



Wahnapitae First Nation Community Newsletter

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August 2022

P5: Pow-Wow Planning



Be sure to save the date for WFN's Annual Pow-Wow, Aug. 20-21, 2022!

P10: Jane Goodall



WFN youth had the chance to work with Jane Goodall for some upcoming IMAX films.

P19: Memorial Garden



WFN has partnered with Vale to create a new Residential School Memorial Garden. Check out the video!

P20: June Memories



Have a look at some photos from our After School Program from the summer so far.



A Message to Members

Niibin. The time for visiting and ceremonial feasts and dances. The time for coming together and having fun.

This summer, I hope you're all experiencing the joy of being able to safely gather and are having a wonderful time making memories.

With that said, I'd like to remind you all that our children are out of school and are busy playing and running about. Please watch out for them and drive with care in our community.

It has been a very hot summer this year, and I'm sure August will be no different. Please be careful with your campfires, fireworks, and other flammable materials. A single wayward spark could have a devastating outcome.

Remember to dress accordingly when out in the sun, wear sunscreen, and be safe when out on the water. I wish for us all to have a fun but safe season.

I'd also like to remind our members of our trust vote on August 6 - please take some time out of your day to vote, as it is important that we all have a say in this.

Also happening this month is our 27th annual Pow-Wow on Saturday, August 20 and Sunday, August 21. I'm looking forward to seeing our community joined together to feast and dance and celebrate.

Miigwetch,
Chief Larry Roque

WFN NOTICE



LABOUR DAY *Weekend*

**WFN OFFICES WILL BE CLOSED
FROM
SEPTEMBER 2 TO 5**

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

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

Stay Connected

For the most up-to-date information and updates about Wahnapiatae First Nation, including safety measures, check us out online as below:



WEBSITE: www.wahnapiataefirstnation.com



MAIN PAGE: www.fb.me/wahnapiataefirstnation



YOUTH PAGE: www.fb.me/WFNYouthPage



Chief and Council Regular Meeting

Wednesday, August 31, 2022
6 P.M.
In-person and via Zoom

Members wishing to attend via Zoom must register at:

wahnapiataefn.tiny.us/yc5aj8xn

The deadline to register for the web version is August 24.

No registration is required for those wishing to attend in person.

Registration only open to WFN members, who must also be over the age of 18. Virtual attendees must use their real names when signing in.

WFN POW-WOW

Volunteers Needed



The Pow-Wow Committee is looking for teenagers, adults, and Elders to help with various tasks during Pow-Wow weekend.



We need help with:

- Ticket Selling
- Maintenance
- Community Feast
- Help around the Pow-Wow grounds

WFN Pow-Wow
August 20 & 21

Perfect for high school students looking to complete their volunteer hours!

More information: Melissa Boissoneau, Pow-Wow Coordinator
melissa.boissoneau@wahnapiitaefn.com
705-863-2656

WFN POW-WOW



27th Annual Pow-Wow

Maamowi Maawnyidiying Mii'nwaa

COMING TOGETHER AGAIN



Arena Director:
Robert Stonepoint

MC:
Paul Owl

Host Drum:
Good Time Ojibwe

Co-Host Drum:
Thunder Earth

Head Male Elder:
Tony Tyson

Head Female Elder:
Wendy Tyson

Head Male Dancer:
Walter McGregor

Head Female Dancer:
Sue Roque

Head Youth Male Dancer:
Tanner Southwind

Head Youth Female Dancer:
Chloe Vincent

Saturday
12 pm Grand Entry

Dance Specials

Food and Crafts Booths

Fireworks show
by Dream Catcher Fireworks

Sunday
12 pm Grand Entry
4 pm Closing & Giveaways

6 am Sunrise Ceremonies
Thursday | Friday | Saturday | Sunday
at the Sacred Fire

Community Feast by
Osawamick's Family Tradition

August 20 & 21, 2022
WFN Pow-Wow Grounds

Pow-Wow Etiquette

With Wahnapiatae First Nation's Annual Pow-Wow coming up on Aug. 20-21, it's helpful to keep event etiquette in mind when preparing.

It should be noted that every pow-wow is different so the first rule is the most important. The key is respect, and many first-timers don't have access to the life-long teachings that we take for granted.

Be Respectful

Listen to the Master of Ceremonies

He will announce who is to dance and when.

Be on time

The committee is doing everything possible to ensure that activities begin and run smoothly. Please cooperate in this regard.

Dress appropriately

Appropriate dress and behavior are required in the arena. Anyone unwilling to abide by this rule will be asked to leave by the Arena Director. (If you are going to dance, try to wear dance clothes.)

Don't sit on benches for dancers

Arena benches are reserved for dancers.



Dancers wishing to reserve a space on the bench should place a blanket in that space before the dance begins.

Please do not sit on someone else's blanket unless invited. Uncovered benches are considered unreserved.

Respect the position of the Head Man and Head Woman Dancers

Their role entitles them to start each song or set of songs. Please wait until they have started to dance before you join in.

Dance as long and as hard as you can

When not dancing, be quiet and respect the arena.

Remember these dances are more than the word dance can convey.

They are a ceremony and a prayer which all life encompasses and produce many emotional and spiritual reactions.

Some dances are old, some are brand new. Our culture continues to live and evolve.

If you are asked to dance by an elder, do so. It is rude and disrespectful to say "I don't know how."



Pow-Wow Etiquette

Show respect

The Flag Song, or the Indigenous equivalent of the national anthem, is sung when the Canadian flag is raised or lowered. Please stand and remove hats during the singing of this song. It is not a song for dancing.

Also stand during “special” songs. Stand in place until the sponsors of the song have danced a complete circle and have come around you, and then join in. If you are not dancing, continue to stand quietly until the song is completed. Show respect to all Elders, drummers, singers, dancers, and the pow-wow staff and committee.

Ask permission

Do not touch anyone’s dance regalia without their permission. These clothes are not costumes and yes we use modern things like safety pins and such because we are a living culture, our regalia is subject to change.

Clean up

It's funny how much trash we as people drop. Make an extra effort to walk to the trash can. Respect Mother Earth.

Be aware of your surroundings

Someone standing behind you may not be able to see over you. Make room, step aside, sit, or kneel if someone is behind you.

No alcohol or drugs are allowed at pow-wows

Do not come to a pow-wow while you are intoxicated.

Observe and Learn

Follow event protocols

While dancing at any pow-wow, honour the protocol of the sponsoring group.



Some songs require that you dance only if you are familiar with the routine or are eligible to participate. Trot dances, Snake, Buffalo, etc., require particular steps or routines. If you are not familiar with these dances, observe and learn. Watch the head dancers to learn the procedures.

Only veterans are permitted to dance some veteran's songs, unless otherwise stated; listen to the MC for instructions. If you are not wearing traditional regalia, you may dance only on social songs (like Two-Step, Blanket Dance, Honoring Songs, Circle, etc.). Sometimes a blanket dance is held to gather money. You may enter the circle to donate.

Be generous

Pow-wows are usually not-for-profit events. The organizing committee depends upon donations, raffles, blanket dances, etc. for support.

Donations are encouraged as a way to honor someone. Any participant can drop money onto the blanket to aid in the pow-wow expenses.

(CONTINUED ON P.8)

Pow-Wow Etiquette (continued)

(CONTINUED FROM P. 7)

Be grateful

Giveaways, attributes of Indian generosity, are held at many dances. They acknowledge appreciation to recipients for honour given. When receiving a gift, the recipient thanks everyone involved in the giving. Note: all specials and giveaways must be coordinated with the Master of Ceremonies.

Please remember that it is traditional to make a monetary contribution to the drum for this request – clear this through the MC.

Bring a chair

Most powwows will not have seating for the public or enough seating for everyone. Also remember that the benches in the arena are for dancers only.

Have fun

Buy something from the vendors. Donate if you can. Most of all, don't be uptight: relax. The whole universe comes together this day to celebrate. You are invited to join in.

Ask Questions

Ask for help

If at any time you are uncertain of procedure or etiquette, please check with the MC, Arena Director, or head singer. They will be glad to help you with your questions.

Remember that in each area you travel to and visit, things can and will be slightly different than your area.

Different groups have different customs and methods of doing things. Different is not wrong, just different. Be respectful of the uniqueness of each area.

About Photography

When photographing a pow-wow, it is **important to be respectful and not take photos at inappropriate moments**. For example, don't take photos during prayers, flag songs or other ceremonies or when the Master of Ceremonies has forbidden the taking of photos. Also, always ask a dancer for permission before you take a photo of their regalia. Under no circumstances may you enter the arena to take photos. Put your camera down for all memorial dances. Group photographs are usually alright to take, but you might want to ask the committee first.

About Children

Please do not permit your children to enter the dance circle unless they are dancing.

Do not carry children when you are in the dance area. It is like you are holding something to offer to the spirits (or an Elder).



COMMUNITY UPDATES

Reminder

Second-hand smoke exposure in multi-unit dwellings such as apartments and condominiums is unfortunately both a common problem and also dangerous for you and your family.

Exposure to second-hand smoke can lead to serious health problems including lung cancer, heart disease and stroke, and can make asthma worse in adults and children.

It is especially dangerous for children as it can result in permanent damage to growing lungs, and cause respiratory illnesses like bronchitis and pneumonia, ear infections and sudden infant death syndrome (SIDS).

NO SMOKING



INSIDE WFN-OWNED PROPERTIES



SAVE THE DATE
Saturday, September 22



EVERY CHILD MATTERS
WFN Centre of Excellence



COMMUNITY VOLUNTEERS WANTED

to participate on a Community Events Planning committee. This committee will be responsible for organizing and executing the following events:

- Hallowe'en
- Orange Shirt/National Truth & Reconciliation Day
- National Indigenous Peoples Day
- Easter
- Pink Shirt/Anti-Bullying Day

CONTACT MONICA TO LEARN MORE
MONICA.DORION@WAHNAPIAEFN.COM

COMMUNITY UPDATES



Jane Goodall
Migwetch

WFN YOUTH AND STAFF
TEAMED UP WITH JANE
GOODALL TO FILM JANE
GOODALL'S REASON FOR
HOPE.

SPECIAL SHOUT OUT TO WFN
YOUTH SETH FOR HIS AMAZING
LEADERSHIP SKILLS.



COMMUNITY UPDATES

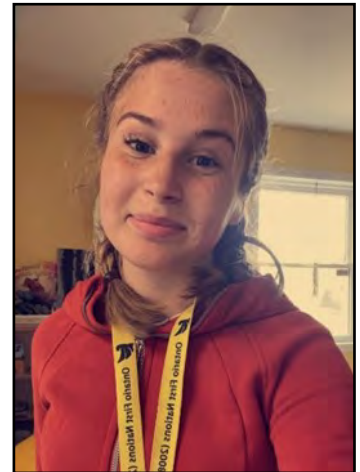



COMMUNITY UPDATES

New Summer Camp Leader



Hi, I'm Trista!
I'm a Grade 11 student at Bishop Carter. I'm the new Summer Camp Leader here at WFN. I enjoy playing hockey, basketball, and being outdoors. I also enjoy jingle dress dancing at pow-wows. I'm looking forward to being a part of the team!



N O T I C E		Wahnapitae First Nation 259 TAIGHWENINI TRAIL CAPREOL ONTARIO P0M 1H0 Phone: (705) 858-0610 Fax: (705) 858-5570 www.wahnapitaefirstnation.com	N O T I C E
	<u>Campground Survey</u>		
	Date: July 13, 2022 From: Roger Pennarun Subject: Campground Survey Notice for Communications		
	<p>The Lands Department will be conducting a visual campground survey of all Lots and Services in Roq Parq from July 25 to August 12.</p> <p>During this time, you may see Lands Department Technicians wearing high-visibility vests, walking through the park and taking notes. At no time during this survey will these technicians request access into trailers. Please be respectful and considerate to these individuals.</p> <p>Any questions or concerns can be directed towards Sara Lehman Environmental Coordinator at 705-858-0610 ext. 204.</p>		

HEALTH DEPARTMENT



HARM REDUCTION PRESENTATION

by Bradley Steele

**WEDNESDAY, AUGUST 17,
10 AM TO 1 PM
MAAN DOOSH GAMIG**
lunch included

A beaded earrings workshop lead by Shannon Skelliter will follow the presentation.

R.S.V.P by August 11

Contact Heather by email to
heather.roy@wahnapiitaefn.com



New Service: Phlebotomy (blood work)

Wednesdays
9 A.M. to 12 Noon

By appointment only.
Please bring your requisition with you.

**Call 705-858-7700 to make your
appointment**



HEALTH DEPARTMENT

August Monthly Mental Health Message

**By Bradley Steele, HBISW, RSW
WFN Mental Health and Addictions
Counsellor**

Aaniin, Boozhoo! Did you know that August 31 is National Overdose Awareness Day? This is a day to help end drug overdoses and remember those that we have lost to them.

An overdose is what happens when your body has too much of or a combination of drugs that your body can not cope with.

There are many different types of drugs that can lead to overdose such as stimulants, opioids, and depressants to name a few.

In 2020, in the three months of July–September, there were at least 1,705 apparent opioid-related deaths, with another 1,646 having occurred in April–June of the same year. This does not include non-opioid related deaths, so the number is actually higher.

Ways to prevent overdose include avoiding mixing drugs and alcohol, not using drugs alone, starting low and go slow if you have not used for a long period of time, using clean drug apparatuses, and always carrying a Naloxone kit.

Signs that someone may have overdosed are: they are not breathing or breathing very slowly, their lips and fingertips are turning purple or blue, they are asleep and making an unusual gurgling or loud snoring sound, they can't be woken/ respond to pain, the person is "in the nod" (falling asleep).

If someone you are with has overdosed, call 911 right away and ask for an ambulance, shake the person and shout their name, give the person Naloxone if available, turn them on their side to prevent choking, and stay with the person until help arrives.

If someone you know is living with drug use, encourage them to reach out in a non-judgmental way. Stigma is a big part of why many people overdose as they are too scared to reach out for help due to shame and judgement received or increased barriers.

Resources

- **Monarch Recovery Services**
(705) 674-4193
405 Ramsey Rd., Sudbury, ON, P3E 2Z5
- **Canadian Mental Health Association**
(705) 675-7252
111 Elm St #100, Greater Sudbury, ON P3C 1T3
- **Réseau ACCESS Network**
(705) 688-0500
111 Larch Street, Unit 101 Entrance off, Medina Ln, Greater Sudbury, ON P3E 4T5
- **N'Swakamok Native Friendship Centre**
(705) 674-2128
110 Elm St., Sudbury, ON
- **Shkagamik-Kwe Health Centre**
(705) 675-1596
161 Applegrove St, Sudbury, ON P3C 1N2
- **Sudbury Mental Health & Addictions Centres**
(705) 523-4988
27 Cedar St, Greater Sudbury, ON P3E 1B1

NALOXONE TRAINING

Wednesday, August 31, 2022

3 P.M TO 5:30 P.M.

Maan Doosh Gamig

For **International Overdose Awareness Day** learn how to recognize the signs of an opioid overdose and take the proper steps to save a life.



International
Overdose
Awareness Day
is August 31

*Training provided by Reseau Access Network.
Participants will receive a naloxone kit to take home.*

**Register by August 25 by 5 P.M. by calling Heather
at (705) 858-7700**

In 2017, approximately 11 lives were lost each day because of opioid overdoses. Increased naloxone (Narcan) access and training is a key tool for preventing overdose deaths.

HEALTH DEPARTMENT



NORMAN RECOLLET HEALTH CENTRE

D E N T A L C L I N I C



**OUR NEXT CLINIC DAY IS
AUGUST 30**

No dental insurance? No problem - we can help!

All patients seen in August will be entered to win an electric toothbrush.

Call the health centre to book your appointment:

(705) 858-7700

EDUCATION DEPARTMENT

Wahnapiitae First Nation

Please join us in celebrating our

Achievement Awards Ceremony

Acknowledging Academic Years:

2019-2022

August 30, 2022

5:30-7:30pm

MDG Hall

The Education Department invites you to attend our annual Achievement Awards Ceremony to acknowledge WFN's students during the academic years 2019-2022. Light refreshments will be served.

RSVP your attendance by August 18

to Sierra or Beatrice at

sierra.larocque@wahnapiitaeFN.com

or

beatrice.debassige@wahnapiitaeFN.com

LANDS DEPARTMENT

MOTUS TOWER LOCATION



(Left to Right) Lead Environmental Field Technician Sarah Janson, Environmental Field Technician Roger Pennarun, Lead GIS Technician Matt Cayen, Environmental Ecologist Derek Morningstar and his assistant James

As part of the 2022-2025 Aboriginal Species At Risk Fund (AFSAR), the Lands Department collaborated with Environmental Ecologist, Derrick Morningstar and his assistant James in assessing areas within the Wahnapiatae First Nation to install a wildlife tracking system satellite used to locate tagged wildlife. This will help Wahnapiatae First Nation monitor bats and better understand their behaviors while opening opportunities to monitor other animals in the future.

More information about the tracking system you can visit Motus.Org

For any questions, concerns or to get involved please contact Sara Lehman at sara.lehman@wahnapiataefn.com

collecting rainwater info sessions

August 16 & August 24
6:30 P.M. to 7:30 P.M.
Maan Doosh Gamig

Join the Lands and Resources Dept.
for an information session on the
benefits of and best practices for
collecting rainwater at home.

**All members* that attend will
receive a rain barrel.**

***on-reserve members only**



LANDS DEPARTMENT

Bat Netting Night

MONDAY, AUGUST 22 | 9 P.M. - 4 A.M. | ROCKY'S PARKING LOT

The Wahnapiatae First Nation Lands & Resources Department is inviting the community to join them and the crew from Myotistar to conduct a bat capturing survey.

DRINKS & SNACKS

PRIZES!

INFO BOOTHS

ACTIVITIES FOR KIDS

For more information, call 705-858-0610

RESIDENTIAL SCHOOL MEMORIAL GARDEN IN PARTNERSHIP WITH VALE

LOCATED AT THE NORTH ATLANTIC OPERATIONS CENTRE

WATCH THE FULL VIDEO HERE: [HTTPS://YOUTU.BE/QVKZJLYR47Q](https://youtu.be/qvkzjlyr47q)

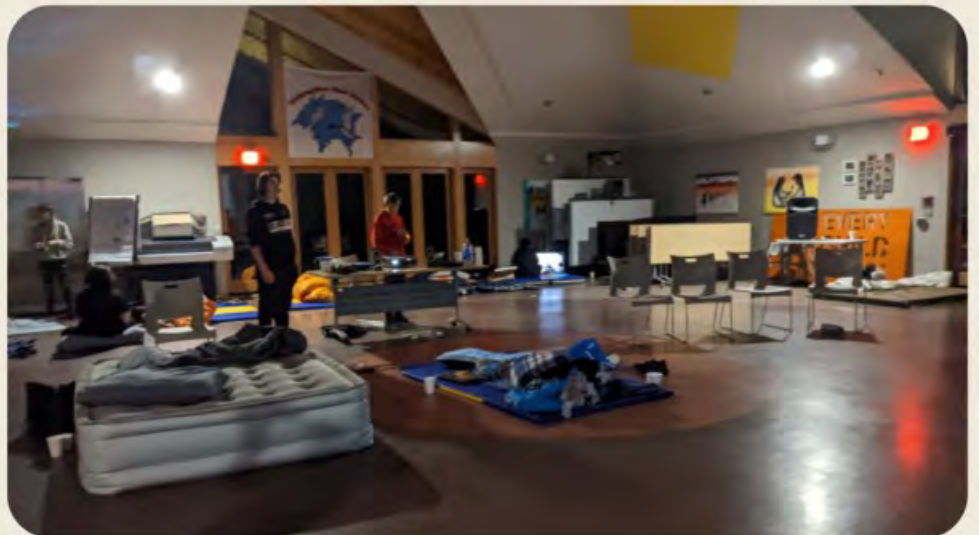
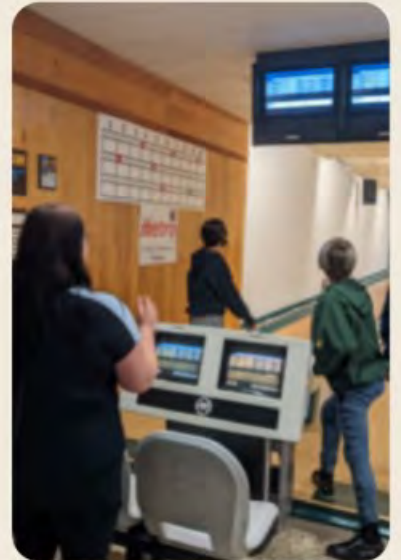
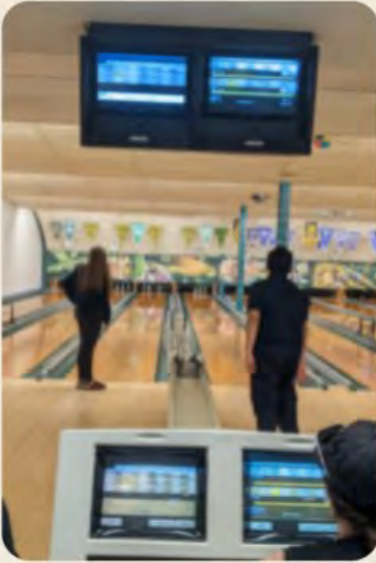
AFTER SCHOOL PROGRAM

Summer Memories

Miigwetch to Sierra for collecting these photos from our After School Programming in June.



AFTER SCHOOL PROGRAM



COMMUNITY PARTNERS



N'Swakamok **PRESENTS FAMILY CLASSES**

**TUESDAYS & THURSDAYS
FROM 4 PM - 5 PM**



Class Information

- Geared towards indigenous families
- Children 10+ can attend
- Exercises are rigorous and intended to extend the perceived capabilities of the participant
- Must follow Covid-19 protocols

Spots are limited

Starts July 5th

Runs through til

Aug 23rd



**For more info contact
Darryl Walker (705) 674-2128**

wasanabin@nfcsudbury.org

(705) 805-2699 or e-mail

office@topglove.ca

147 Lorne Street, Sudbury, Ontario

Top Glove
 **Boxing Academy**

COMMUNITY PARTNERS



SUMMARY OF TRAINING OPPORTUNITIES

MINING READINESS PROGRAM (6 WEEKS)
THIS PROGRAM IS A PREREQUISITE FOR ALL OF THE BELOW

UNDERGROUND DIAMOND DRILLER (4 WEEKS)

SURFACE DIAMOND DRILLER (5 WEEKS)

MILLWRIGHT PROGRAM - LEVEL 1 (12 WEEKS)

**PRE-TRADES HEAVY DUTY EQUIPMENT
TECHNICIAN PROGRAM (12 WEEKS)**

PRE-TRADES WELDER PROGRAM (12 WEEKS)

PRE-TRADES ELECTRICAL PROGRAM (12 WEEKS)

PRE-TRADES CONSTRUCTION CRAFT WORKER (8 WEEKS)

For more information or to apply, please email: resumes@wawarehc.com

COMMUNITY PROGRAMS

WFN Early Years Program

Summer Bubble Kits

Who loves bubbles? We sure do!
If you would like to receive a bubble kit
and have loads of bubbling fun

Contact Natalie Goring at
natalie.goring@wahnapietaefn.com
or 705-920-9106.

NOTE:

You can receive 1 kit for July and 1 kit August (they will be different) but if you need more bubble solution, contact Natalie.

COMMUNITY PROGRAMS



WFN EARLY YEARS PROGRAM AUGUST CALENDAR



We had fun in July, but August is even better! Here is what we have planned at the Gazebo:

Tuesday, August 2

9:00 A.M. to 12:00 P.M.
and
1:00 P.M. to 3:00 P.M.

Science North Visits

Tuesday, August 9

9:00 A.M. to 12:00 P.M.
and
1:00 P.M. to 3:00 P.M.

Land-Based Teachings
with Perry McLeod-
Shabogestic

Tuesday, August 16

9:00 A.M. to 12:00 P.M.
and
1:00 P.M. to 3:00 P.M.

Painted Turtle Arts
Camp

Tuesday, August 23

9:00 A.M. to 12:00 P.M.
and
1:00 P.M. to 3:00 P.M.

Survivor Day

Note

Parents/Guardian must be present to participate in the Early Year's activities.
Please register with Natalie Goring, HBHC at natalie.goring@wahnapiitaefn.com or
705-920-9106

Music Wall

As part of the Early Years Program our youth used pots and pans to create a music wall. Miigwetch to all our youth for their time and creativity.



COMMUNITY PROGRAMS

Wahnapias First Nation



REGISTRATION DAY

@ The Gazebo

- ✓ After School Program
for ages 7 - 11
- ✓ Young Leaders Program
for ages 12 - 18

Tuesday, September 6
2:30 P.M. to 5:30 P.M.

WFN SUMMER CAMP

AUGUST

2022

SUMMER CAMP PROGRAM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO PROGRAM CIVIC HOLIDAY	2 Science Week with Science North <i>Early Years & Ages 7-11</i>	3 Science Week with Science North <i>Ages 12-15</i>	4 Science Week with Science North <i>Ages 12-15</i>	5	6
7 Land- Based Teachings Week	8 Land-Based Teachings with Perry McLeod- Shabogesic <i>Ages 7-11</i>	9 Land-Based Teachings with Perry McLeod- Shabogesic <i>Early Years & Ages 7-11</i>	10 Land-Based Teachings with Perry McLeod- Shabogesic <i>Ages 12-15</i>	11 Youth Sweat with Perry McLeod- Shabogesic <i>Ages 12-15</i>	12	13
14 Arts Week	15 Painted Turtle Arts Camp <i>Ages 7-11</i>	16 Painted Turtle Arts Camp <i>Early Years & Ages 7-11</i>	17 Painted Turtle Arts Camp <i>Ages 12-15</i>	18 Painted Turtle Arts Camp <i>Ages 12-15</i>	19 WFN Powwow	20 WFN Powwow
21 <u>Last Week of Summer Camp</u>	22 Fear Factor Day <i>Ages 7-11</i>	23 Survivor Day <i>Early Years & Ages 7-11</i>	24 Fear Factor & Survivor Day <i>Ages 12-15</i>	25 Splash N Go: End of Summer Celebration <i>All Ages</i>	26	27
28	29	30 Achievement Awards Ceremony 5:30-7:30PM <i>Dessert & Light Refreshments</i>	31			

COMMUNITY EVENTS



MONDAY, AUGUST 22
4 P.M. - 6 P.M.

Please let Rochelle or Line know if you will not be participating this month to help us avoid waste.

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

COMMUNITY EVENTS



MONTHLY SHUTTLE SERVICE

to Capreol's Bread & Roses Food Bank
Third Thursday of Each Month

How it works:

On-reserve members must book their spot on the shuttle with Heather. Registered participants will be picked up at their homes, starting at 9:30 a.m. The shuttle will then head to Capreol. Participants will be returned to their homes via the shuttle.

Reserve your spot with Heather
705-858-7700 x226 | heather.roy@wahnapiataefn.com



AUGUST RUN
THURSDAY, AUGUST 18, 2022

COMMUNITY EVENTS

TASTE TEST CHALLENGE

Send in your favourite recipe to Natalie (HBHC) & BlueCheese. They'll make it and post a video of them doing a taste test. **The recipes sent will be collected into a recipe book that will be handed out at the end of the summer!**

Send your recipe to natalie.goring@wahnapitaefn.com. **This will be an ongoing challenge throughout the summer.** Your name will be entered in a draw!



Wahnapiatae First Nation
Education Department

BOYS' DRUM GROUP

BRANDON PETAHTEGOOSE
WILL BE TEACHING

TUESDAY NIGHTS
6 TO 8 PM
@ THE GAZEBO



IF YOU WOULD LIKE TO
TAKE PART, CONTACT
MARILYN OR BEATRICE
AT THE
ADMINISTRATION
OFFICE OR BY CALLING
705-858-0610

Community Support Driver

Community Drive Days

- Mondays & Wednesdays
- Pick up @ 10 A.M.
- Departure from Sudbury @ 1 P.M. (returning to WFN)
- 3 clients per day
- Max 2 stops (i.e. Walmart & Food Basics).
- **MUST BE BOOKED 48 HOURS IN ADVANCE**

Contact For Booking

Heather Roy
heather.roy@wahnapitaefn.com
705-858-7700 x226

Wendy Tyson
wendy.tyson@wahnapitaefn.com
705-858-7700 x219



COMMUNITY EVENTS



SOUP'S ON!



TUESDAYS

Call by 11 P.M. | Pick up by 12 P.M.

Call Heather to place order:

(705)858-7700



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

GOOD FOOD BOX

CALL WENDY OR HEATHER TO ORDER:

(705) 858-7700

ORDER DATE:

AUGUST 4, 2022

SEPTEMBER 8, 2022

DELIVERY DATE:

AUGUST 11, 2022

SEPTEMBER 15, 2022

CONGREGATE DINING

ELDERS 55+

**THURSDAY, AUGUST 4
BETWEEN 5 P.M. - 6 P.M.**

To Join

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

NUTRITION BINGO



Call Wendy or Heather
to reserve your spot:

(705) 858-7700

Available

In the Maan Dosh Gamig hall or
via Zoom

*Prizes are the same. Cards will be bagged
for pickup. Payment due on pickup.*

Thursday, August 18

WFN EVENT CALENDAR - AUGUST

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
	1 CLOSED	2 SOUP'S ON BOYS DRUM	3 CSD Wellness Wednesday	4 Congregate Dining Good Food Box order	5 CLOSED	6
7	8 CSD	9 SOUP'S ON BOYS DRUM Sue Chartrand	10 CSD	11 Good Food Box Pickup	12 CLOSED	13
14	15 CSD	16 SOUP'S ON BOYS DRUM Rain Water	17 CSD Harm Reduction	18 Nutrition Bingo Bread & Roses Food Bank	19 CLOSED	20 WFN POW- WOW
21 WFN POW- WOW	22 CSD Recipe of the Month Bat Netting	23 SOUP'S ON BOYS DRUM Sue Chartrand	24 CSD Rain Water	25	26 CLOSED	27
28	29	30 Naloxone Training Dental Hygiene Clinic Education Awards	31 Chief & Council			

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