



Wahnapiitae First Nation Community Newsletter

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MARCH 2021

P2: COVID-19 Testing



Wahnapiitae First Nation now has COVID-19 rapid testing, with results in 15 minutes.

P5: COVID-19 Vaccine Q+A



Get answers to some of the questions that are commonly asked about taking the COVID-19 vaccine.

P7: Helping Members



Staff of WFN's Health team assembled food baskets for distribution to the members of Wahnapiitae First Nation.

COVID-19 UPDATES

A Message to Members

While the province has loosened some of its recent COVID-19 restrictions and vaccines start to roll out, we must still stay focused on protecting the health of our members, our community, and ourselves.

To that end, Chief and Council continue to actively work on your behalf, and we hope you consider the following in the days to come:

COVID-19 SAFETY: WHAT YOU CAN DO

As we have all been asked to do this past year, we must continue to think about safety first. Be cautious about where you go, who you see, and how you prepare. Masks and social distancing are still incredibly important, and be sure to follow the advice of Public Health Sudbury & Districts at all times.

COVID-19 VACCINE ROLLOUT

Ontario continues to roll out distribution of the COVID-19 vaccines, and WFN members aged 55+ are currently being notified about how and where to get vaccinated. This is an incredible step forward, which is why it is important to understand just how safe it truly is. Some of the most frequent questions about these vaccines are asked and answered on Page 5, but be sure to consult your physician with any additional questions or concerns you may have.

PARTICIPANTS NEEDED FOR WFN PROJECTS

Despite the restrictions posed by COVID-19, WFN is managing to move ahead on a number of important projects whose success will fully depend on your views, expertise, and feedback.

Open calls have already been issued to all members to participate in the Election Appeal Board in advance of the 2021 elections; the Self-Governance Pre-Implementation Focus Groups (see p.8) to follow up the community's ratification of the Anishinabek Nation Governance Agreement in 2020; and the Trust for the land claim. We hope you will participate when and wherever you can.

PARTING THOUGHTS

As always, stay safe. It is only through our shared strength and diligence that we will be able to emerge from these challenges together.

Miigwech,
Chief Larry Roque

COVID-19 UPDATE

COVID-19 Resource Contacts

Norm Recollet Health Centre
Phone: (705) 858-7700

Public Health Sudbury & Districts
Phone: (705) 522-9200
Website: 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

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

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

COVID-19 UPDATES

Rapid COVID-19 Testing Now Available at WFN

The Norman Recollet Health Centre now offers rapid testing for COVID-19, with results provided in 15 minutes.



Under the guidance of Ontario Health, the Norman Recollet Health Centre is using ID NOW, a rapid test system which is significantly faster than other molecular methods and more accurate than conventional rapid tests.

Anyone who wishes to be tested must be school-aged or older.

To schedule an ID Now COVID-19 rapid test, please call the Norman Recollet Health Centre at (705) 858-7700.

Before calling, be prepared with:

- Your full name,
- Date of birth, and
- Health card.

When you arrive at the Norman Recollet Health Centre for your scheduled appointment, you will be asked to stay in your vehicle. A trained clinician will perform the test while you are seated in your vehicle.

If you have any questions, please contact the Norman Recollet Health Centre by telephone at the following number: (705) 858-7700. A trained health care provider will be happy to answer any question you may have.

COVID-19 UPDATE

COVID-19 UPDATES

COVID-19 Vaccines

DEBUNKING THE MYTHS

VACCINE MYTH

VACCINE FACT



It was rushed and isn't safe

Researchers took no safety shortcuts. Large studies show the vaccine is safe.



It changes your DNA

It's impossible for the vaccine to change your DNA



It can give you COVID-19

The vaccine doesn't contain a live virus strain



It contains egg protein

It doesn't have egg proteins and can be given to people with egg allergies



It causes severe side effects

For most, the vaccine causes mild side effects that resolve in a few days



It makes women infertile

There is no evidence that the vaccine causes infertility



SOURCE: Sanford Health

Banner Health

Still feeling hesitant about getting the COVID-19 vaccine? Here is some myth-busting!

COVID-19 Statistics

(as of Feb. 28, 2021)

Sudbury District:

Total Tests: 178,515

Confirmed Cases: 635

Resolved: 582

Deaths: 13

Ontario:

Total Tests: 10,932,071

Total Cases: 300,816

Resolved: 283,344

Deaths: 6,980

Hospitalized: 627

In ICU: 289

Canada:

Total Tests: 24,425,703

Total Cases: 866,503

Active Cases: 30,731

Recovered: 813,778

Deaths: 21,994

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

Sudbury:
tinyurl.com/phsddata

Ontario:
covid-19.ontario.ca/data

Canada:
tinyurl.com/canadacvd19

COVID-19 UPDATE

Canada Warns of COVID-19 “Variants of Concern”

Indigenous Services Canada (ISC) is warning First Nations communities about the dangers posed by the so-called COVID-19 “variants of concern.”

At least one of these variants, B.1.1.7 (the “UK variant”) is thought to be 30-50 percent more transmissible than those already established in Canada and there is some evidence that it can cause more severe illness, resulting in more hospitalizations and deaths.

This variant can spread very quickly from people who do not know they have it (asymptomatic people) and can cause a rapid increase in cases in a short period of time.

In January 2021, an outbreak of the UK variant in a Barrie, Ontario, long-term care facility saw almost every resident of the facility infected. More recently, this variant was detected during the week of February 8, 2021 in St. John’s, Newfoundland, resulting in a lockdown and closure of workplaces, schools, and non-essential businesses to control the spread of this variant.

Other variants known to be in Canada include variants from South Africa (B.1.351), and Brazil (P.1). Preliminary evidence demonstrates that the UK variant is associated with increased risk of transmission and disease severity.

ISC states it is critical that everyone continue with physical distancing, wearing masks, avoiding gatherings and non-essential travel, staying home when sick, and keeping up with frequent hand, cough and surface hygiene.

The combination of all these public health measures are required to stop the spread of the virus.



In First Nations communities across Canada, as of February 23, ISC is aware of:

- 20,347 confirmed positive COVID-19
- 1,443 active cases
- 18,684 recovered cases
- 220 deaths

Continue to Follow Public Health Measures

COVID-19 vaccine distribution is underway in Ontario; however, action must still be taken to prevent the spread of the virus and keep communities safe.

Please continue to practice public health measures to prevent the spread of COVID-19:

- Do not visit other people’s homes
- Any gatherings/celebrations should only include members of an immediate household
- Wash hands often and practice good hygiene
- Cover your cough or sneeze
- If you have any symptoms, get tested immediately and stay away from others as much as possible



COVID-19 UPDATE

Sign Up for the COVID-19 Vaccine

Wahnapitae First Nation members who are interested in receiving the COVID-19 vaccine once it is available may now submit their name to be placed on a waitlist.

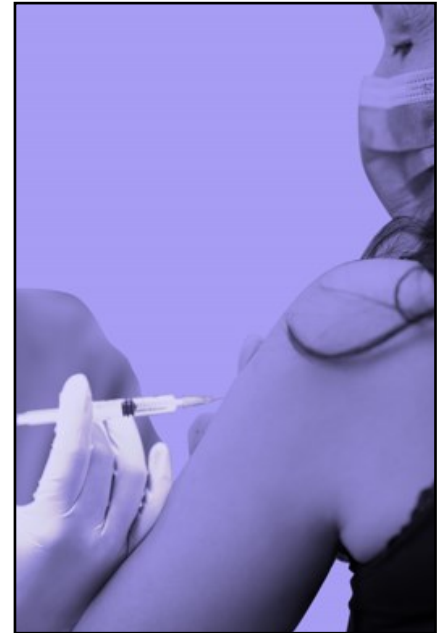
To be placed on this list, please contact Line at line.baillargeon@wahnapietefn.com or by phone at (705)858-7700, ext. 218.

Please note that no timelines have been provided to WFN as of yet, but this information will be shared with members once it is available. It is expected that this will be distributed to on- and off-reserve members as part of the official Phase 1 rollout.

Also note the following stipulations for each vaccine as established by Health Canada:

Moderna: Ages 18+

Pfizer: Ages 16+



Answering Questions About the COVID-19 Vaccine

With rollout of COVID-19 vaccines well underway, below is a selection of answers to commonly asked questions from Ontario Health.

Does the COVID-19 vaccine have side effects?

Serious side effects from the COVID-19 vaccine are very rare.

Most side effects from the COVID-19 vaccine are mild and will go away on their own.

Side effects are more likely to happen after your second dose.

How is the COVID-19 vaccine given?

The two approved COVID-19 vaccines are given by an injection (shot) into the muscle of your upper arm.

The full vaccine is two shots that are given a few weeks apart.

Both shots are needed for the vaccine to work.



How long does it take for the vaccine to protect against COVID-19?

Both approved COVID-19 vaccines protect you about 7 to 14 days after you get the second shot of the vaccine.

Can the COVID-19 vaccine cause an allergic reaction?

There have been reports of people having an allergic reaction to the COVID-19 vaccine. If you have a severe allergy to anything, speak with your healthcare team before getting the vaccine.

Do I need a mask and social distancing after getting the vaccine?

There is still a chance that you can get infected with COVID-19 after getting the vaccine, even if you do not feel sick. You may also still be able to spread COVID-19 to others. As such, it is important to keep wearing a mask and distancing.

COMMUNITY UPDATE

Winter Family Fun Picture Challenge Now Seeking Submissions

With The Family Well-Being Worker program is challenging members of Wahnapiatae First Nation to submit their Winter Family Fun Picture Contest!

Families can submit their picture(s) or collages to the Family Well-Being Worker at the email below before March 15, 2021 at 2 p.m.

A draw will be made to select the winners.

The prizes are as follows:

1st Place: \$100 Walmart Gift Card

2nd Place: \$50 Walmart Gift Card

3rd Place: \$25 Metro/Food Basics Grocery Gift Card

Submissions should be emailed to sue.roque@wahnapitefn.com



Deadline Extended for Norman Recollet Health Centre Logo Design Contest

The Norman Recollet Health Centre is looking for an official logo, and is turning to community creativity for answers with a new contest to see who can submit the best design.

The deadline to submit has been extended to March 31, 2021, and the winner will earn a \$500 cash prize. This contest is open to members both on and off reserve.

Those interested in submitting a logo should incorporate the following aspects in the design:

1. **Indigo Blue (color of health)**
2. **Health Theme**
3. **Medicines - Traditional**
4. **Must be an Original Design**

This contest is open to all ages, and participants are encouraged to demonstrate their creativity and bring their original concept to life.

The winning logo will be announced on April 30, 2021.

To submit your design, send it via email to line.baillargeon@wahnapitaefn.com or bring it in to the Norman Recollet Health Centre.

COMMUNITY UPDATE

WFN Health Staff Helping Members

Wahnapiatae First Nation would like to offer its thanks to Wendy Tyson and the staff at the Norman Recollet Health Centre for assembling food baskets for members.

These packages went out to members in February, with the goal of providing the energy and nutrients needed to be healthy and active.

Miigwetch to Wendy and the Health team for this work.



COMMUNITY UPDATE

Self-Governance Focus Group Members Wanted

Wahnapiatae First Nation is looking for members to share their views about self-governance.

All members were mailed a physical letter outlining the details of this project on Feb. 16, 2021.

Known as the Anishinabek Nation Governance Agreement (ANGA) Pre-Implementation Project, this effort is designed to help continue the work that began with WFN's ratification of the ANGA in 2020.

However, there is still time to join focus groups that will provide some initial feedback around 8 key project areas.

The surveys and Zoom sessions for these groups will run late March through May.



To join a focus group, email nick.stewart@wahnapiataefn.com with a note about which one(s) you'd like to join:

1. Elections
2. Citizenship
3. Language and Culture
4. Operation and Management of Government
5. Registry of Laws and Decisions
6. Access to Information and Privacy
7. Fiscal Arrangements
8. Enforcement and Adjudication

Include your name, email, and status number so that you can be verified as a member of WFN.

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

If you have any thoughts or questions,
please let us know at: nick.stewart@wahnapiataefn.com

COMMUNITY UPDATE

Employment Opportunities Available at WFN

Wahnapitae First Nation regularly lists the employment opportunities that are available within the administration. Motivated individuals are being sought for the following positions:

- Educational Assistant
TERM: Full-time, contract for the 2020-2021 school year
- Education Support Worker
TERM: Contract position
- Community Health Nurse
TERM: Full-time, temporary with the possibility of an extension
- Server: Rocky's Restaurant & Marina
TERM: Part-time/Full-time
- Line Cook: Rocky's Restaurant & Marina
TERM: Part-time/Full-time
- General Manager: Rocky's Restaurant & Marina
TERM: Permanent, full-time



- Band Representative
TERM: Full-time, permanent
- Public Works Manager
TERM: Full-time, permanent

For more information regarding these positions and more, check the Administration / Job Openings tab at the Wahnapitae First Nation website, available at: www.wahnapitaefirstnation.com

“Name the Road” Contest Winner Announced

After many community submissions and a round of voting, a winner has been named for the “Name the Road” Contest!



The road, built off Loonway Road to accommodate the construction of four new duplexes, is known as Makwaanzhaan Road (Bear’s Den Road).

The winning submission was provided by Samantha Tyson, and selected by community vote.

Congratulations to Samantha, and miigwech to everyone who submitted an entry.

Reminder to Call Anishinabek Police Services

Residents of Wahnapitae First Nation are being reminded to call Anishinabek Police Services about any incidents they may witness or experience in the community.



APS Office:

(705) 472-0270

APS Communication Centre:

1-888-310-1122

COMMUNITY UPDATE



WELCOME TO WFN!

PLEASE JOIN US IN WELCOMING SARA,
MATHIEU AND CHRISTINE !



Hello everyone, I am so excited to be taking on the role of Environmental Coordinator! My name is Sara Lehman, I was born and raised in Espanola, where I began to appreciate and grow my love of nature and natural resources. I completed my undergraduate degree in Guelph and recently completed a Master of Science in Biology at Laurentian. I have worked across Ontario, from Kenora to Toronto doing fisheries assessments, studying walleye reproduction, and building my skills as a professional. I am eager to learn from your community, listen to your needs and offer my expertise to provide the best possible management and protection of your beautiful land and resources. I look forward to meeting you all, please do not hesitate to reach out and share your thoughts and ideas with me!



Aanii! I am a graduate from Laurentian University with a major in Geography and a minor in Environmental Studies. I have always loved the outdoors (camping, hiking) and GIS mapping! Working at Wahnapiatae First Nation as an Environmental/GIS Technician allows me to fulfill my passion for the outdoors. I get to participate in surveys as well as create maps related to the information obtained in the field. I am also very excited to have the privilege of working with a great group of people in all different departments (forestry, water, construction). To this day, I have accomplished several mapping projects including maps for the OPG funding for Post Creek, mapping for the Wahnapiatae Watersheds, values map for the forestry sector, maps for road signs/culverts and maps for the mining sector. I hope to accomplish much more as every day is always something different.



Aanii! My name is Christine and I am the new Health Director. I come to WFN from Dokis First Nation and am very excited to be joining the administration, Chief & Council and the members of Wahnapiatae First Nation. I come with years of experience from Children's Aid, Nogdawindamin, Kina Gbezhgomi and Dokis First Nation, I look forward to growing with the Norman Recollet Health Centre

MEMBER SHOWCASE

Member Showcase to Highlight WFN Talent

The monthly Wahnapiatae First Nation newsletter will now include a Member Showcase section to highlight the incredible artistic talent of its members.

If you would like to showcase any of your art in this section – whether it's poetry, drawings, paintings, or pictures – please submit them to nick.stewart@wahnapiataefn.com

Below is the first submission, a beautiful poem courtesy of member Marlene Blondeau.

**I've had enough of Winter's white
Oh when Old Man, will you take flight
And leave with all your ice and snow
And frigid winds that fiercely blow**

**Your beauty lasts but for a while
And in that moment I do smile
But now I must confess to you
You've stayed too long, your time's past due**

**I long to feel the warmth of Spring
To hear the song first robins sing
To lift my face up to the sky
To wonder at a butterfly**

**To gaze upon a blue iris
To smell rebirth, it is such bliss
As buds appear on waking trees
As Zephyr's breath does gently tease**

**I want to see the hues of green
As Mother Nature paints a scene
And finishes with an array
Of colour and such sweet bouquet**

**So Old Man lend an ear to me
Take heed and hear my heartfelt plea
I've had enough of Winter's white
It's time to leave, time to take flight**

-Marlene Blondeau

JOB OPPORTUNITIES



Statistics
Canada

Statistique
Canada

FM-133-21

Census Jobs 2021



Canada's next census will take place in the spring of 2021. Statistics Canada is hiring approximately 32,000 people to count every person in Canada. The census provides high-quality data that your community can use to plan housing, emergency services, employment skills programs, schools, daycare, and more.

In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.

Canada

Join the 2021 Census team

As an Indigenous community member, you are best suited to collect census data from local inhabitants and verify that all dwellings are counted. Use your local knowledge while sharpening skills that are sought-after by employers.

Type of work

Census jobs are short-term positions collecting census questionnaires from residents in your community. Job start and end dates vary by position and location, between March and July 2021.

Crew Leaders (supervisors): As a crew leader, you will train, supervise and motivate a team of enumerators.

Enumerators: As an enumerator, your primary responsibility will be to complete census questionnaires with residents.

Rates of pay

Enumerators (or equivalent) are paid \$17.83 per hour, and supervisors are paid \$21.77 per hour.

In select Northern and Remote communities, enumerators (or equivalent) are paid \$29.25 per hour, and supervisors are paid \$31.25 per hour.

Employees are paid for authorized expenses.

Applicants must be

- 18 years of age or older
- a Canadian citizen or otherwise eligible to work in Canada
- available to work flexible hours during days, evenings, and weekends.

Apply now / tell a friend

www.census.gc.ca

1-833-830-3106

JOB OPPORTUNITIES

Solar Installation and Maintenance Training Available

Gezhtoojig Employment & Training, in partnership with Dokis First Nation & Energy For Opportunity, are seeking interested Aboriginal participants for a job readiness program in the renewable energy sector.

This program runs March 15–September 24, and will prepare individuals for integration into employment opportunities in the Photovoltaic Energy sector.

As new power-generating technologies become financially viable and projects are being developed across Canada, the need for skilled workers in these industries are increasing. These projects and skills are in higher demand in remote off-grid communities.

This 28-week, 9 session-program (online learning and two one-week in-class sessions in Dokis First Nation) will prepare students to take the NABCEP PV Associate Exam (Certified Solar PV Installer). It includes hands-on training for a micro-grid project that will provide power to the Kikendawt Kinooomaadii Gamig (Dokis Education Building). Students will be provided with a laptop and toolkit as a component of the training.

This is an opportunity for individuals to enhance their portfolio or seek employment opportunities in the photovoltaic energy sector: Community Energy Champion, PV Installer, PV Service Technician, Solar Site Assessor, PV Technical Salesperson, and PV Designer.

REQUIREMENTS:

- Must be a member of: Dokis, Henvey Inlet, Magnetawan, Shawanaga, Wasauksing, Temagami, or Wahnapiitae First Nations
- Must be 18 years of age & over
- Must be computer literate/tech-savvy
- Valid Drivers License & Grade 12 Diploma (preferred)

Financial Assistance is Available



TRAINEES WILL DEVELOP SKILLS IN:

- Comprehensive Photovoltaic (Solar) battery-based installation.
- One of the fastest growing sectors in renewable energy.
- **Planning:** Consult with partners, identify needs.
- **Design:** Create projects that help partners transition to a sustainable energy future.
- **Building:** Hands on opportunity to construct a functioning micro-grid.
- **Maintaining:** Ongoing service requirements

TO APPLY, SEND COVER LETTER AND RESUME TO:

Gezhtoojig Employment & Training
Sandra Martin, Special Projects Coordinator
smartin@gezhtoojig.ca
(705) 524-6772



HEALTH UPDATE

Learn Plant-Based Medicine With Creator's Garden

If you're interested in learning more about plant-based medicine, you may wish to reach out to Creator's Garden, a small business from Manitoulin Island.

Now based out of Peterborough, Creator's Garden is focused first and foremost on teaching the legitimacy of plant-based medicine. They teach people the intricacies of how to sustainably harvest and use every part of these beautiful plants.

You can find them on Facebook as Creator's Garden, where you'll find videos on all sorts of traditional medicines.

For more information you can contact them via email: joepitawanakwat@hotmail.com



Learn About Plant-Based Medicine: Teas

Calming Tea

1 litre of boiling water
Handful of Birch leaves with no yellowing
3 or 4 Red Clover blossoms
Crush finely and let steep for 10 minutes

Birch leaves have a calming effect

Elder's Tea

1 litre of boiling water
4 to 6 Rose Hips (crushed finely with the seeds and skin)
4 to 6 Labrador leaves
4 to 6 Birch leaves
Palm size amount of Mint
for flavour or Maple Syrup
or Honey

Crush all the ingredients
finely and let steep for 10 minutes

CHILD & FAMILY SERVICES UPDATE

A Community Message from Niijaansinaanik Child and Family Services



Niijaansinaanik
Child and Family Services

Dear Community Members and Service Providers,

My name is Lorraine Beaudry, I am a band member of Wikwemikong Unceded Indian Reserve.

I was recently hired as Prevention Services Worker with Niijaansinaanik Child and Family Services to service the Wahnapiatae First Nation and rural area.

As Prevention Services Worker, I will provide prevention services to support children, youth and families through workshops, conferences, individual supports, support groups and assist families that may need added supports for various reasons. I will work closely to make sure that families have prevention resources, supports and provide direction to existing resources.

I have been reviewing your existing programs and services that are available in your community through your local newsletter. I am very excited to participate and contribute to ongoing community-based prevention services and cultural based programs. I truly believe that working together, we can provide respectful, safe and culturally relevant supports and services for our children, youth and families.

During COVID-19 pandemic, I can be reached via cell phone 1-705-207-2319 or by email at lorraine.beaudry@niijcfs.com

I look forward to hearing from you.

Sincerely,

Lorraine Beaudry

Prevention Services Worker

Niijaansinaanik Child & Family Services

About Niijaansinaanik Child & Family Services:

Niijaansinaanik Child and Family Services is a culture-based organization responsive to the holistic needs of all children, youth and families. Niijaansinaanik provides services that reflect values, beliefs, and principles rooted within the Anishinabek culture. We believe the care of children and youth is the responsibility of an entire community. We are committed to providing culturally centred protection, prevention, advocacy, care and cultural services for all children and families.

To learn more, visit www.niijcfs.com

FIRE DEPARTMENT UPDATE



IN ANY FIRE-RELATED EMERGENCY, CALL 911

Any fire-related emergency -- including carbon monoxide, propane leak, vehicle crash, or natural disaster -- is a 911 emergency.

This is because Wahnapiitae First Nation follows 911 protocols, and does not have its own independent emergency response system.

In a fire-related emergency:

DO: Call 911, as the entire WFN Fire Department crew will be dispatched.

DON'T: Personally call the Fire Chief or another Fire Crew member, as this is not due process, and you might inadvertently delay response time.

Miigwetch, and please note the following related safety tips:

HOW TO DETECT A PROPANE LEAK

Propane has a unique smell — similar to rotten eggs. If you use propane as your home's energy source, *it's extremely important* that your entire family learn to recognize the smell.

SYMPTOMS OF CARBON MONOXIDE POISONING



DIZZINESS



CHEST PAIN



CONFUSION



BLURRED VISION



HEADACHE



SHORTNESS OF BREATH



NAUSEA

FIRE DEPARTMENT UPDATE



Fire Detection and Suppression Equipment to be Distributed

The Wahnapiatae First Nation (WFN) Fire Department will be distributing smoke alarms, carbon monoxide detectors, and fire extinguishers to WFN households.

WFN Band-Owned Rentals and Band Rent-to-Own Mortgages will be automatically updated and provided with necessary fire equipment at no cost.

If you are interested in receiving the listed fire equipment for your home at a lower-than-retail cost, please contact Samantha Corbiere, Deputy Fire Chief, via email sam.corbiere@wahnapiataefn.com by March 20, 2021.



LEARNING UPDATE

Learn Anishnaabemowin Words with Yaatzii

Over the next three pages, you can learn how to adapt the game of Yahtzee to Yaatzii – a way of learning Abnishnaabemowin words while playing a game you already know.

Yaatzii[®] Noozwin

| SHPIMIING | Ezhi-Gindaasan | 1 | 2 | 3 | 4 |
|------------------------|----------------------|---|---|---|---|
| Bezhiik = 1 | Kina Gim Bezhiik | | | | |
| Niizh = 2 | Kina Gim Niizh | | | | |
| Nswe = 3 | Kina Gim Nswe | | | | |
| Niiwin = 4 | Kina Gim Niiwin | | | | |
| Naanan = 5 | Kina Gim Naanan | | | | |
| Ngodwaaswe = 6 | Kina Gim Ngodwaaswe | | | | |
| KINA | | | | | |
| Giishpin Washme 62 | Gindan 35 | | | | |
| KINA SHPIMIING | | | | | |
| DABASHISH | | | | | |
| Nswe Naasaap | Kina Gim | | | | |
| Niiwin Naasaap | Kina Gim | | | | |
| KchiNgwadGamik | Niizhtana sha Naanan | | | | |
| Egaachiiing (niiwin) | Nsemтана | | | | |
| Mechaak (naanan) | Niimтана | | | | |
| Naanan Naasaap | Naanmitana | | | | |
| Naanita | Kina Gim | | | | |
| Naanan Naasaap Geyaabi | Ngodwaak | | | | |
| KINA DABASHISH | | | | | |
| KINA SHPIMIING | | | | | |
| KINA MAAMWI | | | | | |

Anishnaabemowin version adapted by LTBB Gijigowi Language Department

Yaatzii[®] Noozwin

| SHPIMIING | Ezhi-Gindaasan | 1 | 2 | 3 | 4 |
|------------------------|----------------------|---|---|---|---|
| Bezhiik = 1 | Kina Gim Bezhiik | | | | |
| Niizh = 2 | Kina Gim Niizh | | | | |
| Nswe = 3 | Kina Gim Nswe | | | | |
| Niiwin = 4 | Kina Gim Niiwin | | | | |
| Naanan = 5 | Kina Gim Naanan | | | | |
| Ngodwaaswe = 6 | Kina Gim Ngodwaaswe | | | | |
| KINA | | | | | |
| Giishpin Washme 62 | Gindan 35 | | | | |
| KINA SHPIMIING | | | | | |
| DABASHISH | | | | | |
| Nswe Naasaap | Kina Gim | | | | |
| Niiwin Naasaap | Kina Gim | | | | |
| KchiNgwadGamik | Niizhtana sha Naanan | | | | |
| Egaachiiing (niiwin) | Nsemтана | | | | |
| Mechaak (naanan) | Niimтана | | | | |
| Naanan Naasaap | Naanmitana | | | | |
| Naanita | Kina Gim | | | | |
| Naanan Naasaap Geyaabi | Ngodwaak | | | | |
| KINA DABASHISH | | | | | |
| KINA SHPIMIING | | | | | |
| KINA MAAMWI | | | | | |

Anishnaabemowin version adapted by LTBB Gijigowi Language Department

YAHTZEE Player's Name _____

SCORE CARD

| UPPER SECTION | HOW TO SCORE | GAME #1 | GAME #2 | GAME #3 | GAME #4 | GAME #5 | GAME #6 |
|---|---------------------------|---------|---------|---------|---------|---------|---------|
| ACE = 1 | COUNT AND ADD ONLY ACES | | | | | | |
| TWOS = 2 | COUNT AND ADD ONLY TWOS | | | | | | |
| THREES = 3 | COUNT AND ADD ONLY THREES | | | | | | |
| FOURS = 4 | COUNT AND ADD ONLY FOURS | | | | | | |
| FIVES = 5 | COUNT AND ADD ONLY FIVES | | | | | | |
| SIXES = 6 | COUNT AND ADD ONLY SIXES | | | | | | |
| TOTAL SCORE | | | | | | | |
| BONUS <small>IF TOTAL SCORE IS 49 OR OVER</small> | SCORE 35 | | | | | | |
| TOTAL <small>OF UPPER SECTION</small> | | | | | | | |

LOWER SECTION

| | | | | | | | |
|---|---|--|--|--|--|--|--|
| 3 OF A KIND | ADD TOTAL OF ALL DICE | | | | | | |
| 4 OF A KIND | ADD TOTAL OF ALL DICE | | | | | | |
| FULL HOUSE | SCORE 25 | | | | | | |
| SM STRAIGHT <small>(SEQUENCE OF 4)</small> | SCORE 30 | | | | | | |
| LG. STRAIGHT <small>(SEQUENCE OF 5)</small> | SCORE 40 | | | | | | |
| YAHTZEE <small>5 OF A KIND</small> | SCORE 50 | | | | | | |
| CHANCE | SCORE TOTAL OF ALL 5 DICE | | | | | | |
| YAHTZEE BONUS | <small>FOR EACH BONUS SCORE 100 PER</small> ✓ | | | | | | |
| TOTAL <small>OF LOWER SECTION</small> | | | | | | | |
| TOTAL <small>OF UPPER SECTION</small> | | | | | | | |
| GRAND TOTAL | | | | | | | |

YAHTZEE Player's Name _____

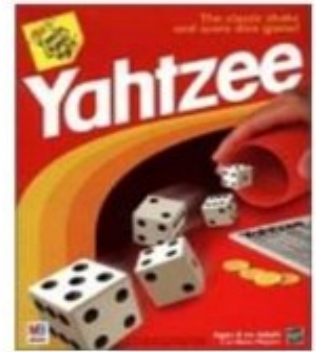
SCORE CARD

| UPPER SECTION | HOW TO SCORE | GAME #1 | GAME #2 | GAME #3 | GAME #4 | GAME #5 | GAME #6 |
|---|---------------------------|---------|---------|---------|---------|---------|---------|
| ACE = 1 | COUNT AND ADD ONLY ACES | | | | | | |
| TWOS = 2 | COUNT AND ADD ONLY TWOS | | | | | | |
| THREES = 3 | COUNT AND ADD ONLY THREES | | | | | | |
| FOURS = 4 | COUNT AND ADD ONLY FOURS | | | | | | |
| FIVES = 5 | COUNT AND ADD ONLY FIVES | | | | | | |
| SIXES = 6 | COUNT AND ADD ONLY SIXES | | | | | | |
| TOTAL SCORE | | | | | | | |
| BONUS <small>IF TOTAL SCORE IS 49 OR OVER</small> | SCORE 35 | | | | | | |
| TOTAL <small>OF UPPER SECTION</small> | | | | | | | |

LOWER SECTION

| | | | | | | | |
|---|---|--|--|--|--|--|--|
| 3 OF A KIND | ADD TOTAL OF ALL DICE | | | | | | |
| 4 OF A KIND | ADD TOTAL OF ALL DICE | | | | | | |
| FULL HOUSE | SCORE 25 | | | | | | |
| SM STRAIGHT <small>(SEQUENCE OF 4)</small> | SCORE 30 | | | | | | |
| LG. STRAIGHT <small>(SEQUENCE OF 5)</small> | SCORE 40 | | | | | | |
| YAHTZEE <small>5 OF A KIND</small> | SCORE 50 | | | | | | |
| CHANCE | SCORE TOTAL OF ALL 5 DICE | | | | | | |
| YAHTZEE BONUS | <small>FOR EACH BONUS SCORE 100 PER</small> ✓ | | | | | | |
| TOTAL <small>OF LOWER SECTION</small> | | | | | | | |
| TOTAL <small>OF UPPER SECTION</small> | | | | | | | |
| GRAND TOTAL | | | | | | | |

Yaatzii



| | | | |
|--------------------------|-----------------------------|----------------------------|-----------------------------|
| gabagaanhs | die | | |
| gabagaanhsak | dice | | |
| Aasna g'nagajitoo. | You're really good. (lucky) | | |
| Ndonagajitoo. | I'm really good. (lucky) | | |
| Maajaan <u>(niizh)</u> ! | Come on <u>(two)</u> ! | | |
| Aambe <u>(niizh)</u> ! | Come on <u>(two)</u> ! | | |
| Niintam. | My turn. | Pagish gabagaanhs. | Roll (throw) the die. |
| Giintam. | Your turn. | Pagish gabagaanhsak. | Roll (throw) the dice. |
| Wiintam. | Her or his turn. | Pagish miinwa. | Roll (throw) again. |
| Kiidebinaan. | You got it. | Shkwanan (Shkwash) wa. | Keep that. |
| Ngiidebinaan. | I got it. | Shkwanan (Shkwash) gewe. | Keep those. |
| | | Ngashkwanaan maaba. | I'll keep this. |
| | | Ngashkwanaak gwanda. | I'll keep these. |
| | | Wenesh waayaamaanh? | What do I want? |
| | | Wenesh waayaaman? | What do you want? |
| | | Wenesh waayaamat? | What does she/he want? |
| | | Wenesh meneziaanh? | What do I need? |
| | | Wenesh meneziyin? | What do you need? |
| | | Wenesh menezid? | What does she/he need? |
| | | Wenesh gezhichigeyaanh? | What should I do? |
| | | Wenesh waazhichigeyin? | What will you do? |
| | | Zhaazhigo ndaa'aan _____ . | I already have _____ . |
| | | Zhaazhigo gdaa'aan _____ . | You already have _____ . |
| | | Niizhiing nwiigijitoo. | I have two tries (chances). |
| | | Ngodiing nwiigijitoo. | I have one try (chance). |
| | | Geyaabi ngodiing. | Once more. |
| | | Kina gindan. / Kina gim. | Count all of them. |
| | | Gindaasan. / Gim. | Count. |
| | | Aaniish mnik? | How many? |
| | | Giziibii'an gego. | Cross something out. |
| | | Ngagiziibii'aan maanda. | I'll cross this out. |



- Bezhiik 1
- Niizh 2
- Nswe 3
- Niiwin 4
- Naanan 5
- Ngodwaaswe 6
- Niizhwaaswe 7
- Nishwaaswe 8
- Zhaangsw 9
- Mdaaswe 10
- Mdaaswe shi Bezhiik 11
- Mdaaswe shi Niizh 12
- Mdaaswe shi Nswe 13
- Mdaaswe shi Niiwin 14
- Mdaaswe shi Naanan 15
- Mdaaswe shi Ngodwaaswe 16
- Mdaaswe shi Niizhwaaswe 17
- Mdaaswe shi Nishwaaswe 18
- Mdaaswe shi Zhaangsw 19
- Niizhtana 20
- Niizhtana shi Naanan 25
- Nsemtana 30
- Niimtana 40
- Naanmitana 50
- Ngodwaak 100



Yaatzii Vocabulary from Score Sheet

| | | |
|------------------------|----------------------------|--------------------------------------|
| noozwin | nooz win | name |
| shpimiing | shpi miing | upward, top <i>portion</i> |
| ezhi-gindaasan | e zhi gin daa san | count them |
| bezhik | be zhik | one |
| niizh | niizh | two |
| nswe | n swe | three |
| niiwin | nii win | four |
| naanan | naa nan | five |
| ngodwaaswe | n go dwaaswe | six |
| kina | ki na | all |
| kina gim | ki na gim | count them all |
| giishpin washme | giish pin wash me | If it is more than |
| kina shpimiing | ki na shpimiing | all from the top <i>portion</i> |
| dabashish | da ba shish | below, bottom <i>portion</i> |
| nswe naasaap | n swe naa saap | three of a kind |
| kina gim | ki na gim | add them all, count them all up |
| niiwin naasaap | nii win naa saap | four of a kind |
| kchingwadgamik | k chi n gwad ga mik | full house |
| niizhtana sha naanan | niizh ta na sha naa nan | twenty-five (<i>points</i>) |
| egaachiing | e gaa chiing | small (small <i>straight</i>) |
| nsemtana | n sem ta na | thirty (<i>points</i>) |
| michaak | mi chaak | large (large <i>straight</i>) |
| niimtana | niim ta na | forty (<i>points</i>) |
| naanan naasaap | naa nan naa saap | five of a kind, a Yaatzii |
| naanmitana | naan mi ta na | fifty (<i>points</i>) |
| Naanita | naa ni ta | all five together (<i>Chance</i>) |
| naanan naasaap geyaabi | naa nan naa saap ge yaa bi | yet another (yaatzii) five of a kind |
| ngodwaak | n go dwaak | one hundred (<i>points</i>) |
| kina dabashish | ki na da ba shish | all from the bottom <i>portion</i> |
| kina shpimiing | ki na shpi miing | all from the top <i>portion</i> |
| kina maamwi | ki na maam wi | all altogether |

Rocky's DINING
LAKE WANAPITEI
ROOM IS OPEN!



OPEN FROM 11AM TO 7PM EVERYDAY!



Rocky's
LAKE WANAPITEI

10% OFF

PRESENT THIS COUPON TO GET 10% OFF YOUR NEXT
PURCHASE (EXCLUDING ALCOHOLIC BEVERAGES)

ROCKY'S UPDATE



**ENJOY THESE
DISCOUNTS TODAY!**
DINE-IN CUSTOMERS ONLY

BOGO APPS!

MARCH 2021

ORDER OUR NEW CAULIFLOWER BITES &
RECEIVE A FREE ORDER OF OUR NEW
DEEP FRIED ZUCCHINI!

BUY ANY OTHER APP AND GET THE
SECOND FOR 50% OFF



FREE GARLIC BREAD

MARCH 2021

BUY TWO PIZZAS, RECEIVE AN ORDER
OF FREE GARLIC BREAD!

FREE PICKLED EGG

MARCH 2021

ORDER THE DAILY SPECIAL AND GET A
FREE ROCKY'S PICKLED EGG!

SENIORS 15% OFF

MARCH 2021

15% OFF FOR ALL SENIORS, 55 YEARS +

MUST PROVIDE COUPON TO SERVER FOR DISCOUNTS!

705-858-0500

EVENT UPDATES



POKER WALK



SATURDAY, MARCH 27, 2021

9 A.M. - 3 P.M. @ WAHNAPITAE FIRST NATION

**♦ REGISTRATION: 9 A.M. - 11 A.M. ♦
@ MAAN DOOSH GAMIG HALL**

At registration, you'll receive a bag to collect your cards, and info sheets that will be provided in 5 red cans along Loonway Road.

You'll collect 1 sealed card from each can, plus an info sheet you'll use to complete a word search given to you when you return your sealed cards.

Prizes for best poker hand and more! Refreshments and pizza available!

**FOR MORE INFO, CALL WENDY/HEATHER:
(705) 858-7700**

VIRTUAL ZUMBA

**EVERY OTHER TUESDAY
12 P.M. - 12:30 P.M.**

- March 2, 2021
- March 16, 2021
- March 30, 2021
- April 13, 2021
- April 27, 2021

To join, visit:

www.us02web.zoom.us/j/89646728102

Passcode: **193357**

\$25 VISA GIFT CARD FOR EACH CLASS ATTENDED!

EVENT UPDATES

The 69/400 Mental Wellness & Crisis Response Team Presents:

"Welcome Spring 2021" Barn Quilt Workshop

Monday, March 22, 2021
10 A.M. - 12 P.M

Accepting registrations for 10
participants from
Wahnapiatae First Nation

Session to be provided via Zoom, link will be
provided to those who have registered.
Supplies will be provided to all participants.

TO REGISTER, PLEASE CONTACT
TONI JONES AT
MWTADMIN@WASAUKSING.CA



Virtual Reiki with Darlene Tindall

Register with Christine by
March 4 for your appointment:

[christine.wilson@
wahnapiataefn.com](mailto:christine.wilson@wahnapiataefn.com)

or text/call (705) 923-8648



END THE STIGMA PAINT SOCIAL

Friday, March 12, 2021
1 p.m. - 4 p.m.
Maan Doosh Gamig Hall

Best practices for sexual health

20 spots available
Must be 18+ years old

Register by March 8, 2021
with Wendy/Heather at
(705) 858-7700



Painting with
Moses Art

HIV - End the Stigma Information Session

March 18, 2021
1 p.m. - 4 p.m.

This Zoom session will cover:

- Intro to HIV
- Best practices for sexual health
- Smashing the stigma

Swag bags to be provided, prizes to be
announced

PLEASE RSVP BY MARCH 11
WITH WENDY OR HEATHER AT
(705) 858-7700

EVENT UPDATES

WFN BOOK CLUB: **YOU CAN HEAL YOUR LIFE**

BY LOUISE HAY

**FACILITATED BY
DARLENE TINDALL**

Starting March 4 @ 1 P.M.,
Continuing every other Thursday
For 5 weeks

Those who register and attend all sessions
will receive the book and
a \$150 VISA gift card

RSVP BY MARCH 2, 2021

CHRISTINE.WILSON@WAHNAPITAEFN.COM

OR (705) 923-8648

Diabetes Support Circle

**STARTING MARCH 2021
EVERY WEDNESDAY
1 P.M. - 3 P.M.**

@ THE TIPI OUTSIDE THE BAND OFFICE

- STORY TELLING
- LABRADOR TEA
- ACTIVITIES
- VEGGIES & DIP

**IF YOU REQUIRE TRANSPORTATION AND
RESIDE ON RESERVE, PLEASE CONTACT
WENDY OR HEATHER AT (705) 858-7700**

HEALTHY RECIPE OF THE MONTH



**TUESDAY, MARCH 16, 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



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

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

CONGREGATE DINING

(MUST BE 55+)

THURSDAY, MARCH 4, 2021



SALMON, RICE PILAF
MIXED VEGETABLES, LEMON PIE

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



NUTRITION BINGO

THURSDAY, MARCH 18, 2021
5:30 P.M.

MAAN DOOSH GAMIG HALL
VIRTUAL PLAY ALSO AN OPTION
FOR THOSE WHO PREFER

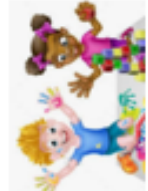
CALL WENDY OR HEATHER TO
BOOK YOUR SPOT:
(705) 858-7700

RIGHT TO PLAY PROGRAMS—March 2021

Right to Play Programming March 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-------------------------------|-------------------------------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | ASP Video Call 4:30-5:30pm | YLP Video Call 3:30-5:30pm | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | ASP Video Call 4:30-5:30pm | YLP Video Call 3:30-5:30pm | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | ASP Video Call 4:30-5:30pm | YLP Video Call 3:30-5:30pm | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | ASP Video Call 4:30-5:30pm | YLP Video Call 3:30-5:30pm | | |
| 28 | 29 | 30 | 31 | | | |
| | | | ASP Video Call 4:30-5:30pm | | | |
| | | | | | | |
| | | | | | | |

Any package drop offs will happen on the Tuesdays.



WFN EVENT CALENDAR – March 2021

March 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|--|--|-----------------------------|---------------------------|
| | 1 | 2 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm | 3 Diabetes Circle 1pm-3pm | 4 Congregate Dinning Delivery @ 5pm | 5 Closed | 6 |
| 7 | 8 | 9 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm | 10 Good Food Box Ordering Deadline @ 705-858-7700 Diabetes Circle 1pm-3pm | 11 | 12 Paint Social @ 1pm | 13 |
| 14 | 15 | 16 Soups ON @ noon Healthy Recipe 4pm-6pm | 17 Good Food Box delivery day Diabetes Circle 1pm-3pm | 18 HIV End The Stigma @ 1pm Nutrition Bingo @ 5:30pm Register 705-858-7700 | 19 Closed | 20 |
| 21 | 22 | 23 Soups ON @ noon | 24 Diabetes Circle 1pm-3pm | 25 | 26 Closed | 27 Poker Walk @ 9am |
| 28 | 29 | 30 Soups ON @ noon | 31 Diabetes Circle 1pm-3pm | | | |

Please Note Sue Chartrand will be here for footcare and massages - Dates on Calendar if interested please contact Line@705-858-7700 ext: 218