



Community Newsletter

October 2025 Bnaakwii Giizis • Falling Leaves Moon



WAHNAPITAE FIRST NATION

259 TAIGHWENINI TRAIL ROAD
CAPREOL, ONTARIO P0M 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570
www.wahnapiataefirstnation.com

September 15, 2025

Aanii Members,

RE: WFN RATIFICATION PROCESS CHANGE

Wahnapiatae First Nation (WFN) is looking to change its system for ratifying laws to empower members to decide their own future.

Currently, WFN is subject to Indigenous Services Canada (ISC)'s ratification threshold, where members can only pass a law if 25% of all eligible voters participate.

There are two issues with this threshold:

- 1) It is a colonial system imposed on WFN by Canada, and does not recognize our inherent right to self-govern, and
- 2) The rapid growth of WFN's population in the last 18 months means that meeting the ISC threshold will be nearly impossible, and WFN will be largely unable to pass new laws.

As an example of its impact, the colonial threshold affected the Information Management Law ratification this March. Members strongly supported the new law with an 86% vote in favour, but it fell 22 votes short of the ISC threshold. This means WFN will have to consider a costly second vote, with equally low odds of meeting that threshold.

To address these issues, WFN is looking to reject the ISC threshold and instead adopt a simple majority approach. Under this proposed system, a law would be ratified if it's supported by a majority of those who vote, which makes your voice truly matter.

To do this, changes are being proposed to WFN's Ratification Process. Those changes are attached, as well as a complete draft with those changes tracked for your consideration.

If you have any thoughts on the proposed changes, please forward them to Senior Executive Assistant Melissa Brideau at melissa.brideau@wahnapiataefn.com by **Oct. 13, 2025**. Your feedback will determine whether these changes will pass at the Regular Meeting of Chief and Council on Oct. 27, 2025.

We look forward to hearing your thoughts, as your participation and perspectives are crucial as we strive to build a self-governing Wahnapiatae First Nation.

Miigwetch,

L. Roque

Chief Larry Roque

To view related documents please visit the
Centre of Excellence, scan the qr or view them in the
Members Portal at: www.wahnapiataefn.ca/members-login





JOB FAIR

GAMES, FACEPAINTING,
BBQ, PRIZES & MORE!

Saturday, October 4

📍 Centre of Excellence ⌚ 10am-2pm

✉ lilli.doughty@wahnapitaefn.com

☎ (705) 562-2019

**SPECIAL
GIVEAWAY**





**National Day for Truth & Reconciliation
Sacred Fire, Walk & Feast**

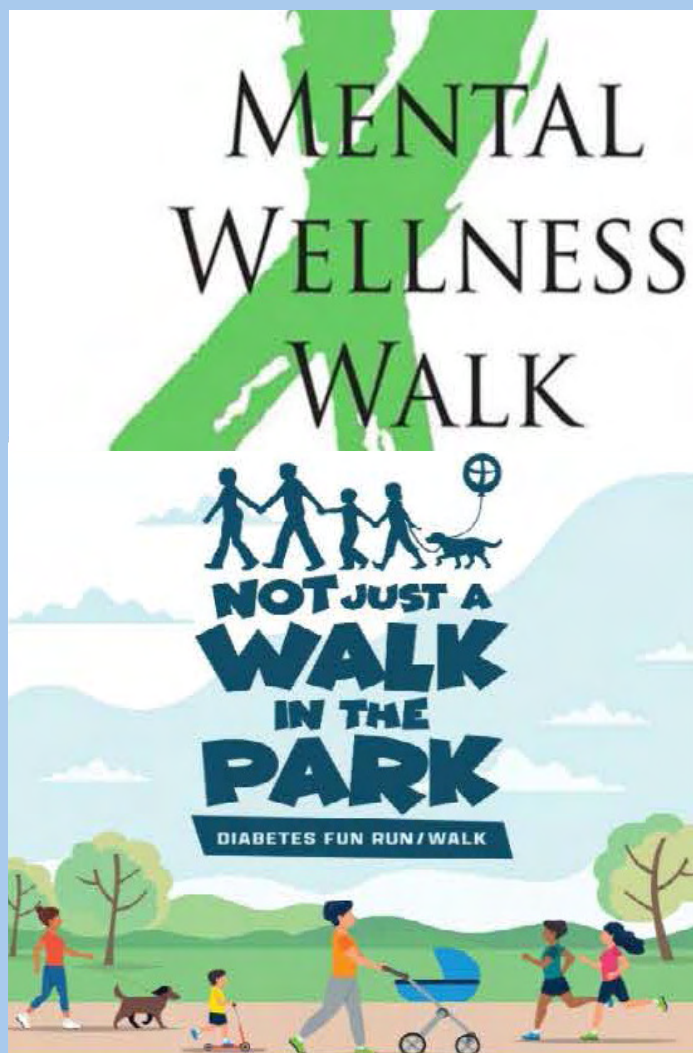
Tuesday, September 30

- Sacred Fire 3-5 PM with Tony Tyson Pow-Wow Grounds,
- 4 PM walk from MDG for Water Ceremony & Drumming at Pow-Wow Grounds,
- 5-6 PM Feast & Activities at MDG (bring your feast bundle).

For more information please contact: ✉ Tammy.Chevrette@wahnapiitaaefn.com ☎ (705) 920 9488
OR ✉ Natalie.Goring@wahnapiitaaefn.com ☎ (705) 920-9106

Mental Health Walk / Diabetes

Oct 7, 2025 11am to 12 pm



Norman Recollet Health Centre Clinical Programs & Services

The NRHC focuses on family and community health offering primary health care, clinical services, health examinations, immunizations, chronic disease management and more:

- Clinic Hours Monday: 9 AM - 4 PM - By appointment only
- Tuesday: 9AM - 12 PM - By appointment only 1 - 4 PM - Walk-ins welcome
- Wednesday: 9 AM - 11 AM - lab/blood clinic 1 pm - 5 pm by appointment, 4–5:30 PM are for pre-booked patients only.
- Thursday: 9 AM - 12 PM - Phone & Virtual Appointments (1–4 PM: only RN services are available).
-

The clinic is closed daily from 12 - 1 PM for lunch. Phones open Mon–Thu, 9 AM - 12 PM and 1 - 4 PM (no calls answered after 4).



ENGAGEMENT SESSION

UPDATED

Short-Term Rentals & Membership Transfers

Sunday, October 5

📍 10am 🕒 Maan Doosh Gamig

In-person only. Light lunch and refreshments provided.

For questions and more information please contact:

✉️ melissa.brideau@wahnapitaefn.com ☎️ (705) 858-0610





Let's Bead!

Monday, Sept. 8 & Oct. 6
 ☉ Elder's Lounge ⌚ 4-6pm
 Snacks and refreshments provided.
 Bring unfinished projects or start new ones!

For questions or more information please contact:
 ✉ Natalie.Goring@wahnapietaefn.com ☎ (705) 920-9106





In recognition of the National Day of Action for
MMIWG
 on Saturday, October 4

Thursday, October 2
 ☉ MMIWG Memorial Site ⌚ 10 AM
Join us for an awareness walk, prayer and drumming.

✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700





ALL Saint's DAY

Community Feast

Saturday, November 1
 at Maan Doosh Gamig from 12-2PM

✉ heather.roy@wahnapietaefn.com ✉ lori.corbiere@wahnapietaefn.com
 ☎ 705 858-7700




Teen Talk

Friday, October 3
 ☉ Maan Doosh Gamig ⌚ 6-8pm
 RSVP by Wednesday, September 10.
 ✉ heather.roy@wahnapietaefn.com
 ☎ (705) 858-7700

Senior Activity Kits

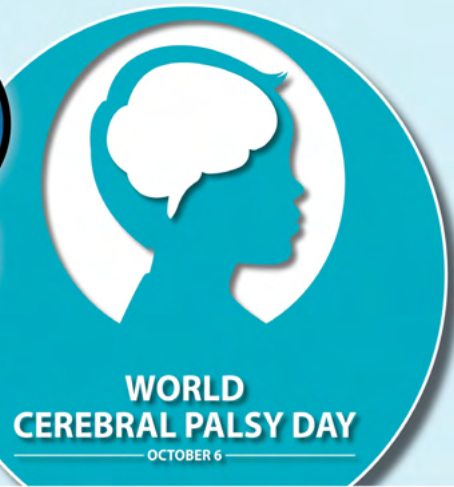
OCTOBER

QUILLWORK STARTER KIT

Contact Heather to sign-up
by Thursday, October 2.

✉ Heather.Roy@wahnapietaefn.com
☎ (705) 858-7700

*Must be a senior and signed up to receive kits.



WORLD
CEREBRAL PALSY DAY
OCTOBER 6

Info Session & Mini Headdress WORKSHOP

Monday, October 6

📍 Maan Doosh Gamig 🕒 1-3 PM
Please RSVP by Thursday, October 2.

✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700

COPD Infosession & puzzle WORKSHOP Thursday, October 9

📍 Maan Doosh Gamig 🕒 10AM-12PM

✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700



RSVP

Tuesday, October 7

PICK-UP

Wed., October 15

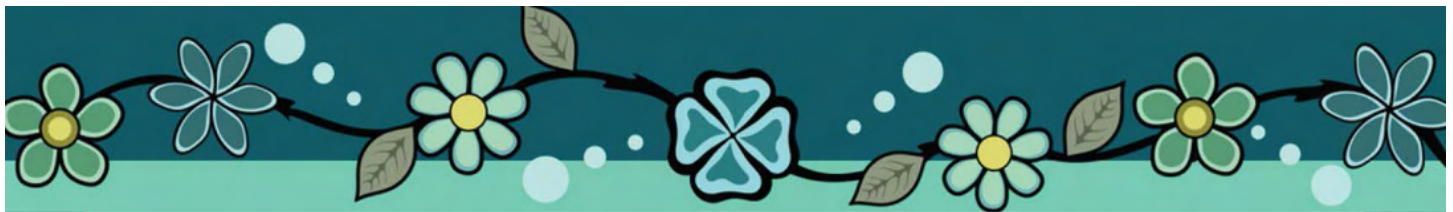
Bring your bags to MDG from 4-6pm.

To RSVP and for more information:

✉ Rochelle.Tyson@wahnapietaefn.com

☎ (705) 858-7700





We would like to invite you to our

COMMUNITY OPEN HOUSE

Wahnapiatae First Nation along with 7 other First Nations are partners with Hydro One on the **Northeast Power Line and Northshore Link Transmission Line Projects**

October 8, 2025
4:30-8:00 PM

Maan Doosh Gamig
259 Taighwenini Trail Road,
Capreol, ON P0M 1H0

Topics

ECI Updates to Community - Valard and Aecon
(one-on-one session during the day with businesses)

Environmental Updates

Preferred Route Options- Northshore Link
Northeast Power Line Update

DINNER



We hope you can make it. If you have any questions,
please don't hesitate to reach out.

TO BOOK YOUR ONE-ON-ONE SESSION CONTACT:

Lilli Doughty - Lilli.doughty@wahnapiataefn.com

Elizabeth Houle - elizabeth.houle@wahnapiataefn.com

To register for Virtual option email:
info@waasmoowin.com





Diabetic Snacks

PICK UP TAKE HOME KITS

Wednesday, October 15

📍 Maan Doosh Gamig ⌚ 3pm

Must be diabetic and RSVP by Thursday, October 9.

For more information and to RSVP please contact:

✉ Heather.Roy@wahnapietaefn.com

📞 (705) 858-7700



Nutrition

BINGO

Thursday, October 16

📍 Maan Doosh Gamig ⌚ 5:00 PM

Dinner served at 5:00 PM followed by Bingo at 5:30 PM.

For questions or more information please contact:

✉ Heather.Roy@wahnapietaefn.com 📞 (705) 858-7700



*All prizes must be accepted as awarded.
No cash substitutions, exchanges, or refunds will be provided.



Anishinaabemowin Language Sessions

Co-Facilitated by Debbie Recollet
& Debbie Plain-McGregor

Tuesdays • October 7, 14, 21 & 28

📍 Maan Doosh Gamig ⌚ 6-8pm

Open to all, light snacks and refreshments provided.

For more information please contact:

✉ Lori.Corbieri@wahnapietaefn.com 📞 (705) 858-7700





Ribbon HOODIES WORKSHOP

Thursday, October 16

📍 **MAAN DOOSH GAMIG** ⌚ **9AM-3PM**

Lunch and refreshments provided. Please RSVP
with your sweater size by Thursday, October 9.

✉ Lori.Corbriere@wahnapitaefn.com ☎ **(705) 858-7700**



DISCUSSION: **MONDAY, OCTOBER 27**

📍 **Elder's Lounge** ⌚ **1:00 pm**

Pick up your copy from Heather by Wednesday, October 1.

✉ heather.roy@wahnapietaefn.com ☎ (705) 858-7700



OCTOBER 2

RSVP BY SEPTEMBER 25

NOVEMBER 6

RSVP BY OCTOBER 30

📍 **Maan Doosh Gamig** ⌚ **5:00 PM**

In person or pick-up only. Seniors are welcome to socialize afterward with a game of cards or chatting.

To RSVP or for more information:

✉ Heather.Roy@wahnapietaefn.com ☎ 705-858-7700



BY DONATION ONLY. ALL PROCEEDS OF SOUPS ON! CONTRIBUTE TO COMMUNITY PROJECTS & STUDENT BURSARIES.

BE LICE FREE

For any questions or to book in-home services directly, please contact Lice Squad at (705)-507-5667 or visit licesquad.com



WHAT ARE HEAD LICE?



Head lice are small grey or reddish brown bugs, 1 to 4mm long depending on their age. Lice live on the human head, not on pets or other hairy parts of the body. They feed on blood and cannot survive off the head for more than **24 to 48 hours** without a blood meal. **Lice do not hop, jump or fly.** Lice reproduce by laying tear-drop shaped eggs. These eggs are glued on one side of the hair shaft. The viable eggs are typically brownish/yellow to caramel colour. Empty egg cases or dead eggs are called nits. These are clear, opaque, almost see through. Do not rely on products that claim to kill lice and their nits as it is the eggs that need to be killed or removed. Female lice need a male to mate and lay 3 to 5 eggs per day and live for approximately 30 days. Lice eggs take 7 to 10 days to hatch. Baby lice are called nymphs and take 7 to 10 days to be mature enough to mate.

What Do I Look For?



Look for lice and lice eggs in the "hot spots" which are around the ears, at the crown of the head and at the nape of the neck. It is best to use bright lights (sunlight is best) and proper magnification when looking. Look for red scabs caused by scratching, lice eggs and lice crawling through the hair or sucking blood from the scalp. Lice lay their eggs close to the scalp but look along the whole hair shaft. Do not confuse DEC plugs, hair casts or other hair debris with lice eggs. Remember if it is white like paper or snow it is not a lice egg.

The Facts of Lice



- One female can lay 3-5 eggs per day
- To eliminate a lice infestation, one must remove all lice and eggs from the hair by systematically interrupting the life cycle of a head louse.
- Lice eggs are tear-drop shaped, brown in colour and attach to only one side of the hair shaft. Lice egg look-alikes are white and surround the hair shaft.
- Pesticide sprays and treatments should be used with caution or not at all.

4 Easy Steps to Cleaning and Environmental Care

Head lice are not living in your home, on your furniture or in your bedding, they are living on you. Cleaning should be done after your initial nitpick and repeated every 4 to 5 days following after care.

1. Place items that can be put in the dryer on high heat for 20-30 minutes.
2. Vacuum items that cannot be put in the dryer.
3. If an item cannot be put into a dryer or vacuumed, bag it and set it aside for 48 hours.
4. Sterilize hair tools in boiled water, steamer or dishwasher.





Education Update

As we transition into the fall season, the Wahnapitae First Nation Education Department remains actively engaged in a wide array of programming, planning, and community partnerships. Work is continuing with Facilities & Infrastructure on the development of a new building for the After School Program (ASP) and Youth Leadership Program (YLP). A design has been received, and quotes are being gathered to clear the land, with hopes that the area designated for the medicine garden can be cleared at the same time. Our pilot project with the Sudbury Catholic District School Board is also progressing positively. A draft communication protocol is in place, and we are now collaborating to formalize the document.

The department's strategic plan is now finalized, and the community survey has officially closed with over 40 responses. We are also submitting a new organizational chart to Chief and Council for approval, which will guide the next stage of our growth. Recent submissions include the final Niigaan Report and the completed FNIYES youth evaluations. Renovation work on the C-cans continues, with shelves installed in both units and a trench

dug for electricity installation. On September 23, we'll be attending an Education Law meeting in North Bay. Meanwhile, our recent hockey drive was a success, much of the equipment was distributed, and we are now exploring the option of donating remaining items or potentially exchanging them at Skater's Edge for gift cards that families can use for other sports gear.

In the post-secondary area, our ongoing involvement in LUNEC has included support for a proposal to potentially rename a local wetland owned by Laurentian

University. Laurentian will also host a symposium for National Day for Truth and Reconciliation. We've met with LU to discuss bringing their new staff to WFN for Cultural Awareness Training; a meaningful step toward deepening institutional relationships. While our WFN/SINO scholarship is open, there are currently no applicants. We've reached out to a PhD student about future research opportunities, and funding has been provided for new adult education students through FNX and for OFNLP-supported technology. A meeting with Cambrian College is also



Soap Making WORKSHOP

SATURDAY, OCTOBER 11

📍 MAAN DOOSH GAMIG 🕒 10AM-4PM

Craft personalized soaps infused with traditional medicines and various scents at our hands-on workshop. Traditional teas and lunch provided, limited seats.

Please RSVP by Thursday, October 9.
✉️ Line.Baillargeon@wahnapitaefn.com
📞 (705) 858-7700



scheduled to discuss our formal inclusion in their Circle for Indigenous Education.

Additional post-secondary work included processing new consent forms, supporting a student attending Mishko-Ode Wendam. We've initiated contact with MTransport, the platform used by the Sudbury Bus Consortium. This system would unify many of our current communications, tracking, and safety processes to enhance transportation services and provide more transparency for parents.

Over at the Gazebo, ASP and YLP programs launched the week of September 8th. This year, we will not be hosting Lunch with Santa, as last year's evening celebration at the Gazebo was a great success and will continue. Nancy and Cinnamon will attend the FASD Conference in North Bay on October 4 and the ELCC Fall Gathering in Blue Mountain from October 20–23. Nancy will also attend a Resiliency Workshop in Sault Ste. Marie on November 19–20, while Cinnamon will remain to ensure ASP/YLP programs stay open.

Whinnying in Life has resumed and is scheduled twice a month, offering horseback riding and dog sledding experiences. The October program calendar is complete and approved, and rough drafts for November and December are already underway.

- WFN Education Department

A poster for a Fall Photo Booth. The background is a collage of autumn-themed images including pumpkins, leaves, and a scarecrow. The text is centered and reads: "Fall Photo Booth" in large white letters, followed by "178 LOONWAY" with a location pin icon. Below that, "ENTER TO WIN AN AMAZON GIFT CARD" in white, and "SOLO PHOTO \$50 • FAMILY PHOTO \$100" in white text on a red banner. Further down, it says "Submit your photos to Natalie by Sunday, November 2." and "Off-reserve members are welcome to participate with any fall scene." A small disclaimer in italics follows: "*Please be respectful of the area, WFN is not responsible for any injuries or damages to property." The draw date is "Draw date: Monday, November 3. Text or email photos to:" followed by the email "Natalie.Goring@wahnapiataefn.com" and the phone number "(705) 920-9106". There is a small logo in the bottom right corner that says "Wahnapitae First Nation".

Fall Photo Booth
📍 178 LOONWAY

ENTER TO WIN AN AMAZON GIFT CARD
SOLO PHOTO \$50 • FAMILY PHOTO \$100

Submit your photos to Natalie by Sunday, November 2.
Off-reserve members are welcome to participate with any fall scene.
**Please be respectful of the area, WFN is not responsible for any injuries or damages to property.*

Draw date: Monday, November 3. Text or email photos to:
📧 Natalie.Goring@wahnapiataefn.com 📞 (705) 920-9106

A poster for a "Traditional Bear Fat Rendering & Minagin Salve WORKSHOP". The background is a light green with a faint, stylized bear face. The title is in large green letters, with "Traditional" in a script font above it. Below the title is a green-bordered box with the word "WORKSHOP" in white. To the left of a large image of a black jar of salve are two smaller inset photos: one showing a piece of raw bear fat and another showing a person's hands working with ingredients. The jar label reads "Minagin salve: Poplar buds/Pine/Bear Fat/Aloe Vera and Lavender". The date and time are "Saturday, October 18" and "10AM-4PM" with a location pin icon for "Maan Doosh Gamig". It says "Lunch provided, please dress for the weather." For more information, it lists two email addresses: "Line.Baillargeon@wahnapiataefn.com" and "Lori.Corbiere@wahnapiataefn.com", and the phone number "(705) 858-7700". At the bottom are two logos: "Wahnapitae First Nation" and a circular logo with a bear and a sun.



Osteoporosis Info Session & *Mini Teepee Workshop*

Monday, October 27

📍 **Maan Doosh Gamig** 🕒 **10 AM-12PM**

Please RSVP by Monday, October 20.



✉ Heather.Roy@wahnapiitaefn.com ☎ **(705) 858-7700**



Transform Tuesdays

Exercise Activities with Heather & Alison

October 7, 14 & 28
 ☉ Maan Doosh Gamig ☉ 9-10 AM

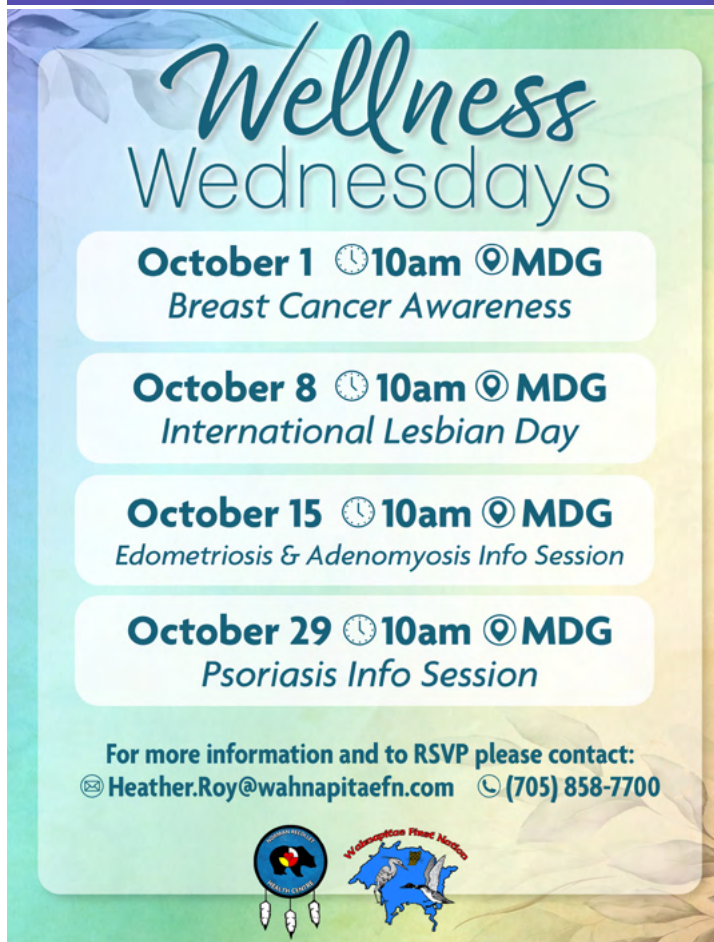
Exercises can be modified for mobility needs.
 For questions or more information please contact:
 ✉ Heather.Roy@wahnapietaefn.com
 ✉ Alison.Sabzali@wahnapietaefn.com
 ☎ (705) 858-7700



Seniors T.L.C. Tuesdays

October 7, 14 & 28
 ☉ Centre of Excellence - Elders Lounge ☉ 2-4 PM
 Cards, snacks and refreshments provided.

For more information and to RSVP please contact:
 ✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700



Wellness Wednesdays

October 1 ☉ 10am ☉ MDG
Breast Cancer Awareness

October 8 ☉ 10am ☉ MDG
International Lesbian Day

October 15 ☉ 10am ☉ MDG
Endometriosis & Adenomyosis Info Session

October 29 ☉ 10am ☉ MDG
Psoriasis Info Session

For more information and to RSVP please contact:
 ✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700



HEALTHY BABIES HEALTHY CHILDREN
DROP-IN

Thursday, October 30
 ☉ NRHC Clinic (190 Loonway Rd.) ☉ 1-4 pm

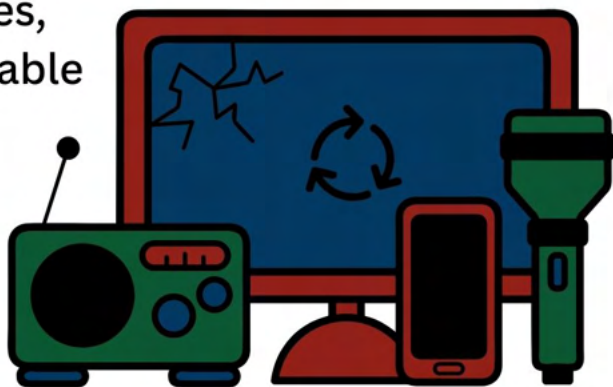
For questions and more information please contact:
 ✉ alison.sabzali@wahnapietaefn.com ☎ (705) 858-7700
 ✉ natalie.goring@wahnapietaefn.com ☎ (705) 920-9106



WASTE DIVERSION IN OCTOBER **RECOVER**

OCTOBER 14TH IS INTERNATIONAL E-WASTE DAY!

Items like phones, laptops, batteries, and other electronics contain valuable metals and materials that can be recovered and reused. Proper e-waste recycling also keeps toxic substances out of the landfill and protects the environment.



Mashkawendamowin Gitigaan
“Garden of Inner Strength”

Call for Committee Members

For more information and to register please contact:
✉ Tammy.Chevrette@wahnapietaefn.com ☎ (705) 920 9488

WANTED!

EASTERN WOLF INFO

Honorarium available for interviews

The Lands and Resources Department wants to hear from community members who have any information about wolves in the traditional territory for an Eastern Wolf study being conducted by staff.

Please contact Sarah Janson:
sarah.janson@wahnapietaefn.com
to arrange an interview.

LIESURE FARMS

SENIORS TRIP



Thursday, October 30

📍 Departing Centre of Excellence 8AM

Lunch provided. Limited seats, please RSVP by October 27.

✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700





World **Stroke** Day & Turtle Shell Purse Workshop

Wednesday, October 29

📍 Maan Doosh Gamig 🕒 2PM-4PM

Please RSVP by Thursday, October 23.

✉ Heather.Roy@wahnapietaefn.com ☎ (705) 858-7700



Chi miigwech to a Passionate and Dedicated Sue Roque

Miigwech to Sue Roque for her unwavering dedication and profound contributions to the Wahnapiatae community and the NRHC! Sue's generosity of time and spirit has enriched these organizations in countless ways, leaving a lasting impact.

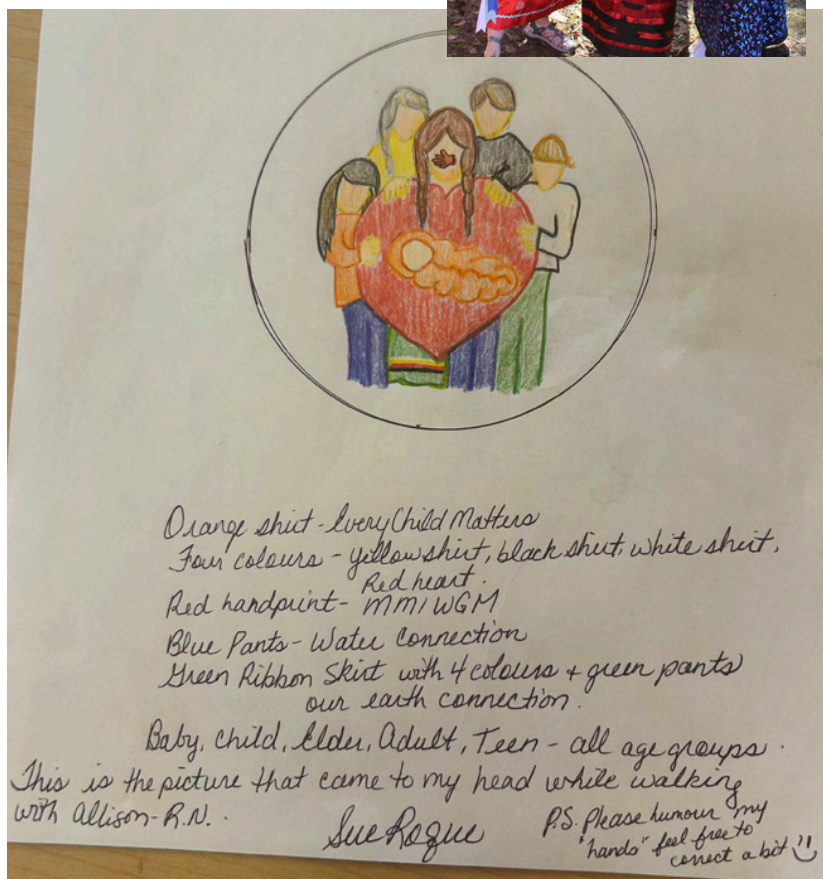
One of Sue's most powerful contributions is a truly beautiful and meaningful drawing, which she generously gifted to the NRHC. This artwork is a profound symbol that skillfully weaves together essential cultural and social themes: the Medicine Wheel, the Four Directions, the Every Child Matters movement, and the memory of MMIWG (Missing and Murdered Indigenous Women and Girls). This piece is more than just a drawing; it's a visual representation of healing, remembrance, and community strength that helps tell a vital story within the NRHC's space.

Beyond her artistic gifts, Sue extends her commitment by dedicating time to other important community committees. This speaks volumes about her tireless work ethic and deep connection to Wahnapiatae's well-being. And of course, we can't forget her entrepreneurial spirit! Sue masterfully manages Skirts by Sioux, creating amazingly beautiful skirts that celebrate culture and creativity.

Sue Roque is a true pillar of the community—a talented artist, a dedicated volunteer, and a skilled entrepreneur. Her compassion, skills, and energy are invaluable to Wahnapiatae.

Miigwech for all that you do, Sue!

Do you have news, information or want to give someone a shout out? Send an email to: communications@wahnapiataefn.com



6 Ways to Help Reduce Stress

Stress is a significant public health challenge. The Ipsos Global Advisor survey for World Mental Health Day 2022 found that most Americans feel the United States health care system places less importance on mental health than physical health, and the majority of adults reported experiencing high levels of stress over the last two years. The Centers for Disease Control and Prevention says mental health problems may occur as more adults deal with stress. In August 2022, more than 32 percent of adults in the U.S. reported having symptoms of anxiety or depression in the last two weeks.

The stress response gets a person through tough times, as the body rallies to evade a threat. Typically, when the danger subsides, the body can go back to business as usual. However, when stress is ongoing, it can cause harm like chronic inflammation. In addition, the constant activation of the immune system raises the risk for many adverse health effects, including heart disease and stroke.

Men and women experience stress differently. Debra Bangasser, Ph.D., and her colleagues at Temple University found that, in response to significant life stress, men are more likely than women to experience effects on the cognitive processes like memory. High job insecurity is a notable stress trigger for men. It's key to keep stress at a minimum for personal well-being. These strategies can help.

1. **Get active:** Exercise will not make stress disappear, but it can relieve some of the emotional responses and clear thoughts to let you deal with problems more readily.
2. **Use laughter:** Harvard Health says laughter reduces stress hormones and is a way to experience joy, optimism and hope.
3. **Reduce loud noises:** Sometimes loud noises can trigger a stress response. It can make it hard to think and take you away from being mindful. Avoiding loud scenarios or wearing earplugs or noise-canceling headphones can help.
4. **Avoid unhealthy habits:** Some people turn to alcohol or smoking to deal with stress. Overall, these habits can exacerbate stress and lead to additional health problems.
5. **Meditate:** The Mayo Clinic says attention is focused to help calm the thoughts in the mind and give a sense of peace and calm. Meditation can include guided imagery, mindfulness and visualization exercises.
6. **Connect with others:** Meaningful relationships can create feelings of belonging. Feeling cared for and supported can help people cope with stress and be more resilient. Building connections involves reaching out to community, family or friends. Sometimes just talking things out with others as a sounding board can alleviate stress, especially when others share that they have experienced similar situations. Stress can be detrimental to men's overall health. Taking steps to reduce stress can improve quality of life.

We are here for you,

☎ (705) 858-7700

Mental health resources, counselling services and supports available.



Medicinal Teachings & Story Telling

Storytelling is an incredibly vital element of our Indigenous history and learning. It is how we share our skills and knowledge with each other and future generations.

This winter season, we invite our Elders to share their words and take part in Medicinal Teachings with Line. Elders will be able to make medicines and learn about the emotional and spiritual support it can provide.

Thursday, October 9 & 23

📍 WFN Yurt & Tipi (behind MDG) ⌚ 1 PM - 4 PM

For more information please contact:

✉ Line.Baillargeon@wahnapietfn.com

☎ (705) 858-7700



Bnaakwii Giizis Horoscope

Snake and Scorpio

People born at this time are emotionally deep but are inclined to keep their feelings to themselves. The secretive nature of these individuals, known as Scorpio's in the west, has given them some bad press over the years.

Often the mysterious qualities these folk carry create fear and distrust in others but they create what is perceived to be a dark side in these people. These individuals can experience emotional extremes, be taken to hell and back, and come out the other side transformed. Maybe, it is this ability to rejuvenate that is misinterpreted by some as emotional detachment.

In native American astrology the Snake totem, found in the west on the medicine wheel, represent the spirit of people born around this time. If we image a snake moving through wild grass it is possible to feel its secretive silence. If we watch it shed its skin we can see it rejuvenate. We might fear snake but may not be aware of its deep emotions.

The snake person has so much power through their enigmatic energy and ability to transform. Their challenge however is to not attract the crisis that asks for perpetual change but instead to strive for some form of stability. It is the Beaver energy, found in the east on the medicine wheel that will teach the Snake personality so much about the nature and benefits of stability and structure.

Source: <https://twofeathers.co.uk/pages/native-american-astrology?srltid=AfmBOorKKTEC2oCt07oju-LHU49HG5j3meprDk6v-3OEW-OJ0Ncg6vYs#red-hawk-and-aries>



Christmas
COMMUNITY PENNY TABLE

We are graciously requesting items to be donated by:
Thursday, November 27

Please contact Heather with any questions or for more information:
✉ Heather.Roy@wahnapiataefn.com
☎ (705) 858-7700



ROBINSON HURON TREATY 1850 

**ANISHINAABEMOWIN
BEBAA BMIKANGIK
JI-BI-AANJI-BIMAADZIIMGAK
NAAKINIGEWIN**

THURSDAY, OCTOBER 23
📍 MAAN DOOSH GAMIG 🕒 5-8PM

Dinner and refreshments provided.
Please RSVP by Thursday, October 16.

**ANISHINAABEMOWIN REVITALIZATION STRATEGY
COMMUNITY ENGAGEMENT SESSION**

Join us to welcome the RHT Anishinaabemowin Revitalization Strategy team to provide an overview of their community engagement efforts and, most importantly, seek your input and guidance on the strategy. Your participation is highly valued. Gchi Miigwech!

To RSVP or more information, please contact:
✉ Tammy.Chevrette@wahnapiataefn.com ☎ (705) 920-9488

Thanksgiving Song

Traditional Drumming Song
provided by Land-Based Worker

Away ya hey ya

Away ya hey ya

Away ya hey ya

Away ya hey ya

Chi-miigwech Gzhe-mnidoo
(Thank you so much Creator)

Kina gego gii-miizhyaang
(For everything)

Miinwaa goding gii-giizhgak
(For this day)

Giizis gii-binaabid
(For the sunrise)

Giizis gii-binaabid

Away ya hey ya
Away ya hey ya

Away ya hey ya
Away ya hey ya


Chi-miigwech Gzhe-mnidoo
(Thank you so much Creator)

Kina gego gii-miizhyaang
(For everything)

Miinwaa goding gii-giizhgak
(For this day)

Giizis gii-binaabid
(For the sunrise)

Giizis gii-binaabid




MEMBER SURVEY Cemetery Naming

This survey is an effort to find a meaningful and appropriate name for our community cemetery. Your input is essential, as the name will honour our ancestors and reflect the values and history of our community. Please take a few moments to share your choices and ideas.

Copies at Centre of Excellence, complete online at
www.wahnapiitaefn.ca/members-login
or scan code.

For questions or more information please contact:
✉ sam.corbiere@wahnapiitaefn.com ☎ (705) 858-0610



30TH ANNUAL TRADITIONAL POW-WOW



FEEDBACK SURVEY



PHYSICAL COPIES AVAILABLE
AT CENTRE OF EXCELLENCE
OR COMPLETE ONLINE AT
WWW.WAHNAPIITAEFN.CA



Online Job Board

Employment, Education and Training

WWW.WAHNAPITAEFIRSTNATION.COM

**YOU ASKED.
WE LISTENED.**



**Residents can now report
non-emergency crimes
to police anytime,
from any device,
anywhere.**

**Visit anishinabekpolice.ca
and click 'Report Online'.**



Call for Elders & Knowledge Keepers

Wahnapitae First Nation is looking to compile a list of members who can facilitate and assist with traditional ceremonies and teachings.

Should you know of someone who would be a good fit for these roles, please contact:

✉ communications@wahnapietaefn.com ☎ (705) 858-0610

LOVE • RESPECT • COURAGE • HONESTY • WISDOM • HUMILITY • TRUTH

LNHL Bottle Drive & 50/50 Fundraiser a Great Success

A heartfelt Miigwech is extended to everyone who supported the recent efforts. A special note of appreciation goes to Mathew Roque and Carolyn for their dedication during the bottle drive.

Though the crew was small—consisting only of the organizing member, Mathew Roque, and Carolyn, along with their children—they achieved phenomenal results.

The team successfully completed the bottle drive, collecting an impressive three truckloads of empties. Additionally, they had a successful run with the 50/50, selling over \$450 in tickets. These significant figures are a testament to the hard work and effectiveness of the small team.

In other news, the official event tickets have been picked up, and the receipt is attached for records. Photos capturing the bottle drive are also included.

Miigwech to the team for their tremendous effort and to all supporters.



**LNHL 2026
50/50 FUNDRAISER**

50/50 RAFFLE

AVAILABLE FOR PURCHASE
AT CENTRE OF EXCELLENCE &
OTHER COMMUNITY STORES.

*WINNING NUMBERS WILL BE POSTED
AT WWW.WAHNAPITAEFN.CA.
MUST BE 18 TO PURCHASE.

**WANBEDEH
FLYING CRANES**

PLEASE ADDRESS ANY DONATIONS TO "WAHNAPIITAE FIRST NATION"
AND DELIVER OR MAIL TO: "2025 LNHL" 259 TAIGHWENINI TRAIL ROAD, CAPREOL ON, P0M 1H0

**DO YOU
HAVE A CHILD
IN GRADE 7
TO 12?**

**THEY MAY BE ELIGIBLE FOR
VACCINES THAT PROTECT
AGAINST HEPATITIS B, HPV
AND MENINGITIS.**

Contact your health care provider,
health centre or nursing station for
more information.



Chief & Council

REGULAR MEETING Monday, October 27

📍 **ELDER'S LOUNGE & ZOOM** ⌚ **6:00 PM**

Members wishing to attend via Zoom can find the link to register at:

🌐 **wahnapitaefirstnation.com/members-login**

- The deadline to register for the web version of this meeting is October 20.
- Registration is only open to WFN members who are over 18. Virtual attendees must use their legal name when joining the meeting.
- Once registered, prior to meeting, you will receive a confirmation email with information about joining the Zoom Meeting.
- In-person members are welcome to attend and listen to regular Chief and Council meetings for updates.
- **To be added to the meeting agenda for a 10-minute time slot, submit your request at least 7 days before the meeting date (in accordance with the Governance Procedure Policy). Request submissions can be made in the following ways:**
 - In writing and dropped off at the Band Office during office hours
 - By email to Executive Assistant Jenn Brazier at jenn.brazier@wahnapitaefn.com
 - By phone at 705-858-0610, extension 259.
 - Be sure to include your preferred contact information so your request can be confirmed.



SCAN HERE
TO OPEN LINK



Aanii, boozhoo,

With Halloween just around the corner, we encourage everyone to remember safety. Whether you are preparing costumes, heading out trick-or-treating, or driving through the community while the nights get longer, please keep safety at the forefront. Simple steps, such as making sure costumes are visible, carrying flashlights, and staying alert on the roads, go a long way in keeping our children and families safe.

October also brings exciting opportunities for growth and engagement. On October 4, we invite everyone to attend the Job Fair. This event is designed to include something for all ages, whether you are searching for work, exploring training programs, or seeking information about resources. It is an excellent chance to connect, learn, and take steps toward future goals.

We are also encouraging members to complete the community surveys, available online or at the entrance of the Centre of Excellence. Your feedback ensures that policies, programs and services reflect the needs and priorities of our Nation and are shaped by all of us collectively. Lastly, the LNHL 50/50 raffle begins this month. We encourage everyone to take part and support this annual traditional event; watch for winners to be announced monthly.

Have a safe, fulfilling, and meaningful October.

Gimaa Larry Roque



Wahnapiatae First Nation Centre of Excellence

259 Taighwenini Trail Rd. Capreol, ON P0M 1H0
Phone: (705) 858-0610 Fax: (705) 858-5570

Hours:

Monday 8:00 AM - 4:30 PM
Tuesday - Thursday 8:00 AM - 5:30 PM
Closed Fridays and Statutory Holidays

**For the most up to date
community information, notices,
events and updates, visit [www.
wahnapiataefirstnation.com](http://www.wahnapiataefirstnation.com)**

Members Portal

**Register to access to
member documents,
surveys, votes and more.**



E-notices

**Recieve member
documents, surveys,
votes and more by email.**

**How can we
reach you?**
Scan to complete a survey.



**Contact or visit us
for copies or assistance.**



WahnapiataeFirstNation

**Do you have questions, comments or suggestions,
want to share something in our newsletter?**

communications@wahnapiataefn.com

(705) 858-0610 Ext: 234

The Wahnapiatae First Nation Community Newsletter is
published on the last Thursday of every month.

Selected photos and materials courtesy of the organization and staff, shutterstock.com,
metrocreativeconnection.com, and canva.com. Created by the Communications Officer.

RHT Gathering Commemorating 175 years of Treaty - a Huge Success

Wahnapitae First Nation extends heartfelt gratitude to everyone who made the Annual RHT of 1850 Gathering—commemorating 175 years of treaty—a tremendous success.

The event was made even more significant by the presence of the original Robinson-Huron Treaty of 1850 document. To stand in the presence of this tangible piece of our history was a powerful reminder of our enduring nation-to-nation relationship and the sacred commitments made by our ancestors. The tremendous impact of seeing the original treaty reaffirmed the living nature of this agreement for all of us.

We also want to give a special thank you to all the Elders, knowledge keepers, and the many volunteers and staff whose hard work behind the scenes ensured the event ran smoothly. Your commitment made it possible for us all to gather in a spirit of unity and remembrance.

This gathering was not just an event; it was a powerful affirmation of our history, our treaty relationship, and the enduring strength of our people. Your presence made it a memorable day for our community and a fitting tribute to our ancestors.



Wahnapitae First Nation — Hotel and Strip Mall Development Feasibility Studies



Visit: <https://cutt.ly/ecdevsurvey>



**Nijjaansinaanik**
Child and Family Services

URGENT

**INDIGENOUS FAMILIES NEEDED
TO PROVIDE IN-HOME CARE FOR
INDIGENOUS CHILDREN AND YOUTH.**

1-855-223-5558 nijcfs.com/alternative-care



Keep children and youth close to their communities.



In-home support between the Alternative Caregiver and the child/youth.



Provide a safe and nurturing home.

Become an Alternative Caregiver Today.

**AMISHINABE
POLICE SERVICE**



Hiring
apscops.org

October 2025

AFTERSCHOOL AND YOUTH LEADERSHIP PROGRAM



Boo!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baby Eagle Staff Birthing and Feast @ MDG Hall	2	3	4
5	6 Pumpkin Decorating	7 Whinnying in Life Both Groups	8 Gratitude Tree & Story Telling	9	10	11
12	13 Thanksgiving Holiday! No program	14 Haunted Trail Prop making!	15 Witches Brew Cooking Class	16	17	18
19	NO PROGRAM STAFF AWAY AT CONFERENCE					25
26	27 SPOOKY CRAFTS	28 Escape the Haunted Gazebo! Prizes to be won!	29 Haunted Trail Walk! 3:30-5:30PM Behind Band office	30	31	

PLEASE NOTE:
ALL SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER, OR UNFORSEEN CIRCUMSTANCES
PARENTAL RESPONSIBILITY TO HAVE OTHER ARRANGEMENTS IN PLACE IF CHILDCARE IS REQUIRED

ASP (AGES 4-11)
MONDAY & WEDNESDAY
3:30-5:30PM

YLP (AGES 12-17)
EVERY TUESDAY
3:00-5:30PM

Binaakwe Giizi · October SCAVENGER HUNT

Find all the seven spooky friends below to be entered in a draw to win a \$50 Amazon Gift Card!

Submit to: Breanne.Addison@wahnapietaefn.com by October 31.



Name:	Age:
PG#	
PG#	
PG#	
PG#	
PG#	
PG#	
PG#	

FALL BACK

DAYLIGHT SAVING TIME ENDS

SET YOUR CLOCK BACK ONE HOUR

SUNDAY NOVEMBER 2, 2025



Wahnapi'tae First Nation

October 2024 • Binaakwe Giizi Community Events



Niizhwaaso-Giizhigad	Ntam-Giizhigad	Niizho-Giizhigad	Nso-Giizhigad	Niiwo-Giizhigad	Naano-Giizhigad	Ngodwaaso-Giizhigad
28	29	30 • NTRD - Fire, Walk & Feast-3pm OFFICES CLOSED 	1 • Wellness Wed-10am	2 • MMIWG Walk & Prayer-10am • Congregate Dining-5pm	3 • Teen Talk-6pm	4 • Job Fair-10am 
Fall Photobooth Contest - Draw Date: Monday, November 3						
5 • Short Term Rentals & Membership Transfers Eng. Session-10am	6 • Cerebral Palsy Info Session & Craft-1pm • Let's Bead-4pm	7 • Trfm. Tues.-9am • Wellness Walk-11am • Soup's ON!-12pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm	8 • Wellness Wed-10am • Waasmowin, Valard & Aecon Open House-4:30pm	9 • COPD Info Session & Craft-10am • Traditional Teachings & Stories-1pm • Good Food Box Pick Up	10	11 • Soap Making Workshop-10am
Fall Photobooth Contest - Draw Date: Monday, November 3						
12	13 OFFICES CLOSED	14 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm	15 • Wellness Wed-10am • Diabetic Snacks Pick Up-3pm • Healthy Recipe OTM Pick Up-4pm	16 • Ribbon Hoodies Workshop-9am • Nutrition Bingo-5pm	17	18 • Bear Fat Rendering & Minagin Workshop-10am
Fall Photobooth Contest - Draw Date: Monday, November 3						
19	20	21 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm	22	23 • Traditional Teachings & Stories-1pm • RHT Language Eng. Session-5pm	24	25
Fall Photobooth Contest - Draw Date: Monday, November 3						
26	27 • Osteoporosis Info Session & Craft-10am • Book Club Meeting-1pm • Chief & Council Meeting-6pm	28 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm	29 • Wellness Wed-10am • Stroke Day Info Session & Craft-2pm	30 • HBHC Drop In-1pm • Seniors Leisure Farm Trip-8am	31 • Haunted Trail behind MDG 	1 • All Saints Day Feast-12pm
Fall Photobooth Contest - Draw Date: Monday, November 3						
2	3	4 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm	5	6 • Congregate Dining-5pm	7	8 National Indigenous Veterans Day 
Fall Photobooth Contest - Draw Date: Monday, November 3						

Please visit www.wahnapi'taefirstnation.com for all up-to-date community event information, news and notices.