



Community Newsletter

December 2025 Mnidoo Giishoonhs • Little Spirit Moon
January 2026 Manidoo Giizis • Spirit Moon

Featured in this issue:

- Christmas Parade & Feast
- Christmas Crafting
- Finance & Audit Committee Call
- Info Management Law FAQ
- Sewing Machines 101
- LNHL Player Call
- Social Services Logo: Extended
- Ribbon Skirt Workshop



and Potluck Feast
Saturday, December 13

Parade departs 5:00 PM from end of Loonway Rd. to
Centre of Excellence with feast to follow.

Please RSVP your children.

*Register floats by Thurs., December 11;
add potluck items by Wed., December 10.*

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

Christmas Crafting

Wednesday, December 3

📍 Maan Doosh Gamig 🕒 10am-3pm

Snacks and refreshments provided.

For more information and to RSVP please contact:

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





Monday, December 1

📍 Maan Doosh Gamig 🕒 10am-12pm

For more information please contact:

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





Planning for the Future Starts Today Free Seminar on Wills, Estate Planning & Powers of Attorney

**Wednesday
December 3rd
6:30 P.M.**

**@ MAAN DOOSH
GAMIG**

**Please join us for an informative
session on Wednesday, December
3rd at 6:30 p.m.**

Denis Michel from Michel & Associates Law will explain:

- Why every adult should have a will
- How estate planning protects your family and assets
- The importance of Powers of Attorney for health and finances
- Common mistakes to avoid
- How to get started - no matter your age or situation

**DOOR
Prize**

*Light snacks &
refreshments will be
provided*



DENIS A. MICHEL



Michel & Associates Law

Mr. Michel's primary areas of practice include:

- Real Estate
- Criminal Law
- Commercial Corporate Law
- Wills & Power of Attorney
- Estate Law
- Construction Law

Have a question? Please e-mail trustinfo@wahnapitaefn.com or rachel.bayley@td.com



Minoganawaamdig Niibaanaamaang miinwaa Nimkoodaading

*Merry Christmas and Happy New Year!
From Chief, Council & Staff of
Wahnapiatae First Nation*



Chief & Council

REGULAR MEETING Monday, December 8

📍 **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 December 1.
- 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



GOOD FOOD

DECEMBER

ORDER: THURSDAY, DECEMBER 4TH
PICK-UP: THURSDAY, DECEMBER 11TH

JANUARY

ORDER: THURSDAY, JANUARY 8TH
PICK-UP: THURSDAY, JANUARY 15TH

SMALL BOX \$10 LARGE BOX \$21

To order or for more information:

✉ Heather.Roy@wahnapietaefn.com

☎ (705) 858-7700



Transform Tuesdays

Exercise Activities with Heather & Alison

December 2, 9 & 16

January 6, 13, 20 & 27

☉ 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

CONGREGATE DINING

ELDERS 55+

CHRISTMAS PARTY

DECEMBER 7

RSVP BY DECEMBER 4

WITH A SPECIAL GUEST APPEARANCE

JANUARY 8

RSVP BY JANUARY 5

☉ 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



RSVP

Wednesday, Dec. 10

PICK-UP

Wednesday Dec. 17

Bring your bags to MDG from 1-5pm.

To RSVP and for more information:

✉ Rochelle.Tyson@wahnapietaefn.com

☎ (705) 858-7700





Join us to help shape our community's future through the development of our Land Code, your input and ideas are vital. Dinner and refreshments provided.

Learn more about the Land Code process by scanning the QR below or visiting www.cutt.ly/wfn-landcode.

November 18

🕒 5:30-7:30PM

📍 MDG Hall

DOOR PRIZE!

November 25

🕒 5:30-7:30PM

🌐 Virtual (Zoom)

LINK ON MEMBERS PORTAL

December 2

🕒 5:30-7:30PM

📍 Hilton Garden Inn, Sudbury

DOOR PRIZE!

For more information and Zoom link please visit:

🌐 www.wahnapiitaefn.ca/members-login or scan code.

For questions please contact:

✉ Sara.Lehman@wahnapiitaefn.com

📞 (705) 858-0610



Diabetic Snacks

PICK UP TAKE HOME KITS

Monday, December 8
Thursday, January 22

📍 Maan Doosh Gamig 🕒 3pm

Must be diabetic and RSVP by Thursday, November 20.
For more information and to RSVP please contact:

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



Nutrition

BINGO

Thursday, December 11
Thursday, January 15

📍 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

Tuesday's 📍MDG 🕒 6-8pm

Open to everyone, light snacks and refreshments provided.
For more information please contact:

✉ sue.roque@wahnapietaefn.com 📞 (705) 858-0610



Information Management Law **Update & FAQ**

UPDATED

A second ratification vote for Wahnapiatae First Nation's Information Management Law is coming soon to carry out members' wishes for strong privacy protections and rights. Please use this FAQ for explanation of the most up-to-date information on the law and its progress.

Why is WFN making its own Information Management Law?

Q

Uncertainty over applying colonial privacy laws to First Nations leaves members vulnerable. The proposed Information Management Law is a member-led solution creating strong, community-controlled data privacy and freedom of information rights. The law requires member consent for data use and sharing. Additionally, it protects member data, guarantees access to non-member records (when appropriate), creates a central registry for all decisions and policies, and begins a historical archive.

A

How does this affect me?

Q

The proposed law strengthens your rights over your personal information by ensuring you:

- Know why your data is collected and that it will only be used for the intended purpose.
- Have the right to request and verify the accuracy of your own personal information.
- Are protected from your data being misused by other organizations.
- Can easily access relevant and acceptable records.

A

What if my privacy is violated under this law?

Q

There will be a process to report concerns or violations; in case of actual issues, the law allows for an independent, third-party adjudicator. The law also includes accountability measures to ensure privacy is respected and corrective actions are taken if needed.

A

Who can access records and what's in them?

Q

The Registry will contain all Wahnapiatae First Nation laws, policies, and Council/committee decisions, including plain-language versions to ensure transparency and participation. The law applies to all individuals within Wahnapiatae First Nation, including leadership, committees, and staff.

A

What rights will I have under this law?

Q

You have the right to know how your data is collected and used, to access and request corrections to your own records, and to be notified if your information is shared. You also have the right to access other acceptable records.

A

Was there already a vote for the Information Management Law?

Q

An initial ratification vote for the law was held in March 2025. Although over 80% of members voted in favor, the results didn't count because the turnout didn't meet the ISC threshold (25% of the eligible voting population + 1). This imposed colonial threshold can deny the will of the people, runs counter to ANGA freedoms, and causes costly re-voting.

A

What are future steps?

Q

With both member and council approval on moving to simple majority voting system, Governance staff are working with the Lands Dept. to plan a co-vote for early spring of 2026. This vote would ratify the Land Code and Information Management Law.

A

Still have questions? Please contact: ✉ Taylor.Bertrim@wahnapiataefn.com ☎ (705) 858-0610 ext. 254

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, December 11 & 18

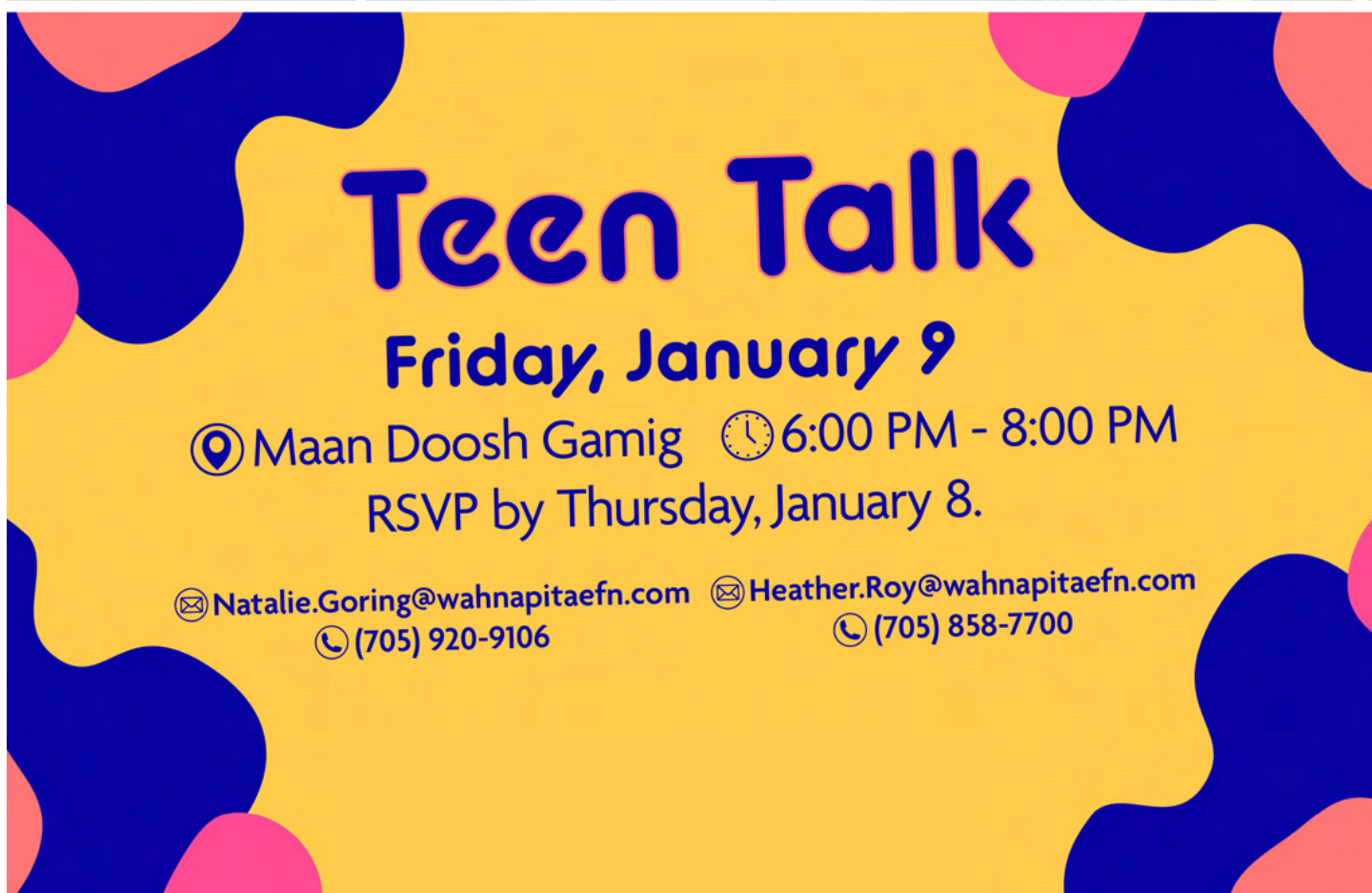
📍 WFN Yurt & Tipi (behind MDG) ⌚ 1 PM - 4 PM

For more information please contact:

✉ Line.Baillargeon@wahnapietaefn.com

☎ (705) 858-7700







Healthy Snacks

Pick Up Dates



Tuesday, December 9
*With a special guest appearance for photos!



Wednesday, January 7

📍 **Family Wellness Centre (178 Loonway Rd)**
🕒 **3:00 PM to 6:00 PM**

For questions and more information please contact:
✉ raelynn.cranston@wahnapietaefn.com ☎ (705) 822-5690





BOOK CLUB



WE WERE LIARS
e. lockhart
NEW YORK TIMES BESTSELLING AUTHOR

#1 NEW YORK TIMES BESTSELLER
e. lockhart
family of liars
THE PREQUEL TO **we were liars**

"Without a doubt, a phenomenon... The novel, like the Simla's... they're right together!"
—The New York Times

DISCUSSION: **THURSDAY, JANUARY 29**

📍 **Elder's Lounge** 🕒 **1:00 pm**

Pick up your copies from Heather by Monday, December 1.

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

Seniors

T.L.C.

Tuesdays

December 2, 9 & 16

January 6, 13, 20 & 27

📍 **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




Senior Activity Kits



DECEMBER

Medicine Pouch
Sign-up: Thurs., December 4



JANUARY

Leather Beaded Earrings
Sign-up: Mon., January 5

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

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






Welcome back to the Team!

Aanii/boozhoo Mkade ooanhkenh Ogitchidaa kwe, Shiikenh dodem, N'Swakamok doonjibaa, Wanbedeh n'daaw. Hello again Wahnapiitae First Nation! Some of you may already know me and for those that I have not met, my name is Sue Roque and I am proud to step into the position of Cultural Coordinator.

I have been a frontline social services worker for over 30

years working only for Indigenous Businesses or Agencies both on and off reserve. Starting here way back when our Band Office was a portable trailer as the Health Programs Director, it gave me a solid foundation to move on to different opportunities. I worked for Native People of Sudbury Development Corporation for 8 years as the Native Tenant Liaison Officer, then the N'Swakamok Native Friendship Centre for 12 years as one of the Life-Long Care Support Workers. While still with the Friendship Centre I was hired to work part time as a Cultural Resource Worker for Kina Gbezhgomi Child and Family Services. I eventually left the Friendship Centre to work for Kina Gbezhgomi Child and Family Services as a Protection Worker in Child Welfare. I was recruited to come back to my home community for a brief time as Family Well Being Worker and Secondary Band Representative. My path led me back to KGCFN to work as a Jordan's Principle Service Coordinator where I was for the last 4.5 years.

Having the opportunity to not only live in my home community, but to work here as well to promote and support the revitalization of our culture is very near and dear to my heart. I look forward to sharing the teachings I have learnt over the last 31 years on my journey to cultural reconnection and continuing to learn with all of you.

I look forward to working with the community and if you have any questions, ideas, feedback that you would like brought forward please feel free to contact me. Miigwech!



Sewing Machines 101

Join us to learn the basics of using a sewing machine including threading, cleaning, changing needles, and more

Monday, December 8

📍 Maan Doosh Gamig 🕒 6-8pm

Light snacks and refreshments provided.

For questions or more information please contact:

✉ Sue.Roque@wahnapiitaefn.com ☎ (705) 858-0610



Traditional CRAFT NIGHT

making Hide Roses

Wednesday, January 7

📍 Maan Doosh Gamig 🕒 6-8pm

Share your ideas! Light snacks and refreshments provided.

For questions or more information please contact:

✉ Sue.Roque@wahnapiitaefn.com ☎ (705) 858-0610





Education Update

November has been an exciting month for the Education Department, with continued progress across multiple portfolios, partnerships, and infrastructure projects. Corbiere has officially begun clearing the designated area for the new Education building, as well as space for the future medicine garden. We are also pleased to share that the back area is increasingly becoming a cultural learning hub. On November 26, we hosted 48 students from Lasalle Secondary School for a full day of land-based teachings, including fire teachings led by Wally McGregor. Great Lakes Cultural Camps will be visiting in December with a focus on hunting and tanning skills.

At the school board level, collaboration is growing. Jamie and Marilyn attended the opening of École Notre Place and signed off on the board action plan with the French Catholic School Board. We are planning a mural project with Jessica Sommers for the new school in Spring 2026. Sudbury Catholic District School Board has also impressed us with their development of Indigenous programming, and we look

forward to supporting their work further.

Staffing changes have taken shape. Chantal has accepted the role of Anishinabek Student Support Worker (ASSW) and began her duties on November 18. Two strong ASSW candidates were also interviewed for the Indigenous Education Outreach Coordinator (IEOC) role, and we are excited to welcome Bobbi Bob into that position as of November 10. Bobbi has already begun reaching out to local schools and planning land-

based teachings for youth in our cultural space.

In Post-Secondary, the WFN/SINO Scholarship was awarded after two applications were reviewed; one student was successful. Students have also started submitting Winter Start applications, and we are reviewing feasibility and required documentation before final approval. Several adult education requests have come in, along with two OFNLP computer requests. At the ONECA Conference, valuable

Soup's On!

TUESDAYS

📍 **MAAN DOOSH GAMIG**

☎ **(705) 858-0610**

ORDER BY 11:00 AM PICK-UP BY 12:00 PM

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

information was shared about Education Service Agreements and new tools for budgeting post-secondary funding. Nathan also officially become a LUNEC sitting member for the Chancellor selection process.

For the ASSW file the 2025–26 work plan is finalized and will be provided to Chantal upon her start. Organizational efforts are also underway to reformat student files into Ontario Student Record (OSR) format.

As for the Education Services Manager, onboarding and policy updates are progressing, with the finalized ASP Policy soon being provided to Chief and Council. A new High-Cost Special Education Policy is in early planning, intended to support assessments, tutoring and other needs.

We've also acquired a drone for use in the ongoing community profile book; it will also be used for photography and STEM learning in the YLP. A robotics team from a local high school will present at the hall on December 3, introducing robotics concepts to local youth and potentially sparking new interests.

Lastly, the RTP partnership has been renewed for 2026, with a Q4 meeting held on November 18. Final documents will be submitted shortly, and staff from RTP, including Jade and Evelyn Steele, visit WFN from December 1–3. Nancy recently attended the ILECC Resiliency Workshop in Sault Ste. Marie and continues to ensure all deliverables are met.

- WFN Education Department



WINTER Wonderland

Photo Booth Contest 📍 **178 Loonway Rd.**

ENTER TO WIN AN AMAZON GIFT CARD

SOLO PHOTO \$50 • FAMILY PHOTO \$100

Submit your photos to Natalie by Sunday, January 4.
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: Tuesday, January 6. Text or email photos to:

✉ Natalie.Goring@wahnapietaefn.com ☎ (705) 920-9106



Social Services

LOGO DESIGN CONTEST

DEADLINE EXTENDED

Share your idea to win a prize!

All ages welcome to participate.

Please submit by Saturday, January 10.

✉ natalie.goring@wahnapietaefn.com ☎ (705) 920-9106



Wellness Wednesdays

December 10 🕒 10am 📍 MDG

*"Seasonal Affective Disorder & Depression"
Info Session & Leather Bag Workshop*

December 17 🕒 10am 📍 MDG

Anti-Bullying Info Session & Flat Fan Workshop

January 7 🕒 10am 📍 MDG

Cervical Cancer Info Session

January 14 🕒 10am 📍 MDG

Thyroid Awareness Info Session

January 21 🕒 10am 📍 MDG

Birth Defects Info Session

January 28 🕒 10am 📍 MDG

Mental Wellness Info Session

For more information and to RSVP please contact:

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



Ribbon Skirt WORKSHOP

Saturday, January 10

📍 Maan Doosh Gamig 🕒 10am

RSVP by Wednesday, January 7.

✉ Sue.Roque@wahnapietaefn.com

📞 (705) 858-0610

✉ Heather.Roy@wahnapietaefn.com

📞 (705) 858-7700





COMMITTEE CALL OUT

Finance & Audit Committee

The eligibility criteria to be a finance and audit committee member is as follows:

1. The ability to read understand an analyze annual financial statements and the notes to the financial statements.
2. The ability to understand accounting policies, including any estimates used or judgments applied by management in the application of the accounting policies, when these are explained by director of finance and the auditor.
3. An understanding of the first nations objectives and operations that may impact the selection or application of accounting policies.
4. A knowledge and understanding of the strategies that have been adopted by the first Nation and the risks involved with any new strategies.
5. And ability to understand the first nations risk environment.

Scan to view the
application or visit:
 wahnapiataefn.ca



Physical copies available at the Centre of Excellence.

Aanii, boozhoo,

As shkagamik-kwe cools the land, air and waters, and we enter the winter season, we are reminded of the natural rhythm that guides us. This time of year encourages us to slow down, turn inward, and honour the teachings passed down through our families and ancestors. Winter reminds us of connection — to each other, to the land, and to the values that continue to shape the heart of our community.

December also brings moments of celebration, gathering, and laughter. On December 13, the community will come together for our annual Parade and Feast, a time to share food, warmth, and stories as we move deeper into the winter months. These gatherings strengthen the ties between us, offering space to reconnect, reflect, and enjoy the company of family, friends, and fellow community members. This event is open to all, and we look forward to seeing everyone come together in the spirit of togetherness and joy.

Throughout December, a familiar festive visitor will also be travelling through our community events — the Grinch will be popping up at many gatherings, bringing fun, mischief, and smiles to both young and old. Be sure to keep an eye out for surprise appearances throughout the month!

As we continue through the winter season, we remind everyone to stay safe on the roads, to be mindful of the cold, and to take moments of rest whenever needed. Winter invites us to reflect, to care for ourselves and one another, and to gather in ways that honour both tradition and community spirit.

Wishing all Wahnapiatae members a peaceful, joyful, and grounded start to December and January. May the winter months bring warmth to your homes and strength to your hearts.

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.



WAHNAPITAE FIRST NATION

259 TAIGHWENINI TRAIL ROAD
CAPREOL, ONTARIO P0M 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570

www.wahnapiataefirstnation.com

November 24, 2025

Aanii Members,

Re: Governance Procedures Policy Changes

As Wahnapiatae First Nation (WFN) continues to grow and evolve, it is important that our policies reflect those changes, and especially how we operate through our Governance Procedures Policy.

This important document dictates the functions of the Chief, Council and the Executive Director – in addition to related meetings – but has not been amended since 2020. Much has since changed since then, and so WFN's legal advisors have provided a newer version that more cleanly and clearly captures how we can and should function; that version is included in this package.

Because this policy dictates the way that senior leadership operates, we wanted to ensure that you as members can review, consider, and respond to those changes. That is why this package also includes a general list of those amendments so that you can see for yourself what's being proposed.

Please note that these changes are only being made to better reflect the way that WFN operates, and to provide more clarity around the work that is happening on your behalf. The hope is to make Chief and Council more accountable, to make the administration more functional, and to make meetings more meaningful.

If you have any thoughts on the proposed changes, or if you wish to see a version of the document with all changes tracked, please contact Policy and Procedure Specialist Jordan Cheechoo at jordan.cheechoo@wahnapiataefn.com by Jan. 26, 2026. Your feedback will determine whether these changes will pass at the Regular Meeting of Chief and Council being held that same day.

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

Miigwetch,

Chief Larry Roque
Wahnapiatae First Nation

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.





**WANBEDEH
FLYING CRANES**

2026 LNHL PLAYER CALL



U9, U11 & U15 PLAYERS

**REGISTRATION CLOSING
THURSDAY, DECEMBER 18**

Please contact Ashley Zelionka to register:

✉ roque_ashley@hotmail.com ☎ (705) 698-4065





Self Care & Mental Health

INFO SESSION & SWAG GIVEAWAYS

Monday, January 26

📍 Maan Doosh Gamig 🕒 10am-3pm

Giveaways, info session and crafting!

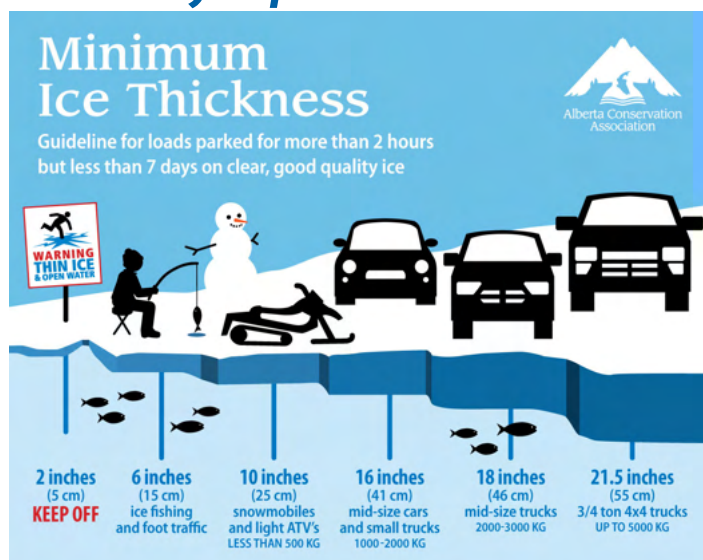
For more information please contact:

✉ Heather.Roy@wahnapiitaefn.com

📞 (705) 858-7700



Ice Safety: Tips to a Safe Season



Ice safety is crucial across Canada, and experts like the Canadian Red Cross and the Lifesaving Society warn that no ice is 100% safe. Always measure and inspect ice before walking or driving on it.

Minimum Safe Ice Thickness (Clear, Hard Ice Only)

These minimums apply only to new, clear, blue ice. White or opaque ice (snow ice) is only half as strong:

- Walking/Skating (Single Person) 15 cm (6 inches)
- Group Activities 20 cm (8 inches)
- Snowmobile/ATV 25 cm (10 inches)
- Light Vehicle (Car/Truck) 30-38 cm (12-15 inches)

Grey Ice is Unsafe: Grey ice signals thawing or rot and must be avoided entirely. Ice strength is not uniform. Be wary of areas near currents, inlets/outlets, docks, and protruding rocks, as these areas weaken the ice.

Before You Go

- Use the Buddy System: Never go alone.
- Tell Someone: Leave a trip plan detailing your location and expected return time.
- Essential Gear: Wear a Personal Flotation Device (PFD) and carry a set of ice picks (claws) around your neck for self-rescue.

If You Fall Through (Self-Rescue)

If you break through the ice, follow these steps recommended by the Canadian Red Cross:

- Don't Panic: Control your breathing.
- Turn Back: Face the direction you came from, as the ice there was recently strong enough to hold you.
- Use Ice Picks: Drive your ice picks into the solid ice and kick your legs to propel yourself horizontally onto the surface, spreading your weight out like a seal.
- Crawl Away: Once out, stay low (do not stand up) and crawl or roll back toward shore to distribute your weight evenly.

Let's Bead!

Tuesdays
December 2 & January 13

📍 Maan Doosh Gamig 🕒 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

Wahnapietae First Nation

ENGAGEMENT SESSION

Short-Term Rentals & Membership Transfers

Saturday, January 24
📍 10am 🕒 Maan Doosh Gamig

In-person only. Light lunch and refreshments provided.
For questions and more information please contact:
✉️ melissa.brideau@wahnapietaefn.com ☎️ (705) 858-0610

Mnidoo Giishoonhs Horoscope

Snow Goose and Capricorn

People born at this time, under the constellation of Capricorn, possess the ability to be practical and organized. These individuals have the potential to hold authority in what they choose to engage in. They will often find themselves in the position of leading a project or organization and if they do they may well approach it in a meticulous manner.

In Native American tradition the snow goose totem, found in the north on the medicine wheel, is used to represent the energy of these folk. The snow goose is quite a unique bird that chooses to follow the snow rather than the sun. Likewise individuals who are born at this time appreciate the purity of beginnings, a purity that may be far too limiting and lifeless for others. However the opportunities that come with such beginnings are a blank canvas, a huge potential for those who possess practical leadership qualities.

The Snow Goose is also a creature that is methodical. The Snow Goose, when migrating, may fly thousands of miles each year in a V shape. At the head of the formation is the female leader. The leader will be the strongest, she help to break up the wind for those who fly immediately behind her but slightly to the side. Her position is intentional as she does not obstruct the geese's vision behind her, but takes the main burden of any flight resistance that comes from the wind. The Geese directly behind her are the next strongest creatures in the gaggle. The geese that shadow take the burden for the geese that follow them and so on. This process could be seen to show the methodical approach as well as value of working methodically within an organization these individuals born at this time possess.

Snow Geese also adhere to a pecking order, within the gaggle, showing an appreciation of authority. The pecking order can be seen to symbolize the authoritarian Capricorn traits, as individuals born at this time can deeply value authority as well as possess it. The snow goose or Capricorn individual can possess practical meticulous authority, but in the process of attending to matters that they choose to engage in through having such qualities, they can become out of touch with their emotions. For this reason the Snow Goose individual can grow from following the wisdoms of the Flicker individual found in the south on the medicine wheel.

Source: <https://twofeathers.co.uk/pages/native-american-astrology/?srsltid=AfmBOorkKTEC2oC107ojuLH49HG53meprDk6v3OEW-OJ0Ngc6vYs#red-hawk-and-aries>

LANDFILL & WASTE COLLECTION *Holiday* ❄️ Hours ❄️

Garbage and Recycling will be collected together on Wednesday, December 23rd, and Wednesday, December 30th. Please ensure all bins are placed out for collection no later than 8:00 AM on these dates.

The Landfill will be open for residential and commercial drop-off during limited hours. These dates are Monday, December 21st, and Monday, December 28th, with operating hours from 12:00 PM to 2:00 PM on both days.

WE'RE HIRING!

APPLY TODAY! ANISHINABEKPOLICE.CA





Chief & Council

REGULAR MEETING Monday, January 26

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

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

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

- The deadline to register for the web version of this meeting is January 19.
- 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@wahnapietaefn.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



What the Medicine Wheel

*Traditional Drumming Song
provided by Lori Corbiere,
Land-Based Worker*

Sing choruses for two rounds.

I want to know what the Medicine
Wheel has to say to me tonight;
I want to know what the Medicine
Wheel has to say to me tonight;
I have opened my heart wide to hear
Great Spirit calling;
I have laughed and I have cried
through every lesson's learning.

I will bless what the Medicine Wheel
has to say to me tonight;
I will bless what the Medicine Wheel
has to say to me tonight;
I have opened my heart wide to hear
Great Spirit calling;
I have laughed and I have cried
through every lesson's learning.

After two rounds.

I want to know what the Medicine
Wheel has to say to me tonight,
I will bless what the Medicine Wheel
has to say to me tonight.



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.wahnapitaefn.ca/members-login
or scan code. 

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



MEMBER SURVEY *Community Land Use*

CLOSING SUNDAY, JANUARY 25



Physical copies available at the Centre of Excellence,
scan code, or visit www.wahnapitaefn.ca/members-login
to complete the survey online.

Mind Check Mondays



5 Minute Desk Detox

Try this quick 5 minute exercise for a quick reset when you need it.

- 1 **Neck Release Stretch:** Tilt your head side to side holding each side for 15 seconds.
- 2 **Shoulder Roll Reset:** Roll your shoulders forwards and backwards switching direction every 10 seconds.
- 3 **Seated Spine Twist:** Twist your torso to the right and hold for 15 seconds, repeat stretch on the left side.
- 4 **Arm Stretch:** Extend your arm with your palm down, gently pull your fingers toward you for 15 seconds, then switch sides.
- 5 **Leg/Hip Stretch:** Stand and bounce on your tip toes for a calf stretch, after 30 seconds switch to hip circles for another 30 seconds.

→ Comment below to let us know how you feel afterward!



© NRHC PRIMARY CARE CLINIC 190 LOONWAY RD

☎ (705) 858-7700

© NRHC PRIMARY CARE CLINIC 190 LOONWAY RD

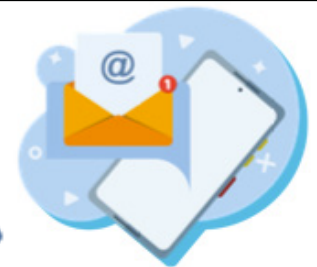
☎ (705) 858-7700

PLEASE BE COURTEOUS NOTIFY YOUR NEIGHBOURS

Before setting off fireworks this season, please notify your neighbours so they can prepare any pets or loved ones.



Stay in the know. Sign up for email alerts.



www.tinyurl.com/wfn-email

For questions or more information please contact:
communications@wahnapietaefn.com

DECEMBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Popcorn & Movie @ Gazebo!	2 Whinnying in Life Both Groups	3 Robotics Presentation HALL both Groups	4	5
8 Christmas Crafts: Window Clings	9 Stained Glass Art!	10 Christmas Crafts	11	12
15 Whinnying in Life Both Groups	16 YLP Christmas Party!	17 ASP Christmas Party!	18	19
22 Christmas Holidays	23 Christmas Holidays	24 Christmas Holidays	25 Christmas Day	26 Don't Day
29 Christmas Holidays	30 Christmas Holidays	31 Christmas Holidays		

ASP (AGES 4-11)
MONDAY &
WEDNESDAY
3:30PM-5:30PM
YLP (AGES 12-17)
EVERY TUESDAY
3:00PM-5:30PM

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

January 2026

ASP (AGES 4-11)
Monday & Wednesday
3:30pm-5:30pm
YLP (Ages 12-17)
Every Tuesday
3:00pm-5:30pm

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HAPPY NEW YEAR!	2	3
4	5 WELCOME BACK! CELEBRATE THE NEW YEAR!	6 GROUP GAMES! PRIZES TO BE WON!	7 STORY SHARING & DRUMMING	8	9	10
11	12 SELF-CARE ACTIVITIES	13 WHINNYING IN LIFE BOTH GROUPS	14 BAKING COOKIES & MOVIE @ GAZEBO	15	16	17
18	19 OUTDOOR FUN! PAINT THE SNOW	20 MAKING SUPPER FOR YOUR FAMILY YLP	21 SLIDING AT THE HILL!	22	23	24
25	26 WHINNYING IN LIFE BOTH GROUPS	27 ESCAPE ROOM @ GAZEBO	28 DANCE PARTY & MAKING CRAFTS!	29	30	31



Wahnapi'tae First Nation

December 2025 • Mnidoo Giisoonhs Community Events



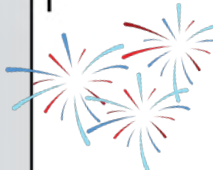
Niizhwaaso-Giizhigad	Ntam-Giizhigad	Niizho-Giizhigad	Nso-Giizhigad	Niiwo-Giizhigad	Naano-Giizhigad	Ngodwaaso-Giizhigad
30	1 • World Aids Day Info Session-10am	2 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Land Code Engagement- 5:30pm • Anishinaabemowin Language Class-6pm	3 • Christmas Crafting-10am • POA, Wills & Estate Info Session-6:30pm	4	5	6
Winter Wonderland Photobooth Contest - Draw Date: Tuesday, January 6.						
7 • Congregate Dining-5pm	8 • Diabetic Snacks Pick Up-3pm • Sewing 101-6pm • Chief & Council Regular Mtg.-6pm	9 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Healthy Snacks Pick Up-3pm • Anishinaabemowin Language Class-6pm	10 • Wellness Wednesday-10am	11 • Good Food Box Pick Up • Traditional Teachings & Stories-1pm • Nutrition Bingo-5pm	12 • Teen Talk Christmas Party-6pm	13 • Christmas Parade & Feast-5pm
Winter Wonderland Photobooth Contest - Draw Date: Tuesday, January 6.						
14	15	16 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm	17 • Healthy Recipe OTM Pick Up-1pm • Wellness Wednesday-10am	18 • Traditional Teachings & Stories-1pm	19	20
Winter Wonderland Photobooth Contest - Draw Date: Tuesday, January 6.						
21	22	23	24	25 	26	27
OFFICES CLOSED						
Winter Wonderland Photobooth Contest - Draw Date: Tuesday, January 6.						
28	29	30	31	1 	2	3
OFFICES CLOSED						
Winter Wonderland Photobooth Contest - Draw Date: Tuesday, January 6.						
4	5	6 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm	7 • Healthy Snacks Pick Up-3pm • Traditional Craft Night-6pm • Wellness Wednesday-10am	8 • Congregate Dining-5pm	9 • Teen Talk-6pm	10

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

Wahnapi'tae First Nation

January 2026 • Manidoo Giizis Community Events



Niizhwaaso-Giizhigad	Ntam-Giizhigad	Niizho-Giizhigad	Nso-Giizhigad	Niiwo-Giizhigad	Naano-Giizhigad	Ngodwaaso-Giizhigad
28	29	30	31	1 	2	3
OFFICES CLOSED						
4	5	6 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm	7 • Healthy Snacks Pick Up-3pm • Traditional Craft Night-6pm • Wellness Wednesday-10am	8 • Congregate Dining-5pm	9 • Teen Talk-6pm	10 • Ribbon Skirt Workshop-10am
11	12	13 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm • Let's Bead-4pm	14 • Wellness Wednesday-10am	15 • Good Food Box Pick Up • Nutrition Bingo-5pm	16	17
18	19	20 • Trfm. Tues.-9am • Soup's ON!-12pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm	21 • Wellness Wednesday-10am	22 • Diabetic Snacks Pick Up-3pm	23	24 • Short Term Rentals & Membership Transfers Engagement Session-10am
25	26 • Bell Let's talk Day @ MDG-10am • Chief & Council Regular Mtg.-6pm	27 • Trfm. Tues.-9am • Soup's ON!-12pm • Book Club Discussion-1pm • Seniors TLC-2pm • Anishinaabemowin Language Class-6pm	28 • Wellness Wednesday-10am	29	30	31
1 	2	3	4	5	6	7

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