

MARCH 1, 2010 NEWSLETTER



With GLOWING HEARTS

Vancouver (AFP) - Sidney Crosby scored the winner in overtime as Canada won the Olympic title Sunday, beating the United States 3-2 to become the first host nation to capture men's hockey gold in 30 years.

Crosby got the winning goal 7:40 into the overtime period, taking a pass from Jarome Iginla and sliding a shot under the pads of US goaltender Ryan Miller.

"It doesn't even feel real. It feels like a dream," said Crosby as Canada clinched a record eighth Olympic men's hockey gold.

"Our team worked really hard in regulation time and they got that one by us in the end. But we came out in overtime and this is just an unbelievable Canadian forward Patrick Marleau added: "It is unbelievable. I have never felt something like

this before. As far as hockey goes it is the best moment I have ever had."

Crosby was held off the scoresheet for most of the tournament but he has a knack for scoring dramatic goals. Earlier in the tournament he scored the game winner in a shootout as Canada beat Switzerland 3-2 in the preliminary round.

Jonathan Toews and Corey Perry had earlier given Canada a 2-0 lead before the US fought back, equalising with just 24 seconds left in regulation time..

I Believe

"I will never forget the feeling of despair I felt when the US scored at those last 24 seconds of



the 3rd period. The game went into overtime and Crosby pulled through with the winning score for Canada. We jumped and screamed with pride and joy. At that moment, all Canadians wished for the same thing and we all-won!"

Way to Go Canada!

Wendy Tyson

Community Wellness Worker

Inside this issue:

| | |
|---------------------------|--------|
| Word Search | 3 |
| Celebrating the Good Life | 4&5 |
| First Nations Art | 6 |
| Request for Catering | 7 |
| Open House | 8,9,10 |
| Lot Development News | 11 |
| "A Path Forward" | 12, 13 |
| Fireweed Training | 14, 15 |
| Family/Youth Calendar | 16 |
| Seniors Page | 17 |
| Colours, Directions | 18 |
| Colour Me Page | 19 |
| Missing , Puzzle Answers | 20 |

Ojibwe Numbers 1 - 10

- 1 Bezhig
- 2 Niizh
- 3 Niswi
- 4 Niiwin
- 5 Naanan
- 6 Ingodwaaswi
- 7 Niizhwaaswi
- 8 Ishwakswi
- 9 Zhaangaswi
- 10 Midaaswi

MARCH (SUGAR MOON) 2010 CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------|--------|--|--|----------|---|-----------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 Chief & Council Meeting 6 p.m. at the fire hall | 10 | 11 | 12 CSS Buffet Breakfast Information Session Open House | 13 Open House |
| 14 Daylight Savings Time | 15 | 16 Senior Movie Night (Rainbow Cinema) | 17  Sweat Conducted by Jake Pine 12 noon | 18 | 19 | 20 Spring Solstice |
| 21 | 22 | 23 Lunch & Learn Adult Blanket Making | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

March 9, 2010 - Chief & Council Meeting at the fire hall—6 pm

March 12, 2010 - Community Support Services Buffet Breakfast - 8 a.m.—11:00 a.m. at the gazebo—for seniors 50 & up

March 12th & 13, 2010 - Information Session Open House - at the fire-hall—check out page 8,9,10

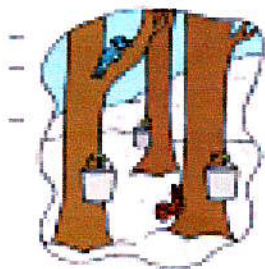
March 17, 2010 - St. Patrick's Day

March 17, 2010 - Sweat conducted by Jake Pine - 12 noon - Community members welcome

March 20, 2010—1st day of spring - Spring Solstice -

March 23, 2010 - 12 noon—3 pm - Lunch & Learn for seniors - Blanket Making - call Wendy to book your spot by Friday, March 19, 2010 858-0610 ext: 107

Maple Syrup Word Search



BOILING
 CANDY
 FILTERING
 MAPLE BUTTER
 MAPLE TREE
 SAP
 SIX WEEKS
 SNOW CONE
 SUGAR BUSH
 SYRUP
 TAPPING
 TEMPERATURE
 WEATHER

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | X | J | S | U | K | D | V | E | F | F | O | E | Q | X |
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| Z | R | G | M | G | M | G | Z | A | I | R | M | E | O | T |
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| N | A | E | H | M | E | E | J | G | E | S | E | T | B | B |

First Nations Trivia

1. What is the name of the famous First Nations marathon runner?
2. On what First Nation was an unarmed native protestor killed by the police in 1995?
3. What is the name of Tomson Highway's first children's book?
4. What is the form of dancing that features brightly coloured regalia and twin bustles worn on the back?
5. What is the name of the herb that many people take nowadays to prevent colds and flu that was first discovered by native people?
6. Who was the chief who settled his tribe in the Grand River area of Ontario?
7. Who won the Best Group award at the 2002 Canadian Aboriginal Music Awards?

Trivia answers on last page.

*The University of Sudbury
Department of Native Studies
proudly presents:*

**NEYAAP
JI-NSASTAMING
EDMING
BIMAADZOWIN**

*Bringing back an
understanding of the good life
with teachings from our Elders*

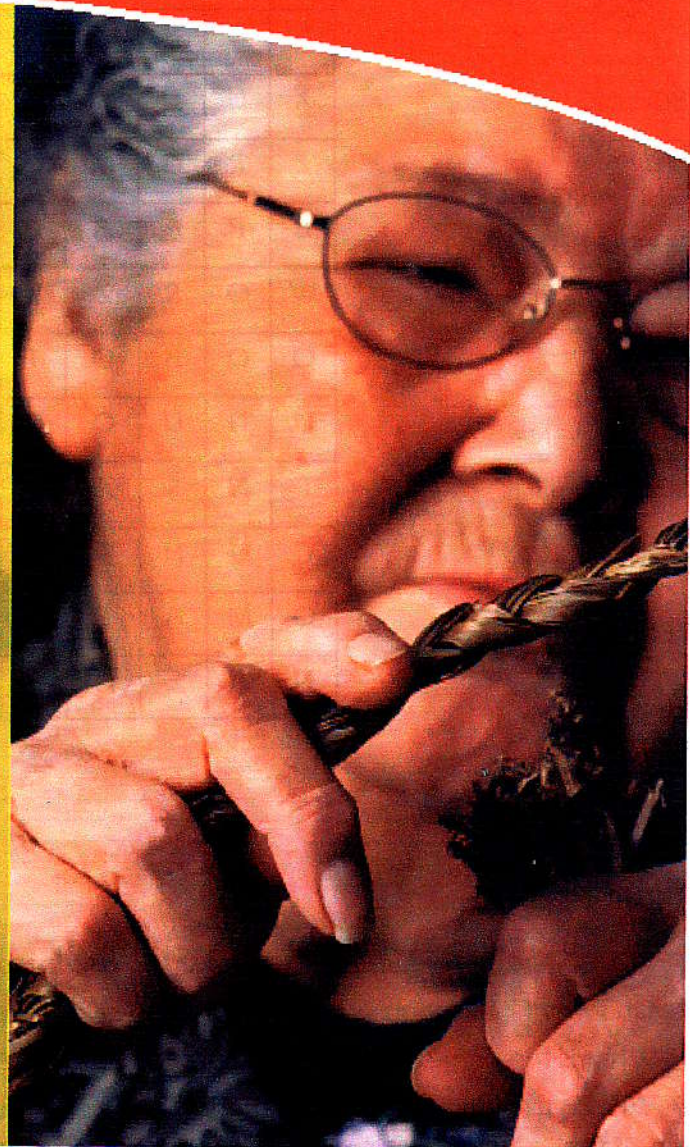
Friday, March 5, 2010
9:00 a.m. to 5:30 p.m.
University of Sudbury

Workshop topics: Celebrating the Good Life,
Raindance and Jingle Dress, Braiding the
Teachings with Language, 13 Grandmother
Moon Teaching, Naming and Berry Fast

**KEYNOTE SPEAKER: MARY ELLIOTT,
BRINGING BACK THE ORIGINAL TEACHINGS**

Lunch will be provided
Potluck Feast
Parking: \$4.00

Everyone is welcome



Laurentian University
Université Laurentienne
Learning. It's in our Nature.



Further details are available from Mary
Recollet at (705) 673-5661, ext. 225

NEYAAP JI-NSASTAMING EDMING BIMAADZOWIN

BRINGING BACK THE UNDERSTANDING OF THE GOOD LIFE
WITH TEACHINGS FROM OUR ELDERS

UNIVERSITY OF SUDBURY ~ NATIVE STUDIES
FRIDAY, MARCH 5, 2010

AGENDA

| | | |
|--------------------|--|--|
| 8:45am | Nutrition Break (Canisius Hall) | |
| 9:00am- 9:30am | OPENING Opening Prayer from University of Sudbury Elder Julie Ozawagosh Welcoming Song ~ Liz Osawamick Overview of Agenda ~ Facilitator Darren McGregor Greetings from University of Sudbury Native Studies Faculty | |
| Time | WORKSHOP ROOM No. 170 | WORKSHOP ROOM No. 113 |
| 9:30am- 11:20am | CELEBRATING MINO BIMAADZOWIN (the GOOD LIFE) Facilitator: Edna Manitowabi | HEALING LODGE TEACHINGS: RAINDANCE & JINGLE DRESS Facilitator: Harvey Bell Jr. |
| 11:20am | BREAK | |
| 11:30am | LUNCH (Canisius Hall) Keynote Speaker: Mary Elliott (11:45am-12:50pm) BRINGING BACK the ORIGINAL TEACHINGS | |
| 12:50pm | BREAK | |
| 1:00 pm- 3:20pm | BRAIDING the TEACHINGS WITH LANGUAGE Facilitator: Liz Osawamick | 13 GRANDMOTHER MOON TEACHINGS Facilitators: Marie Eshkibok & Wilfred Trudeau |
| 3:20pm | BREAK | |
| 3:30pm- 5:00pm | POTLUCK FEAST (Canisius Hall) Feast Prayer from Elder | |
| 5:00pm - 5:30pm | CLOSING REMARKS University of Sudbury Native Studies Faculty Closing Prayer from University of Sudbury Elder Ron McGregor Closing Song ~ Liz Osawamick | |

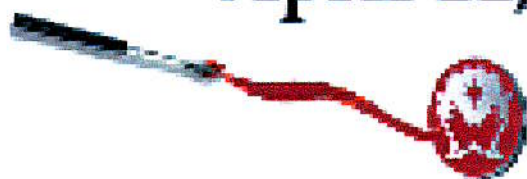
35th Anniversary First Nations Art 2010

CALL FOR ENTRY



The Centre is extending an invitation to all artists of First Nation's ancestry to submit two works of art, for presentation in this year's 35th annual First Nations Art exhibition.

Deadline for Submission:
April 11, 2010



Contact for more info.

**Woodland Cultural
Centre**

184 Mohawk St. Brantford, ON N3T 5V6
519-759-2650 or museum@woodland-centre.on.ca

35th Anniversary First Nations Art 2010

CALL FOR ENTRY



The Centre is extending an invitation to all artists of First Nation's ancestry to submit two works of art, for presentation in this year's 35th annual First Nations Art exhibition.

Deadline for Submission:
April 11, 2010



Contact for more info.

**Woodland Cultural
Centre**

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519-759-2650 or museum@woodland-centre.on.ca



Request for Catering Traditional Lunch

the CHIEF and COUNCIL of
WAHNAPITAE FIRST NATION
are hosting a luncheon for their workshop
on march 11th, 2010 in the WFN gazebo

Submissions for a Traditional Menu to Serve 10 People to Include:

- The Number of Courses
- The Types of Menu Dishes to be Served
- The Cost Per Plate

Interested parties should submit their
proposal by 4:00 pm, march 5th, 2010 to:

Chief Myles Tyson – at the band office

Via email: myles.tyson@wahnapiitaeFN.com

Via fax: 705-858-5570 attn: Chief Myles Tyson

**SIGN UP FOR BUS
TOUR WITH CHERYL!**

OPEN HOUSE

March 12 & 13, 2010



WFN Chief and Council and Administration would like to invite you to participate in the Open House being held on March 12 & 13, 2010 at the WFN Fire Hall.

FRIDAY EVENTS:

Friday March 12, 2010

12:00 p.m. – 7:00 p.m.

- 12:00 p.m.

Catered Lunch and Learn Session:

Waste Diversion

- **Afternoon**

Information Booths/Displays

Meet and Greet

SATURDAY EVENTS:

Saturday March 13, 2010

9:00 a.m. – 4:00 p.m.

- 8:00 a.m.

Catered Breakfast

- 9:00 a.m.

Xstrata Nickel Rim Site Tour:

Bus departs WFN at 9:00 a.m.

- 1:00 p.m.

Catered Lunch and Learn Session:

Land Use Planning

- **Afternoon**

Information Booths (to be confirmed):

WFN Sustainable Development Department

WFN Health Department

WFN Administration Department

Mining Industry Working Group

Xstrata Nickel

FNX Mining Company Inc.

Mohawk Garnet

For more information contact:

CHERYL RECOLLET,

Environmental Coordinator

Wahnapitae First Nation

OPEN HOUSE

Friday March 12, 2010



FRIDAY EVENTS:

Friday March 12, 2010

12:00 p.m. – 7:00 p.m.

- **12:00 p.m.**

Catered Lunch and Learn Session:

Waste Diversion

Come out and learn how WE can minimize waste into our landfill. Learn about recycling options, ways we can limit items in our landfill and extend the lifespan of our landfill. **PRIZES!!!!**

- **Afternoon:**

Information Booths/Displays, Meet and Greet,
Community Feedback

- **6:00 p.m.**

Catered Dinner

OPEN HOUSE

Saturday March 13, 2010



SATURDAY EVENTS:

Saturday March 13, 2010

- **8:00 a.m.**

Catered Breakfast

- **9:00 a.m.**

Xstrata Nickel Rim Site Tour:

Bus departs WFN at 9:00 a.m.

DON'T FORGET TO SIGN UP!

Contact CHERYL to sign up, or leave a message with Leila letting her know you are interested in participating in the Bus TOUR!

- **1:00 p.m.**

Catered Lunch and Learn Session:

Land Use Planning: Discuss the benefits of developing a land use plan for WFN. PRIZES!!!

- **2:00 p.m.—4:00 p.m.**

Information Booths/Displays

Meet and Greet

Community Feedback

- **7:00 p.m.—9:00 p.m.**

FAMILY DANCE with SPOT dances and PRIZES!!!!!!

Cultural Celebration
"A Path Forward"
Spring Solstice
Water Ceremony
Saturday, March 20, 2010 @ 8:00 a.m.



Josephine Mandamin, Chief Commissioner, Anishinabek Women's Water Commission

JOSEPHINE MANDAMIN currently resides in Thunder Bay, and is originally from Wikwemikong Unceded Indian Reserve. When challenged by one of her traditional teachers to not accept that she was powerless, Josephine came suddenly upon the idea of walking around Lake Superior to draw attention to the fact that water is the life blood of Mother Earth.

In her great love for the water, Josephine speaks about the connection and responsibility women share for water. She shares how her vision came to be what it is today and what it will mean to the future. Other grandmothers joined her in the eventual walk around the five Great Lakes. To those who hear their messages and songs, our encounter with them will never be forgotten. With the support of many people and financial assistance from donations, these grandmothers have accomplished the feat of awareness of the critical water shortage, political and spiritual issues around water to those with they come into contact, and have inspired and motivated other women to act.

Josephine's talk focuses on renewing our commitment to the tradition of protecting our waters. Her example has helped to make us all aware of the great peril that we all face if we don't protect the waters that are within us all. The grandmothers' example helped to bring together over 100 Tribes and First Nations to sign the Tribal and First Nations Great Lakes Water Accord in which all pledge to work together to protect the waters.

Josephine has pledged her life to the environment and always emphasizes the importance of the protection of the water in her presentations. Challenged by life at an early age, she brings these experiences to light in her teachings. These challenges have motivated and conditioned her to be where she is today. (Written in part by Michigan Tribal Chief Frank Ettawageshik, with edits by UOI staff)
www.motherearthwaterwalk.com



INVITATION
 Cultural Celebration
"A Path Forward"
Spring Solstice

Saturday, March 20, 2010
 8:00 a.m. – 10:00 a.m.
 Location: to be determined
 (Gazebo / Firehall / Pow Wow?)

- Celebrate the Spring Solstice (Water Ceremony)
- Community Cultural Survey Findings (Dec. 2009)
- Draft Community Cultural Framework – **"A Path Forward"**

Chief & Council are extending an invitation to all members / community members to celebrate the arrival of spring (Solstice) on Saturday, March 20, 2010 @ 8:00 a.m. beginning with a water ceremony conducted by the Union of Ontario Indians **Water Commissioner Elder Josephine Mandamin**. In recognition of **World Water Day, March 22, 2010**.

We would like to take this opportunity to share with you the results of the cultural community survey that was conducted in December 2009 and to share with you a draft community cultural framework that identifies a path forward that we hope begins to address the needs identified in the survey by the community.

Agenda

| | |
|------------------|---|
| 8:00 a.m. | Water Ceremony – Commissioner Josephine Mandamin Opening Prayer – Annabelle McGregor - Elder |
| 8:45 a.m. | Continental Breakfast (Muffins, Donuts, Fruit, Cereal, Juice & Coffee) |
| 9:00 a.m. | Welcome – Chief Myles Tyson |
| 9:10 a.m. | Presentation Cultural Survey Report – Peter Recollet |
| 9:25 a.m. | Presentation Cultural Framework – Peter Recollet |
| 9:45 a.m. | Closing Remarks – Chief Myles Tyson |
| 9:50 a.m. | Closing Prayer – Annabelle McGregor - Elder |

Fireweed Training

Shkagamik-kwe Health Centre has received funding through a proposal submission to the Ministry of the Attorney General; Ontario Victim Services Secretariat. Funding is for twenty months; from this a project coordinator is to be hired to arrange for the Fireweed Training and help set up Men's Healing Circles.

Shkagamik-kwe's project objective is to: promote an existing model of support and training for male survivors; build skills and knowledge amongst workers and stakeholders in area communities and organizations; and, to train selected individuals to facilitate support groups, deliver counseling services and after-care.

Amelia Rising Sexual Assault Centre of Nipissing created *Fireweed: Group Therapy* for men who experienced childhood sexual abuse as children; funded through a grant from the Ministry of Attorney General: Ontario Victim Service Secretariat Grant Program in 2006-2007. The goal of that project was to increase the number of professionals who are trained and knowledgeable in supporting men who have been sexually abused while also raising community consciousness with our professional colleagues in Ontario regarding male childhood sexual abuse.

A brief explanation of why Amelia Rising chose fireweed as a name: fireweed is a common plant that is the first life to grow after a devastating forest fire. This is poignant because our hope is that through our collective work, men who have been silent too long about their childhood sexual abuse will come forward to begin the healing to create a new life for themselves after the devastating effects of their childhood trauma.

A manual for a 13-week healing group for men who have experienced childhood sexual abuse, incorporated with Aboriginal philosophies was created in 2009. Based on this manual, a 4-day training workshop is developed and will be offered to First Nations and service agencies who are interested in receiving this training. The workshop training will include education and awareness about male childhood sexual abuse, as well as experiential activities. It is our hope that once training has been completed, agencies will be better equipped to offer services for men who are survivors of childhood sexual abuse.

Shkagamik-kwe Health Centre will be organizing three (3) training sessions to be delivered by Amelia Rising SAC; two will be set up in Sudbury and another at the Magnetawan First Nation Community Centre. The arranged training dates so far is Sudbury from March 29 – April 1st and Magnetawan FN from May 3 – 6, 2010.

March 2010

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|--|
| 1 | 2 | 3 Family Activity 6:30-8:30- pizza and swimming Parents/adult must attend with children under age 13 | 4 Mom and tots activity 10:00-12:00- Baby Blanket making ZUMBA class for adults 5:30-6:30 pm at Body Works Rainbow center mall | 5 |
| 8 Mom and tots activity 10:00-12:00-Workshop Homework club- all ages 4-5 pm | 9 | 10 Preteen-Teen Info Night 4:30-6:00 HIV/AIDS Presentation w/ access aids Sudbury Ages 11-19 | 11 | 12 |
| 15 Mom and tots activity 10:00-12:00- workshop | 16 Sleighride at Wagon Wheel Ranch open to all children/youth and their parents 1 pm-3 pm | 17 Movie at Silver City- Matinee Parents/adult must attend with children under the age of 13 | 18 Sliding party- weather permitting 12-3pm | 19 Drop in the gazebo from 9- 4pm-arts and crafts/movie/ect. |
| 22 Mom and tots activity 10:00-12:00-workshop Homework club- all ages 4-5 pm | 23 | 24 5:30-7:00 pm Art session with Jackie Bedard Ages 11-19 | 25 Mom and tots activity 10:00-12:00- ceramic painting Homework club 4-5 pm- all ages | 26 Family Swim 6-7 pm |
| 29 Mom and tots activity 10:00-12:00-workshop Homework club- all ages 4-5 pm | 30 | 31 | | |

MARCH BREAK



ZUMBA®

FITNESS

Future Djs



Congregate Dining Breakfast Buffet



Seniors (ages 50 years & up)

Friday, March 12, 2010

Drop in any time between

8:00 a.m. - 11:00 a.m.

at the gazebo

Lunch & Learn

Adult

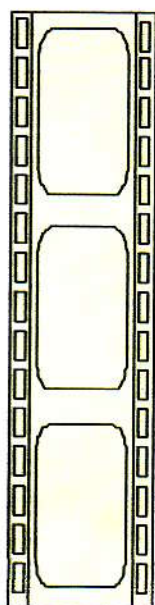
Blanket Making

Tuesday, March 23, 2010

12 noon - 3 p.m.

at the gazebo

Call Wendy by Friday, March 19, 2010
if you would like to participate.



Rainbow Cinema

Senior

Movie Night

Tuesday, March 16, 2010

Call Wendy if you are
interested.

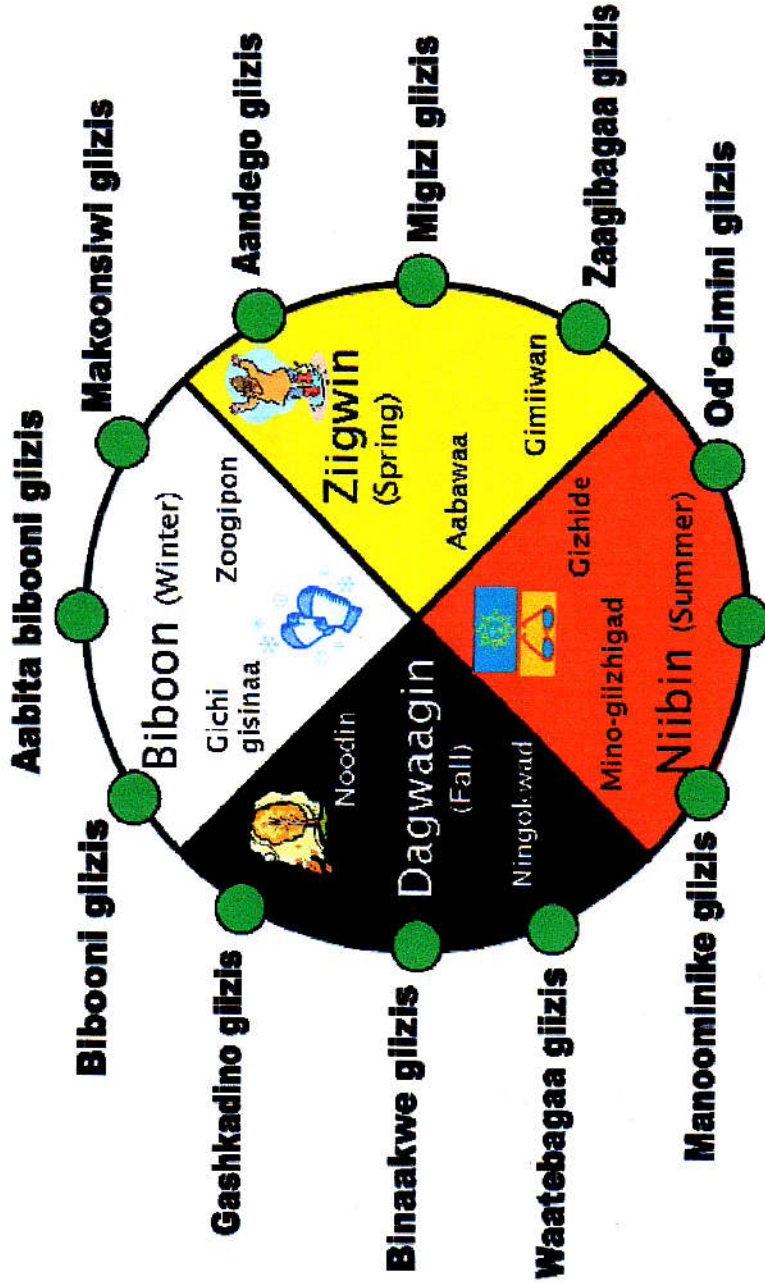
858-0610 ext: 107

Giizisoo-Mazina'igan

Gllwedimong
North

Ningabi'among
West

Waabanong
East

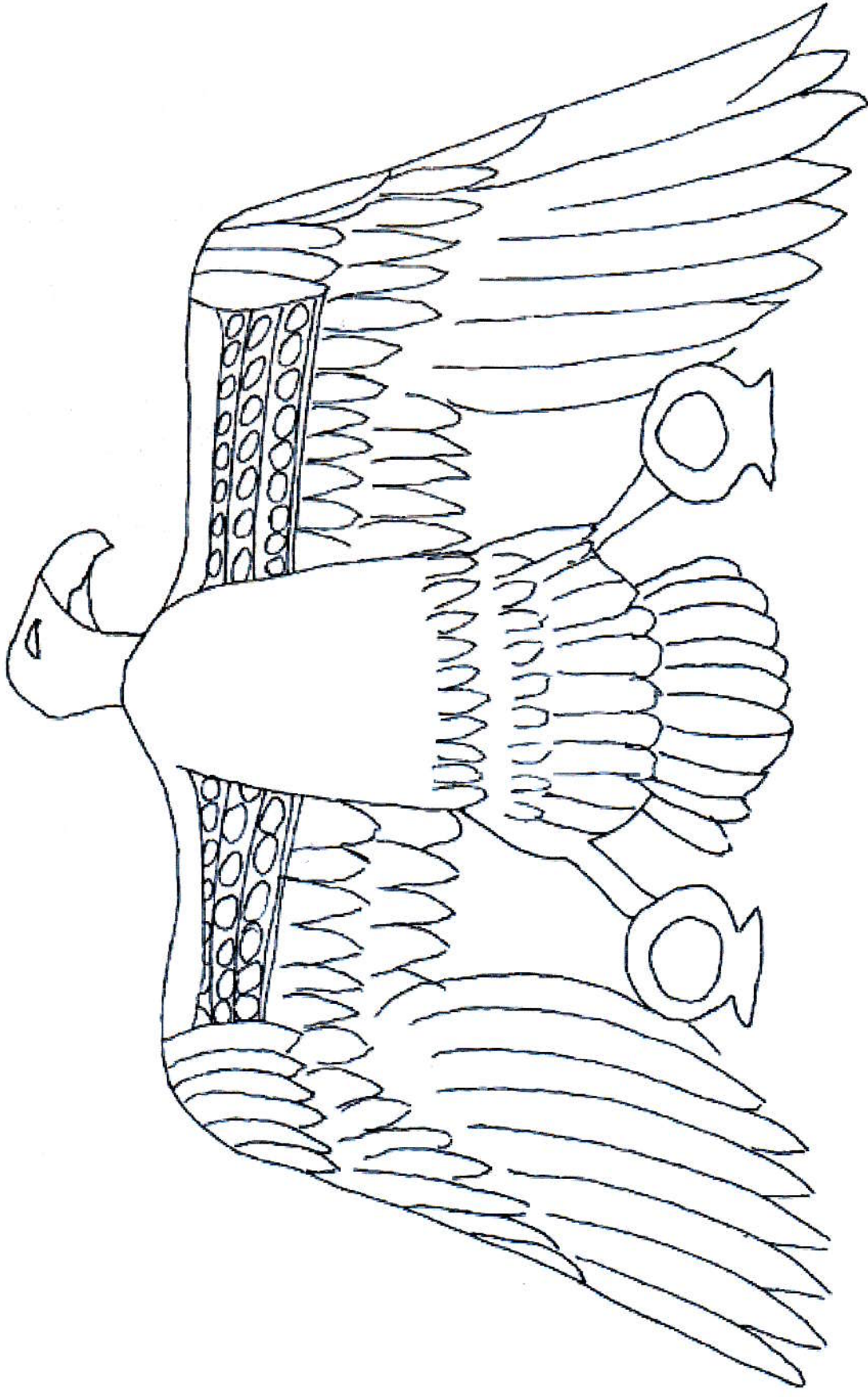


Seven Generations Education Institute
P.O. Box 297
Fort Frances, ON P9A 3M6
www.7generations.org



Aabita-niibino glizis
Zhaawamong
South

Colour-Me-Page



Bring in coloured picture to Wendy
by March 19, 2010 and get a treat.

Name:

Age:

WAHNAPITAE FIRST NATION

Phone: 705-858-0610
 Fax: 705-858-5570
 E-mail: wendy.tyson@wahnapitaefn.com

"KITTENS"

A three year old boy went with his dad to see a news litter of kittens. On returning home, he breathlessly informed his mother, "There were two boy kittens and two girl kittens."

"How did you know that?" his mother asked.

"Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom".

Answers to Aboriginal Trivia Challenge

1. Tom Longboat
2. Kettle & Stony Point
3. "Caribou Song"
4. Fancy Feather
5. Echinacea
6. Joseph Brant
7. Pappy Johns Band

MISSING

The WFN Fire Department is missing a couple of pairs of boots and would appreciate them being returned a.s.a.p.

Please return to the Band Office or the Public Works Garage during working hours. You can also contact Nolan Roque - Fire Chief

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

Answers to word search