



# Wahnapiatae First Nation Community Newsletter

Inside this issue:

June 2022

## P5: Pow-Wow Planning



Be sure to save the date for WFN's Annual Pow-Wow, Aug. 19-21, 2022!

## P6: Mother's Memories



Members came out to celebrate their moms at a magical Mother's Day event on May 7.

## P8: Honouring MMIWG



A special walk to honour MMIWG took place at WFN on Red Dress Day, held annually on May 5.

## P16: Wildlife on the Move



WFN Lands staff offer tips for managing turtles and bears on the move.

## A Message to Members



Summer is finally here, and the warmer days are upon us. But with warming weather comes dry forests, varying water levels, and busy streets and roads.

### Lake Safety

Please enjoy the upcoming warm weather but use caution when out on the lake. As the summer progresses, the forest fire situation becomes more dangerous and may come close to our home. When you see a water bomber, be sure to move close to the shoreline and stay out of the way.

Note that logs and debris can also suddenly appear or shift with the rise and fall of the water. Remain alert and cautious when out boating.

As always, we also have little ones out enjoying the warmer weather, so please watch out for them.

### Mother's Day Miigwech

I'd also like to take a moment to thank those WFN staff who gave their time and energy to put on the Mother's Day event, which was enjoyed by many. A big chi-miigwech to Natalie, Cinnamon, Heather, Sierra, Tammy, and Wendy. They made our Mother's Day event extra special, and which was enjoyed by so many. Miigwech again for all your hard work.

### Indigenous Peoples History Month

Finally, it's worth noting that June is Indigenous Peoples History month – a time to recognize and honour the history and important contributions of our peoples to this country and the world at large. As Anishinaabe, we have a rich and vibrant heritage of resilience and diversity of which we are and must continue to be proud. On Indigenous Peoples Day (June 21), please take a moment to celebrate our culture and history.

Miigwech,  
Chief Larry Roque

# COVID-19 UPDATES

## COVID-19 (as of May 30, 2022)

### Sudbury District:

**Total Tests:** 431, 527  
**Confirmed Cases:** 15, 805  
**Resolved** 15 ,674  
**Deaths:** 150  
**Fully vaxxed:** 205 257

### Ontario:

**Total Tests:** 24,253,595  
**Total Cases:** 1,301,896  
**Resolved:** 1,219,640  
**Deaths:** 13,225  
**Hospitalized:** 643  
**In ICU:** 145  
**Fully vaxxed:** 12,201,070

### Canada:

**Total Tests:** 61,910,352  
**Total Cases:** 3,865,173  
**Active Cases:** 878  
**Recovered:** 3,824,182  
**Deaths:** 40,993  
**Fully vaxxed:** 31,394,080

For up-to-date figures, be sure to check:

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)

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

PROTECT YOURSELF & OTHERS

## AGAINST COVID-19

- **Wear a mask in public**
  - especially indoors or when physical distancing is not possible
- **Stay home when ill to avoid spread**
  - Even if it's "just the flu"
- **Get vaccinated**
  - make an appointment at the Norman Recollet Health Centre if you haven't been vaxxed yet

**Please remember to stay safe.  
COVID-19 can still harm others.**

**NRHC: 705-858-7700**

## Stay Connected, Stay Safe

**F**or 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 NOTICE

## Saturday, June 11



# WFN OPEN HOUSE

for all members and families

## 10 A.M. to 3 P.M.



**Wahnapiitae First Nation  
Centre of Excellence**  
259 Taighwenini Trail Road  
Capreol, ON

Come meet the team and learn more about the services and programs WFN offers its members and the community.

- Health
- Education (in the Gazebo)
- Infrastructure & Development
- Lands & Resources
- Communications & Governance
- WFN Fire Dept

Members could  
win a new tv  
package valued  
at over \$1000!!

lunch  
provided by



# WFN POW-WOW



## POW-WOW VENDOR CALL

**AUGUST 19-20-21**

Vendors are needed for food and craft booths  
at this year's pow-wow

Contact:

Melissa Boissoneau, WFN Pow-wow Coordinator  
to request an application form  
[melissa.boissoneau@wahnapiataefn.com](mailto:melissa.boissoneau@wahnapiataefn.com)

**APPLICATION DEADLINE: JULY 15, 2022**

VENDORS WILL NEED TO PROVIDE THEIR OWN TENTS/TABLES/CHAIRS



**WFN POW-WOW**

*Save the Date*

# WFN ANNUAL POW WOW

**AUGUST 19, 20, 21**



*stay tuned for more info...*



WAHNAPITAE FIRST NATION



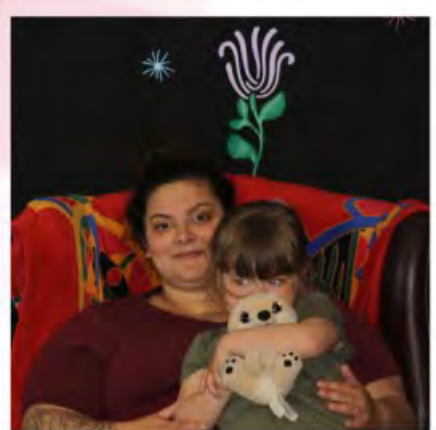
WAHNAPITAEFIRSTNATION.COM



# COMMUNITY UPDATES

## Mommy and Me Memories

*On Saturday, May 7, more than two dozen moms came out with their children to celebrate this special day. Their day of pampering included massages, make-up applications, a delicious lunch, manicures, and take-home gifts.*





# COMMUNITY UPDATES

*A big chi-miigwech to all the wonderful helpers:*

Lorraine Beaudry—Reiki

Maryanne - Tarot Card Reading

Make Up—College Boreal Students

Samantha —Nail painting

Heather —Body Scrub

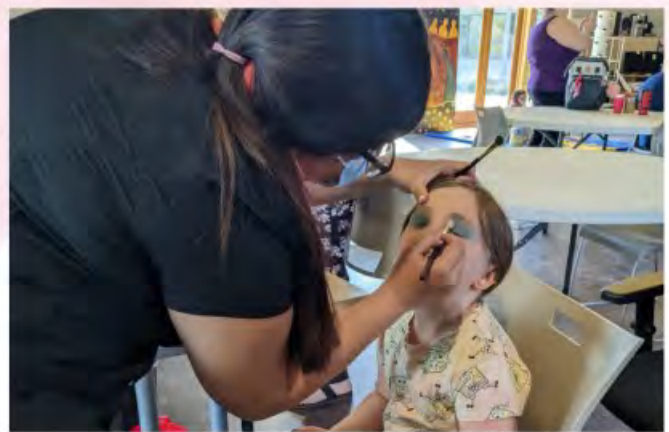
Sylvia - photographer

Cinnamon , Sierra & Natalie—registration station & childcare

Tammy - smudge & gift station.

Wendy—snacks

*Everyone had a great time and left with a smile!*





# COMMUNITY UPDATES

## MMIWG HONOUR WALK

Miigwech to all who joined us on Thursday, May 5 for our Red Dress Day walk to honour our missing and murdered women and girls. The walk started at the Centre of Excellence and proceeded to the Red Dress site on Taighwenini Trail Road. We hung up additional dresses and some tobacco ties. We drummed & sang the Strong Woman Song & The Swirling Water Song. Chi-miigwech to Family Wellbeing Worker Tammy Chevrette for making the beautiful banner which we will proudly use time after time.





JUNE IS

## Indigenous Peoples History Month

The month of June was named National Indigenous History Month in 2009, while National Indigenous Peoples Day is celebrated on June 21.

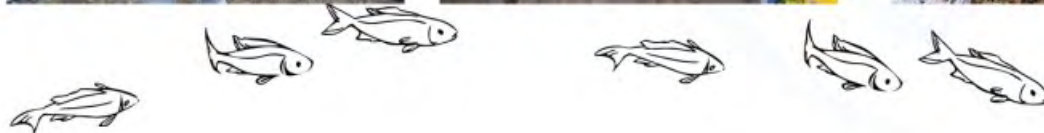
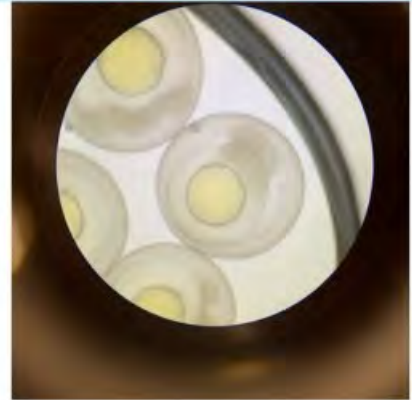
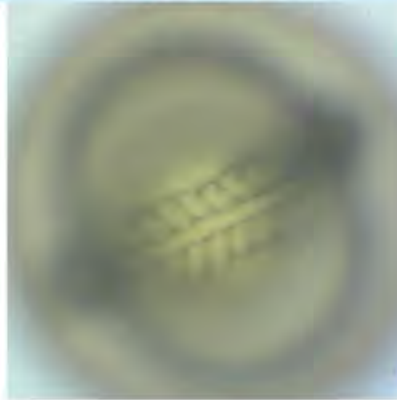
During this month, take time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis Peoples across Canada.





## Fish Hatchery Success

Our Education Department managed to collect two bell jars full of walleye eggs. Our youth can now see walleye spines using the microscope.





## WFN Fish Hatchery Makes it to the Movies

The micro-hatchery system and process at WFN will be part of a new IMAX film by Science North, entitled *Jane Goodall's Reasons for Hope*.

Footage will include youth, community members, and staff.

For more information on this film, see the Science North release below.

Miigwetch to all those who took part in this exciting event.



### **Community Communications for filming of *Jane Goodall's Reasons for Hope* and *The Sudbury Regreening Story***

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#### **Background**

Science North has become one of the leading producers of giant-screen films in Canada and has built a reputation as a specialist in environmental and natural history themed films. *Jane Goodall's Reasons for Hope* will be Science North's 7<sup>th</sup> IMAX<sup>®</sup> film production, while *The Sudbury Regreening Story* will be Science North's 4<sup>th</sup> large format film signature film.

#### ***Jane Goodall's Reasons for Hope* IMAX<sup>®</sup> Film**

In 2002, Science North produced *Jane Goodall's Wild Chimpanzees*. The film played in 90 theaters worldwide to 3,670,000 viewers. Dr. Goodall's focus has since shifted from chimpanzees to include other environmental issues and the search for one of the most important elements in these challenging times - hope. Dr. Goodall's reasons for hope are described as the indomitable human spirit, the amazing human intellect, the power and dedication of youth and the resilience of nature. Sudbury's world recognized regreening efforts will be highlighted as her resilience of nature story. *Jane Goodall's Reasons for Hope* will be seen in theatres around the world.

#### ***The Sudbury Regreening Story***

While Sudbury's story will be told by Dr. Goodall as one of her reasons for hope, we will expand on this to tell the broader community focused story and the 40-year transformation of Sudbury's landscapes and watersheds. This 20 minute documentary will be Dynamic Earth's Signature Film showing in the Epiroc Theatre for years to come.

#### **A Strong Connection to the Greater Sudbury Community**

Jane Goodall is one of the most recognized and celebrated scientists and science communicators in the world, sharing amazing stories that are compelling and inspiring with audiences of all ages. One of the stories that she tells around the world is how the Greater Sudbury community came together in one of the most inspiring environmental rehabilitation efforts on the planet.

#### **Timing**

Science North will be actively filming in many locations in Sudbury this spring and summer (2022). *The Sudbury Regreening Story* will launch at Dynamic Earth in April 2023, while *Jane Goodall's Reasons for Hope* will launch at Science North's IMAX Theatre in May 2023.

# EDUCATION UPDATE



## NORMAN RECOLLET MEMORIAL BURSARY



Two bursaries of \$500.00 will be awarded to a member or community member of Wahnapitae First Nation that is graduating Grade eight and Grade twelve . This bursary is supported by the Chief and Council and the Norman Recollet Health Centre.

### Criteria:

- Member or Community member of Wahnapitae First Nation
- Graduate of Grade Eight or Grade Twelve
- Less than 5 days of absenteeism for that academic year

### Deadline

**July 15, 2022 BY 4 P.M.**

Applications must be received by this date for final consideration, applications received after this date will not be accepted.

### Where to Apply:

APPLICATIONS AND ALL FORMS CAN BE EMAILED TO [wendy.tyson@wahnapitaefn.com](mailto:wendy.tyson@wahnapitaefn.com) or mailed to the Norman Recollet Health Centre, Wahnapitae First Nation, ATTN: Wendy Tyson, 259 Taighwenini Trail Rd., Capreol, ON, P0M 1H0

### Application Procedure:

Submit a typed or hand-written response - double spaced one-page letter - addressing the following two questions:

1. Why is education important to you?
2. What does it mean to you to live in a healthy community?

### Applications will only be processed after all the following has been submitted:

- One-page letter to the response of the two questions.
- Copy of diploma or proof of graduation from your school principal
- Proof of Attendance.
- Signed release form which allows Wahnapitae First Nation to post your name on our websites, Facebook page and newsletters.





## 2022 Kelman Scholarship

6559A Mississauga Road, Mississauga, ON L5N 1A6  
T: (416) 410-6933  
W: [www.weao.org](http://www.weao.org) E: [scholarship@weaocommittee.org](mailto:scholarship@weaocommittee.org)

### Target Audience

High school students.

### Purpose

The Kelman Scholarship has been established to support an outstanding high school student that is interested in the protection of water quality and is planning on attending a post secondary institution in a related field of study.

### Eligibility

Applicants must:

- be registered in an Ontario high school at the time of application, with the intent to move to college or university the following year;
- have an interest in environmental issues, particularly water quality protection;
- not have received the scholarship previously.

### Entry Requirements

Applicants **must** submit:

- a completed application form;
- A teacher reference form describing skills, interests, initiative;
- A 500 word essay (done on computer with WORD) outlining the applicant's interests in environmental issues related to water quality protection and how they might use these interests as an educational and career opportunity.

### Timeline for Submission

Completed applications with reference letter and essay must be received no later than **June 17 2022**. The recipient will be notified by mail as well as recognized in the Association's magazine INFLUENTS.

### Support Provided

The scholarship is \$500, provided by Craig Kelman and Associates Ltd. of Winnipeg Manitoba, the publisher of WEAO's INFLUENTS magazine. In addition the student will receive one year free student membership for the Water Environment Federation (WEF) and Water Environment Association of Ontario (WEAO).

### Selection Criteria

A scholarship Committee will evaluate the applicants based on the completion of the application form, the content of the reference form, and the strength of the essay i.e. does it show a genuine interest in environmental issues related to water quality and a willingness to consider an education/career in the water quality protection field.

The successful student will be notified by telephone and mail and asked to share the news with the rest of their school.

Any questions should be addressed in writing to: WEAO YP Scholarship Committee ([scholarship@weaocommittee.org](mailto:scholarship@weaocommittee.org)).

### Submission and Questions

The application and all required attachments should be emailed in a single PDF file (<10 MB) to [scholarship@weaocommitttee.org](mailto:scholarship@weaocommitttee.org). Any questions about the scholarship can be directed to the same email address. Answers to Frequently Asked Questions (FAQ) are posted on the scholarship website: <http://www.weao.org/resources>.

# HEALTH UPDATE

## Norman Recollet Health Centre Welcomes New Community Health Nurse

The Norman Recollet Health Centre (NRHC) is proud to announce the arrival of a new Community Health Nurse, Jenna Hammond.

Jenna brings a range of important skills, and enhances NRHC's services.

Learn more about Jenna in her own words below:

"My name is Jenna and I have been a Registered Nurse for four years.

I have worked in various healthcare sectors including long-term care, community care, acute care and public health.

In my current role as the Telemedicine Coordinator/Community Health Nurse at the Norman Recollet Health Centre, I strive to promote and protect health and prevent disease for everyone in the community through education and continuous support."



To learn more about the services Jenna helps to bring to members, see the information below, or call the Norman Recollet Health Centre at (705) 858-7700.

### Community Health Nurse Services

- Telemedicine services
- Health promotion: education sessions on various health topics
- Diabetes education and continuous support
- Immunization clinics
- Phlebotomy (blood work)
- Prenatal and postnatal in-home visits in partnership with HBHC



### Wellness Wednesdays

- Educational sessions every Wednesday, 1 p.m.—3 p.m.
- Different health topic each week
- Information and resources for improving health of the community
- Ensures everyone has equal opportunities for health



# ECONOMIC DEVELOPMENT UPDATE

## Members Needed for Cannabis Advisory Committee

Wahnapiatae First Nation is seeking members for its Cannabis Advisory Committee.

The committee will be a working group established by Chief and Council to assist with the development and review of our cannabis law and regulations.

The committee will consist of the Lands and Resources Director, Projects and Funding Officer, one member of Chief & Council, and 2-4 volunteer members with previous relevant business or legal experience.

Selections will be made to ensure that the committee possesses the necessary skills to complete its mandate.

The goals and responsibilities of the Cannabis Advisory Committee are as follows:

### **Goals of the Cannabis Advisory Committee:**

- Create objectives to guide planning and land use decisions
- Set policies to achieve objectives
- Ensure that the Cannabis Law and Regulations are developed for the benefit of the community
- Create a baseline from which to measure progress
- Establish measurement tools that are effective in measuring progress year after year



### **Responsibilities of the Cannabis Advisory Committee:**

- Assist with the development and review of the cannabis law and regulations
- Work collaboratively with Chief and Council and the project team throughout the project
- Uphold a high level of respect and professionalism throughout the project
- Advertise and communicate project events and opportunities for members to participate
- Participate in community meetings (where feasible) and gather input and feedback from members
- Meet with community staff members and Chief and Council to understand community priorities
- Review project deliverables and provide comments to the project team

If you would like to be a part of the Cannabis Advisory Committee, write a letter outlining why you'd like to participate and which groups you feel that you would represent, and send it to the following email:

[austin.armstrong@wahnapiataefn.com](mailto:austin.armstrong@wahnapiataefn.com)

Miigwetch.

# LANDS UPDATE

Turtles may come up onto roads during nesting season, which can start as early as the middle of May and lasting throughout June and potentially into July.

Due to the sandy/fine gravel shoulders of roads and optimal nesting conditions, female turtles will often choose to lay their eggs in ditches and along road shoulders. If a turtles appears to be "digging" or is staying in one spot for an extended period of time, she may be laying her eggs.

**Please DO NOT disturb these turtles at any time and DO NOT disturb the nest if you suspect she laid eggs.** Please note the location and call the Lands Department at 705-858-0610 so we can monitor and protect the area with appropriate mitigation.



At this time of year, please take extra precaution when driving, slow down in areas where roads transect any wetland areas, and avoid pulling onto gravel shoulders so as not to risk running over turtle nests.

## WILDLIFE ON THE MOVE



Bears are intelligent and curious. They are resourceful and persistent when it comes to locating and acquiring food.

When enticed by the smell of something to eat, bears will overturn garbage cans, green carts and bird feeders, break into buildings or vehicles, and damage crops, orchards and beehives.

If a bear is successful at obtaining food, it will continue to return, and in the process will become increasingly less afraid of people.

Relocation of these "spoiled" bears is seldom successful as there are few areas where they can be released and not become someone else's problem.

**PLEASE KEEP IN MIND THAT BEARS RETURN WHEN THEY ARE GETTING FOOD SO, MAKE SURE TO REMOVE ANY POSSIBLE FOOD SOURCES FIRST!**

**IF A BEAR IS RETURNING TO A PROPERTY, CALL SARA @ 705-858-0610 X204**





## Chief and Council Regular Meeting

Tuesday, June 28, 2022

6 P.M.

In-person and via Zoom

Members wishing to attend via Zoom must register at:

[wahnapiataefn.tiny.us/2p86kfe6](https://wahnapiataefn.tiny.us/2p86kfe6)

The deadline to register for the web version is June 21.

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.

# COMMUNITY PARTNERS

## VIRTUAL WOMEN'S HAND DRUM CIRCLE

May 26 ♦ 6-7pm  
June 02 ♦ 6-7pm  
June 09 ♦ 6-7pm  
June 16 ♦ 6-7pm

### To all residents and members of

Wasauksing, Magnetawan  
Henvey Inlet, Dokis,  
Nipissing &  
Wahnapitae First Nations

### Facilitator:

Lisa Osawamick MSW, RSW  
Zaagidwin Counselling &  
Consulting Wiikwemkoong

### All participants

will be entered into a  
draw for a chance to win  
a gift card

### Contact to Register for Zoom

Debbie Lemieux  
nichikwe@gmail.com

Or

Ann Marie Recollet  
amrecollet@hotmail.com  
Mental Wellness  
Navigator North



Mental Wellness Team  
Ntam Nishnaabeg Jigbiig  
"People by the Water"



Health Canada  
Santé Canada





COMMUNITY PARTNERS



**Niijaansinaanik**  
Child and Family Services

# FREE CAR SEAT TRAINING SESSIONS

**Thursday 06/09/2022**

at the Gazebo - 259 Taighewnini Trail Rd

morning 9:00am-12:00pm

afternoon 1:00pm-3:00pm

MAXIMUM 6 PEOPLE PER SESSION

# ALL COMMUNITY MEMBERS WELCOME

Call or Email Volunteer Services to register:

**1-705-618-0992**

**chelsea.reid@nijcfs.com**



# COMMUNITY PARTNERS



JUNE 21, 2022



## N'SWAKAMOK NATIVE FRIENDSHIP CENTRE PRESENTS NATIONAL INDIGENOUS PEOPLES DAY

# MINI Pow Wow

**MC: GREG SUTHERLAND**  
**HOST DRUM: CHIGIIZIS**  
**CO-HOST DRUM: BLACK BULL MOOSE**  
**ARENA DIRECTOR: ROBERT STONEYPPOINT**  
**HEAD MALE DANCER: PUSKWA LIGHTNING**  
**HEAD FEMALE DANCER: DANA LEWIS**  
**YOUTH FEMALE: HOPE OSAWAMICK**  
**YOUTH MALE: TBD**

**REGISTRATION 12-12:30**

**GRAND ENTRY 1PM**

**BELL PARK 1PM-4PM**

**PLEASE BRING OWN**

**CHAIRS/BLANKETS**

**NO CRAFT VENDORS**

**NO FOOD BOOTHS**

**FOR MORE INFO CALL 705-674-2128**



# COMMUNITY EVENTS

# HAPPY FATHER'S DAY

JUNE 19, 2022



FATHER'S DAY SURPRISE

**SEND A  
PHOTO OF  
YOU AND  
YOUR DAD**

Email all photos to  
Taylor, Communications Assistant at  
[taylor.bertrim@wahnapitaefn.com](mailto:taylor.bertrim@wahnapitaefn.com)

Photos can include grandfathers, uncles,  
and any father figures. All are welcome.



Look for the video on our  
Facebook page June 19.

# COMMUNITY EVENTS

## Medicine Walk



WITH PERRY MCLEOD-SHABOGESIC  
LUNCH PROVIDED AND DOOR PRIZE!

NRHC TO  
BASS LAKE

WEDNESDAY  
**29**  
JUNE

10 A.M. TO 3 P.M.

JOIN US TO GATHER, LEARN, AND IDENTIFY  
NATURE'S MEDICINES

SIDE-BY-SIDE RIDES CAN BE PROVIDED OR FEEL FREE TO BRING  
YOUR OWN. DRESS APPROPRIATELY FOR THE WEATHER.

IF INTERESTED CONTACT LINE BAILLARGEON BY JUNE 23.  
LINE. BAILLARGEON@WAHNAPITAEFN.COM | 705-858-7700 X218



# COMMUNITY EVENTS



## WELLNESS WEDNESDAYS @ *Maan Doosh Gamig*

These sessions will focus on a number of health and wellness topics. Participants will gain new skills and learn prevention strategies to implement in their daily lives.

### June 1

1 P.M. to 3 P.M.  
This session will focus on cancer prevention and screening with our Nurse Jenna and our Nurse Practitioner Rebecca.

### June 8

3 P.M. to 5:30 P.M.  
This session will focus on making medicines with the youth.

### June 15

1 P.M. to 3 P.M.  
This session will be conducted in the Ojibwa language with Ann Marie Recollet in the teepee.

### June 22

Adults 1 P.M. to 3 P.M.  
Youths 3 P.M. to 5:30 P.M.  
This will be self-defense session. We typically go over stance, hand positioning, footwork, and physical tools if you needed to protect yourself with Matthew Richer

### June 29

10 A.M. to 3 P.M.  
Medicine Picking

If you are interested in attending any of these sessions, please RSVP to Line Baillargeon @ (705)858-7700

*Coping with Stress*

*Positive Motivation*

*Understanding Emotions*

*Supportive Relationships*

*Confidence and Identity*

*Resilience*

*Faith and Spiritual Wellbeing*

# COMMUNITY EVENTS



**FATHER'S DAY**

**BACKYARD GRILL**

**JUNE 18, 2022**  
**9 A.M. TO 1 P.M.**  
**BBQ LUNCH**  
**MAAN DOOSH GAMIG**

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**JOIN US FOR SOME GOOD FOOD, FUN,  
GAMES, AND QUALITY TIME WITH  
PEOPLE YOU LOVE.  
BRING YOUR NMISHOOME, NZHISHENH,  
AND NMISHOOMIS!**

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**ALL DADS WHO ATTEND  
WILL RECEIVE A GIFT BAG!**



**DOOR PRIZE:  
YETI COOLER**

RSVP by June 15th at 4pm by contacting Heather or Natalie at  
[heather.roy@wahnapitaefn.com](mailto:heather.roy@wahnapitaefn.com) | [natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)



# COMMUNITY EVENTS



## HEALTHY RECIPE OF THE MONTH *SUMMER SCHEDULE*

WEDNESDAY JUNE 22  
WEDNESDAY JULY 20  
WEDNESDAY AUGUST 24  
4 P.M. - 6 P.M.

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

# COMMUNITY EVENTS

## WFN Early Years Program (ages 0 to 6)

3:30-5:30pm every Tuesday at the Gazebo  
Parents/Guardians must be present

### SCHEDULE

**June 7**  
Seven Grandfather Teachings

**Special Activity**  
**Wednesday, June 8**  
Making Medicines with ASP & EY  
Special Guest: Line Baillargeon

**June 14**  
Bubble Fun!

**June 21**  
No programs

**June 28**  
Explosion FUN!



Wahnapitae 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

## WFN Early Years

Do you have old pots, pans, or utensils? If  
so, WFN Early Years can take them off  
your hands!



Please contact Natalie Goring at  
[natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)  
or 705-920-9106.



# COMMUNITY EVENTS



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

## GOOD FOOD BOX

CALL WENDY OR HEATHER TO ORDER:  
(705) 858-7700

**JUNE DELIVERY DATE:  
JUNE 9, 2022**

**JULY ORDER DATE:  
JULY 4, 2022**



**SOUP'S ON!**

**TUESDAYS**

Call by 11 P.M. | Pick up by 12 P.M.  
Call Heather to place order:  
(705)858-7700



## CONGREGATE DINING

ELDERS 55+

DELIVERY JUNE 2  
DELIVERY JULY 7  
BETWEEN 5 P.M. - 6 P.M.

*To Join*  
CALL WENDY OR HEATHER TO  
RESERVE YOUR MEAL: (705) 858-7700

## NUTRITION BINGO



Call Wendy or Heather  
to reserve your spot:  
(705) 858-7700

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

**Thursday June 2 and  
Thursday June 16**

# WFN EVENT CALENDAR - JUNE 2022

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 Wellness Wednesday	2 Nutrition Bingo Congregate Dining	3 CLOSED	4
5	6	7 Soup's On Boys Drum Group	8 Wellness Wednesday	9 Good Food Box Pick up	10 CLOSED	11
12	13	14 Soup's On Boys Drum Group	15 Wellness Wednesday	16 Nutrition Bingo	17 CLOSED	18 Father's Day BBQ
19	20	21 INDIGENOUS PEOPLES DAY CLOSED	22 Wellness Wednesday Healthy Recipe of the Month	23	24 CLOSED	25
26	27	28 Soup's On Boys Drum Group Chief & Council Regular Meeting Sue Chartrand	29 Wellness Wednesday Medicine Walk Sue Chartrand	30		

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



# Invasive Species

## Activity Book



Invasive  
Species  
Centre



Invasive species are  
organisms that harm the  
environment in which  
they are not native.

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**Ecosystem:** a community of organisms and their environment

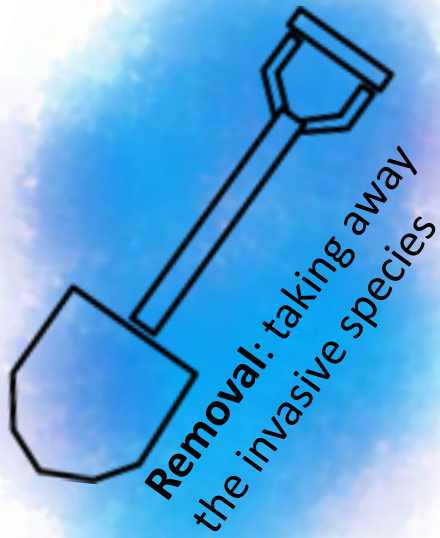


**Environment:** surroundings in which living things live





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# Invasive Species in WFN Area

## Giant Hogweed

- originates from Asia
- grows along roadsides, ditches and streams
- has a toxic clear watery sap that can cause severe burns to the skin



## Purple Loosestrife

- originates from Europe and Asia
- invades wetlands and roadsides
- it grows thick roots that can extend far and reduces the nutrients for the plants that surround it

## Phragmites

- originates from Europe
- invades wetlands and beaches
- it spreads quickly and releases toxins to kill surrounding plants





### **Garlic Mustard**

- originates from Europe and brought here to use as an herb
- invades forests, riverbanks and roadsides
- spreads easily and displaces native plants and interferes with their growing



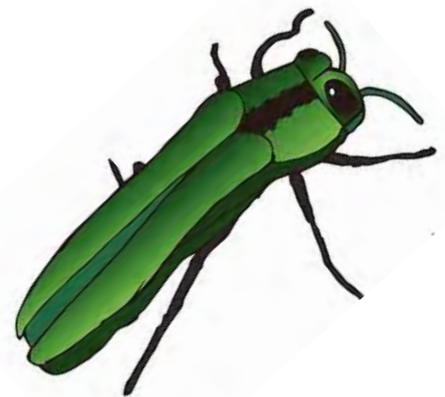
### **Black Locust**

- originates from the United States
- invades grasslands and forests
- grows aggressively and releases nitrogen into the ground which hinders other plants' growth



### **Emerald Ash Borer**

- originates from Asia
- found in forests where they lay their eggs in tree bark crevices
- they attack Ash trees and kill them





# What You Can Do

- Learn to identify different invasive species.
- Don't move infested wood material to new areas.
- Only buy native plants for your garden.
- Hire professionals to remove the invasive species.
- Dispose of invasive plants in the garbage, not the compost.
- While hiking, stay on trails and keep pets on leashes to avoid spreading.
- Clean your gear (watercrafts, bikes, trailers, boot bottoms) before changing areas.
- Groom your pets to remove any seeds or plant parts.

## If you spot an invasive species, report it

- **by phone:** call the Ontario Federation of Anglers and Hunters' Invading Species Hotline at Toll-free: 1-800-563-7711
- **online:** through EDDMapS Ontario, a web-based mapping system
- **on your mobile:** download the EDDMapS Ontario app on your mobile phone (iOS or Android)



# Kids Coloring Contest

1. Color a picture on pages 14 or 15, depending on your age.
2. Bring your picture to the Community Centre by June 30<sup>th</sup>, 2022

Winners will be announced the following week !!!

PRIZES TO  
BE WON !!!

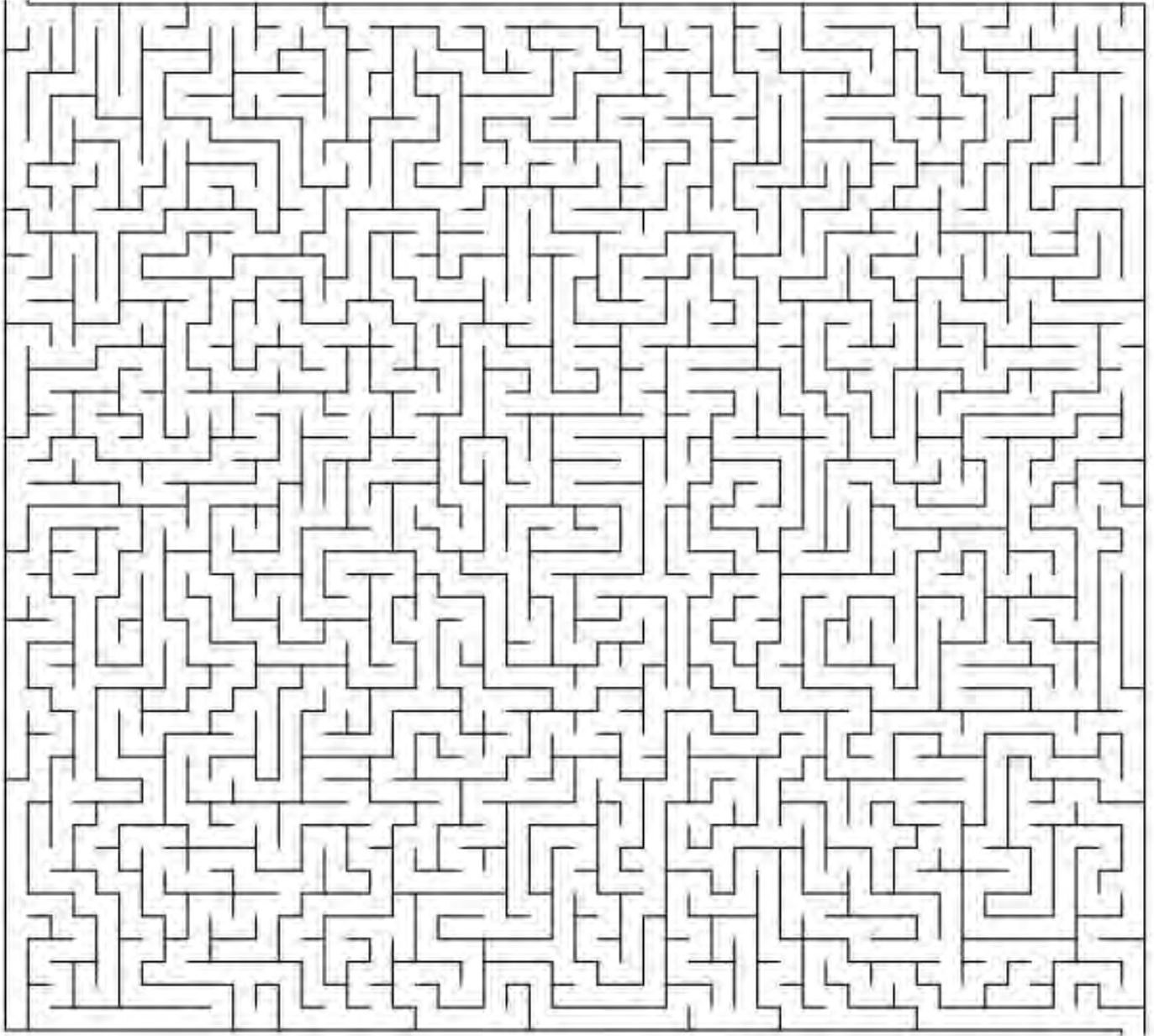


# Amazing Maze

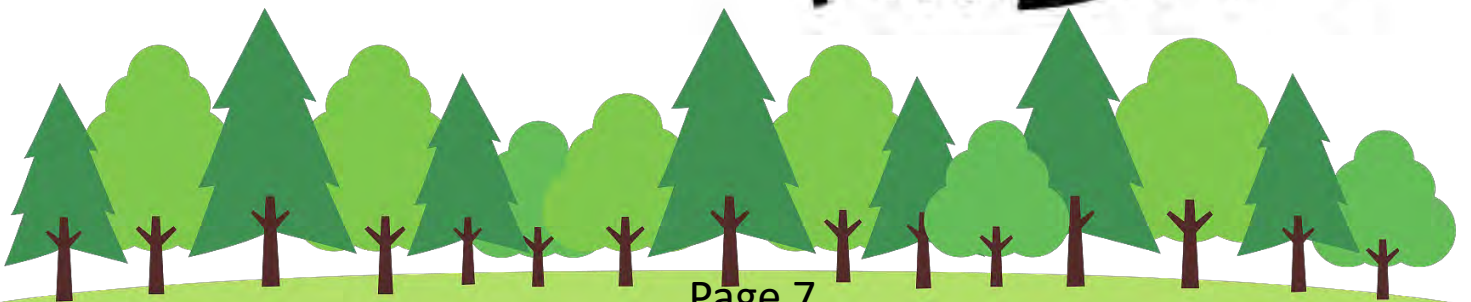


Find your way through the maze, from start to finish.

 start



Finish 





# Colour by Number

Directions: Use the number line to solve the equations. Use the code to color the picture.

2 = blue

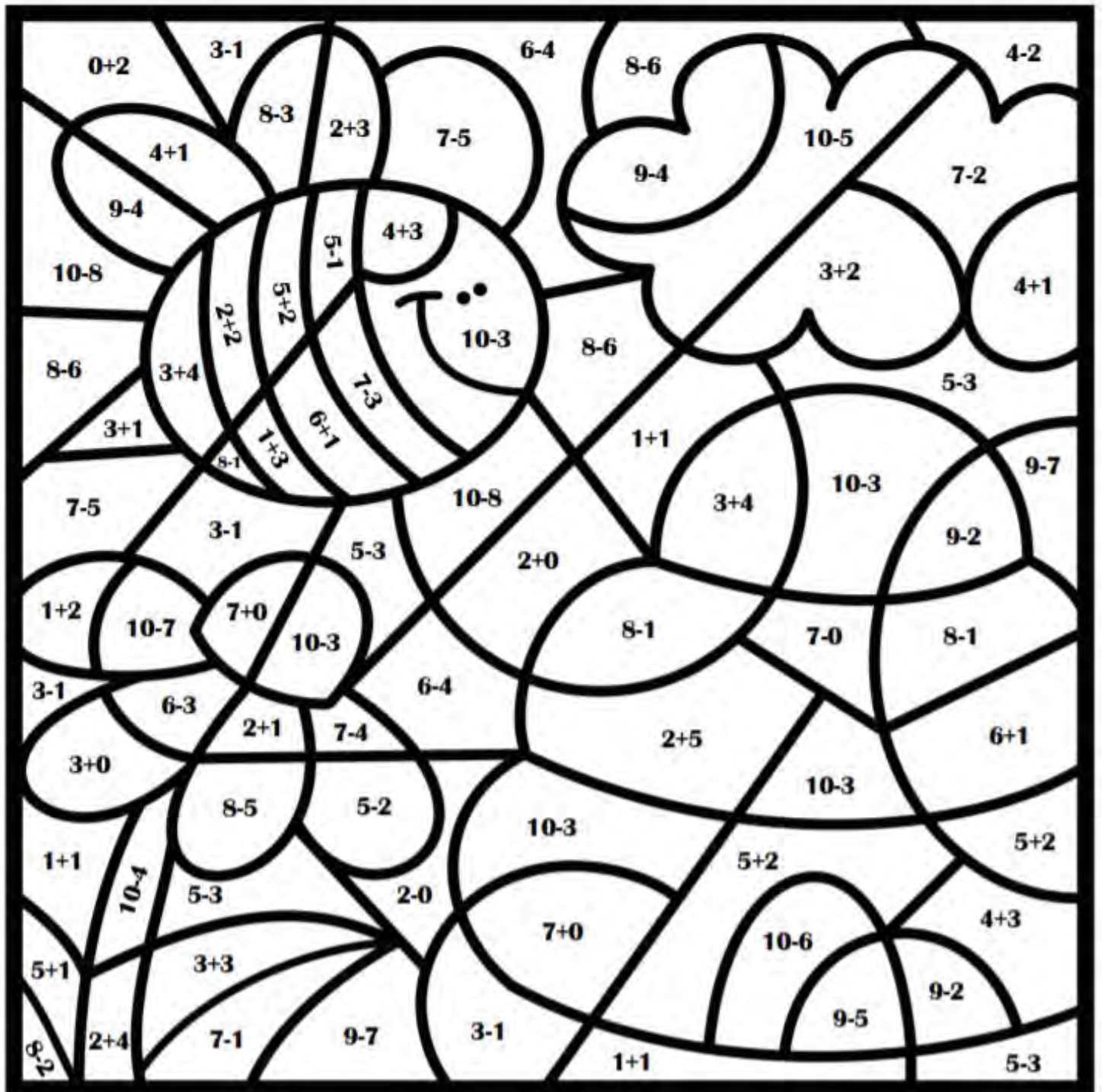
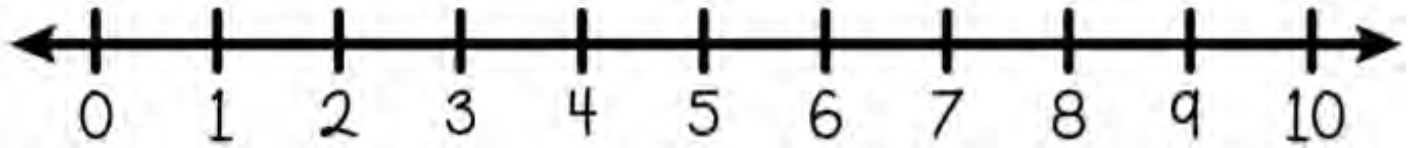
3 = pink

4 = black

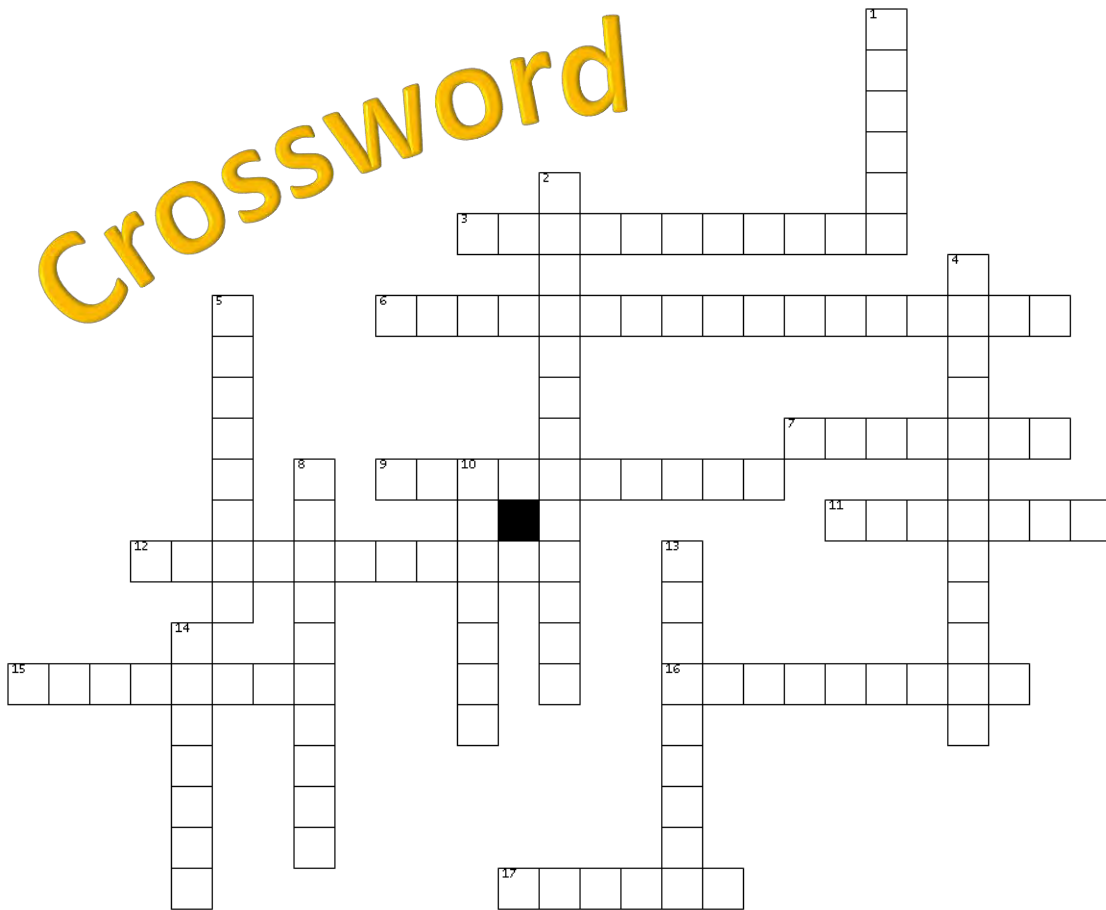
5 = white

6 = green

7 = yellow



# Crossword



## ACROSS

3. Tree with pointy and sharp thorns
6. Invader of wetlands
7. Natural home of animal, plant or organism
9. Interrupt or interfere
11. Taking away invasive species can help native species
12. The surroundings or conditions in which a person, animal, or plant lives or operates
15. An individual animal, plant, or single-celled life form
16. A biological community of interacting organisms and their physical environment
17. Please do not harm the environment

## DOWN

1. Large area covered with tree and undergrowth
2. Edible herb rich in Vitamin A and C
4. Plant may cause major burns to the skin
5. Causes ecological or economic harm in an environment where it is not native
8. A perennial grass
10. A group of living organisms
13. Multiplying in an area
14. Our province



Find and circle 10 differences.



Unscramble the words. Insert the letters with the ● into the secret message at the bottom.

ISTROL LUOSPEEREPF    ----- ● -----

VROEMLA    ----- ● -----

GMDEAA    ----- ● -----

NVVIIESEA    ----- ● -----

ORFSET    ----- ● -----

NIONETERMNV    ----- ● -----

BSACT COLKLU    ----- ● -----

CDRLRT UIASGAM    ----- ● -----

HITBAAT    ----- ● -----

STHAGERPIM    ----- ● -----

IINGRBUTDS    ----- ● -----

ISPECES    ----- ● -----

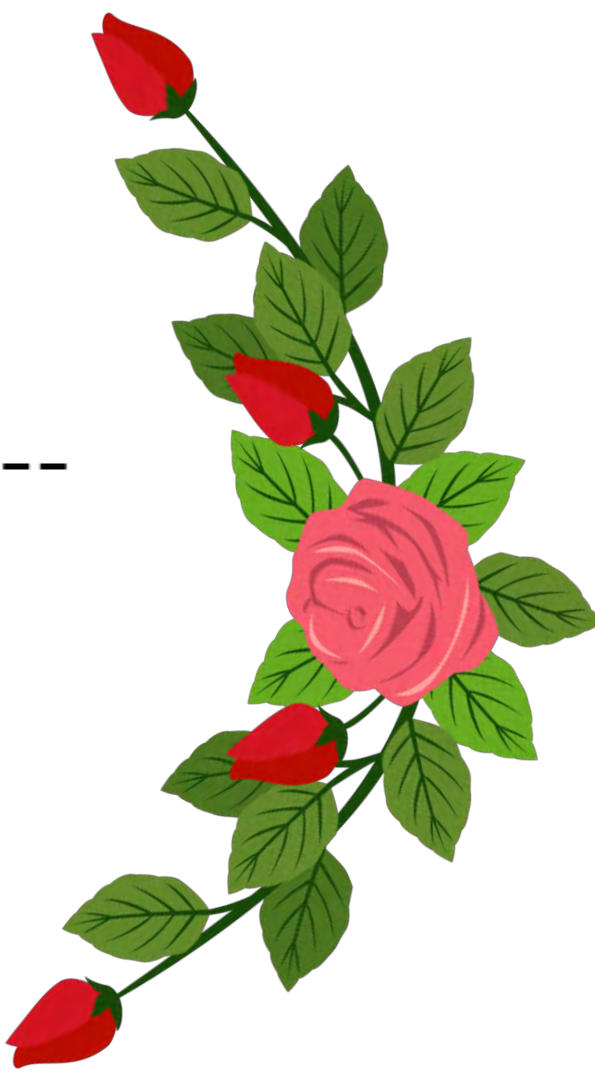
OARGNMIS    ----- ● -----

MYCESSTEO    ----- ● -----

OARIONT    ----- ● -----

TWGOA ENDIGEH    ----- ● -----

NGEPDIASR    ----- ● -----



----- ● ----- !





Find and circle each of the words from the list below. Words may appear horizontally, vertically or diagonally, but forwards only.

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

Removal    emerald ash borer    zebra mussels    Giant hogweed    Purple loosestrife  
 Wahnapiatae    garlic mustard    First nation    Invasive    Environmental    Black locust  
 Ecosystem    buckthorns    Damaging    Disturbing    phragmites    Spreading  
 Organism    Habitat    Ontario    Species    Forest







Name: \_\_\_\_\_

Age: \_\_\_\_\_



Name: \_\_\_\_\_

Age: \_\_\_\_\_

