



WE REQUEST YOUR PRESENCE AT OUR

General MEMBERSHIP Meeting

Saturday, November 25, 2023

MAAN DOOSH GAMIG 10:00 AM - 2:00 PM

This event is exclusively for registered adult members of Wahnapitae First Nation.

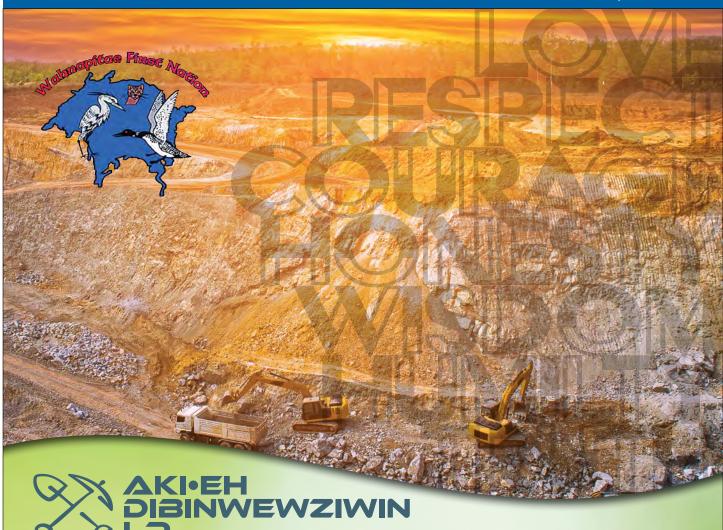
Membership ID required.

Lunch included.

If you wish to add to the agenda for this meeting, please email Melissa.Brideau@wahnapitaefn.com

The deadline to add to the agenda is Thursday, October 26, 2023.





Are you interested in a mining career path? Are you looking for a change? Always wanted to work for an Indigenous owned and operated company? Here we are.

Join us for good food, prizes and to learn about:

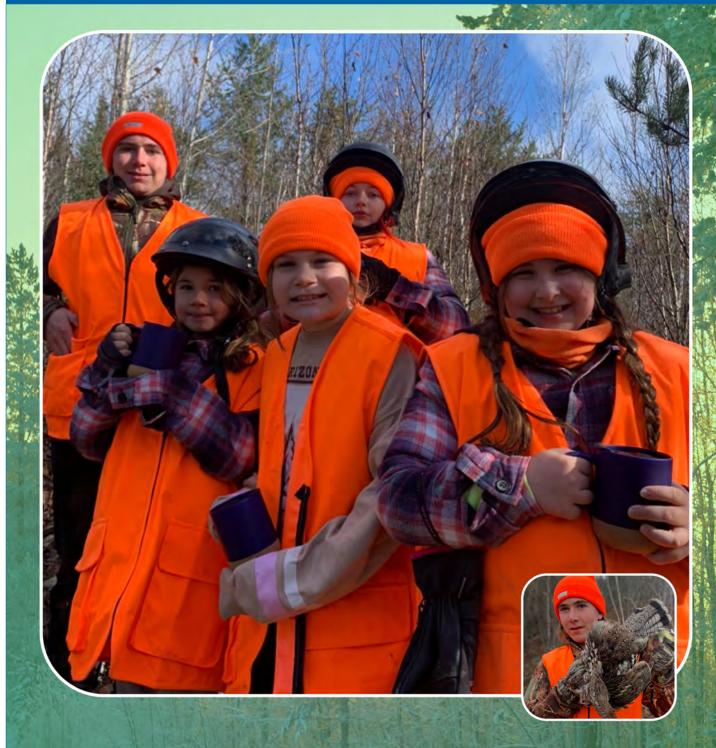
- Your place at Aki-eh Dibinwewziwin LP (ADLP)
- Post-secondary mining education pathways
- The history of ADLP and its role in the future of our community

CAREER FAIR DOORPRIZES SATURDAY, NOVEMBER 4





Community News



Gichii anokiiwin andobinewe!

Community youth had a great and successful time at the Introduction to Safe Small Game Hunting event on September 28 led by Wahnapitae First Nation's Land-based Worker Shining Turtle.



THURSDAY, NOVEMBER 9
REMEMBRANCE DAY CRAFT

THURSDAY, NOVEMBER 16
PAINTING FUN

THURSDAY, NOVEMBER 23 "DEER HUNTING"

MONDAY, NOVEMBER 27
CHRISTMAS CRAFTS

② The Gazebo **③** 3:30 PM - 5:30 PM

For children ages 0-6 years. Parents/guardians must be present.



Please contact Natalie for more information:

Natalie.Goring@wahnapitaefn.com

Tree of life Dreamcatchers Seniors' Activity



Maan Doosh Gamig 1:00 PM to 3:00 PM

Materials and refreshments provided. Please RSVP by Thursday, November 9.

Please contact Heather Roy, Community Wellness Coordinator to RSVP or for more information:





Kit #5 Mini Headdresses

Sign up with Heather by Thursday, November 19

October Dream Catcher Kits will be delivered on November 16. *Must be a senior and be signed up to receive an activity kit.

Please contact Heather to RSVP or for more information:

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



As the vibrant colors of fall transform into the whites of winter, we are reminded of the sacred cycle of nature. Our Indigenous ancestors understood the delicate balance and embraced the changing of the seasons. This transition also echoes the honoured tradition of hunting. We share their wisdom by respecting the land, hunting sustainably, and honouring the spirits of the animals we harvest.

As Remembrance Day approaches, we turn our thoughts to the brave Indigenous warriors who defended these lands and served with valour. We pay our deepest respects to those who walked the path before us, acknowledging their sacrifices and ensuring that their courage and honour are never forgotten. In this way, we unite the lessons of the past with the promise of the future, safeguarding our heritage and traditions for generations yet to come.

Miigwetch,



We want to connect with you,

Wahnapitae First Nation encourages our members to sign up for email alerts and to visit us online so you can stay-up-to date on important community notices, events, news and safety measures.



www.wahnapitaefirstnation.com



@WahnapitaeFirstNation



www.tinyurl.com/wfn-email

Email alerts provide links to virtual community events, engagement sessions, this monthly newsletter and more. Here you can also express feedback on the community and its projects, as well as any concerns you have.

> Wahnapitae First Nation Centre of Excellence 259 Taighwenini Trail Road Capreol, Ontario P0M 1H0 Phone: (705) 858-0610 Fax: (705) 858-5570

Hours of operation: Monday 8:00 AM - 4:30 PM Tuesday 8:00 AM - 5:30 PM Wednesday 8:00 AM - 5:30 PM Thursday 8:00 AM - 5:30 PM

The Wahnapitae First Nation Community Newsletter is published on the first Wednesday of every month.

Cover photo courtesy of Christy Perez, Fox Fan Club Facebook page. Select photos courtesy of WFN files, Shutterstock.com and Canva.com. Created by Breanne Addison and Monica Dorion.

Charcuterie Board CRAFTING



Thursday, November 23

Maan Doosh Gamig 6:30 PM to 9:30 PM

Snacks and refreshments provided, limited spots available.

Please RSVP to Heather or Natalie by Monday, November 20.

Participants must be 18+.



Heather.Roy@wahnapitaefn.com

Natalie.Goring@wahnapitaefn.com









Thursday, November 16

Dinner and refreshments provided.



Please contact Heather Roy for more information:

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



Community adults and youth between 13 and 17 years (require parental consent) are invited to participate in a survey looking to understand contaminant levels in fish harvested from Wahnapitae First Nation traditional territory. Wahnapitae First Nation is leading the work with researchers from the Wildlife Conservation Conservation Society, University of Waterloo & Laurentian University.



- ADULT participants receive a \$40 gift card to Hiawatha's Restaurant & Marina!
- YOUTH participants receive a \$40 gift card for Cineplex Movie Theatres!
- ALL participants can enter to win one of three \$100 gift cards to Hiawatha's Restaurant & Marina!

Survey questions:

- What types of fish have you consumed over the past year?
- How much fish have you caught over the past year?
- Where does your household get health and food information?
- What do you believe about contaminants in fish?
- What information has impacted your food choices?



Please contact Sara for more information: 🙆 Sara.Lehman@wahnapitaefn.com 📞 (705) 858-0610





RSVP to Rochelle or Line by Thursday, November 16 Pick-up day: Thursday, November 23

Bring your bags to Maan Doosh Gamig from 4:00 PM to 6:00 PM



Please contact Rochelle or Line for more information:

- Rochelle.Tyson@wahnapitaefn.com
- Line.Baillargeon@wahnapitaefn.com
- (705) 858-7700

Early Years WINTER ACTIVITY KITS







Natalie.Goring@wahnapitaefn.com
(705) 858-7700



Healthy Suncks Program

Don't forget your blue bins!



PICK-UP TUESDAY, NOVEMBER 7 © FAMILY WELLNESS CENTRE © 9:00 AM - 5:00 PM



Please contact April for more information:

April.Cardinal@wahnapitaefn.com

(705) 770-2477

NOVEMBER

Order: Thursday, November 2

Pick-Up: Thursday, November 9

DECEMBER

Order: Thursday, December 7

Pick-Up: Thursday, DECEMber 14

SMALL BOX \$10 LARGE BOX \$19



Please contact Heather to RSVP

Heather.Roy@wahnapitaefn.com







Traditional drumming and songs.
Light snacks and refreshments provided.

Tuesday, November 14 & 28

Maan Doosh Gamig 6:00 PM to 8:00 PM



Please contact Tammy Chevrette for more information:

Tammy.Chevrette@wahnapitaefn.com



Prenatal Health & Child Development

The Healthy Babies Healthy Children program is available to answer any questions you might have.

Drop in any time or set up a one-on-one appointment with Natalie Goring, HBHC worker.



Please contact Natalie Goring for more information:

natalie.goring@wahnapitaefn.com

INFORMATION SESSION

PRESENTED IN PARTNERSHIP WITH VERMILLION FOREST MANAGEMENT & ONTARIO MNRF

Join us for the first of many information sessions geared to how forestry in the area of Wahnapitae First Nation works, who is involved and what the decision making processes look like. These sessions are an opportunity to discuss new concepts in forestry, concerns, and the future of the forestry industry in our territorial lands. Dinner and refreshments provided. All guests receive a free gift!

Thursday, December 7

- Maan Doosh Gamig (\$\sqrt{1}\) 5:30 PM 7:00 PM

Please contact Sara Lehman for more details or information:



Sara.Lehman@wahnapitaefn.com



Naloxone Kit Training Monday, November 20

Maan Doosh Gamig (1) 1:00 PM to 3:00 PM





A total of 1,309 opioid-related poisoning hospitalizations occurred so far in 2023 (January-March). This is an average of 15 hospitalizations per day.

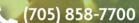
Source: Government of Canada, Online Health Infobase

Increased Naloxone/Narcan access and training is a key tool for overdose prevention.

Please contact Bradley Steele for more information:



Bradley.Steele@wahnapitaefn.com (705) 858-7700





Diabetes and you...

Presentation and craft with Nurse Practitioner Lisa Parise

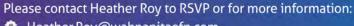
In recognition of National Diabetes Day

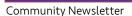
TUESDAY, NOVEMBER 14 MAAN DOOSH GAMIG 1:00 PM TO 3:00 PM

For on-reserve Wahnapitae First Nation band members.



- Heather.Roy@wahnapitaefn.com
- (705) 858-7700













PLEASE DEVENDE Centre 4:30 PM to 6:30 PM
OPEN TO ALL AGES, LIMITED SPOTS AVAILABLE.

PLEASE RSVP BY THURSDAY, NOVEMBER 23



Please contact Linda or Natalie to RSVP or for more information:

Linda.Mhende-Chitowa@wahnapitaefn.com Natalie.Goring@wahnapitaefn.com (705) 858-7700

November

2023

Lest We Forget

After School Program & Youth Leadership Program

PLEASE NOTE:

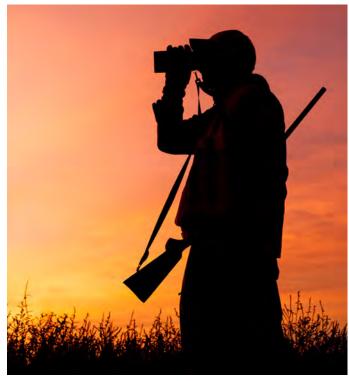
ALL SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER, OR UNFORESEEN CIRCUMSTANCES

PARENTAL RESPONSIBILITY TO HAVE OTHER ARRANGEMENTS IN PLACE IF CHILDCARE IS REQUIRED



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Bingo! ASP	2	3	4
5	6 KUPP ASP & YLP	7 Remembrance Day Crafts YLP	8 Remembrance Day Crafts ASP	9	PD DAY	Remembrance Day
12	Holiday NO PROGRAMMING	Painting & Crafts YLP	Painting & Crafts ASP	16	17	18
19	Cooperative Play Activities/Games ASP	Cooking Spaghetti! YLP	Cooking Spaghetti! ASP	23	24	25
26	Decorating Gazebo for Christmas! ASP	Decorating Gazebo for Christmas! YLP	29 Write Letters to Santa and Mail out! ASP	30		

Safety Corner



With hunting season well underway, this month's Safety Corner is all about hunter safety. As Anishinaabe people, hunting has always been an integral part of our identity. We hunt to sustain our bodies, to celebrate and honour our history, and to acknowledge our responsibilities as guardians of Mother Earth.

To ensure a safe hunting season, please take note of the following Ontario regulations that ALL hunters must follow:

- Hunters must never shoot unless they are absolutely sure of their target and what lies beyond it.
- Hunters must be wearing and have at least 400 square inches of solid hunters orange visible to others. This amount is roughly equivalent to a vest and hat.
- It is illegal to possess a firearm while under the influence of any substances or alcohol.
- It is illegal to shoot from a vehicle or carry a loaded firearm in or on a vehicle. All firearms must be carried/transported unloaded and in a locked case.
- It is illegal to discharge a firearm from any area on,

near, beside or across any roadway in Ontario

Hunters must unload and legally store firearms during the period from half an hour after dusk to half an hour before dawn (Ministry of Natural Resources and Forestry, 2023).

Regulations pertaining to Indigenous hunting rights:

- Members of Indigenous communities exercising an Aboriginal or treaty right generally do not require an Outdoors Card, Ontario hunting licence(s) and tag(s) when hunting for food, social, or ceremonial purposes within their traditional or treaty territory.
- Members of Indigenous communities hunting outside of their traditional or treaty area must hold a valid hunting licence(s) and tag(s) and follow the corresponding regulations.
- Indigenous hunters utilizing land that is not owned by them must have and carry written permission from the landowner.
- Indigenous hunters utilizing a First Nation's traditional or treaty territory must have and carry written permission from the First Nation (R. v. Shipman et al., 2007).
- Indigenous individuals should be prepared to provide identification showing their community membership if requested by conservation officers.

And finally, some helpful tips for safe hunting:

- Tell someone where you will be hunting and when you will be returning.
- Handle firearms with care and attention at all times.
- Carry a survival kit and a small first aid kit with you at all times.

Best wishes for a safe and successful hunting season!

For more information on your rights and obligations while hunting in Ontario, please visit:

www.ontario.ca/page/hunting

OR www.ontario.ca/page/ministry-naturalresources-and-forestry



Traditional Craft Night with Cultural Coordinator Tammy

Tuesday, November 21

- Maan Doosh Gamig
- (1) 6:30 PM to 8:30 PM

Please RSVP by Tuesday, November 14.



Tammy.Chevrette@wahnapitaefn.com



Honouring Generations

FAMILY PHOTOSHOOTS

In recognition of National Grandparents Day
Sunday, September 10

SATURDAY, NOVEMBER 18
WFN SACRED JIINGTAMOK GROUNDS
10:00 AM TO 1:00 PM

PLEASE RSVP TO LINDA BY WEDNESDAY, NOVEMBER 15





Please contact Linda Mhende-Chitowa to RSVP or for more information:

- Linda.Mhende-Chitowa@wahnapitaefn.com
- (705) 858-7700



Wednesday, November 22

© Maan Doosh Gamig © 4:00 PM to 6:30 PM RSVP BY FRIDAY, NOVEMBER 10



Please contact Natalie to RSVP or for more information:

👜 Natalie.Goring@wahnapitaefn.com 📞 (705) 858-7700



Mini Wreaths & Wooden Ornaments

TUESDAY, NOVEMBER 8

- Maan Doosh Gamig
 - (1) 1:00 PM to 3:00 PM

Please RSVP by Monday, November 6



Please contact Heather Roy for more information:

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



Lunch & Photos with Santa Claus

Saturday, December 16

Maan Doosh Gamig 11:30 AM - 1:00 PM

Please RSVP to Nancy or Natalie by Thursday, December 7.
Limited seats available.

- Nancy.Debassige@wahnapitaefn.com
 - Natalie.Goring@wahnapitaefn.com





Christmas PENNIY TABLE

We are graciously requesting items to be donated by

Monday, November 27

Please contact Heather with any questions or for more information:



Heather.Roy@wahnapitaefn.com (705) 858-7700





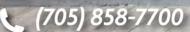
Register your float with Heather by

Monday, December 11
PRIZES FOR
1ST, 2ND & 3RD
BEST FLOATS!

*Floats must be registered to qualify for prizes.



Heather.Roy@wahnapitaefn.com







Saturday, December 16

Following the Christmas parade will be a community potluck feast at Maan Doosh Gamig. Please let Heather know what item you will be bringing by Monday, December 4.



Heather.Roy@wahnapitaefn.com (705) 858-7700

Dibaajimoovinan Gezhtoojiq Employment & Training

Gezhtoojig Employment & Training

OPEN HOUSE

WAHNAPITAE FIRST NATION

Date: Thursday, November 23

Time: 10:00 AM - 1:00 PM

Location: Maan Doosh Gamig

✓ COME VISIT US IN YOUR COMMUNITY SHARE YOUR INSIGHT WE WANT TO HEAR FROM YOU

✓ FIND OUT ABOUT OUR SPECIAL TRAINING PROGRAMS OFFERED



✓ 11AM INFORMATION SESSION ON OUR PROGRAMS AND SERVICES



- ► PARTICIPATE & RECEIVE \$50.00 WALMART CARD
 - COFFEE. SNACKS. GIVEAWAYS
- ✓ LUNCH PROVIDED









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 www.gezhtoojig.ca

Meedaride?

Rides for grocery runs and hospital visitations are free and available every Wednesday for registered Wahnapitae First Nation members!

WEDNESDAYS • NOVEMBER 8, 15, 22 & 29

Please contact Heather to book your preferred time, appointments are by availability only.

Heather.Roy@wahnapitaefn.com (705) 858-7700





Stay Informed and Safe with the New Emergency Alert Program

Dear Wahnapitae First Nation,

We are excited to introduce the new Emergency Alert Program, an initiative aimed at increasing the safety and well-being of Wahnapitae First Nation members and its community, whether residing onor off- reserve.

Launching on Wednesday, October 18, this program is facilitated by the Emergency Management Coordinator, utilizing the well-established application, Everbridge, to streamline communication during critical times and ensure that every community member is kept informed and safe during emergencies.

Who is it for?

This program is tailored to Wahnapitae First Nation members and community members, including those living off-reserve. Its sole purpose is to alert members and community promptly in the event of emergencies.

Who is managing it?

The Emergency Alert System is managed by WFN administration, leveraging the advanced functionalities of the Everbridge application to ensure seamless communication during emergency events.

Why are we launching this program?

A significant part of the overall plan to enhance safety and foster better communication during emergency events, the introduction of this program is a step towards safeguarding our community members. It comes with an assurance of timely and efficient notification, helping everyone to stay informed of necessary actions and precautions during emergencies.

What triggers an alert?

An alert will be triggered under circumstances that require immediate attention and collective action from the community, such as natural disasters, severe weather conditions, evacuations, or other emergency situations that warrant community alertness and responsiveness.

How does it work?

Emergency alerts can be sent/received as electronic calls, texts, or emails. When you sign up for the program, you will be able to select the communication method that works best for you. This feature ensures that everyone gets emergency alerts at the same time in their preferred format.

Register here:

cutt.ly/WFN_EmergencyAlertSystem_SignUp ,

and we encourage everyone connected to WFN to actively participate and help foster a community where everyone is alert, informed, connected and safe.



IN EMERGENCY SITUATIONS CALL 911

AND SPECIFY YOUR LOCATION AS WAHNAPITAE FIRST NATION

DO NOT CALL FIRE CHIEF RECOLLET. 911 DISPATCH WILL NOTIFY ALL NECESSARY PERSONS. NOT CALLING 911 FIRST COULD COST OUR COMMUNITY LIVES AND BUILDINGS.

FREE WOOD

PRIORITY WILL BE
GIVEN TO COMMUNITY
ELDERS AND
HOUSEHOLDS WITH
WOOD STOVES.

COMMUNITY MEMBERS
MUST SIGN UP TO
RECEIVE A SHARE OF
THE FREE FIRE WOOD.



SIGN UP VIA EMAIL TO: MELANIE.SABOURIN@WAHNAPITAEFN.COM

Community Notices



Housing Committee Volunteer Call

The Wahnapitae First Nation Housing Committee is dedicated to improving the quality of life for all members by honouring our Seven Grandfather Teachings in all decision making processes.

The Housing Committee is responsible for:

- Assessing and developing strategies to address community housing needs
- Providing guidance and advice to the housing department, this can involve information on policies and service delivery
- Facilitating community engagement (ie. public meetings and community outreach to ensure all perspectives are represented equally and fairly)

To become a Housing Committee volunteer you must:

- Ensure you are availble and able to attend all committee meetings
- Be knowledgeable of community issues
- Have the ability to work in a team environment, be ethically and morally responsible
- Be a member of Wanhapitae First Nation at least 18 years of age
- Comply with the terms of reference used

Please contact Housing Coordinator Terry for applications or more information:



HousingCoordinator@wahnapitaefn.com (705) 858-0610

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



Norman Recollet Health Centre Clinical Services

Hours of operation at 190 Loonway Road:

Monday: Booked appointments only 9:00 AM - 4:00 PM

Tuesday: Booked appointments only 9:00 AM - 12:00 PM

> Walk-in appointments only 1:00 PM - 4:00 PM

Wednesday: Booked appointments only 9:00 AM - 5:30 PM

Thursday: Phone appointments only 9:00 AM - 12:00 PM

*Phones are answered Monday to Thursday from 9:00 AM - 12:00 PM and from 1:00 PM - 4:00 PM. Office is closed for lunch daily from 12:00 PM - 1:00 PM.





NOVEMBER 2023



TUESDAY, NOVEMBER 28 6:00 PM © MAAN DOOSH GAMIG & VIA ZOOM

Members wishing to attend via Zoom must register here:



SCAN HERE



OR VISIT:
cutt.ly/WFN_CC_Nov2023

- The deadline to register for the web version of this meeting is Tuesday, November 14.
- ➤ After registering, you will recieve a confirmation email with information about joining the Zoom Meeting.
- Registration is only open to WFN members who are over 18. Virtual attendees must use their legal name when signing in.
- No registration is required for those wishing to attend in person.

WAHNAPITAE FIRST NATION AND November 2023 • Baashkaakodin Giizis Community Events Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	• AES-KEB 5 Year Review Session • Scarecrow Contest Deadline • Congregate Dining RSVP Deadline	31 • Soup's ON! • Find Bones the Cat Submission Deadline	All Souls' Day Ceremony & Feast DIY Senory Light Box RSVP Deadline	• Good Food Box Order Deadline • Early Years Programming	3	• ADLP Career Fair
5 Daylight Savings	Christmas Crafting Ornaments & Wreaths RSVP Deadline	7 • Soup's ON! • DIY Sensory Light Boxes • Healthy Snacks Pick-Up • Teen Talk RSVP Deadline	8 • Christmas Crafting Ornaments & Wreaths	• Early Years Programming • Good Food Box Delivery	• Pre-Christmas Fest • Teen Talk	11 Remembrance Day
12	13 CLOSED	• Soup's ON! • MDG Drum Circle • Diabetes & You with NP Lisa Parise • C&C Reg. Mtg. Virtual Deadline • Traditional Craft Night RSVP Deadline	15 • Seniors' Activity	16 • Early Years Programming • Nutrition Bingo • Senior Activity Kits Delivery • Healthy Recipe of the Month RSVP Deadline	17 • Dec. Senior Activity Kits RSVP Deadline	18
19	• Harm Reduction 101 & Naloxone Kit Training • Trivia Night RSVP Deadline • Charcuterie Board Crafting RSVP Deadline	• Soup's ON! • Congregate Dining • Traditional Craft Night What's in yo	22 our fish? Fish Contamina	• Early Years Prog. • Healthy Recipe OTM Pick-Up • Charcuterie Board Crafting • Paint Social RSVP Deadline	24 • Trivia Night	25
26	• Christmas Penny Table Donation Deadline	• Soup's ON! • MDG Drum Circle • Early Years Programming • Chief & Council Regular Meeting	29 Paint Social	30	1	2
3	4 • Potuck Feast Item Deadline	5	6 • Congregate Dining RSVP Deadline	• Lunch & Photos with Santa RSVP Deadline • Good Food Box Order Deadline	8	9