own yogurt parfaits!

Looking forward to seeing these little ones again in the near future!!



WFN Christmas Parade

Miigwetch to the Fire department & Fawn for putting together this years Christmas parade.



FIRE DEPT. UPDATE

Congratulations and a warm welcome to our former Fire Fighter Tom Recollet, as he becomes WFN'S New Fire Chief!



Tom would like to thank the community for their continuous support and look forward to providing the best services moving forward.

We have been working hard to come together adding 5 new recruits, more

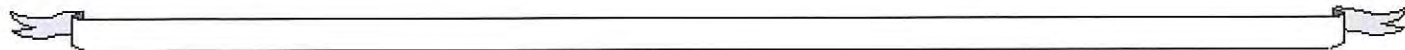
Practices and positions amongst our crew for organization.

WFN Fire Department Welcomes Larry Roque, Tyler Recollet, Jericho Pettifer, Nicholas Recollet and Angie Kratky!!

Also welcoming former firefighters into their positions, Samantha Corbiere as Captain, Cherie pheasant and Lori Corbiere as secretaries.

Please contact Cherie at 705-858-7700 ext. 218 or Lori at ext. 220 for any concerns, comments or suggestions,

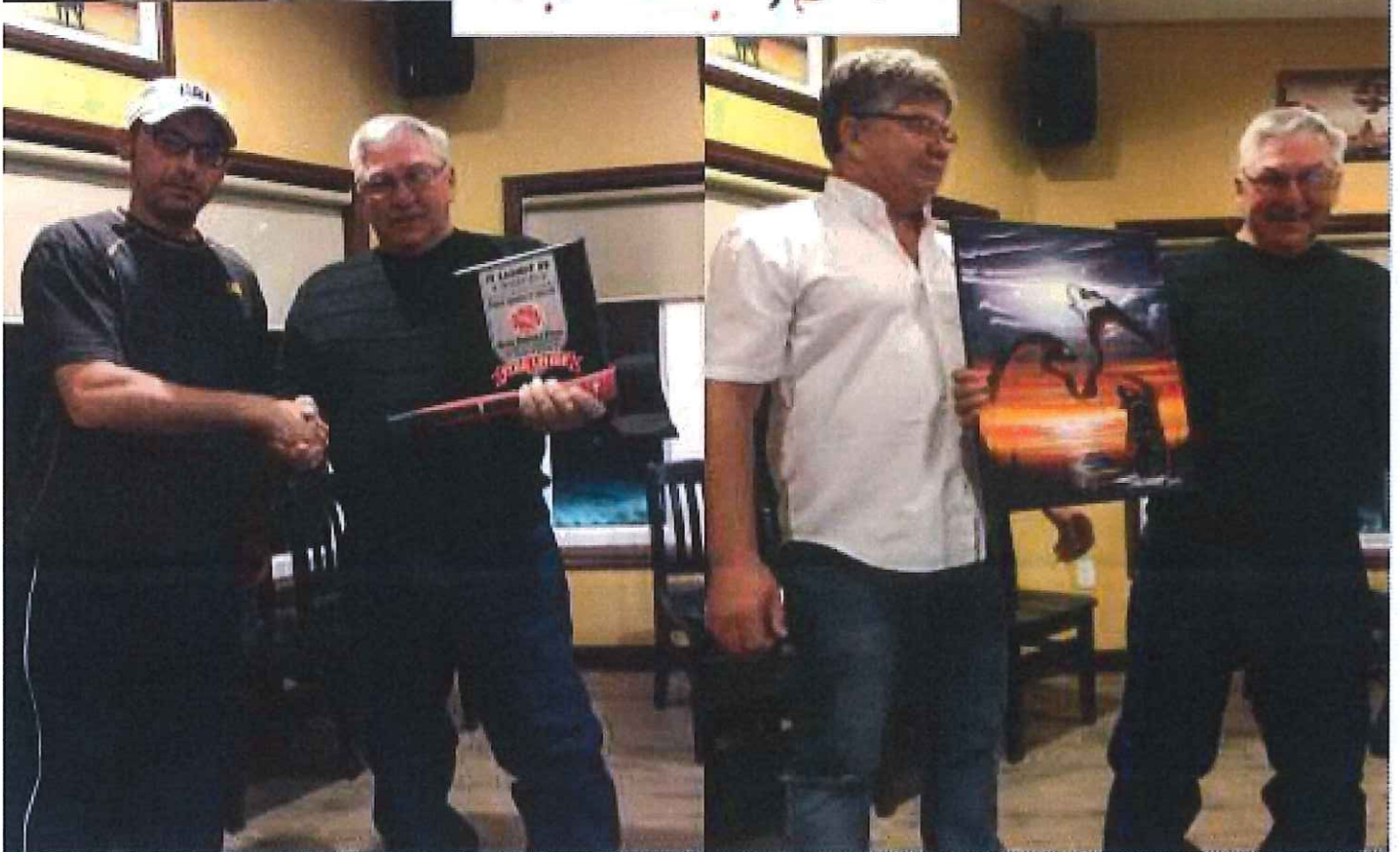
Thank you!



NOLAN'S RETIREMENT PARTY



Happy Retirement





Pow-wow Raffle

1st Prize: Hot Tub

2nd Prize: \$500.00 CASH

3rd Prize: Quill Box

Thank you for your support!

1 for \$10 or 3 for \$25

FOR MORE INFORMATION PLEASE CALL LORI CORBIERE AT
(705)858-0610 EXT. 220

**Aquacade**
POOLS & SPAS



Community Wellness Program

NUTRITION

BINGO

THURSDAY, JANUARY 19, 2017

5:30 PM

MAAN DOSH GAMIG HALL

**PLAY 3 CARDS FOR ALL GAMES FOR ONLY
\$8.**

**(DOES NOT INCLUDE ANY FUNDRAISING
SPECIALS)**

FUNDRAISER CANTEEN

INDIAN TACOS - \$8.

(includes beverage & dessert)

Good Food Boxes

Orders and money in by:
Wednesday, January 11, 2017
Delivery & pick up on:
Wednesday, January 18, 2017
for more information please
contact:
Wendy at 705-858-7700 X219

DIABETIC FOOT CARE

WEDNESDAY, JANUARY
18, 2017 WEDNESDAY,
FEBRUARY 1, 2017
WEDNESDAY,
FEBRUARY 15, 2017

TLC

JOIN US IN THE ELDERS
LOUNGE EVERY
WEDNESDAY
1:00 PM - 3:30 PM
TEA, LAUGH, CARDS

CONGREGATE DINING

Sunday, January 29, 2017

5:30 pm

Maan Doosh Gamig

Chicken Breast Smothered in Gravy

Mashed Potatoes, Mixed Vegetables

Homemade Bread Pudding

**If you are 50 years or better and would like to join us,
please contact Wendy by Wednesday, January 25,
2017 to book your spot.. 705-858-7700 ext: 219**

SOUPS ON FUNDRAISER

EVERY TUESDAY FROM
12:00 — 1:00 PM
Maan Doosh Gamig
EVERYONE WELCOME!

MASSAGE THERAPY

EVERY 2ND WEDNESDAY
WEDNESDAY, JANUARY 11,
2017 WEDNESDAY, JANUARY
25, 2017

**NORMAN RECOLLET
HEALTH SERVICES WING**



WFN Health Department

- Child & Youth
- Family Wellness
- Community Wellness

Child & Youth: A Year in View Of What To Expect

This section will highlight each strand of Child & Youth programming within the context of deliverables expected from the funders; job description, evidence-based research and most importantly community.

Child

The childrens program will be divided into two age categories: 0-5 years and 6 - 11 years. The 0-5 year program will be structured as a parent support/childcare setting in which parents will be given information in support of healthy child development while the children will be provided with a program to enhance their learning and growth. Wherever possible child care will be provided though at the present time, our funds limit the availability of this type of program. The 6 – 11 year olds will be given a program that will include traditional activities aimed at increasing their knowledge in culture, language, returning to the land, storytelling, arts, harvesting and hunting.

Youth

Two streams of programming will be incorporated: Leadership and "Returning to the Land". The Leadership program will begin with a 10 week Choices program aimed at developing inter-personal and age-related issues that will be discussed in a traditional forum

guided by the expertise of Theresa McGregor from Shkagamik-Kwe. This will then be followed by an 8 week program that utilizes the concepts of intuitive art to build personal intuition through creative expression. Several types of art media will be explored. The Leadership stream will then be followed by council training aimed at developing meeting, team building, management and communication skills as youth will be expected to form their own council with the responsibility of planning and implementing a project of their own undertaking. Their purpose will be to inform youth programming and learn leadership skills.

Returning to the Land will entail traditional programming aimed at developing skills related to First Nation culture and nurturing a relationship to the land.

Parents

A parent group in 2016 was established to plan an activity for families. Research indicates that when parents are involved in the decision making process that it empowers their role as caretakers.

Therefore community members will be encouraged to continue to function as a parent council in order to inform programming and take an active part in community building. Community Asset Based Tools, team building and guidance will be given on a monthly basis so that parent's will effectively manage, plan and implement a community building project. No fundraising will be required. The first parent group meeting will be on Wednesday, January 18, 2017 from 6:30 p.m. to 7:30 p.m. in the Maan Doosh Gamig at the WFN Centre of Excellence.

Home Visiting

Evidence-based research indicates that successful Child & Youth programs depend on input acquired through home visits. Training will be obtained so that these visits will be conducted in a professional manner. As such all information collected will be stored in a confidential and ethical process. For the first quarter of our year, attention will be given to the development of this important process.

Did You Know....

Health Discretionary Fund – On & off WFN members have access to an annual \$500 health discretionary fund if on a fixed or low income. It is designed to help with costs related to life threatening/ emergency major crisis/ terminal illness or death.

OLG Gaming Revenues Training Fund – WFN Band Members who are not in arrears with other OLGR funded programs and who are in between the ages of 5-18 years have access to an annual \$500 to help offset the costs to extra-curricular activities



CONTACT CHILD & YOUTH
WORKER : Fawn Pettifer

(705)858-7700 EXT. 221
fawn.pettifer@wahnapietaefn.com



The Value of our Volunteers

Chief Oren Lyons, a world renowned leader and visionary for peace, justice, and sovereignty has shared in the book *Native Science* the following: “And each generation was to raise its chiefs and to look out for the welfare of the seventh generation to come. We were to understand the principles of living together. We were to protect the life that surrounds us and we were to give what we had to the elders and to the children.” It is true that colonialism has made its mark on our traditional roles as indigenous peoples and for many those roles now seem obsolete. But consider the examples seen in our own community that offer a sense of resurgence and empowerment. You know of the people I speak

of: the parents who are always there to help clean up after an event; the fire fighter volunteers who offer their time and efforts to ensure that our community will be a safer one and those who offer their materials, time and/or skills to benefit others. “They are Indigenous warriors old and new” whose only intention is to better our community (Alfred & Corntassel, 2005). What kind of community would we have without them? Chi Miigwetch to all of you!

Storytelling Night with Will Morin

Date: January 16, 2017

Time: 6:30 p.m. to 7:30 p.m.

Where: WFN Centre of Excellence

Children 6 and up are welcome to attend without parents. Children 0 to 5 are welcome to attend but with supervision. Young and old are encouraged to come out and enjoy an evening of storytelling.

Highlights from December Activities

Christmas Tree Decorating: Amanda McGregor took the lead to organize and host a Christmas Tree Decorating activity on December 5, 2016 that was widely supported by families living on reserve. As a result, many enjoyed a dinner, decorating the tree and the companionship of others. Thank you to the parents who stayed to clean up.

Christmas Craft Night: Cherie Pheasant hosted a community Christmas Craft Night on December 7, 2016 that was very well attended. All participants left with a personally hand-crafted ornament that they could hang on the tree or around the house. Dinner was also provided. Again special thanks to the participants who offered support during clean up.

Santa Claus Parade: Tom Recollet directed the Santa Claus Parade with a successful entourage of 5 floats. The winners were the following: 1st Tomera and Jade; 2nd Paul Recollet and; 3rd Paul MacDonald (prize donated to Capital Fundraising (funds go towards a community building project))

Christmas Community Feast: This year’s theme was to ‘share the love’ and so many contributed to the decorating, organizing and implementing of a pot-luck dinner, Santa Claus gift giveaway and distribution of Christmas Cards which were given to all community members. Chief Ted Roque took the lead to wish everyone a Merry Christmas and handed out Christmas Cards. It was very nice to see community come together after the event to put chairs away and help with the clean up.

Sliding Party: Children of all ages came out for the last kick-off event of the year. On December 31, 2016 Hiawatha Osawamick and Devon O’Scarlett brought out their handy insulated trailer with wood stove in support of a community sliding party. Jericho Pettifer provided the wood and made a fire. Many parents came out to spend time with the rest of the community which provided much needed support. ‘Hot’-dogs and ‘Hot’ chocolate were provided for all who could attend.

Family Wellness Program

An initiative to increase physical activity as a healthy living practice as well as implement mental health strategies to improve well-being.

Starting January 20, 2017 and running for 10 weeks will be alternating **Zumba and Ballroom Dance** Classes. Classes conducted by Academy of Ballroom Dance.

January 20, 2017 – Zumba : 7:00 - 8:00 p.m.

January 27, 2017 – Ballroom Dance: 7:00 - 8:30 p.m.

Both classes will be held at the WFN Centre of Excellence



Starting Sunday, January 29, 2017 for a 7 Week Series of:

- **Grounding and Relaxation**: 15 minutes
- **Yoga Practice Hatha Yoga/Pilates**: 45 Minutes
- **Meditation Segment with Antique Singing Bowls**: 30 minutes

Classes begin at 1:30 p.m. – 3:00 p.m. at the WFN Centre of Excellence. Classes conducted by Suzanne Leclair.

How old, is old enough? – Leaving kids home alone

Whether it's a last minute meeting or appointment, there will likely be a time when you feel like you have no other choice but to leave your child home alone. That moment raises the debate of "How old is old enough to leave my kid home alone?"

This is a fair question to ask and one that many parents struggle with, because it's not a matter of common sense, like leaving a three year old is an obvious 'no', and leaving a sixteen year old alone is an obvious 'yes'. The line seems blurry with those elementary school kids that fall somewhere in the middle. Provincial laws vary on this matter, suggesting that children be between 10 and 12 years.

Of course, it is probably best to ask your child first if he/she feels comfortable being left alone. However, all these issues and more will be covered in a Home Alone course that will be offered through **St. John's Ambulance** on January 21, 2017 from 9:30 a.m. to 4:30 p.m. This course will be offered along with a **Babysitting Basics** course and children 10 and up will be eligible to attend. Our programs will be in need of providing childcare when needed as a means to support the health and well-being of families as they attend the programs offered. Therefore, it is hoped that in the future those that attend the course and who are 12 and up will be available for a paid employment opportunity.

Stay Home Alone & Babysitting Basics Course

Where: WFN Centre of Excellence

Date: January 21, 2017

Time: 9:00 a.m sharp to – 4:30 p.m.

Kids' World of Energy



Science and Technology Workshops and Field Trips

Sustainability Superheroes presents

Capture the Wind!

Friday, January 27, 2017

10 am – 3 pm

WFN Maan Doosh Gamig

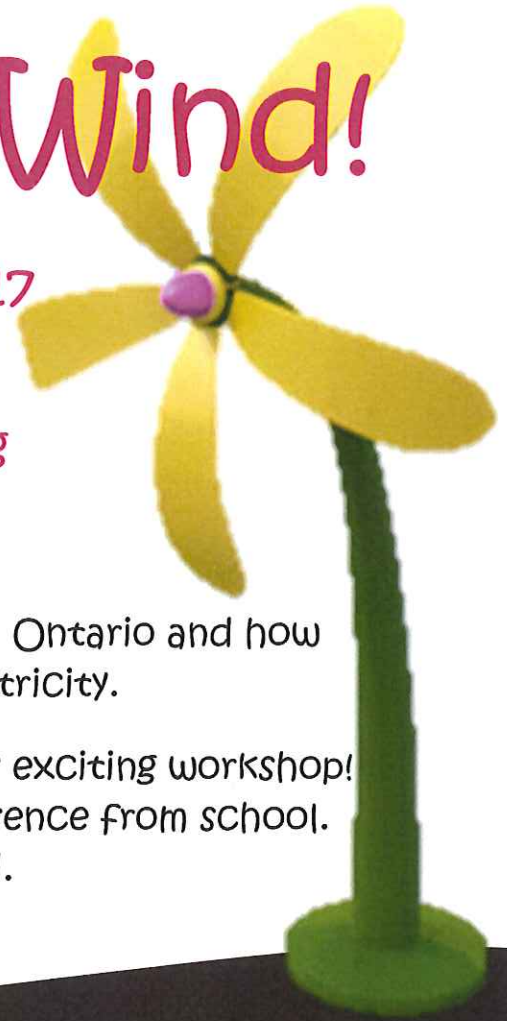
For students ages 8+

Learn how electricity generation has evolved in Ontario and how energy can be transformed into electricity.

Contact Jolene Recollet (858-0610) to attend this exciting workshop!

Letters are available for teachers to excuse absence from school.

Register Early; Space is limited.



Wabnapiitae First Nation



SUSTAINABILITY



SUPERHERO!

NORTH AMERICAN
INDIGENOUS
GAMES 2017
TORONTO • ONTARIO



2017 JEUX
AUTOCHTONES
DE L'AMÉRIQUE DU NORD
TORONTO • ONTARIO



MASCOT

for the TORONTO 2017 NORTH AMERICAN INDIGENOUS GAMES



naig2017.to/en/culture/promotions

Are you an Indigenous youth, between the ages of 6-19?
Submit your mascot design for your chance to win!

HOW TO ENTER:

1 Go to naig2017.to/en/culture/promotions AND download your entry form.

2 Fill in your form and include your mascot design, suggested names for your mascot, and background story.

3 EMAIL your completed form and design to admin@naig2017.to
OR
MAIL to: Toronto 2017 NAIG Host Society Mascot Design Submission
2425 Matheson Blvd. East, 7th Floor,
Mississauga, ON L4K 5K4



#AllOne

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Ontario

TORONTO

FUNDED BY

Telehealth Help Line

Get fast, free medical advice through Telehealth Ontario at:

[Toll-free: 1-866-797-0000](tel:1-866-797-0000)

[Toll-free TTY: 1-866-797-0007](tel:1-866-797-0007)



Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse. The service provides round-the-clock access.

How it works

When you call, a Registered Nurse will ask you to answer questions so they can assess your health problem and give you advice.

Telehealth Ontario nurses will not diagnose your illness or give you medicine. They will direct you to the most appropriate level of care or may put you in contact with a health professional who can advise you on your next steps.

The nurse will help you decide whether to:

- handle a problem yourself
 - visit your doctor or nurse practitioner
 - go to a clinic
 - contact a community service
- go to a hospital emergency room



A call to Telehealth Ontario will give you confidential advice about any health-related concerns such as: Symptoms that could require medical attention; Illness or injury; Chronic illnesses; Nutrition and healthy lifestyles; Teen health and lifestyle issues. *A call to Telehealth Ontario does not replace 911 — that's always the first number you should call in emergency situations.*

Who can call

Anyone can call Telehealth Ontario to ask a health-related question. This service is:

- confidential – you may be asked to provide your health card number, but it is not required
 - provided in both English and French, with translation support for some other languages
- free for all users

What you can ask

You can contact Telehealth Ontario when you have health-related questions or concerns about:

- illness or injury that may need medical care
- illnesses that don't go away or keep coming back
- food and healthy living
- teen health and issues
- depression, suicide or other mental health concerns
- medications and drug interactions
- breastfeeding



Wahnapiatae First Nation

259 TAIGHWENINI TRAIL ROAD WFN
CAPREOL ONTARIO P0M 1H0

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

www.wahnapiataefirstnation.com

JOB POSTING

JOB TITLE: Mineral Development Advisor
LOCATION: Wahnapiatae First Nation
REPORTS TO: Director of Sustainable Development
WAGES: To commensurate with Skills and education

ROLE OVERVIEW

The Environmental Coordinator will ensure active participation of all departments and committees, internal and external, involved with environmental projects to ensure that regulations are being followed, to ensure safe implementation of project(s) and to safeguard the impact on the environment. On a day to day basis, this position will coordinate work plans and schedules with the Director of Sustainable Development.

NATURE AND SCOPE OF POSITION

The role of the Environmental Coordinator is to create, manage and implement environmental strategies on behalf of the WFN. The Environmental Coordinator will be involved with initiatives guiding land use and development within the WFN land base and territory. He/she will ensure, with resource companies and WFN, that any development activities are carried out in a responsible manner meeting or exceeding the requirements of all applicable government laws regulations, so that potential negative impacts can be identified and mitigated. The incumbent will be required to liaise with representatives from WFN, resource development companies and regulatory agencies.

SPECIFIC ACCOUNTABILITIES

- Experience in developing, implementing and monitoring environmental field programs.
- Plan, implement, monitor and report on environmental initiatives (community based and as part of environmental committees);
- Make environmentally related information available to the WFN community as well as between departments;
- Understand and keep updated on current and future regulatory requirements related to the environment, and ensure that all WFN activities are compliant with environmental regulations;
- Apply for funding to support environmental initiatives;

- Liaise and collaborate with all partners, including resource companies and all levels of government (municipal, federal and provincial) to understand impacts and opportunities regarding land, water, air, wildlife and species;
- Complete managerial tasks such as reviewing employee timesheets, completing departmental work plans and reports, and ensuring project deadlines are met.

ACADEMIC REQUIREMENTS AND PROFESSIONAL ABILITIES

- A Master of Science Degree preferred. A four-year bachelor of science degree in an environmentally-related field accepted;
- Experience and ability to implement legislation regarding Federal/Provincial Environmental processes such as: Environmental Assessment Act, Environmental Protection Act, Clean Water Act, Species at Risk Act, etc;
- Demonstrate a passion for protecting the environment in a manner in keeping with WFN traditional knowledge and values;
- Have strong communication skills;
- Be able to engage WFN Membership while facilitating the gathering/sharing of information.
- Effective time and project management skills;
- Leadership with ability to clearly communicate and interact with a variety of personalities and to coordinate delivery of complete projects within defined timelines;
- Conflict and stress management;
- Advanced computer skills including but not limited to MS Word, Excel, Access, Publisher, Outlook, GIS programs.

WORKING CONDITIONS

- Primarily this position will be within the boundary of WFN and in an office environment;
- From time to time, the Mineral Development Advisory will be required to conduct field work out-of-doors and may be exposed to wildlife and extreme weather conditions;
- Local travel will be required within the First Nation traditional territories.

CLOSING DATE: January 20, 2017 @ 4:00 p.m. (EST)

Please forward your cover letter, resume and three work related references by fax, email or regular mail to:

Don McGregor, Executive Director
Wahnapiatae First Nation, 259 Taighwenini Trail Rd. WFN, Capreol, ON, POM 1H0
execdir@wahnapiataefn.com

Anishinabek and First Nation members are encouraged to apply. We thank all applicants for their interest, however, only those being interviewed will be contacted. Chi-Miigwetch!



New General Manager of Rocky's Marina

Aanii everyone !! My name is Derek Roque, & I have travelled back across the country from Mission, B.C to start a new adventure with my family here at Wahnapiatae First Nation. I am a band member of our community and focused on the success of our bands business. I am very excited to move forward with Rocky's Marina, with a fresh start we have some exciting events coming our way.

Make sure you like us Facebook and help spread the word that Rocky's is back & were ready for business! The lake is freezing nicely, the trails are groomed, our coolers are stocked and our kitchen is ready to rock! The only thing missing is you!

"We're closer than you think"



We're Hiring !

We are currently looking for more staff for the restaurant and gas bar, please come in, say hi & bring us your resume. Ask For Derek Roque, we look forward to seeing you !

DibAAjIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

JANUARY WORKSHOPS

Join us for our January workshops and enter to win a \$50.00 Walmart gift card.

Job Search

Tuesday, Jan. 10, 2016 10:00 A.M.

Resume/Cover Letter;

Thursday, Jan. 12, 2017 10:00 A.M.

Interview Skills;

Thursday, Jan. 19, 2017 10:00 A.M.

Call our office at 705-524-6772 or
Email: getinfo@gezhtoojig.ca to register.
117 Elm Street, Unit 102, Sudbury, ON

**EMPLOYMENT
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Ontario's employment & training network

Canada







January 2017

Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3

Tel: 705-524-6772 1-800-361-9256 Fax: 705-524-5152

www.gezhtoojig.ca

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 	4 ·CUPS· ·OF· ·TEA· ·TLC·	5 Choices pro- gram 5:00- 7:30 P.M	6	7
8	9	10 	11 GFB \$ due ·CUPS· ·OF· ·TEA· ·TLC·	12 Choices pro- gram 5:00- 7:30 P.M	13	14
15	16 Chief & Coun- sil Meeting 6:00 P.M Story time 6:30-7:30 P.M	17 	18 Parent group 6:30 -7:30 P.M Diabetic foot clinic/ TLC GFB pick up	19 Nutrition Bingo 5pm Choices pro- gram 5:00- 7:30P.M	20 Zumba (adults only) 7:00- 8:00 P.M	21 Home Alone & babysitting course 9:00AM- 4:30P.M
22	23	24 	25 Massage Clinic TLC	26 Choices pro- gram 5:00- 730pm	27 Capture the Wind 10:00- 3:00 Ballroom dancing 7:00- 8:30pm	28
29 Yoga & Pilates Adults only 1:30-3pm Congregate Dining 5:30 P.M	30	31 