

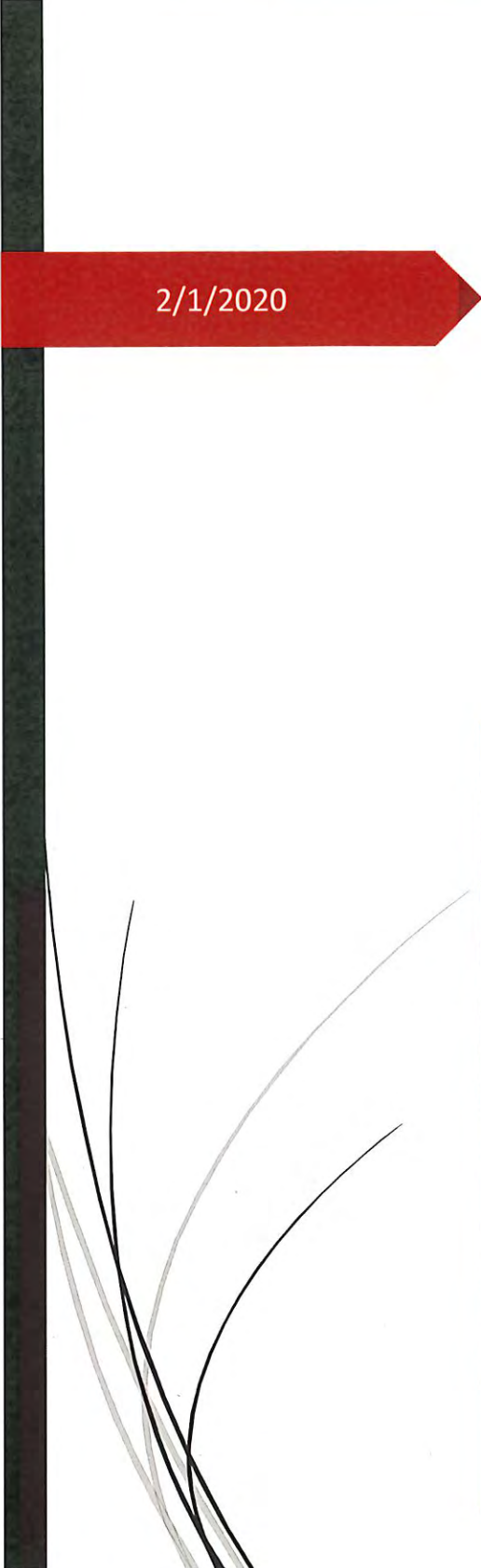


WFN Newsletter

2/1/2020

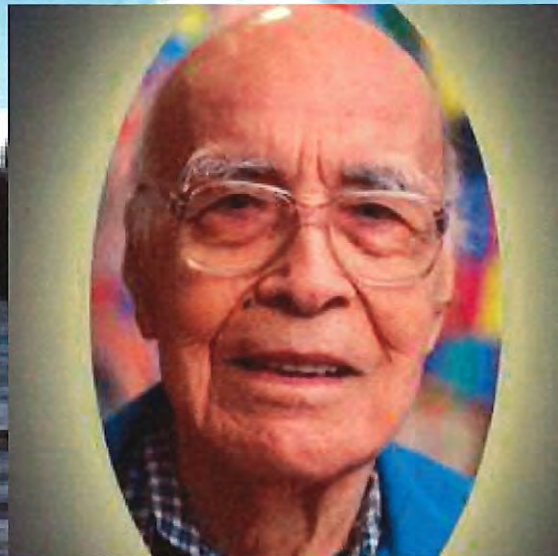
You are a product of what has happened to you.
You are also a product of what has happened to your ancestors.
Embrace that.
Learn from that.
Put your children on a good path
-with this knowledge.

#ProudtobeIndigenous



We lit a candle and had a smudge in memory of the one-year anniversary of the passing of Norman Recollet.

Norman lives with us in memory and will for evermore!!



I think I'll miss you forever, like the stars miss the sun in the morning skies



NOTICE

BUSINESS HOUR CHANGE

Please note that Wahnapiatae First Nation Administration/Health Office will have New Hours of Business effective February 3, 2020. This initiative is to help service members better with an extended hour during the work week.

MONDAY	8:00 AM – 4:30 PM
TUESDAY	8:00 AM – 5:30 PM
WEDNESDAY	8:00 AM – 5:30 PM
THURSDAY	8:00 AM – 5:30 PM
FRIDAY	CLOSED
SATURDAY	CLOSED
SUNDAY	CLOSED

PROGRAMS, MEETINGS AND OTHER EVENTS ARE NOT SUSCEPTIBLE TO ADMINISTRATION HOURS AND WILL CARRY ON AS SCHEDULED

MIIGWECH, EXECUTIVE DIRECTOR

**NORMAN RECOLLET HEALTH CENTRE
NURSE PRACTITIONER CLINIC HOURS**

Manday 8:30am-12pm and 12:30pm-3:30pm

Tuesday 12:30pm-7:30pm

Wednesday 9:00am-12:00pm and 12:30pm-3:30pm

Thursday 8:30am-12:00pm and 12:30pm-3:30pm



Heroes in Health honoured at Mosaadan Mino Bmaadiziwin conference via Anishinabek News

The annual Heroes in Health awards were presented to recipients at the Mosaadan Mino Bmaadiziwin (Walk the Good Life) health conference in Sault Ste. Marie on Jan. 21.

Three Heroes in Health were named: Shirley Corbiere, Community Health Representative of Aundeck Omni Kaning First Nation, Karen Pitawanakwat, Registered Nurse Community Researcher from Wikwemikong Health Services and Wendy Tyson, Community Wellness Worker for Wahnapiitae First Nation.

The Heroes in Health award is presented to individuals who help in building capacity in our First Nations by empowering our members to become more active, healthy, and improve the overall well-being in our First Nations.



congratulations Wendy





On January 21, 2020 at the Sudbury Chamber of Commerce Gala Hiawatha won the 2020 Indigenous Business Award.

Congatulation to Hiawatha Recollet on being named Entreperneur of the year.





COMMUNITY

ENGAGEMENT

On January 16, 2020 to discuss further development on the production of the New Education Building





KIDS  **IN THE**
KITCHEN

AFTER SCHOOL Program







AFTER SCHOOL Program

Yoga session on January 22nd with Liz from Metamorphosis Studio! Our favorite part had to have been the Tibetan Singing Bowl that she brought with her – so cool!!! Sierra

Tibetan singing bowls are a type of bell that vibrates and produces a rich, deep tone when played. Also known as singing bowls or Himalayan bowls, Tibetan singing bowls are said to promote relaxation and offer powerful healing properties. Buddhist monks have long used Tibetan singing bowls in meditation practice.







Wahnapiatae First Nation

259 Taighwenini Trail Road
Capreol ON P0M 1H0

Phone: (705) 858-0610

Fax: (705) 858-5570

www.wahnapiataefirstnation.com

EMPLOYMENT OPPORTUNITY

POSITION: Labourers & Operators

TERM: Summer Employment

Reports to: Glen Bateman



- Summer Employment, Environmental Land Reclamation, Sudbury Area. Looking for labourers and operators to carry out work on various "land reclamation projects.
- Ability to work flexible hours
- Must possess a Class "G" Driver's Licence

CLOSING DATE: Open

Please forward your resume by fax, email or regular mail to:

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

Glen Bateman – LANDS COORDINATOR
Wahnapiatae First Nation, 259 Taighwenini Trail Road, Capreol ON P0M 1H0

glen.bateman@wahnapiataefn.com



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EMPLOYMENT OPPORTUNITY

POSITION: Line Cutting

TERM: FULL/PART-TIME Employment

Reports to: Glen Bateman



- Line Cutting, Mineral Exploration Sudbury Area. Responsible for establishing grid lines through project areas. Experience in surveying and working in the bush. Need to use boat, ATV, wilderness experience an asset.
- Ability to work flexible hours
- Must possess a Class "G" Driver's Licence

CLOSING DATE: Open

Please forward your resume

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

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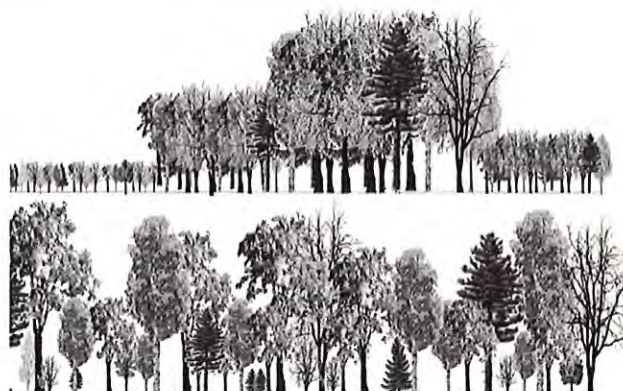
www.wahnapiataefirstnation.com

BUSINESS OPPORTUNITY

POSITION: Mechanical Silvicultural Business – Tree Thinning

TERM: Business Opportunity

Reports to: Glen Bateman



- Mechanical Silvicultural Business; Tree thinning, mechanical release and tree planting. Unlimited contract, long term.
- Ability to work flexible hours
- Must possess a Class "G" Driver's Licence

CLOSING DATE: Open

Please contact Glen Bateman

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

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BUSINESS OPPORTUNITY

POSITION: Cone Collection

TERM: Business Opportunity

Reports to: Glen Bateman



- Cone Collection; Collect and supply Jack Pine, Red Pine and White Pinecones from various areas within the Sudbury District. Long term, unlimited contracts available.
- Ability to work flexible hours
- Must possess a Class "G" Driver's Licence

CLOSING DATE: Open

Please contact Glen Bateman

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

Glen Bateman – LANDS COORDINATOR
Wahnapiatae First Nation, 259 Taighwenini Trail Road, Capreol ON P0M 1H0

glen.bateman@wahnapiataefn.com



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TRADES OPPORTUNITY

POSITION: Interested in trades? Mechanic, Electrician, Plumbers and Carpenters.

TERM: Trades Opportunity

CONTACT: Glen Bateman



- Interested in trades? Mechanic, Electrician, Plumbers and Carpenters
- Ability to work flexible hours
- Must possess a Class "G" Driver's Licence

CLOSING DATE: Open

Please contact Glen Bateman

Glen Bateman – LANDS COORDINATOR
Wahnapitae First Nation, 259 Taighwenini Trail Road, Capreol ON P0M 1H0

glen.bateman@wahnapitaefn.com



Save the Date
Winter Family
Fun Day
March 7/2020
Details in next
Newsletter



Family Well Being Program presents:

Indigenous Family Strength

Creating Connections through Healthy Activities

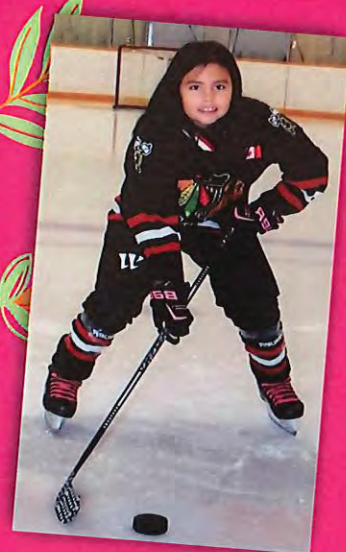
Looking for your input as community members for what healthy activities you would like to see and participate in. I am looking to plan monthly activities, as well as family specific (One on One support) activities.

For more information or suggestions, please contact Sue Roque, Family Well Being Worker at 705-920-9488.



LIL NHL Fundraiser

For Tomera Recollet



Taco Every Wednesdays 4:30pm - 6:00pm
Raffles and Weekly 50/50 Ticket Sales
From Jan 24 - March 5

Maan Doosh Gamig Hall
Any donation welcomed

Call/Text Sam at 705-521-5144

Tacos will be prepared by – Sandra Corbiere

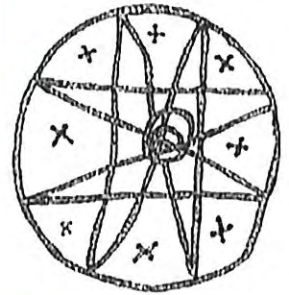
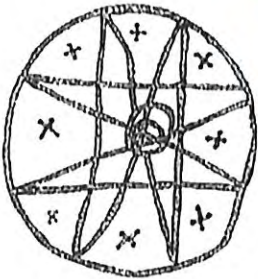


**\$10.00
with pop**



The Norman Recollet Health Centre Learning Series

The Health Team is presenting 8 sessions this year that follow the 8-pointed star teachings. We are to live our lives in a healthy way following the medicine wheel. The traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life are built around sacred teachings. Each teaching honours one of the basic virtues intrinsic to a full and healthy life through traditional medicines and - where needed - western medicines.



Session 5
February 5/2020
10am - 3pm

1. Traditional Teachings
2. Knowledge of Traditional Food
3. Lunch
4. Traditional Medicines/Western Medicines
5. Our Language
6. 15-minutes questions and answers

Using the Medicine Wheel to understand balance!



FUN FUN FUN
For Everyone



Congregate Dining

Thursday February 6th, 2020

Band Office at 5:30pm

Please RSVP with Wendy or Heather at (705)858-7700 by noon February 4th, 2020.

(Must be 50 plus)



On Tuesdays during Soup On there will be a Lunch & Learn on several topics such as HIV – Human Trafficking and missing and murdered indigenous women



MONETARY ILLEGAL BUSINESS HUMAN TRAFFICKING VICTIM KIDNAPPING MAFIA STOP ABUSE CRIME TRADE



HIV prevention starts with ME.

506 MMIWG cases were identified across 71 selected urban cities

128 were cases of missing Indigenous women

280 were cases of murdered Indigenous women

98 were cases with an "unknown status"

29 The median age of MMIWG victims



Full Moon Ceremonies

Wahnapiatae First Nation Center of Excellence • Ceremony will start at 7pm

February 9th, 2020

Ceremony will be performed by: Frank and Julie Ozawagosh

May 7th, 2020

Strawberry Teaching will start 6pm
Ceremony will be performed by: Marry Elliot

August 3rd, 2020

Ceremony will be performed by: Sandra Corbiere

October 31st, 2020

Ceremony will be performed by: TBD

Snacks and Refreshments Provided!

For any further information please contact Lori Corbiere at (705)858-7700 ext. 221 or e-mail cultural@wahnapiataefn.com.



The Monthly Recipe

Wahnapiatae First Nation's
Monthly Recipe/ Cooking

Date:

Tuesday, February 11, 2020

Time:

4p.m. to 6p.m.

Location:

WFN Hall – Maan Doosh Gamig



Wahnapiatae First Nation Members

All on-reserve Members will be able to access a monthly Healthy Food Recipe, along with all ingredients.

The monthly healthy recipe will be one full recipe per household.

This recipe will include all ingredients required to prepare the meal at home.

PLEASE BRING YOUR BAGS! SEE YOU THERE



ROCKY'S VALENTINE'S DAY

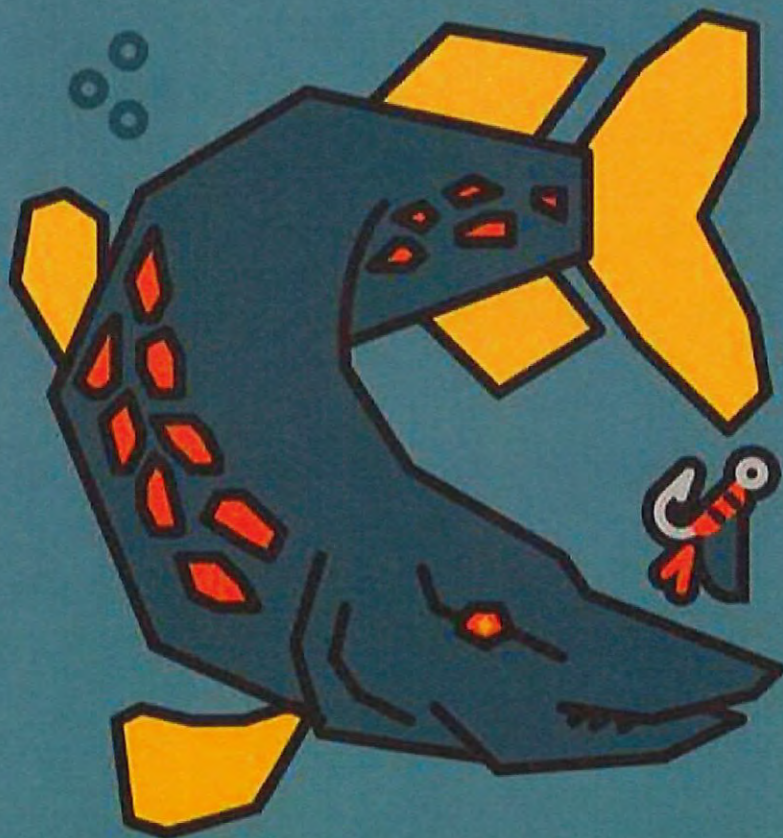
CHICKEN PARMESAN

OR

FISH AND CHIPS

39.99 FOR TWO PLATES

DESSERT INCLUDED



Fishing Derby

February 15th, 2020. 8am to 4pm.

\$20 Entry Fee

Weigh In @ Rocky's

Prizes are determined by weight

Prizes based on the number of entries

Rocky's
LAKE MINNETONKA

NUTRITION BINGO!

Thursday, February 20, 2020

Bingo starts at 5:30 pm

12 Regular one line or 4 corner games—win \$10.

3 Specials—win a \$25. gift card

1 jackpot—win \$100. gift card

\$8. gives you 3 cards to play all games excluding any extra specials after the jackpot.

If you only want to play 1 card for all games pay \$3.

TOONEY POT MUST BE PURCHASED BEFORE BINGO STARTS

NO LONGER PAY AS YOU PLAY

LATE? PAY FULL AMOUNT

EVERYONE WELCOME!

FUNDRAISER CANTEEN

CHILI & TOAST \$4.

HOT DOGS, \$2. CHILI DOGS \$3.

CHOCOLATE CAKE \$2.

ICE CREAM \$1.

BEVERAGES \$1.

SOUP'S ON

EVERY TUESDAY

12—1 PM

MAAN DOOSH GAMIG

**PLEASE MAKE A
DONATION**

EVERYONE WELCOME!

TLC

EVERY WEDNESDAY

1 PM - 3:30 PM

**MAAN DOOSH
GAMIG**

GOOD FOOD BOX

ORDERS

ORDERS IN—WED.

FEB. 12/20

PICK UP—WED. FEB.19



**YOUTH LEADERSHIP PROGRAM
(12-18)**

***if not registered, must fill out registration form
to attend***

FAMILY PAINT NIGHT

**Confirm attendance for
you & your child by
February 14th**

**Family Paint Night will take place
during regular program hours on
Thursday March 5th @ 4PM**

**Call or text Sierra Crooks @ 705-988-1461 to secure
spots.**

Two lightbulb icons, one yellow and one blue, hanging from the top left.Four question mark icons in red, yellow, and white, clustered in the top right.

AFTER SCHOOL PROGRAM
FAMILY GAME NIGHT!

The logo for the game Family Feud, featuring the words "FAMILY FEUD" in a stylized, 3D yellow and orange font with a blue and red border.

FAMILY
FEUD

**Parents are invited to join the After School
Program for a family game night!**

A white banner with a black border and ribbon ends on both sides.

Parents VS Kids

PRIZES TO BE WON!
February 19th, 2020
At the Gazebo

4-6 PM

REMINDER!

After School Program

Hand-Drumming

Every other Wednesday

5:00-6:00pm

Refer to program calendar for
upcoming sessions.

**Please ensure youth have their Hand-Drums for
program.**

Miigwetch!

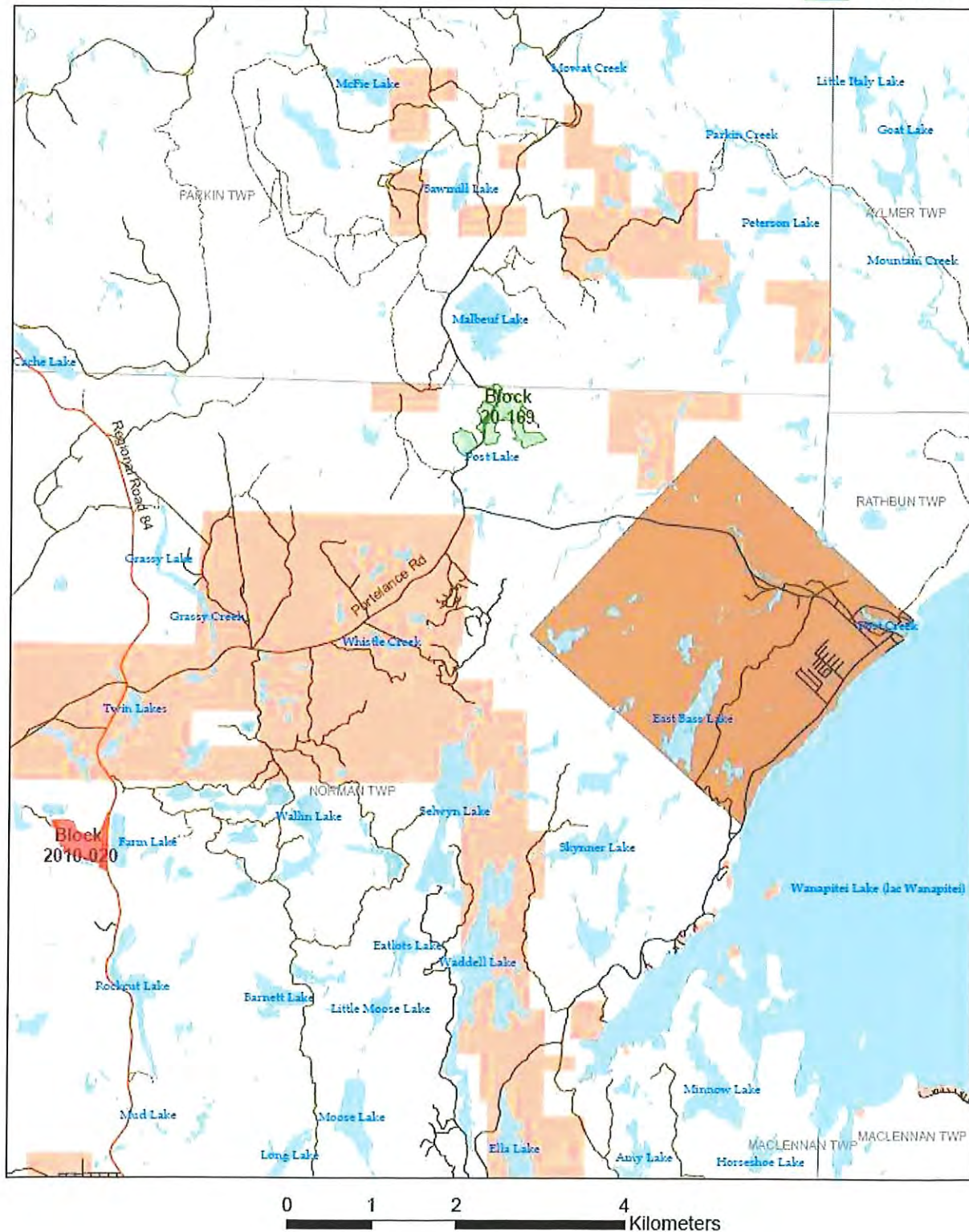
First Nation Fuelwood

Wahnapiatae First Nation, Lands Department is currently working on some forestry initiatives. Attached is a map of Fuelwood Blocks around Wahnapiatae, these areas are open to any First Nation Band Member to go harvest wood for personal use. (These stands require chainsaw cutting and bucking of the trees). Blocks 2010-020 is available up until March 31st 2020 & Block 20-169 will open late April 2020 Confirmation for block 20-169 will be sent out in the near future. For more information or further contact, please call Brianne Gauvreau 705-858-0610 x208

Sudbury Forest

Legend

- 2010_Fuelwood
- 2020_Fuelwood



INDIGENOUS ARCHAEOLOGICAL MONITOR TRAINING CALL OUT

A joint program between Wahnapitae First Nation and the Ontario Archaeological Society (OAS)

A 2-Week Paid Training Opportunity

WHEN: July 2020 (*Dates TBD*)

WHERE: Wahnapitae First Nation, Ontario

WHO: Open to the first 12 registrants, ages 14 & up

WAGES: \$15 per hr/ 40 hrs per week

REQUIREMENTS

- Be able to attend for the two weeks
- Must be Anishinaabe (priority will be given to Wahnapitae community members)

WHAT WILL YOU LEARN?

- Introduction to archaeology
- Wahnapitae heritage and lands
- Identification of artifacts
- Archaeological field methods
- Earn an Archaeological Monitor Certificate from OAS

DEADLINE TO REGISTER

Friday July 5th 2020

For more information or to register contact:

Paige Manitowabij | eft@wahnapitaefn.com | (705) 858-0610



Ontario
Trillium
Foundation
de l'Ontario
Ontario Trillium Foundation
L'organisme de financement de l'Ontario



© Sarah Hazell



More help for more households
\$35 TO \$75 OFF
YOUR ELECTRICITY BILL
EACH MONTH

ONTARIO ELECTRICITY
SUPPORT PROGRAM



To apply online or learn more about the program, visit:

OntarioElectricitySupport.ca

For questions please call:

1-855-831-8151 (toll-free)

• 1-800-855-1155 (TTY to TTY)
 Or contact your local electricity utility

Who qualifies and what support can you receive?

If you are a customer of an electricity utility, and in a lower-income home, you may qualify. The Ontario Electricity Support Program (OESP) applies a credit directly to your electricity bill every month.

The amount of each monthly credit you receive depends on two factors:

- How many people live in your home
 - Your household's combined income
- Effective May 1, 2017, the OEB increased the credit available by 50 per cent and expanded the eligibility criteria so that more lower-income households can benefit. If you are already enrolled, the increased credit will be automatically applied to your bill.

OESP monthly credit amounts by household income level

Level of household income (after tax)	Household size (number of people living in household)						
	1	2	3	4	5	6	7+
\$28,000 or less	\$45	\$45	\$51	\$57	\$63	\$75	\$75
\$28,001 – \$39,000	\$40	\$45	\$51	\$57	\$63	\$75	\$75
\$39,001 – \$48,000		\$35	\$40	\$45	\$51	\$57	\$57
\$48,001 – \$52,000			\$35	\$40	\$45	\$40	\$45

For example, a household with four people and an annual income of \$39,000 will receive an on-bill credit of \$51 each month.

If you live in a home heated with electricity, rely on certain medical devices requiring a lot of power or are part of an Indigenous community, you could qualify for a higher level of assistance.

Ready to apply?

1

- Gather up the following:
- Your electricity bill
 - Birthdates and names of all residents in your home as registered with the Canada Revenue Agency (CRA)
 - Social Insurance Numbers or Temporary Tax Numbers for all household members 18 and older

2

Fill out the application online at **OntarioElectricitySupport.ca** or call 1-855-831-8151 to have an application form mailed to you or to find an agency to help you.

3

CRA needs your consent to verify your income. Remember to print, sign and mail in the consent form that can be found online or with your paper application form. You'll find the mailing address on the consent form.

You will be notified of eligibility about four to six weeks after your completed application and signed consent form have been received.

Once approved, the credit will start to appear directly on your electricity bill.

You will receive OESP for two years before having to reapply.

Please note: If you have not filed an income tax return recently, or if your situation has changed since you last filed, you can apply for OESP through a designated agency listed on our website. You will need to bring all of the documents listed in Step 1 above, plus proof of your household income.



Community-Based Water Monitoring



In collaboration with Health Canada, WFN technicians conducts weekly drinking water testing for public buildings and household buildings (by request) in the community to ensure safe drinking water quality for members and the public.

What do the Results Mean?

Bacteria is found in all water, but not all bacteria is harmful. E-coli is one type of bacteria that could cause illness. Our tests can identify whether the water contains these harmful bacteria.

Where can I find the Results?

The weekly water monitoring results are sent to the property owner. Monthly updates can be found in the Newsletter and on the WFN website.



For more information or to arrange for a technician to sample your household water you can contact the Environmental Coordinator, Desiree Ducharme @ (705) 858-0610 ext. 204

Community-Based Water Monitoring Results



The following public buildings are tested weekly, results are as follows;

DATE	Band Office	Rocky's	Gazebo	Fire Hall	Roq Park Laundromat
JAN 06	NEG	NEG	NEG	NEG	NEG
JAN 13	NEG	NEG	NEG	NEG	NEG
JAN 20	NEG	NEG	NEG	NEG	NEG

All results for January 2020 were negative, meaning no levels of bacteria were found in the public drinking water.

For more information or to arrange for a technician to sample your household water you can contact the Environmental Coordinator, Desiree Ducharme (705) 858-0610 ext. 204

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Wahnapiatae Community Outreach

Reg Canard will be available to meet with you in the community.

WHERE	DATE & TIME
Wahnapiatae—Band Office	Monday, February 10, 2020 9:30 am-12:00 pm

Unemployed & Looking for Options?

Are you Indigenous or a member of one of these First Nations?

- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapiatae First Nation*
- *Temagami First Nation*

Purchase of Training:

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance

**PROGRAMS
TO ASSIST
UNEMPLOYED**

Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation:

Assistance to relocate for a full-time job

Employment Support:

Up to \$250 to start a full-time job

Self Employment Information
Administer Second Careers



Don't Forget to Vote!

Anishinabek Nation Governance Agreement

NEW VOTE PERIOD

February 1 - 29, 2020

- mail-in-ballot
- e-vote
- in-person ballot
(Feb. 25 - 29 only)



governancevote.ca

Toll free: 1-833-297-9850



Wahnapiatae First Nation

259 TAIGHENINI TRAIL RD.
CAPREOL ONTARIO P0M 1H0

Phone: (705) 858-7700 Fax: (705) 858-5570
www.wahnapiataefirstnation.com

TO: Members and Community Members
FROM: Lori Corbiere - Cultural Coordinator
DATE: November 26, 2019
RE: Cultural Advisory Committee Youth Vacancy (1)

The Cultural Advisory Committee has had a committee for many years; the Committees focus is the review and approval process of Cultural programs and organizing the annual Pow-Wow. The committee consists of five (5) members which include the Council portfolio holder (1), one (1) staff member, two (2) members from the community and one (1) youth. Currently, the youth position is vacant.

If you are interested in participating and learning more about culture - and event planning - please submit your letter of interest to the of attention Leila Roque, you can also email your letter to leila.roque@wahnapiataefn.com.

Mligwech,

Lori Corbiere
Cultural Coordinator



Wahnapiatae First Nation

259 TAIGHENINI TRAIL RD.
CAPREOL ONTARIO P0M 1H0

Phone: (705) 858-7700 Fax: (705) 858-5570
www.wahnapiataefirstnation.com

TO: Members and Community Members
FROM: Lori Corbiere-Cultural Coordinator
DATE: November 26, 2019
RE: Cultural Advisory Committee Vacancy (2)

The Cultural Advisory Committee has had a committee for many years; the Committees focus is the review and approval process of Cultural programs and organizing the annual Pow-Wow. The committee consists of five (5) members which include the Council portfolio holder (1), one (1) staff member, two (2) members from the community and one (1) youth. Currently, both community member positions are vacant.

If you are interested in participating and learning more about culture, event planning and in sharing your own knowledge, please submit your letter of interest to the of attention Leila Roque, you can also email your letter to leila.roque@wahnapiataefn.com.

Miligwech,

Lori Corbiere
Cultural Coordinator

Location: N'Swakamok Native Friendship Centre in Sudbury

Legal Aid Advice Clinic

Date: Friday, February 7, 2020

Time: 1:00 PM to 3:00 PM

Lawyer: Darren Berlinguette



*Call and book your appointment with a
Indigenous Court Workers @ 705-674-2128
Criminial - Michael Ext. 245 or Christine Ext. 242
Family & Youth - Kerri Ext. 232*



ATTENTION PATIENTS

Ontario has set an official expiration date of July 1st for the red-and-white health card

If you're still using a red-and-white health card, please go to Service Ontario. Please be advised if you do not update your health card you will have **NO VALID HEALTH COVERAGE**. We will have to refuse services.

Bring the right documents to Service Ontario. Bring your red and white health card and three separate documents – one from each of the following categories:

- **proof of Canadian citizenship or OHIP-eligible immigration status**, such as a Canadian passport, Canadian birth certificate or permanent resident document
- **proof of residency** in Ontario, such as a driver's licence
 - **proof of identity**, such as a credit card or utility bill

Top 10 Exercises

Keeping things simple

1

Ankle Circles

Sit upright in chair with feet stretched out in front. Circle feet in one direction. Repeat in opposite direction.



2

Heel/Toe Lift



Sit forward on a chair with feet flat. Lift heels, keeping toes on floor, then lift toes. Hold three seconds then return flat.



3

Knee Raises

Sit on the edge of a chair or stool with your back straight. Lift your knee as high as you can without bending your back. You can assist your knee higher with your hands. Keeping your abdominals tight, slowly lower your leg back to the starting position. Anyone who has just had total hip replacement should wait three months before attempting this exercise.



4

Leg Lift with Ankle Movements

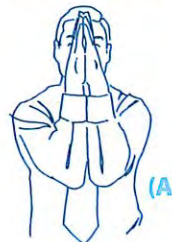


Sit upright with back supported. Slowly straighten your knee. With the knee slightly bent, bend the ankle, toes pointing straight ahead. Then reverse to point them toward the ceiling. Repeat.

5

Shoulder Stretches

Sit or stand with forearms pressed together in front of the body (A). Then, bring your elbows back to the "hands up" position (B), with palms facing forward. Stretch arms overhead as far as possible, keeping your elbows in line with the side of your body (C).



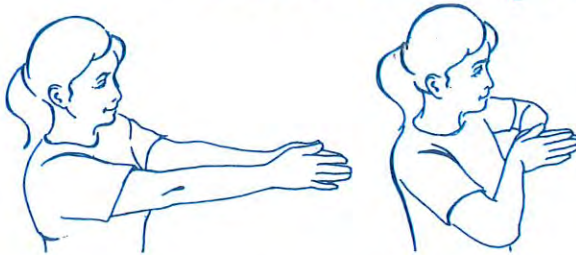
Forward Arm Reaches

Sit or stand with arms at your side with elbows bent and thumbs pointing back toward your shoulders. Stretch arms overhead. If one of your arms is weak, you can help it by placing your hand under the elbow and assisting the arm to the overhead position. Finally, lower arms slowly to the start position.



6

Shoulder Squeeze & Wrist Stretch

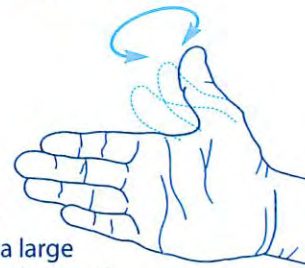
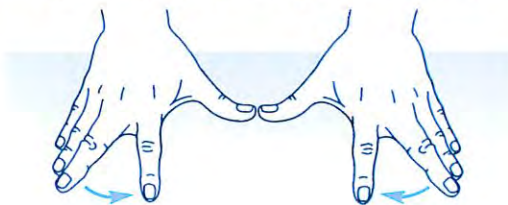


Put palms and fingers together. Hold arms stretched out together in front. Pull hands in toward your chest, making your elbows bend to each side. Press palms together as you move them closer to your body and squeeze shoulder blades together.

7

Finger Walk & Thumb Circles

Sit with hands on table, fingers pointing ahead. Slide thumbs toward each other. Then slide each finger one at a time toward the thumb. After the little finger has completed the "walk", lift your hands and put them down straight. Then, move your fingers toward the thumb.



Move the thumb in a large circle in each direction.

8

Hip & Calf Stretch

Stand with arm support against a wall. Place one foot in front of the other and keep your feet apart (shoulder-width) and pointing forward. Keep your shoulder, hip, knee and ankle in a straight line. Keep shoulder and hips square and tighten abdominal muscles. Move forward, bending only at the ankles and keeping weight on the heel of the back foot.



9

Walking

Take a walk every day. Walking allows you to stretch your back and leg muscles and joints that can become stiff from sitting.



10



Word Search

O I V T N T R X L C D P I N F
 P M H A X I S A X M F U B G U
 A C L N M Z W J T I Y Y I V G
 K D P S I I L E M U X N N D V
 K H E E N I N G W D M K Y Z O
 I I D M P F H T L I I E Q O T
 K K O A C H O S Z I G O X Q D
 V N A A T L T R E V I A C Z Q
 K A H F X A B G G N N K A D B
 F K W A A B O O Z W B S G Z G
 Z E B I W I U O N R G L E A P
 I I M A G J Z V C H I U S D M
 G O O G I T M A E C Y S F H E
 Z O C A E B Z L S S R K D B Z
 V M Q A E K M M W D J K C C D

AKI -(LAND)

NIBI -(WATER)

ENESHIINI - (BIRD)

ODE -(HEART)

CHI - (BIG)

SEMAA -(TOBACCO)

GAMII -(LAKE)

WAABOOZ -(RABBIT)

MAGKII -(FROG)

ZAAGIWEWIN -(LOVE)

MTIGOOO -(TREE)



How can I help my
child **SUCCEED** in
school?

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Do not talk negatively about your child's teacher or school.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework every night.

Ask your children about school and encourage them to talk about their day.

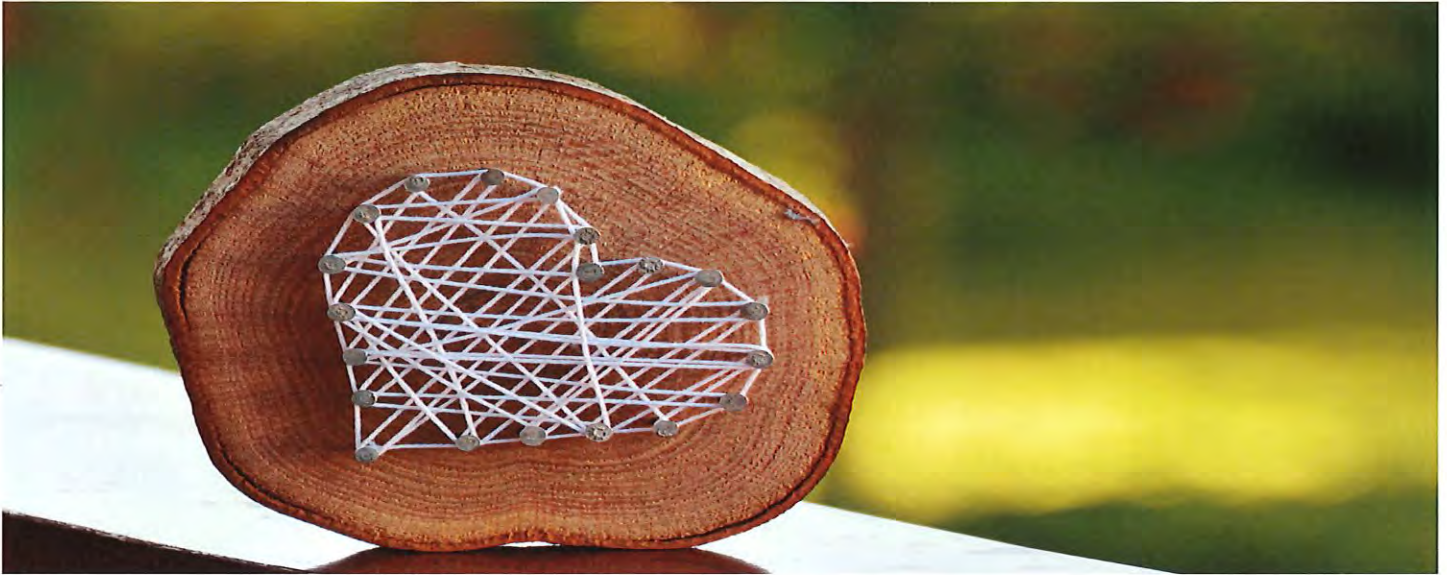
Read with your child every night.

Teach your children to be responsible for their actions and their schoolwork.

FEBRUARY

2020

After School & Youth Leadership Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 ASP NO PROGRAM	5 ASP Dreamcatcher Painting 	6 YLP Vision Boards & Smart Goals	7  ASP & YLP outing	8
9	10	11 ASP Valentine's Day Baking <i>Just Do It Club</i> ✓	12 ASP STEM Activities & Hand-Drumming	13 YLP Valentine's Day Baking	14 VALENTINE'S DAY	15
16	17 FAMILY DAY BAND OFFICE CLOSED	18 ASP DIY Stress Balls <i>Just Do It Club</i> ✓	19 ASP Parents vs. Kids Family Feud Night	20 YLP Homemade Pizza 	21	22
23	24	25 ASP Group Games & <i>Just Do It Club</i> ✓	26 ASP Manhunt (outside) & Hand-Drumming	27 YLP Event Planning 	28	29 Ball Hockey Camp @ Atikameksheng First Nation

ASP (7-11) – After School Program will meet every **Tuesday & Wednesday** from **3:30-6:00** at Gazebo.

YLP (12-18) – Youth Leadership will meet every **Thursday** from **3:30-6:30** at Gazebo.

Just Do It Club (aka. Homework Club) – Every Tuesday from 5-6 PM

FEBRUARY

2020

Tiny Tots and Early Years



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	NO PROGRAM	Tiny Tots Painting & Crafts	5	6	7	8
9	Early Years Valentine's Day Activities	Tiny Tots Valentine's Day Activities	12	13	VALENTINE'S DAY	15
16	FAMILY DAY NO PROGRAM	Tiny Tots Easy Baking 	19	20	21	22
23	Early Years Outing Chico's Bowl 	Tiny Tots Outing Science North	26	27	28	29

Tiny Tots (0-3) – will meet every **Tuesday** from **10:00-12:00** in the Gazebo.

Early Years (4-6) – will meet every **Monday** from **3:30-5:30** in the Gazebo.

February 2020

Please note all events have a poster

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Soups ON & Lunch and Learn	5 Health Learning Series 10am-3pm	6 Congregate – at Maan Doosh Gamig at 5pm.	7 Closed	8
9 Full Moon Ceremony @ 7pm	10 Reg – Gezhtoojig 9:30 – 12:00pm	11 Soups ON & Lunch and Learn Monthly Recipe 4pm-6pm Sue Chartrand here 2:30pm – 9:00pm	12 Order Good Food Box Deadline Sue Chartrand here 10:00am – 4:30pm New – Nokomis Sewing Sharing	13	14 Closed	15 Fishing Derby @ Rocky's 8am-4pm
16	17 Closed	18 Soups ON & Lunch and Learn	19 Pick up Good Food Box New – Nokomis Sewing Sharing	20 Nutrition Bingo @ 5:00pm	21 Closed	22
23	24	25 Soups ON & Lunch and Learn Sue Chartrand here 2:30pm – 9:00pm	26 Sue Chartrand here 10:00am – 4:30pm New – Nokomis Sewing Sharing Circle 1pm-3pm	27	28 Closed	29

Just a reminder the Nurse Practitioner clinic is open from Monday to Thursday – Please see poster for hours