



Wahnapitae First Nation Community Newsletter

Inside this issue:

November/December 2022

P4 / 25-30: Holiday Events



As part of a special double issue, check out WFN's holiday hours/events.

P9: New Staff at WFN



Get to know Linda, WFN's new Family Wellbeing Worker.

P13: Self-Governance



WFN participated in a special celebration of self-governance held at Magnetawan First Nation on Oct. 22

Remembrance Day



Don't forget to wear your poppies from now until November 11 for Remembrance Day.



A Message to Members



With winter approaching, we have now entered a season of quietness, reflection, and remembrance.

We took time to remember the lost children who never made it home at our monument unveiling ceremony in September. With that, I would like to give a special shout-out to the Wahnapitae First Nation Boys Drum Group: Seth, Christopher, Heatley, and Tyson. Job well done, boys. I'd also like to thank Tammy for organizing a community walk for National Day for Truth and Reconciliation. Without you all, it would not have been the same. Chi-miigwetch. Chi-miigwetch to those who helped laid the sod down at the new park, your efforts are greatly appreciated.

We should also take this November to remember those who sacrificed their lives for our freedoms. This year, on November 8, Indigenous Veterans' Day, and November 11, Remembrance Day, I ask you take a moment out of your day to remember.

Looking forward, the festive season is fast approaching. Wahnapitae First Nation has many holiday-focused activities and events coming up over the next six weeks. From our festive feast for our Elders to our lunch with Santa for our littlest members, there is something for every family member to look forward to. Please check the calendars at the end of this newsletter to see what is coming up, and watch our Facebook page for any updates to these and other events.

On the topic of the holiday season, WFN offices will be closed from December 16, 2022, to January 2, 2023, and we will return to regular office hours January 3, 2023. Don't forget to spend time with your loved ones this holiday season and take time to rest. On behalf of everyone at WFN, I'd like to wish everyone a happy and safe Christmas and New Year.

MNowaangozidaa Nongo, esanaa we'eni nongo niibaanamaang miinwaa nimkodaading. Happy holidays, merry Christmas, and happy new year.

Miigwetch,
Chief Larry Roque

CHIEF AND COUNCIL



Chief and Council Regular Meeting

Monday, November 21, 2022
6 P.M.
In-person and via Zoom

Members wishing to attend via Zoom must register at:
cutt.ly/WFN_CouncilMeeting_Nov2022

The deadline to register for the web version is November 14.
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.

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



Partner Open House

**SATURDAY,
NOVEMBER 19
10 A.M. TO 2 P.M.**

Maan Doosh Gamig
Wahnapitae First Nation
Centre of Excellence
259 Taighwenini Trail Rd
Capreol, ON

**Come meet the
companies &
organizations working
in our community:
Glencore SINO
HSN
OPG
Niijaansinaanik CFS
& more!**

**Ask questions about
projects happening in
WFN, find out hiring
requirements, learn about
new & upcoming projects!**

**Catered lunch by
KiaSal Catering**

plus more!

- giveaways
- door prize

COMMUNITY NOTICES

WISHING YOU A HAPPY HOLIDAYS

MNOWAANGOZIDAA
NONGO

WE WOULD LIKE TO WISH EVERYONE A VERY
MERRY CHRISTMAS & HAPPY NEW YEAR.
ESANAA WE'ENI NONGO NIIBAANAMAANG
MIINWAA NIMKODAADING

Wahnapitae First Nation



COMMUNITY NOTICES



HOLIDAY OFFICE CLOSURE

DECEMBER 16, 2022 TO
JANUARY 2, 2023

WE WILL RETURN ON JANUARY 3:



Penny Table Donations Needed

The Norman Recollet Health Centre is looking for items to be donated to this year's community penny table. Items can be dropped off to the WFN Centre of Excellence to Heather from November 1 to December 1.

Penny Table Draw will be done at the band office on December 14th at 4 P.M.

*If you have items to donate, please contact Heather
at 705-858-7700*



COMMUNITY NOTICES

VANDALISM



It has been noted that there has been some unwanted activities at our new community park. The type of activity is not appreciated nor welcome. Please report any acts of vandalism to the Public Works Dept. Steps will be taken to deter such actions.



THE Women & Girls SPORT FUND

Funding to increase opportunities and reduce barriers, for Indigenous women and girls, to participate in sport, recreation and physical activity. **10 grants of \$5,000 available. Grant is for Ontario residents**

Deadline to Apply: November 30, 2022

For full details and to apply, visit iswo.ca



DEVELOPED BY:



FUNDED BY:



COMMUNITY NOTICES

Fall Housing Winter Maintenance Tips

The following is a list of items to check on, over the next three months to properly maintain and prevent problems in and around your home during the fall season.

- Review your Heat Recovery Ventilator (HRV) manual, and adjust the settings accordingly.
- HRV filter, Furnace filter, exterior screens and dryer vents should be cleaned to keep the appliances working efficiently.
- Check the perimeter of your home to ensure the ground slopes away from your foundation, and fill in any voids in the soil where water may accumulate or run towards the foundation.
- Ensure your eavestrough is clear of debris and your downspout extensions are on properly to direct water away from your foundation.
- While we still have some nice weather, check your roof to ensure the shingles and ridge cap are intact and flashing/caulking around chimneys and vents are in good shape.
- Inspect the caulking around windows and doors and repair any that are cracked or missing. Be sure to clear drainage holes in exterior doorsills.
- If you have casement windows, it is suggested that the window screens be removed as the heating season begins.
- This is also a good time to change those exterior light bulbs before the shorter days set in.
- Garden hoses should be disconnected from your exterior taps if they haven't been already. Frost-free taps will freeze and crack if the hose is not removed and the water allowed to drain.



HEALTH DEPARTMENT



NORMAN RECOLLET HEALTH CENTRE

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



NEXT CLINIC DAY IS NOV 14

NRHC's dental team is now scheduling patients for COHI and dental hygiene appointments.

Call the health centre to book your appointment:

(705) 858-7700

Meet Our New Family Wellbeing Worker: Linda Mhende-Chitohwa

Hello, members!

Since arriving to Canada from Zimbabwe in 1997, I have worked hard to improve the lives of less fortunate people from all walks of life by forming strong social and mental relationships.

My name is Linda Mhende - Chitohwa. My birthplace is Zimbabwe. I am the new Family Well-being Worker, and I have over 15 years of experience working in social service organisations in Manitoba and Ontario.

I am currently finishing off my Bachelor of Indigenous Social Work at Laurentian University, and I also have a diploma in Social Services and Administration.

I am a wife and a mother of three amazing children. I adore gardening, watching movies, and other summer outdoor activities, but I am still getting used to winter hobbies/activities.

As a family well-being worker, I plan to lead family and individual culture-based workshops as well as provide life skills support.

My first concern is for the future of our children, and I believe Indigenous culture and traditions may play an important role in planning, developing, and implementing family well-being education, activities, and engaging community members to participate in healthy and social initiatives.

Indigenous peoples' traditional traditions and connection to the land, as well as the concept of the medicine wheel and sharing circles, have proven to be rich in passing down the most critical



survival concepts for most young people and adults who want to keep intergenerational knowledge that will last forever.

One of my favourite ceremonies is a pow-wow. I feel that teaching our children with rich cultural morals and traditions that develop resilience is important, while simultaneously considering the effects of residential schools.

I love nature, and Wahnapiatae First Nation has a lot of that, so every day is an inspiration. I look forward to offering tools to assist in this endeavour.

Miigwetch,
Linda Mhende-Chitohwa

HEALTH DEPARTMENT

Mental Wellness Memo: National Addictions Week

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

Aaniin, Boozhoo!

I'm back again with another Mental Wellness Memo! Did you know November is host to National Addictions week from November 20-26. National Addictions Week is used to highlight and address the harm that comes with addictions and provides an opportunity for people within Canada to talk about prevention, treatment, recovery and share solutions.

For those of you who are unsure, an addiction is an inability to stop using a substance or engaging in a behaviour even though it causes psychological, or physical harm. A short list, but some common examples of substance addictions or behaviour addictions are, drugs and alcohol, food, shopping, working, gambling etc. In Canada, it is estimated that approximately 21% of the population (more than 6 million people) meet the criteria for having an addiction. A simple way of understanding addiction is to use the 4C's approach. **Craving**, loss of **Control**, **Compulsion**, continued use despite **Consequence**.

When talking about addiction it is also important to understand the stages of change and the different phases it encompasses. The stages of change are important when trying to gauge where someone is in their addiction recovery. The stages it includes are **Pre-contemplation, contemplation, action, maintenance, and exit**.

Pre-contemplation means that the individual does not acknowledge that there is anything harmful about their behaviour or substance use. Contemplation is when the individual acknowledges that there is a problem but is not ready to change. The action stage involves getting the tools ready to start a healthy change. Maintenance is when the action has been put in place and we are fine tuning our supports to make them work best for us. Finally we reach exit where we no longer continue the harmful behaviour or substance use.

It is important to understand that the stages of change are a circle and not a line and at

any point during the stages of change, someone may return to the behaviour or use of a substance. This is called a relapse or return to use. Relapse **DOES NOT** mean failure! Instead, relapse shows us that something in our maintenance was not working, and when we are ready, we can hop back into the stages of change wherever you want or feel like you are, whether that is action, maintenance, pre-contemplation etc.

Addiction doesn't just harm an individual it can also harm families, communities, and support networks. It can be very difficult to be a family member, or friend of a loved one who is living with an addiction.

Some tips on coping for family and friends are:

- Learn as much as possible about addiction so that you can better understand what someone is going through;
- Connect with peers who are going through similar situations;
- Attend therapy to keep your mental health in check; and
- Understand that people living with addictions may do bad things, but they are not bad people they are just dealing with an illness.

If you or someone you know is living with addictions, these resources can help.

Monarch Recovery Services

(705) 674-4193

405 Ramsey Rd. Sudbury, Ontario P3E 2Z5

Canadian Mental Health Association

(705) 675-7252

111 Elm St #100, Sudbury, ON P3C 1T3

Réseau ACCESS Network

(705) 688-0500

111 Larch Street, Unit 101 (Entrance off, Medina Ln), Sudbury, ON P3E 4T5

N'Swakamok Native Friendship Centre

(705)674-2128

110 Elm St Sudbury, Ontario

Shkagamik-Kwe Health Centre

161 Applegrove St, Sudbury, ON

EDUCATION DEPARTMENT

Coming Together – Building Community In Our Schools

Look at some of the things our Anishinabek Student Support Counsellor, Jamie McDonald, and our students at C.R. Judd have been creating!

Every month, Jamie will visit our students in the school, bringing educational teachings and a fun creative atmosphere together to acknowledge and build their confidence.

Students have really come together to create this space, said Jamie.

“The excitement, smiles and pride radiating from them shows the importance of knowing they have that support and sense of belonging.”

As various peers, parents and educators walk by and through this area of the school, they can see the efforts WFN students have

put into this space which raises awareness and gathers support for the students and the WFN community.

Though this pilot project program is still in the early stages, the importance of supporting our students is already clearly evident. For parents, families and community members, this early success underlines the need for placing advocates and supports like Jamie in our schools. As our children continue their educational journey, we can ensure they travel not only with excitement, confidence and a sense of belonging but with the academic support necessary to their success.

For more information about the Anishinabek Student Support Counsellor, please contact Jamie McDonald at jamie.mcdonald@wahnapietaefn.com



LANDS & RESOURCES DEPARTMENT

Land Code Update

By **Samantha Corbiere**
WFN Lands & Resources Assistant

Aanii, members!

Just over a month ago, Wahnapiitae First Nation issued a call-out for members to sit on the Land Code Development Committee. I am happy to report that we have completed the call-out and have found our four volunteers who will help guide WFN as we establish our own Land Code. Chi-miigwetch to Don Pakkala, Shane Burke, Jonathon Tulloch, and Roy Roque for offering their time and attention to this very important project.

Now that the committee has been established, they will meet monthly to discuss and help shape each section of WFN's Land Code. Over the next 12 to 16 months, committee members will focus on developing a workplan with scheduled engagements

with members.

As WFN moves through the process of creating and implementing its own Land Code, there will be opportunities for all members to learn, discuss, and voice their thoughts and opinions. Please stay tuned for announcements regarding information and engagement sessions in the coming months. Sessions will be held both in-person and virtually in order to accommodate members both on-reserve and off.

For more information about WFN's Land Code and the process of creating and implementing this important Law, please contact us:

Anthony Laforge,

WFN Director of Lands & Resources:
anthony.laforge@wahnapiitaeFN.com

Samantha Corbiere,

WFN Lands & Resources Assistant:
samantha.corbiere@wahnapiitaeFN.com



The poster features a background with a map of Wahnapiitae First Nation, a line graph titled 'Recent Situation' showing a fluctuating trend, and a table of numbers. The text is overlaid on these elements.

FINANCE DEPT.

Financial Administration Law Community Consultation 3

Date: Sunday, November 20
Time: 6 to 8 P.M.
Location: cutt.ly/WFN_FALConsultation3_November2022

Join us online for Part 3 of WFN's proposed Financial Administration Law introduction. This follow-up session will let members review and discuss the proposed law, its purpose, how it will impact WFN's future, and how it will be rolled out in the coming years.

Presented by Ed Tyson, WFN Director of Finance, and Austin Armstrong, WFN Projects & Funding Officer.

For WFN members only. Must pre-register by November 14 at the above link.



Celebrating Self-Governance

On Saturday, October 22, 2022, Wahnapiatae First Nation representatives, including Chief Larry Roque (top right), attended a special celebration for the Anishinabek Nation Governance Agreement (ANGA).

Held in Magnetawan First Nation, the event hosted members from all five communities who have ratified the ANGA, which came into effect Oct. 1, 2022. This law allows WFN to pass its own laws for elections, citizenship, language and culture, among others.



PARTNER EVENTS

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Employment Readiness ZOOM Workshops NOVEMBER 2022

Gezhtoojig Gets People Working!

www.gezhtoojig.ca



Resume/Cover Letter
Nov. 8 @ 10:00 a.m.

Job Search
Nov. 17 @ 10:00 a.m.



Interview Skills
Nov. 10 @ 10:00 a.m.

Programs & Services
Nov. 15 @ 10:00 a.m.



Participate for a chance to win a \$50.00 Walmart Gift Card!

Email getinfo@gezhtoojig.ca or call 705 524-6772

Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152

COMMUNITY EVENTS

National Addictions Week (November 19-26)

Monday, November 21
From 1 P.M. to 3 P.M.
Maan Doosh Gamig

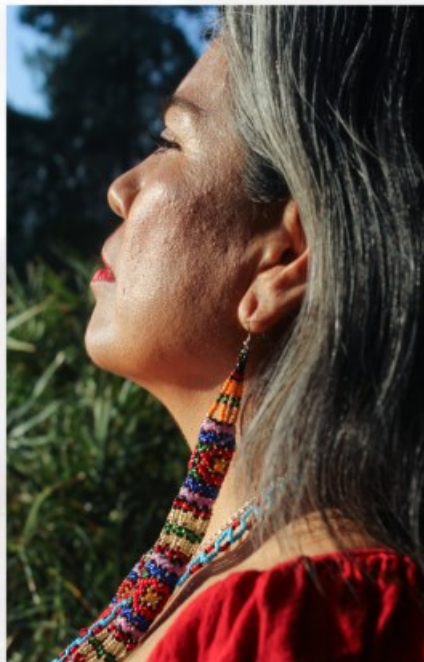
Gwekwaadziwin Miikan Treatment Center will host a presentation. Weaving traditional culture with therapeutic best practices, education, life skills, and outdoor experiential learning allows Gwekwaadziwin to offer a full spectrum of care for individuals.

The presentation will be followed by metal health bundle making led by WFN's Mental Health & Addictions Counsellor, Bradley Steele.



RSVP by November 15

Call or Email Heather at heather.roy@wahnapitaefn.com | 705-858-7700



HARM REDUCTION PRESENTATION

by Bradley Steele

TUESDAY, NOVEMBER 22
4 PM TO 6 PM
MAAN DOOSH GAMIG

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

R.S.V.P by November 17

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



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@wahnapietaefn.com



**NOVEMBER RUN
THURSDAY, NOVEMBER 17, 2022**

COMMUNITY EVENTS

HIV AWARENESS

Tuesday, November 29
2 P.M. to 4 P.M.
Maan Doosh Gamig

Join us for HIV-themed games, trivia, and more to learn about the importance of HIV testing.

HIV AWARENESS WEEK IS
November 27 to December 3, 2022



Join us for a World AIDS Day and HIV Presentation with Nurse Practitioner Lisa Parise. Presentation will be followed by Dreamcatcher making.

Wednesday, November 30, 2022
1 P.M. to 3 P.M.
Maan Doosh Gamig

COMMUNITY EVENTS

PROBLEM GAMBLING PRESENTATION & MENTAL HEALTH JEOPARDY

Thursday November 24, 2022
4 P.M. to 6 P.M.
Maan Doosh Gamig

This workshop will focus on the harms, types, and signs of problem gambling. Brought to you by WFN's Community Wellness Program.

If interested, please contact Heather Roy at

Email: heather.roy@wahnapitaefn.com

Phone: 705-858-7700

Register by November 21 at 5 P.M.

COMMUNITY EVENTS

Are you ready to rock, live
and in person?

Get your act together and prepare to
knock your neighbour's socks off. Prizes
will be awarded by audience vote.

Categories

- Tater Tots: 0 to 6 years
- Disney Juniors: 7 to 11 years
- Fortnite Squad: 12 to 18 years
- Weekenders: 19 to 29 years
- One Hit Wonders: 30 to 50 years
- Happy Timers: 51+ years

Contact Heather for a registration form
and contest rules.

heather.roy@wahnapietaefn.com
705-858-7700 x226

Wahnapietae First Nation



LIP SYNC BATTLE

Friday, November 25
from 7 P.M. to 10 P.M.
Maan Doosh Gamig

Register by November 11, 2022

Virtual Meet & Greet

Jordan's Principle Worker Priscilla Parent



GET TO KNOW THIS NEW PROGRAM!

Learn about WFN's Jordan's Principle
program and the supports it offers to
members in need.

**[CUTT.LY/WFN_JORDANSPRINCIPLE_](https://cutt.ly/wfn_jordansprinciple_nov15meetgreet)
NOV15MEETGREET**

Tuesday, November 15
5 to 7 P.M.

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.

November 9

1 P.M. to 3:30 P.M.
This session Nat and Jessica will be making Christmas ornaments out of birch bark

November 30

1 P.M. to 3:30 P.M.
This session Lisa and Jenna hosting a presentation about HIV

November 28

5 P.M. to 8:30 P.M.
Line and Linda will be hosting a Christmas baking class

December 7

1 P.M. to 3:30 P.M.
This session Lisa is presenting on anxiety and depression.

Movement Mondays

11 A.M. to 12 P.M.
Every Monday, Jenna and Heather will be running workout classes in MDG. Everyone is welcome to participate.

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



WEDNESDAY, NOVEMBER 23
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!



SOUP'S ON!

TUESDAYS

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

NUTRITION BINGO



Thursday, November 17
5:30 P.M.

via Zoom

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

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


COMMUNITY EVENTS



WE REQUEST YOUR PRESENCE AT OUR

Annual General
**MEMBERSHIP
MEETING**
— 2022 —

3 DECEMBER, 2022
9 A.M. to 1 P.M.
MAAN DOOSH GAMIG
lunch included



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

AFTER SCHOOL PROGRAM

NOVEMBER

2022

AFTER SCHOOL & YOUTH LEADERSHIP PROGRAM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ASP Foil Art Christmas Play 3:30-5:30pm	3 YLP Christmas Play Intro 3:30-5:30pm	4	5
6 Treaties Recognition Week	7 ASP & YLP & EY Christmas Play 3:30-5:30pm	8	9 ASP & EY Cooking Class with Jessica 3:30-5:30pm	10 No Program	11	12 Clan, Color, and Naming Ceremony Teachings TENTATIVE
13	14 ASP & YLP & EY Christmas Play 3:30-5:30pm	15	16 ASP Props for Play 3:30-5:30pm	17 YLP Props for Play 3:30-5:30pm	18	19
20	21 ASP & YLP & EY Christmas Play 3:30-5:30pm	22	23 ASP Personal Pizza 3:30-5:30pm	24 YLP Personal Pizza 3:30-5:30pm	25 Lip Sync Battle 7-10pm	26
27	28 ASP & YLP & EY Christmas Play 3:30-5:30pm	29	30 ASP Christmas Wreath 3:30-5:30pm			

EARLY YEARS PROGRAM

BAASHKAAKODIN GIIZIS- FREEZING MOON- NOVEMBER MNIDOO GIISOONHS- LITTLE SPIRIT MOON- DECEMBER

Early Years Activity Kits (for ages 0 to 6)

Each activity kit contains 3 to 4 activities.

Please contact Natalie, WFN's HBHC Worker, if you would like more information or to request the November and/or the December Activity kit. Natalie will contact you when the kits will be ready for delivery.

**FOR KITS, CONTACT NATALIE GORING AT
NATALIE.GORING@WAHNAPIAEFN.COM
705-858-7700**

WFN'S EARLY YEARS PROGRAM (AGES 0 TO 6)

For November, EY & ASP will be teaming up for a special activity.
Every Monday 3:30 P.M.-5:30 P.M. at the Gazebo. Parents/Guardians must be present.

NOVEMBER



DECEMBER



COMMUNITY EVENTS

WAHNAPITAE FIRST NATION

LUNCH WITH SANTA



SATURDAY,
DECEMBER 10
AT MAAN DOOSH GAMIG
11 A.M. TO 1 P.M.

For more information:

NATALIE GORING

EMAIL: NATALIE.GORING@WAHNAPITAEFN.COM

PHONE: 705-858-0610

MARLENE ROQUE

EMAIL: MARLENE.ROQUE@WAHNAPITAEFN.COM

PHONE: 705-858-0610

COMMUNITY EVENTS

CHRISTMAS HAMPERS



FOR:
ON-RESERVE MEMBER
HOUSEHOLDS

PICKUP:
WEDNESDAY, DECEMBER 14

FROM:
NORMAN RECOLLET
HEALTH CENTRE

DECEMBER 10, 2022

SANTA CLAUS PARADE

PRIZES FOR THE TOP 3 FLOATS!

START TIME 5:30 P.M.



Parade Route:

Floats meet at starting point for 5:00 P.M.
Starts at the end of Loonway
Ends at the Centre of Excellence.

Drive-by Chili Supper Provided

WAHNAPITAE FIRST NATION

COMMUNITY EVENTS



NORMAN RECOLLET HEALTH CENTRE

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



NEXT CLINIC DAY IS DEC 5

NRHC's dental team is now scheduling patients for COHI and dental hygiene appointments.

Call the health centre to book your appointment:

(705) 858-7700

COMMUNITY EVENTS



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

GOOD FOOD BOX

CALL HEATHER TO ORDER:
(705) 858-7700

NOVEMBER 2022
ORDER: NOVEMBER 3
DELIVERY: NOVEMBER 10



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

GOOD FOOD BOX

CALL HEATHER TO ORDER:
(705) 858-7700

DECEMBER 2022
ORDER: DECEMBER 1
DELIVERY: DECEMBER 8



MAAN DOOSH GAMIG

Nutrition Bingo

December 8

PRIZES ARE THE SAME. CARDS
WILL BE BAGGED FOR PICKUP.
PAYMENT DUE ON PICKUP.

CALL HEATHER TO RESERVE YOUR SPOT.
(705) 858-7700

AVAILABLE IN-PERSON AND VIRTUAL



CONGREGATE DINING

AND SENIOR CHRISTMAS GIFTS
ELDERS 55+

SUNDAY, DECEMBER 4
BETWEEN 5 P.M. - 6 P.M.
in-person and delivery available

To join us in person, RSVP by December 1
**CALL HEATHER TO RESERVE YOUR
MEAL: (705) 858-7700**

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@wahnapitaefn.com



DECEMBER RUN
THURSDAY, DECEMBER 8, 2022



SOUP'S ON!



DECEMBER 6 AND 13
Call by 11 A.M. | Pick up by 12 P.M.
Call Heather to place order:
(705) 858-7700

WFN SPECIES AT RISK COMMUNITY ENGAGEMENT

December 3, 2022 9 A.M. to 11 A.M.
Maan Doosh Gamig

The Lands and Resources Department will be hosting an event for youth and elders in the community. The event will involve traditional knowledge sharing and information focused on Species at Risk. Food will be provided and there will be a draw, in addition each child will receive a backpack containing outdoor gear.

RSVP With Mathieu Cayen
mathieu.cayen@wahnapitaefn.com

Limit of 20 children. Children must be in attendance
and accompanied by an adult to receive their
backpack.



WFN EVENT CALENDAR - NOV 2022

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 GFB Order	4 Closed	5
6	7	8 Soup's On	9 Wellness Wednesday	10 GFB Pickup	11 Remembrance Day Closed	12
13	14	15 Soup's On Jordan's Principle Sue Chartrand	16	17 Nutrition Bingo Foodbank Shuttle	18 Closed	19
20	21 Addiction Presentation	22 Soup's On Harm Reduction	23 Wellness Wednesday Sue Chartrand	24 Problem Gambling	25 Lip Sync Battle Closed	26
27	28	29 Soup's On HIV Awareness	30 Wellness Wednesday AIDS Awareness			

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

WFN EVENT CALENDAR - DEC 2022

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

SUN	MON	TUE	WED	THUR	FRI	SAT
				¹ GFB Order Penny Table Viewing	² Closed	³ Membership Meeting
⁴ Congregate Dining	⁵ Penny Table Viewing	⁶ Soup's On Penny Table Viewing	⁷ Penny Table Viewing	⁸ GFB Pickup Penny Table Viewing Foodbank Run Nutrition Bingo	⁹ Closed	¹⁰ Lunch With Santa Santa Claus Parade
¹¹	¹² Penny Table Viewing	¹³ Soup's On Penny Table Viewing Sue Chartrand	¹⁴ Penny Table Draw Christmas Hampers	¹⁵	¹⁶ Closed	¹⁷
¹⁸	¹⁹	²⁰	²¹	²²	²³	²⁴
CLOSED FOR THE HOLIDAYS						
²⁵	²⁶	²⁷	²⁸	²⁹	³⁰	³¹
JANUARY 2023						
¹	² Closed	³	⁴	⁵	⁶ Closed	⁷