



# Wahnapitae First Nation Community Newsletter

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JUNE 2021

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Chief and Council have issued a letter responding to the tragic findings at the Kamloops Residential School.

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Get to know WFN's hard-working Lands staff.

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Mowing down dandelions is not your only option.



## A Message to Members

Summer is officially here, and with the change in seasons comes new and exciting COVID-safe chances to enjoy the gifts of the Creator.

To help give you more ideas about how to make the most of this time, WFN staff continue to build many safe events. I encourage you to read more about these throughout this newsletter.

In the meantime, please be sure to keep the following in mind this June:

### COVID-19 REOPENING, VACCINATIONS

Ontario has announced that the first step in its three-step reopening plan will launch June 14, loosening some restrictions and others throughout the summer based on vaccination rates. As of late May, 57.1% of Sudbury and district residents aged 18+ have received their first dose, and 7% have received two.

If you haven't already received yours, please be sure to do your part and reach out the Sudbury and Districts Public Health unit at (705) 674-2299, or book online at [www.covid-19.ontario.ca/book-vaccine](http://www.covid-19.ontario.ca/book-vaccine)

### NETSPECTRUM UPGRADES

Netspectrum continues to prepare for fibre Internet to be delivered within the community. Cables are now being installed in the ground, and that work should be completed this summer. The upgrade will be free for existing customers, while new customers will be asked to pay a connection fee.

### DRIVE SAFE

The Education Hubs are now providing services to all students from Mondays through Thursdays, meaning that more of our youth will be waiting for the bus or walking to school. Please be sure to drive much more carefully, and with a close eye on the road: together, we can all make sure our children get home safe and sound.

### PARTING THOUGHTS

As I do every month, I urge all members to stay safe and follow the guidance of the local public health unit. It is only through our shared strength and diligence that we will emerge from these challenges together, and safely see each other once more.

Miigwech,  
Chief Larry Roque

# COMMUNITY UPDATE

## Chief Roque Calls for Action on Residential School Tragedy

In response to the discovery of the remains of 215 children at the Kamloops Indian Residential School, Wahnapiatae First Nation Chief and Council have issued the following letter to Prime Minister Justin Trudeau:



### WAHNAPITAE FIRST NATION

259 TAIGHWENINI TRAIL ROAD

CAPREOL, ONTARIO P0M 1H0

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

Aanii Prime Minister Trudeau:

#### **RE: National Day of Mourning, Action for Reconciliation**

In light of the horrific discovery of the remains of 215 children at the Kamloops Indian Residential School, Wahnapiatae First Nation joins others in calling for a national day of mourning, and for more concrete action in advancing reconciliation.

Specifically, we call for a commitment to advancing the 94 Calls to Action as recommended by the Truth and Reconciliation Commission of Canada (TRC), including those relating to "Missing Children and Burial Information," i.e. recommendations 71 – 76. As outlined in Volume 4 of the TRC's Final Report, "many Aboriginal people have unanswered questions about what happened to their children or relatives while they were attending residential school. The work that the Commission has begun in identifying and commemorating those students who died at school and their gravesites needs to be finished." The need for action on this issue is painfully clear.

Committing Canada to this work is an important and necessary step in addressing the generational harms caused by the cruel and genocidal residential school system. These profound traumas are not just a part of our people's history, but a living and deeply painful part of our present. True reconciliation can only begin with the full truth – and that begins with knowing.

Again, Wahnapiatae First Nation honours and mourns for these lost children, their families, and the survivors of the residential school system; it also calls for Canada to do the same through a national day of mourning and through decisive action on the recommendations of the TRC.

Miigwech,

A handwritten signature in blue ink that reads "L Roque".

Chief Larry Roque  
Wahnapiatae First Nation

## Wahnapitae First Nation Mourns Residential School Victims



To honour and mourn the 215 children found at the Kamloops Indian Residential School, Wahnapitae First Nation lowered its flags to half mast on May 31, 2021.

This was done in ceremony, with the smudging of a new flag, placement of tobacco, and a prayer.

A sacred fire and memorial service was also held on June 2.

Wahnapitae First Nation grieves and remembers every child lost, and our thoughts are with every family and survivor who still bears the pain of these

horrific systems.

Our thoughts and prayers are also with the Tk'emlups te Secwépemc First Nation at this difficult time.

A National Indian Residential School Crisis Line has been set up to provide support for former Residential School students.

You can access emotional and crisis referral services by calling the 24-Hour National Crisis Line at 1-866-925-4419.

**EVERY CHILD MATTERS**

# COVID-19 UPDATE

## COVID-19 Resource Contacts

**Norman Recollet Health Centre**  
Phone: (705) 858-7700

**Public Health Sudbury & Districts**  
Phone: (705) 522-9200  
Website: [www.phsd.ca](http://www.phsd.ca)

**Telehealth Ontario**  
Phone: 1-866-797-0000  
Website: [covid-19.ontario.ca/  
self-assessment](http://covid-19.ontario.ca/self-assessment)

**Hope for Wellness Helpline**  
Phone: 1-855-242-3310  
Website: [hopeforwellness.ca](http://hopeforwellness.ca)

### **Health Sciences North COVID-19 Assessment Centre:**

Phone: (705) 671-7373  
Patients will be screened by a nurse over the telephone, and referred to one of three options if testing is necessary (by appointment only):

- COVID-19 Assessment Centre, 56 Walford Road, with drive-through testing option;
- NEOMO Medical, 885 Prete Street, with drive-through testing option;
- Primacy Medical Centre, 1485 Lasalle Boulevard, with drive-through testing option

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

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



## Help is a Click Away

During the COVID-19 pandemic, an unprecedented number of people have been struggling with problems like worry, low mood, problematic substance use, and more.

In response to this crisis, Wellness Together Canada (WTC) was created.

WTC is a mental health and substance use website to support Canadians, and is designed to be used on demand: you get to choose what you need, when you need it. Services range from basic wellness information to one-on-one sessions with a counsellor, to participating in a community of support. Whatever it is you're looking for, WTC can point you towards the best resources out there.

They can provide the following resources for you at no cost:

- Immediate text support
- Information and videos on common mental health and substance use issues, such as understanding depression and managing stress
- Wellness programs you can do on your own or with coaching,
- Community and peer support, which include services such as Togetherall and CAPSA for mental health and substance use
- Individual phone, video, and text counselling

Wellness Together Canada is a Health Canada-funded project in partnership among Stepped Care Solutions, Kids Help Phone and Homewood Health – three of Canada's leading and most innovative mental health and substance use organizations.

Its mission is to provide high-quality resources for all Canadians—which is why it is supported by a wide network of organizations, with decades of specialized experience in wellness. From substance use support for older adults, to grief and loss counselling for youth, the partners are prepared to help, whatever the need.

To access all of the resources, you'll need to create an account, which you can delete at any time. If you're not sure you want to sign up, you can still access many tools and resources from the homepage.

**WELLNESS TOGETHER**  
**Canada**

- Free mental health and substance use support
- Completely private and confidential
- Available 24/7 to people in Canada and Canadians abroad

**WELLNESSTOGETHER.CA**

# COVID-19 UPDATE



## COVID-19 Vaccines for Youth

Health Canada has approved the use of the Pfizer-BioNTech vaccine for youth ages 12 to 17. This means that they have determined that this vaccine:

- is safe, effective and manufactured to the highest quality
- prepares your immune system to fight against COVID-19
- The Pfizer-BioNTech vaccine is expected to be up to 95% effective after two doses. In clinical trials the vaccine showed robust antibody response in youth ages 12 to 17

As of May 23, you can book an appointment for your first dose of the Pfizer vaccine if you are:

- between 12 and 17 years old
- a family member of someone between 12 and 17 and have not received a vaccine yet
- **Youth have to be 12 years of age by the date of their appointment.**

Youth who are not up-to-date on other vaccines can still receive a COVID-19 vaccine.

If you or your child are behind on immunizations, we encourage you to contact your health care provider to get up-to-date.

You must wait at least 28 days after you receive the COVID-19 to get any other vaccines, unless your doctor or health care provider thinks it's necessary to get one sooner.

The pandemic has had an enormous negative impact on children's mental health, but vaccines are giving us hope and reason to be optimistic that we are rounding the corner on the pandemic.

With vaccines now is the time for all of us, including youth, to do our part. Getting the vaccine will help us get back to normal.

### COVID-19 Statistics (as of May 1, 2021)

#### Sudbury District:

**Total Tests:** 251,650

**Confirmed Cases:** 2,093

**Resolved:** 2,066

**Deaths:** 30

#### Ontario:

**Total Tests:** 15,242,915

**Total Cases:** 532,158

**Resolved:** 511,703

**Deaths:** 8,766

**Hospitalized:** 804

**In ICU:** 583

#### Canada:

**Total Tests:** 34,789,993

**Total Cases:** 1,383,214

**Active Cases:** 31,164

**Recovered:** 1,326,484

**Deaths:** 25,566

For up-to-date figures, be sure to check the following websites:

Sudbury:  
[tinyurl.com/phsddata](https://tinyurl.com/phsddata)

Ontario:  
[covid-19.ontario.ca/data](https://covid-19.ontario.ca/data)

Canada:  
[tinyurl.com/canadacvd19](https://tinyurl.com/canadacvd19)

## Stay Connected, Stay Safe

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](https://www.fb.me/wahnapiataefirstnation)



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

# COMMUNITY NOTICES

Wahnapitae First Nation



## 2021 ELECTION

### NOTICE OF ELECTION

Please be advised that Chief Larry Roque has been acclaimed for the position of Chief for a 4-year term.

There will be an election to elect four Councillors.

**Saturday, June 19, 2021**

10:00 a.m. to 8:00 p.m.

Centre of Excellence Building

*259 Taighwenini Trail Road*

Eligible voters may vote in person or by mail-in ballot.

To vote in person, the mail-in ballot MUST be returned to the electoral officer or sign a written voter declaration form stating the ballot has been lost.

Angela Talarico, Electoral Officer  
Phone: 705-207-9670  
Email: [angelatarico1@gmail.com](mailto:angelatarico1@gmail.com)

# COMMUNITY UPDATE

Wahnapi'tae First Nation



## 2021 ELECTION

**The following candidates have been nominated for the position of Councillor of Wahnapi'tae First Nation during the nomination meeting held on Saturday, May 8, 2021:**

Mike Teddy  
Adam Roque  
Geoffrey Cosh (Jr)  
Stefanie Recollet  
Mary Nicholls Russell  
Bob Pitfield  
Marlene Roque  
Craig Tyson  
Erika Gollan  
Derek Roque

# COMMUNITY UPDATE

## Member Vaccination Stories Wanted

If you have been vaccinated, WFN's health centre would like to hear from you!

The Norman Recollet Health Centre is gathering stories, photos, and videos from members.

Members are asked to email their story, explaining why you got vaccinated and if you've had one dose or two, along with a photo or video, to Line Baillargeon, by June 15, 2021.

Everyone who participates will receive a prize and be entered into a draw for a grand prize.

Entries should be sent to: [line.baillargeon@wahnapitaefn.com](mailto:line.baillargeon@wahnapitaefn.com)



## Vaccination Opportunities

If you haven't been vaccinated and would like to be, you're urged to contact WFN's health centre.

There may be the potential to host a small vaccination clinic at the Norman Recollet Health Centre (NRHC) in the near future.

Any member, on- or off-reserve and aged 12+, is asked to contact the NRHC as soon as possible if you would like to be vaccinated.

Please contact Line Baillargeon by phone at (705) 858-7700; you can also contact her by sending an email to the following address:

[line.baillargeon@wahnapitaefn.com](mailto:line.baillargeon@wahnapitaefn.com)

## Online Archaeological Monitor Training Available

Wahnapiatae First Nation members may sign up for Indigenous Archaeological Monitors training, as offered by the Ontario Archaeological Society (OAS).

The course is being offered July 5–16 to 12 status members aged 14 and up. Students will need their own computer and access to stable internet.

These training sessions are supported by the Ontario Trillium Foundation and are currently being held in the Sudbury, Manitoulin, Cochrane, and Algoma districts.

The Indigenous Archaeological Monitor program is a two-week paid course to help develop understanding of archaeology and outline how members can be more involved. These workshops involve a high degree of hands-on activities throughout the eight hours of class



each day.

Training topics include Standards and Guidelines for archaeology in Ontario; regulations around burials and cemeteries; artifact types; bones of humans and animals; plants and archaeology; and the business of archaeology.

Students will receive an introduction to archaeology while learning about Wahnapiatae's heritage and lands and become skilled in the identification of artifacts and archaeological field methods. Upon completion of the course, students will receive an Archaeological Monitor Certificate from the OAS.

The deadline to sign up is June 15, 2021. For more information, please contact Sara Lehman, WFN Environmental Coordinator, via email at [sara.lehman@wahnapitaefn.com](mailto:sara.lehman@wahnapitaefn.com) or call (705) 858-0610, ext. 204.



# COMMUNITY UPDATE

## WAHNAPITAE FIRST NATION

### WANTS TO CONNECT WITH YOU

Stay up to date on what's happening at WFN by signing up for email communications, using the link below.

This will let you receive the newsletter digitally, provide more timely feedback on important community projects and receive links to virtual community engagement sessions.

**[WWW.TINYURL.COM/WFN-EMAIL](http://WWW.TINYURL.COM/WFN-EMAIL)**

*If you have any thoughts or questions, please let us know at [monica.dorion@wahnapitaefn.com](mailto:monica.dorion@wahnapitaefn.com)*



## WANT TO BE A GREAT NEIGHBOUR?

Fireworks are a lively and exciting way to celebrate and have a good time.

Let your neighbours know you intend to set off fireworks.

Be aware of noise and fireworks bylaws and their implications.

Be safe and ensure the safety of those in attendance.

Enjoy responsibly.

## REMINDER

**Wahnapiatae First Nation  
Administration Offices**

As a safety measure against the spread of Covid-19, WFN continues to maintain public safety by operating our band office and our businesses in accordance with measures recommended by Public Health Sudbury & Districts. All services remain available and accessible to members, even as the administration minimizes the number of people working physically in the office.

For inquiries, please call  
705-858-0610 or visit our website  
[www.wahnapitaefirstnation.com](http://www.wahnapitaefirstnation.com)

# COMMUNITY UPDATE



## Chi-Miigwich

On May 5, 2021, Wahnapiatae First Nation saw the installation of a semi-permanent display of red dresses along the roadside leading into our community to honour and raise awareness of missing and murdered Indigenous women and girls. Wendy Tyson and Heather Roy, both employees of WFN, graciously donated their time, resources and efforts to this incredibly important project.

# SUMMER SOLSTICE CEREMONY

SUNDAY, JUNE 20

7 PM

CENTRE OF EXCELLENCE TIPI  
259 TAIGHWENINI TRAIL ROAD

CONDUCTED BY ELDERS  
JULIE & FRANK OZAWAGOSH

BRING YOUR FEAST BAGS  
LADIES - WEAR YOUR SKIRTS



# LANDS UPDATE

## Meet WFN's Lands Team

### **Anthony Laforge** **Lands Director**

A First Nations Lands Director with 30 years experience, Anthony has been a strong supporter of self-governance measures for Indigenous peoples. This includes the Framework Agreement on First Nation lands with Canada, which allows an individual community to remove themselves from 42 sections of the Indian Act that pertain to administration and management of First Nation lands; in turn, they may develop, administer, manage and enforce their own lands laws, including environmental laws.

Anthony has contributed to the development of environmental management plans, environmental land laws and initiated a Species at Risk program for Magnetawan First Nation. He also participated on the negotiating teams for the \$1.5-billion MTO Hwy 69/400 four-laning project and the \$3-billion 300 MW Wind Farm Project (Henvey Inlet), where he negotiated for accommodation, compensation and environmental mitigation.

Currently, he sits on several committees and boards including the Ontario Aboriginal Lands Association as an elected director, the Anishinabek Nation / Ontario Resource Management Council as a Lake Huron area representative that works with ENDM, MNRF, IAO and other provincial and federal ministries.

### **Brianne Gauvreau** **Environmental Field Technician**

Brianne is one of three Environmental Field Technicians at Wahnapiatae First Nation. Having grown up in Temiskaming Shores, her passion for the environment started when she was a child, often assisting her stepfather in forestry operations. Following high school, she moved to Sudbury to study Forestry Fish and Wildlife at College Boreal, where she chose to specialize in Forestry. Brianne strongly believes in managing our natural resources in an ecologically sustainable way to ensure they are available for the enjoyment and use for generations to come.

### **Sara Lehman, M.Sc** **Environmental Coordinator**

Although fairly new to the role at WFN, Sara arrived with over five years of resource management experience. She has led many field programs including provincial fisheries assessments and water quality monitoring. Versed



L to R: Anthony Laforge, Brianne Gauvreau, Sara Lehman, Mathieu Cayen

in a wide range of resource management concepts and environmental protection methods, she has experience writing and reviewing technical reports and using statistical software.

Sara completed a Bachelor of Science, specializing in Environmental Science at the University of Guelph, and then completed a Master of Science at Laurentian University. Currently, she is working towards publishing her thesis investigating environmental impacts on walleye reproduction and has presented this work at conferences and with communities who have vested interests in fish populations.

### **Mathieu Cayen** **GIS/Environmental Field Technician**

Mathieu is a graduate of Laurentian University with a major in Geography and a minor in Environmental Studies. A lifelong outdoorsman, he enjoys camping, hiking, and mapping. Working at Wahnapiatae First Nations as a GIS/Environmental Field Technician allows him to fulfill his passion for the outdoors. In his role, he participates in surveys and creates maps related to the information obtained in the field.

During his time at WFN, Mathieu says his most memorable accomplishments include several mapping projects including the OPG funding for Post Creek, mapping for the Wahnapiatae watersheds, a values map for the forestry sector, maps for road signs and culverts and maps for the mining sector. "I also get to work with a great group of people," says Cayen.



## Children Oral Health Initiative (COHI)

The COHI program will be offered to children at Wahnapiitae First Nation, aged 0 to 18, as well as pregnant or breastfeeding mothers, and elders with Diabetes.

COHI is the first phase of the Dental Program being offered at Wahnapiitae First Nation.

To sign up for COHI please contact: Jessica Baillargeon CDA II (Certified Level II Dental Assistant) and COHI aid @ [Jessica.baillargeon@wahnapiitaefn.com](mailto:Jessica.baillargeon@wahnapiitaefn.com) or 705 858 7700 ext 220.

Service: Screening	
<ul style="list-style-type: none"> <li>• A COHI oral health professional checks the health of your child's teeth, gums, and mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Provides a fun, gentle and easy way for your child to be introduced to oral health care.</li> <li>• Identifies if your child needs to see a dentist for immediate oral health care.</li> </ul>
Service: Fluoride Varnish	
<ul style="list-style-type: none"> <li>• A protective coating applied to teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Helps prevent cavities.</li> <li>• Quick and easy to apply.</li> <li>• Safe to use with young children and pleasant tasting.</li> </ul>
Service: Dental Sealants	
<ul style="list-style-type: none"> <li>• Thin plastic coating applied to the chewing surfaces of baby and adult teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Creates a protective barrier on teeth.</li> <li>• Effective in helping to prevent tooth decay.</li> <li>• Simple to apply.</li> </ul>
Service: Temporary Fillings	
<ul style="list-style-type: none"> <li>• Small temporary fillings applied to baby teeth with cavities.</li> <li>• Gentle procedure, does not require freezing</li> </ul>	<ul style="list-style-type: none"> <li>• Stops baby teeth with cavities from decaying further.</li> <li>• Reduces amount of harmful tooth decay-causing bacteria in the mouth.</li> <li>• Note: A follow-up visit to a dentist may be needed after temporary filling is applied.</li> </ul>
Service: Healthy Oral Health Habits	
<ul style="list-style-type: none"> <li>• Oral health care instruction like tooth brushing, and healthy food choices.</li> </ul>	<ul style="list-style-type: none"> <li>• Helps to build healthy oral health habits that need to be encouraged and practiced at home</li> </ul>
Service: Silver Diamine Fluoride	
<ul style="list-style-type: none"> <li>• Treatment option for cavities, applied to the tooth surface using a microbrush.</li> <li>• Simple, quick, painless; does not require freezing.</li> </ul>	<ul style="list-style-type: none"> <li>• Helps stop cavities from growing larger in teeth.</li> <li>• May help relieve tooth pain and sensitivity.</li> <li>• Note: a follow-up visit to a dentist may be needed after silver diamine fluoride is applied.</li> </ul>



Norman Recollet Health Centre  
259 Taighwenini Trail Road



Wahnapiitae First Nation  
259 Taighwenini Trail Road

# EDUCATION UPDATE

## National Indigenous History Month

June is National Indigenous History Month in Canada, a time to celebrate the history, heritage and diverse cultures of Indigenous peoples in Canada. It is an opportunity for all Canadians to learn about Indigenous history together. And June 21, National Indigenous Peoples Day, is an opportunity for all Canadians to come together and celebrate with Indigenous Peoples.

This year's festivities follow the tragic discovery of the remains of 215 Indigenous children on the site of the former Kamloops

Indian Residential school in British Columbia.

As we reflect on the strength and resiliency of the Indigenous peoples of Canada, let us honour these children and their families by deepening our collective understanding of the intergenerational trauma inflicted by residential schools, and the impacts of inequality and systemic racism on Indigenous peoples.

Below is a selection of children's books about the residential school system. These books may help explain this history to your children.



## Gazebo Renovations

CONSTRUCTION BEGAN IN MAY AND IS EXPECTED TO BE COMPLETE BY MID-JUNE

# ROCKY'S UPDATE

**Rocky's**  
LAKE WANAPITEI

## NEW HOURS

**NOW OPEN LATER!**

**BEGINNING THURSDAY, MAY 20, 2021**

**RESTAURANT HOURS:  
THURSDAY-SUNDAY 11AM-8PM**

**GAS BAR HOURS:  
DAILY 9AM-8PM**

**Rocky's**  
LAKE WANAPITEI



would you be interested in filling your freezer for the summer?

**Are you looking for easy summer dinner ideas?  
Are you looking to save money?**

Would you be interested in a list of wholesale food items available to order at Rocky's?

Specific pick-up days. Contactless pick-up. Discounted wholesale food.

**VISIT OUR FACEBOOK PAGE  
AND LET US KNOW!**

# EMPLOYEE SPOTLIGHT

## Welcome TO THE TEAM

Hello! My name is Tammy, Giigmewan-Kwe.

I am a proud member of Wahnapiitae First Nation and words cannot describe how excited I am to have been chosen for the Family Well Being Worker position. I graduated from F.N.T.I in 2021 and obtained my Diploma in Social Work with great thanks to the band for supporting me in my education. Some of my previous experience that I carry into this position has been working with Indigenous, Metis and Inuit Trauma clients and I also have experience with Indigenous Family traditional programming. My family roots are from Killarney and it is with great enthusiasm I can officially say that I am in the process of becoming a permanent resident of WFN!

I look forward to serving our community in a holistic, transitional manner.

Chi-Miigwetch to everyone for making me feel very welcome and included in this caring team.



Hello, my name is Paul Little Bear Recollet and I am a member of Wahnapiitae First Nation! I am happy to be back working in our community as an Environmental Field Technician. Previously, I have worked with the Public Works department and the old Sustainable Development department, where I gained extensive knowledge that I have carried with me throughout the years. Working in the outdoors has always been a passion of mine and I am grateful to be pursuing that passion within my community. I am so glad to be with WFN and to experience the future ahead!





# JOB OPPORTUNITIES

## EMPLOYMENT READINESS ONLINE WORKSHOPS



**GEZHTOOJIG**  
EMPLOYMENT & TRAINING

Those Who Are Successful



### RESUMES & COVER LETTER WORKSHOP

THU. JUNE 3 @ 10AM &  
THU. JUNE 17 @ 10AM



### PROGRAMS & SERVICES WORKSHOP

THU. JUNE 10 @ 10AM &  
TUE. JUNE 22 @ 10AM



### INTERVIEW SKILLS WORKSHOP

TUE. JUNE 8 @ 10AM &  
THU. JUNE 24 @ 10AM



### JOB SEARCH WORKSHOP

THU. JUNE 17 @ 10AM &  
TUE. JUNE 29 @ 10AM



Currently offered this SPRING 2021 online via Zoom. Register today!  
Email [getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca) or call 705-524-6772

**NOTE: DOWNLOAD THE ZOOM APPLICATION PRIOR TO WORKSHOP**



Participate for a chance to WIN a \$50 Walmart Gift Card

## WATER FIRST INTERNSHIP

In partnership with Waabnoong Bemilwang Association of First Nations, Gezhtoojig Employment and Training, and Nipissing First Nation

Training Water Professionals in your Community  
COMING SPRING 2021

### Full-time Paid Internship to Support:

- Operator in Training Certification
- Completion of Entry Level Course
- On-the-job training at local water treatment plants

### Who Should Participate:

- Members of Nipissing, Wahnapiatae, Wasauksing, Magnetawan, Henvey Inlet, Dokis, Shawanaga, and Temagami First Nations
- High school graduates (or equivalent)
- Those interested in a career in water treatment or environmental monitoring

### For more details and to apply:

Call: 1-800-970-8467 x105

Email: [kendra.driscoll@waterfirst.ngo](mailto:kendra.driscoll@waterfirst.ngo)

**Deadline: TBD**



## DID YOU KNOW?

Wahnapiatae First Nation hosts a job board on its website

[wahnapiataefirstnation.com/external-job-opportunities/](http://wahnapiataefirstnation.com/external-job-opportunities/)

On this page, you'll find off-reserve job offerings, training courses, and internships

Check out the rest of the website while you're there!

# COMMUNITY WELL-BEING

## 30-day pep in your step challenge

This walking challenge supports daily physical activity amongst WFN community members. Participants are encouraged to walk and record the number of minutes spent walking.

You could win a \$50.00 gift card for the most minutes submitted.

To participate:  
Register with Wendy or Heather at the Norman Recollet Health Centre  
705-858-7700

**Registration deadline: June 4, 2021**



## SELF-CARE

## bingo



1. Take a picture of you doing the activity and put an X on the activity you have completed.
2. For each completed activity with a picture, your name will be put on a ballot for the final prize of a self-care basket.
3. Send all your pictures and your card once you have finished all 16 activities or before the deadline of Monday, June 28th, 2021 by email to Karine at [karine.morton@wahnapitaefn.com](mailto:karine.morton@wahnapitaefn.com)



# COMMUNITY WELL-BEING

## SELF-CARE

## bingo



write 5 good things about today



go for a walk and take 3 photos of things that inspire you



listen to music from your younger years



eat one vegetable and one fruit



listen to music and have a dance party



read 5 inspirational quotes

*enjoy every moment.*

meditate for 5 minutes



do a puzzle



do some stretches



try 3 yoga poses



go for a 20 minute walk



give yourself 3 compliments

*Great job!*

drink 8 glasses of water



write 3 goals for your future



try a new recipe



listen to relaxing music



# TRADITIONAL TEACHINGS



## The Health Benefits of Dandelions

**D**andelions are some of the most nutritionally dense greens you can eat.

They are far more nutritious than kale or spinach. Dandelions are full of vitamins and antioxidants. In fact, a half-cup of dandelion greens has more calcium than a glass of milk,

The greens are also a good source of Vitamins C, A, and K. Dandelions are rich in potassium, giving them a strong diuretic quality as well as making them an excellent blood detoxifier.

Dandelions are noted for their ability to stabilize blood sugar, making them an excellent supplement for diabetics.

There are so many other ways people have used these little plants:

**Detoxifies the liver** – It can re-establish hydration and electrolyte balance. A recent study on mice showed it can slow down liver fibrosis or scarring.

**Slows Down Aging** – This plant is full of antioxidants that fight free radicals. Free radicals are the things that age our bodies.

**Helps Manage High Blood Pressure** – Since it is a diuretic, it helps people urinate, which in turn can actually help lower blood pressure.

**Lowers Cholesterol** – Animal studies show that dandelion plants can help raise HDL levels and balance cholesterol levels.

To harvest and eat dandelions, try to clip the small leaves from the plant before the plant flowers. Once the yellow flower has bloomed, taste the dandelion greens first to see if you find the flavour too off-putting. Harvest by picking off the small leaves and eating straight away.

The entire plant is edible: flower, leaves, and roots. The taste resembles that of a spicier arugula.

As you probably know, you can grow it from home.

However, if you plan to harvest your own greens, make sure you harvest from an area that is not treated with chemicals of any kind.

# PARTNER UPDATE



## JUNE 2021 NIIGAANIIN NEWSLETTER AN UPDATE FROM OUR MANAGERS

### *Aaniish Naa - Dorothy Coad*

The Aaniish Naa Program was excited to start spring with a second "Small Group" facilitated by one of our newest Genaadmowit Alison Owl. Alison joined the team in April and is hitting the road running with facilitating her first group. Niigaaniin offered an extensive week-long Facilitation Skills Training for Allison and many others on the team in late April. Expect to see all our facilitators up their game in the coming months with their newly honed skills. Lana Pine also joined our team in April, bringing many years of experience and an eagerness to support and serve the North Shore Communities. Lana will be offering Aaniish Naa services to Sagamok Aanishnawbek and Serpent River First Nation. Our groups will wrap up at the end of June but the Genaadmowjik are still here to serve community members and their families! You can speak with your Niigaaniin caseworker on how to access our services, or you can call or email us directly at [aaniishnaa@niigaaniin.com](mailto:aaniishnaa@niigaaniin.com).

We are taking the summer to plan and prepare our September group programs and we can't wait to share more information in the coming months about our progress. Please do not hesitate to reach out to any member of the Aaniish Naa Team. We are here to help!



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## *Mino Bimaadizidaa - Yvette Moffatt*

Aanii! Mino Bimaadizidaa, "Who Am I" and "Where did I come From" will be coming to an end on May 27th. A small celebration for the participants and their accomplishments is being planned.



The Aunties and Uncles Kitchen Table is still in progress. Intakes are closed for these sessions. We will be starting to advertise for September's sessions in the coming months.

Mino Bimaadizidaa continues to answer any questions and provides support to past community participants. If you have any questions, please contact Yvette Moffatt at 705-923-3655 or email [mino@niigaaniin.com](mailto:mino@niigaaniin.com)

## *Anishnawbek Ehnkijik - Tasha Becker*

Anishnawbek Ehnkijik's team has been busy in May and now has completed intakes for 80 community members this fiscal year. Our team appreciates the referrals from the Niigaaniin offices that come in daily. The Anishnawbek Ehnkijik team goes live on Facebook twice per week on Tuesdays and Thursdays at 2:00 pm, delivering community-wide Mino Bimaadizidaa lessons related to Employment and Employability.

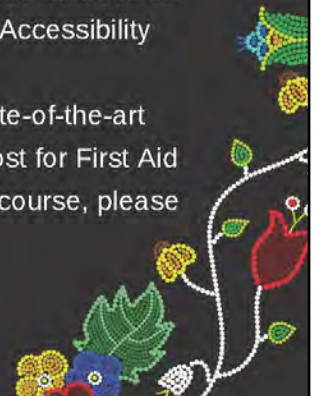


We are switching to the new HR Downloads and will be building course bundles for our community members working with the Ehnkijik Team. Topics include courses on Customer Service, Occupational Health and Safety courses, WHMIS, Accessibility for Ontarians with Disabilities (AODA).

Please let us know if you are interested in First Aid CPR. We have state-of-the-art equipment to make the courses as realistic as possible. There is no cost for First Aid CPR Level C however, a modified intake is required. If interested in a course, please email [ehnkijik@niigaaniin.com](mailto:ehnkijik@niigaaniin.com).



**NIIGAANIIN**



# EVENT UPDATES

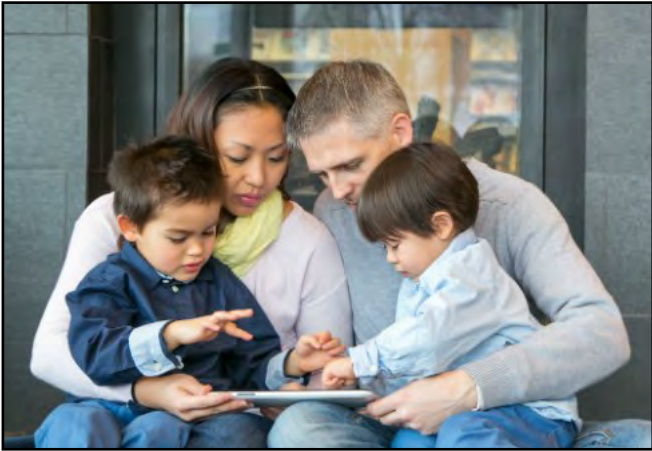
## Supporting WFN Parents and Caregivers

Parenting is rewarding, but it can also be challenging at times.

The mental health team at the Norman Recollet Health Centre recognizes this, and has created a parenting strategies toolkit group for parents and caregivers of children under the age of 18.

The Parenting Strategies Toolkit Group will connect parents and caregivers to talk about the joys and challenges of parenting, offer support to one another, share strategies, and learn new strategies.

Planned topics of discussion include age-appropriate chores, creating routines, positive discipline, and mental health tools.



Led by fourth-year Laurentian University social work student Karine M., this parenting group will be offered on four different nights virtually for two hours. Each session will have resources available to support parents and caregivers. These resources form the toolkit, and include printable documents offering tips, techniques,

and examples for participants to implement in their daily lives.

Sessions will be held on Zoom on June 2, 16, 30, and July 7 from 6 p.m. - 8 p.m. Contact Karine by email at [karine.morton@wahnapietefn.com](mailto:karine.morton@wahnapietefn.com) for more information.

## HEALTHY RECIPE OF THE MONTH



**WEDNESDAY, JUNE 22, 2021  
4 P.M. - 6 P.M.**

PLEASE NOTE: The address for pick-up has changed to the following:

**259 Taighwenini Trail Rd.**

Bring your own bags!



# EVENT UPDATES

## CONGREGATE DINING

(MUST BE 55+)

THURSDAY, JUNE 3, 2021



DELIVERY BETWEEN  
5 P.M. - 6 P.M.

CALL WENDY OR HEATHER  
FOR MEAL DELIVERY:  
(705) 858-7700



## SOUP'S ON!

NEW: CURBSIDE ONLY  
EVERY TUESDAY

CALL BY 12 P.M. | PICK UP BY 1 P.M.

CALL HEATHER TO PLACE ORDER: (705) 858-7700



## VIRTUAL NUTRITION BINGO

5:30 P.M.

THURSDAY  
JUNE 3

THURSDAY  
JUNE 17

PRIZES ARE THE SAME. CARDS WILL BE BAGGED  
FOR PICKUP.

PAYMENT DUE ON PICKUP.

CALL WENDY OR HEATHER TO  
RESERVE YOUR SPOT:  
(705) 858-7700

## Good Food Boxes



Order by 2nd Wed. each month  
Delivered 3rd Wed. each month

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

Call Wendy or Heather to order:  
(705) 858-7700

# EARLY YEARS PROGRAMS - JUNE 2021

## Tiny Tots and Early Years Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Package delivery Making Playdough!	8	9	10	11	12
13	14 Spatial Awareness nature puzzles	15	16	17	18	19
20	21 National Indigenous Peoples Day activity	22	23	24	25	26
27	28 Making Bubble wands!	29	30			

**Location:** Currently at home due to COVID-19 Restrictions

**Please note:** Weekly activities are posted on the WFN Tiny Tots and Early Years Facebook group. Monthly package deliveries with the required materials will be dropped off at the address provided on registration forms.

# RIGHT TO PLAY PROGRAMS - JUNE 2021

## After School & Youth Leadership Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 At home activity: Paper airplane activity	2 ASP Video call 4:30-5:30 Marble runs	3 YLP video call 3:30-5:30 Marble runs and event planning	4	5
6	7 Mindful Monday Gratitude journaling	8 At home activity: Rock Art	9 ASP Video call 4:30-5:30 Making Vision Boards	10 YLP video call 3:30-5:30 Making Vision Boards	11	12
13	14 Mindful Monday Mindful cooking and tasting	15 At home activity: Shadow Art	16 ASP Video call 4:30-5:30 Medicine wheel teachings	17 YLP Video call 3:30-5:30 Medicine wheel teachings	18	19
20	21 National Indigenous Peoples Day activity	22 <b>Summer Camp registration day!</b> 3-5PM @MDG Hall	23 ASP Video call 4:30-5:30 Mental wellness day with Karine!	24 YLP video call 3:30-5:30 Mental wellness day with Karine!	25	26
27	28 Mindful Monday Labyrinths	29 At home activity: Natural material crafts	30 ASP Video call 4:30-5:30 Dot work paintings			

**Location:** Currently at home due to COVID-19 restrictions

**Please note:** Weekly schedules will be posted on the WFN's Right to Play After School and Youth Leadership Program Facebook group and will be sent in the package deliveries. This calendar is subject to change in accordance with COVID-19 restrictions.

# WFN EVENT CALENDAR - JUNE 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
		Sue Chartrand here Soups On @ noon Zumba @ noon		Congregate Dining delivery @ 5:00 pm  Nutrition Bingo @ 5:30 pm	CLOSED	
06	07	08	09	10	11	12
		Soups On @ noon Zumba @ noon	Good Food Box ordering deadline		CLOSED	
13	14	15	16	17	18	19
		Sue Chartrand here Soups On @ noon Zumba @ noon	Good Food Box delivery day	Nutrition Bingo @ 5:30 pm	CLOSED	
20	21	22	23	24	25	26
	National Indigenous Peoples Day	Soups On @ noon	Healthy Recipe 4-6 pm		CLOSED	
27	28	29	30			
		Sue Chartrand here Soups On @ noon				

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

Please call 708-858-7700 to order your Good Food Box or to register for Nutrition Bingo.

Zumba Zoom link: <https://us02web.zoom.us/j/82538152156> Meeting ID: 825 3815 2156 Passcode: 111111