

BAASHKAKODIN-GIIZIS NOVEMBER 2010 NEWSLETTER



Wahnapiatae First Nation

RETIREMENT WISHES TO ANNABELLE MCGREGOR

Special points of interest:

- Diabetes Road Show - November 9, 2010—10 am—2 pm
- Cinderella Story - November 10, 2010
- Remembrance Day - November 11, 2010
- NAAW - National Addictions Awareness Week Activities - November 14-19, 2010

Inside this issue:

November Calendar	2
Remembrance Day Word Search & Band Office Hours	3
Cinderella Story	4
Diabetes Road Show	5
NAAW	6
Candle Lighting/ Scavenger Hunt	7
Lip Sync/Talent Night	8
Adults Arts/Crafts & Penny Table Donations	9
Community Development Job Posting	10 & 11
Child & Youth Worker Introduction & November Schedule	12 & 13
November Youth Calendar	14
Turkey Shoot Update	15
Request for turkey/ham	
Lessons of Life	16
Messages from me to me	17
Ojibwe Language	18



Chief, Council & Staff surprised Annabelle McGregor with a retirement lunch at Rockys on November 2, 2010.

Annabelle worked as finance manager at the band office for 16 years. She started our annual Traditional Pow Wow, held a council position, was Deputy Chief (when Chief Norman Recollet was in Florida), has served as Elder whenever called upon and served on various committees.

We are sure going to miss this beautiful lady.

Good luck on your future endeavors.

Wahnapiatae First Nation Band office staff.


Did you know?.....

Aboriginal peoples from every region of Canada served in the armed forces during the Second World War, fighting in every major battle and campaign of the conflict. To serve their country in the Armed Forces, Aboriginal Canadians had to overcome unique cultural challenges. Their courage, sacrifices, and accomplishments are a continuing source of pride to their families, communities, and all Canadians. At least 3,000 status (treaty) Indians-including 72 women-enlisted, as well as an unknown number of Inuit, Métis, and other Natives. The actual numbers were no doubt much higher. Among this small number of identified Aboriginal members of the forces, at least 17 decorations for bravery in action were earned.



If you have trouble getting your 8% tax discount you can now report the store to Revenue Canada. The number is 1-800-668-8297.

Baashkakodin-Giizis November 2010 Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Flu Shots 10 am - 2:30 pm Gazebo	6
7 Daylight Saving Time Ends	8 Adults Arts/Crafts Night (6pm-9pm)	9 Diabetes Road Show	10 Cinderella Story	11 	12	13
14 NAAW Scavenger Hunt	15 Children/Youth Pizza/Game Night	16 Adult Pizza/Game Night C & C Mtg. 6 pm firehall	17 Children/Youth Arts/Crafts Night	18 Adults Arts/Crafts Night (6pm-9pm)	19 Community LipSync/Talent Contest	20
21	22 Adults Arts/Crafts Night (6pm-9pm)	23 Congregate Dining Lunch 12 noon at the gazebo	24	25	26	27
28	29 Adults Arts/Crafts Night (6pm-9pm)	30	31			

Schedule of Events

November 5, 2010 - Flu Clinic 10 am—2:30 pm at the gazebo

November 7, 2010 - Daylight Savings Time

November 8, 18, 22, 29, 2010 - Adults Arts/Craft Night 6 pm-9pm at the gazebo

November 9, 2010 - Diabetes Road Show - 10 am - 2 pm at the Fire Hall

November 10, 2010 - Cinderella Story - Frazer Auditorium 6:45 pm - 7:45 pm

November 11, 2010 - Remembrance Day - Band Office Closed

November 14, 2010 - NAAW - Candle Lighting Ceremony 9:45 am at the gazebo

November 14, 2010 - NAAW Scavenger Hunt - 10 am - 4 pm registration at the gazebo

November 16, 2010 - Adult Pizza /Game Night - 6pm - 9pm at the gazebo // November 16, 2010 - Chief & Council Mtg. 6 pm at the firehall

November 19, 2010 - Community Lip/Sync Talent Night contest - 7pm at the Fire Hall

November 23, 2010 - Congregate Dining Soup/Sandwich Lunch 12 noon at the gazebo



Remembrance Day Word Search



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

poppy
 Remembrance Day
 John McGrae
 Flanders Fields
 war
 peace
 remember
 wreath
 November
 soldiers
 veterans
 bravery
 courage

NOTICE

BAND OFFICE HOURS

Monday to Thursday, 8:00 am – 4:30 pm
Fridays 8:00 am – 11:00 am for all staff
One staff on call from 11:00 am – 4:00 pm or until the
school bus arrives back to the Band Office
This is only a 3 month trial to see how it works

CINDERELLA

presented by the Canadian Opera Company

The world-famous fairy tale is transformed into a charming opera. A mix of Rossini's and Massenet's magical scores tell the tale of Cinderella's quest to find her Prince with text sung in both English and French. The opera allows individuals to explore the many ways stories are told through different mediums and cultures.

Xstrata Nickel welcomes the Wahnapiitae First Nation community

WHEN: Wednesday, November 10th, 2010
WHERE: Fraser Auditorium at Laurentian University
TIME: from 6:45pm to 7:45pm

Ideal for all ages

Please confirm your attendance by contacting the band office by Friday, November 5th, 2010

DINNER & TRANSPORTATION WILL BE PROVIDED

If you would like to attend
please contact Wendy at 858-0610 ext: 107 by 11:00 am on November 5, 2010
(if I am not at my desk please leave a msg.)



The Diabetes Road Show Is Coming to Wahnapiatae First Nation Tuesday, November 9, 2010! 10 am to 2 pm



ALL RESIDENTS WELCOME



Learn where you stand on diabetes.

“Inside out!!” presentation - what’s going on in there?

“Get moving” simple exercise for everyone.

The “why” and “how” of healthy food choices. Featuring a healthy tasty lunch provided

“Mainly meds” with pharmacist Lynn Halliday.

Diabetes Risk assessment clinic



Partners in health

Sagamok First Nation
Wahnapiatae First Nation
Whitefish Lake First Nation
Espanola Family Health Team Diabetes Program
Shakagmik-kwe Health Centre
Bayer Health Care Diabetes Care
Xstrata Nickel



AGENDA

- 10:00 am Welcome and Introduction
- 10:15 am Artery skit - Lynn, Susan and a number of volunteers
- 11:00 am Exercise led by **Fitness expert** - Joan Nott
- 11:30 am **Dietitian** discusses lunch choices and introduces lunch
- 12:30 pm “Mainly Meds” presentation by **Pharmacist** Lynn Halliday
- 1:30 pm Risk Assessment “Where do you stand “ and wrap up.

Please call 858-0610 and let Wendy (ext 107) know, or Lynn at (ext 106) if you will be attending this workshop.

This is to ensure we have enough food for everyone.

NAAW (National Addictions Awareness Week)



Listen to
EZ Rock 105.3

KICK OFF:

"LIVING THE GOOD LIFE MAKING HEALTHY CHOICES"

NOVEMBER 14, 2010 - COMMEMORATIVE CANDLE LIGHTING CEREMONY (9:45 A.M.)

SCAVENGER HUNT REGISTRATION (10 A.M. - 12 NOON)



- SCAVENGER HUNT (10 A.M. - 4 P.M.)



- WINNERS ANNOUNCED (4:45 P.M.)

- CHILI & TOAST DINNER



NOVEMBER 15, 2010 - PIZZA/GAME NIGHT - (4pm-6pm) for Children ages 4-10 years
- (6:30pm-8:30pm) Youth ages 11 years & up
at the gazebo



NOVEMBER 16, 2010 - PIZZA/GAME NIGHT (ADULTS)

NOVEMBER 17, 2010 -ARTS/CRAFT NIGHT - 4pm-6pm for children (ages 4-10 years)
(6:30 P.M. - 8:00 P.M.) - for youth (ages 11 & up)
at the gazebo

NOVEMBER 18, 2010 - ARTS/CRAFT NIGHT 6 P.M. - 9 P.M.) - ADULTS

NOVEMBER 19, 2010 - NAAW COMMUNITY TALENT/LIP SYNC CONTEST - ALL AGES (7 P.M. - 9 P.M.)



1st prize: \$100. Gift Certificate for the New Sudbury Shopping Centre

2nd prize: \$ 50. Gift Certificate for Shcolastic Choice Store

3rd prize: \$25. Silver City gift certificate



There will be a participation draw on Friday, November 19, 2010, at the Community Lip Sync Contest which will include all the names of people who came out to any of our NAAW activities.

Good Luck!

NAAW
COMMEMORATIVE CANDLE
LIGHTING

Sunday, November 14, 2010
9:45 a.m. at the gazebo

followed by.....



WHEN: SUNDAY, NOVEMBER 14, 2010

WHERE: WFN GAZEBO

WHY?: TO LIVE THE GOOD LIFE
BY MAKING HEALTHY CHOICES

TIME: REGISTRATION OPENS AT 10 A.M.

SCAVENGER HUNT ITEMS HANDED IN NO LATER THAN 4 P.M.



HAVE FUN!



Talent/Lip Sync Contest



Friday, November 19, 2010

WFN Fire Hall

Registration from 6:00 p.m. - 7:00 p.m.
(no late entries)

Show starts at 7:00 p.m.



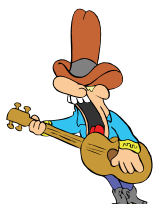
Admission \$1.00
(to help with cash prizes)

	Children 5years & under	Kids 6 years to 12 years	Teens 13 years to 17 years	Adults 18 years & up	Groups/duos All ages/ Can mix	Free Style Any Age
1st	\$15	\$30.	\$50	\$50.	\$60.	\$50.
2nd	\$10.	\$20	\$35.	\$35.	\$40.	\$40.
3rd	\$5.	\$10.	\$20.	\$20.	\$20.	\$20.



There will be a participation draw on Friday, November 19, 2010, at the Community Lip Sync Contest which will include all the names of people who came out for any of our NAAW activities.

Good Luck!



COME OUT AND LEARN or SHARE A NEW CRAFT

Adults Arts/Craft Night

6pm - 9 pm at the gazebo

Monday, November 8, 2010 - Learn How To Make
Pine Cone Angels by Shelley

We will discuss what other
crafts that we can share with
each other or would like to create
and make a plan...



**Looking For Donations for a Christmas Penny Table.
To be held at our Christmas party
in December (date to be confirmed)**

**Please drop off any donations at the health trailer.
Miigwetch**



Wahnapiitae First Nation

36 Loon Way Road - WFN
 Capreol, Ontario
 P0M 1H0

Phone: (705) 858-0610

Fax: (705) 858-5570

JOB POSTING

Position: Community Development Officer, Wahnapiitae First Nation

Term: Full Time permanent contract position renewed annually

Location: Wahnapiitae First Nation, northeast of Sudbury Ontario

Salary: \$29,000.00 - \$34,000.00 plus pension and benefits package

Reporting To: The Community Development Officer reports to the Band Manager

Posting Date: October 29, 2010

Key Activities:

The Community Development Officer administers: CMHC section 95 rental programs, Housing Allocation and loan fund, Lot distribution policy and provide technical expertise to Chief and Council, and will also develop proposals for new programs and services to enhance culture, language and traditions of the Wahnapiitae First Nation's children/youth/adults/elders and implement recommendations of the Wahnapiitae First Nation servicing study.

Main Activities:

Main Activities Housing:

- Administer CMHC Section 95 rental and rental with the option to purchase program
- Administer Housing loan fund
- Administer Housing Allocation
- Administer Residential Rehabilitation Assistance Program
- Administer the Lot Distribution Policy
- Ability to supervise as required – [contractors, public works, other staff]
- Maintenance and repairs to Section 95 units – either coordinator or contract
- Process all ministerial guarantee requests
- Review budgets and finances with staff ensuring good financial procedures and controls
- Process all Certificate of Possession requests
- Ensure all housing policies are adhered to
- Provide technical expertise to the Chief and Council, proposal writing and prepare tenders,
- Prepare and submit proposals and budgets to funding agencies/organizations and donors
- Previous experience in House Construction and Major Renovations would be an asset
- Have a valid Ontario drivers license and have access to a reliable vehicle
- Criminal Record check based on Canadian Police Information Centre(CPIC)



Qualifications:

The Community Development Officer would normally attain the required knowledge, skills and attitudes through completion of financial, human resources and program management, property/ project management including maintenance management, and an understanding of relevant legislation, policies and procedures.

Post Secondary Diploma in the area of Native Studies, Civil/Architectural Technologist (ie. groups, meetings, schools, etc.); or, Life learning experiences and practice with (2) years of experience of sharing Native culture, tradition, and practices with the open communities (ie. groups, meetings, schools, etc.); construction/home building background and or experience.

Working Conditions:

Typical office environment, minimal travel required, flexible hours of work required

Closing Date: Remaining open until filled

(For a copy of the complete job description, please call 705-858-0610)

Please forward cover letter, resume and three work (3) references to:

Irvin George
Band Manager
Wahnapitae First Nation
36 Loon Way WFN
Capreol ON P0M 1H0
irvin.george@wahnapitaefn.com

**Anishinabek and First Nation members are encouraged to apply
We thank all applicants for their interest however, only those being interviewed will be contacted**



New Employee Introductions

Aanii,

My name is Santana Nebenionquit; I am originally from Atikamiksheng Anishnawbek formally called Whitefish Lake First Nation. I am a Cambrian College Graduate in the Social Service Worker- Native Specialization program, which I enjoyed very much. I am also a mother to a beautiful 4year old girl named Tianna, who is attending her first year of school at Puix X11. I have a youth

worker background also I ran the summer program in 2009 at my reserve. I have plenty experience with children and youth and I am looking forward to working with as well; getting to know the community and expanding my knowledge to better serve you.

Feel free to contact me with any questions 858-0610

Santana Nebenionquit
Child & Youth Worker

Wednesday November 3rd

Parents Tea Time & Introductions: Come on out and enjoy a cup of tea and chat about what you would like to see from a Family Care Worker, changes you would make, things you would keep the same or your ideas. This is not a parent committee meeting! This event is an Introduction, I want to get to know the families in the community, hear their ideas so that I could assist by meeting their needs as a whole. I understand that during the day you do have children at home you are more than welcome to bring them along.

Thursday November 4th:

Children after School Program (4:30PM-7PM): the objective is to complete homework while socializing and sharing what they have learned amongst each other and myself.

Friday November 5th:

Youth after School Program (4-7PM): Homework, open.

Saturday November 6th:

'Stars of Pop' (4-9PM)- there are tickets available for the Tribute to the biggest stars of today, live in concert at the Fraser Auditorium with a full live band are Justin Bieber, Lady Gaga, The Jonas Brothers, Hanna Montana, Miley Cyrus and Taylor Swift. Call me at the Band Office or come by, limited tickets available.



Tuesday November 9th:

After School Drop in Program (4-6PM): this is open for all ages, it will be a time for you to get help with homework, have a healthy snack and play games.

Wednesday November 10th:

Parent's Community Kitchen (1-3PM)-this month's cooking goal is working on a budget. We will be making meals that are healthy, filling and while staying on a budget, which in our economy today is something we all strive to do. Bring your ideas and tips on what you do to stay on budget.

Friday November 12th:

Thursday November 11th:

No programming, office is closed.

Friday November 12th:

Parents and Tot's (1-4PM)-This week's theme will be finger painting.

Youth after School Program (4-7PM): homework and print for free, hang out and watch movies

Saturday November 13th:

outh Drop In centre (12-4PM): Wii games. And open night.

NAAAW November 14th – 19th:

*SEE NEWS LETTER FOR DETAILS

November 19th, 2010:

P.D day activities (8:30-12PM): games, snacks, movies. You must pick your child up for lunch. Lunch is not provided.

Tuesday November 23rd:

After School Drop in Program (4-6PM): homework, have a healthy snack and play games.

Wednesday November 24th:

Parents Self Care Discussion (1-3PM): 'Self Care' discussion.

Thursday November 25th:

Children's creative mind's (5-6PM): self expressions are the thought of the day for this creative mind.

Friday November 26th:

Parents and Tots (1-4PM): Nutrition, the benefits and how to stay healthy.

Saturday November 27th:

Youth Drop In Centre: Open Night.

Tuesday November 30th:

After School Drop in Program: this is open for all ages, homework, have a healthy snack and play games.

November 2010

BAASHKAKODIN-GIIZIS NOVEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Parents Tea time & Introductions 1-3PM	4 School Age After School Program 4:30- 5:30PM	5 Youth 4PM- 7PM Drop-In	6 All Ages 'The Stars of Pop' 4PM - 9PM
7	8	9 After School drop-In Program All ages 4- 6pm	10 Parents Community kitchen- Cooking on a Budget. 1PM- 3PM	11 Office Closed	12 Parents & Tots Craft tyme 1PM to 4PM <u>Youth 4PM- 7PM</u>	13 Youth Drop-In 12PM- 4PM Wii Game Night
14 Candle Light for NAAW 9:45AM- 5PM	15 Pizza & Game night Children 4PM - 6pm	16	17 Arts & Craft Night Children 4PM - 6PM Youth 6:30PM - 8PM	18	19 P.A Day 8:30-12PM <u>Lip Sync Contest</u> All Ages 7PM- 9PM	20
21	22	23 After School drop-In Program All ages 4- 6pm	24 Parents Self Care session 1PM- 3PM	25 Children- Creative minds 4:30PM- 5:30PM	26 Parents & Tots 1PM to 4PM <u>Youth Creative minds 4PM- 7PM</u>	27 Youth Drop-In 12PM- 4PM Craft
28	29	30 After School drop-In Program All ages 4- 6pm				



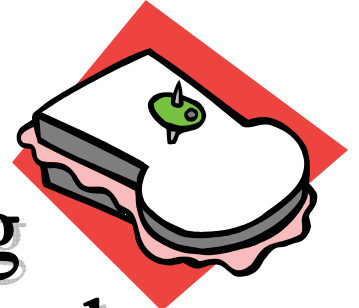
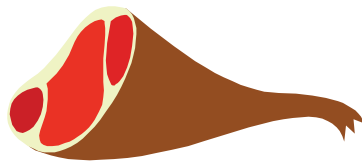
TURKEY SHOOT UPDATE

WINNERS - SPONSORS - DONATIONS

MEN - OVER 50 - BRUNO NOEL
WOMEN - OVER 50 - DEBBY ROQUE
WOMEN - UNDER 50 - TAMMY GUIMOND
MEN - UNDER 50 - ED ROQUE
UNDER 12 - ? - APPROXIMATELY 10 KIDS

AUTO SPA - \$80. CERTIFICATE
SUDBURY CLASSIC CRUISER - &75.
KERR SMART - HATS & SHIRTS
TRENT MATERIALS - HATS & SHIRTS
POST CREEK STORE - \$15.
DREAM CATCHER FIREWORKS - \$20.
ROCKY'S - \$50.
HOME HARDWARE - VAL CARON - \$50. VALUE
CHRIS ANDERSON - MISCELLANEOUS ITEMS
KING SILKSCREENERS —FISHING ROD
GRANT ELECTRIC -- ROBO ZIP SET
REG HOULE - \$15.
CRANKY JOES - SUDBURY—CERTIFICATE
RONA - VAL CARON - GARDEN HOSE
PAIR-O-DICE PARK - \$20.
FOOD BASICS - 2 TURKEYS
METRO - VAL CARON - TURKEY
FOODLAND - CAPREOL - TURKEY
LEILA ROQUE - MISCELLANEOUS ITEMS

**Residents of Wahnapiitae First Nation
Christmas Is-a-Coming
Call now to reserve your Turkey or Ham
One per household
Please call Wendy ASAP at 858-0610 EXT 107**



**Congregate Dining
Soup & Sandwich Lunch
Tuesday, November 23, 2010
12 noon at the gazebo**

**Please call Wendy if you would like to attend.
858-0610 ext 107**

Lessons on Life

There was an Indian Chief who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest.., in turn.., to go and look at a pear tree that was a great distance away.

The first son went in the Winter, the second in the Spring, the third in Summer, and the youngest son in the Fall.

When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said 'no' it was covered with green buds and full of promise.

The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful. It was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

The man then explained to his sons that they were all right, because they had each seen but only one season in the tree's life.

He told them that you cannot judge a tree, or a person, by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up.

If you give up when it's Winter, you will miss the promise of your Spring, the beauty of your Summer, the fulfillment of your Fall.

Moral:

Don't let the pain of one season destroy the joy of all the rest.

Don't judge life by one difficult season.

Persevere through the difficult patches and better times are sure to come.

Live Simply.

Love Generously.

Care Deeply.

Speak Kindly.

Leave the Rest to your own belief.

Happiness keeps You Sweet,

Trials keep You Strong,

Sorrows keep You Human,

Failures keep You Humble,

Success keeps You Glowing,

But Your Belief keeps You Going!



Bringing Anishinaabe Knowledge to Today's Learner

(Biidoying Anishinaabe Nbwaakaawin Wii-sitaamowad E'kinoomaagaasjig)

Mnaadenmad Gzhe-mnidoo	- Respect for the Great Spirit
Mnaadenmigaaazod Gwiiji-Anishinaabe	- Respect for Fellow Man and Woman
Mnaadenmad Mashakii-Kwe	- Respect for Mother Earth
Mnaadenmadowaa G'dodemag	- Respect for Individual Freedom

1. B'boon	It is winter
2. Mnookimi	It is spring

3. Niibin	It is summer
4. Dgwaagi	It is fall

Nookmis	-Grandmother
Gzhemnidoo	-Great Spirit
Giizis	-Sun
Dibik-giizis	-Moon

Gindaaswinag—Numbers

- | | |
|----------------|-------------------------------------|
| 1. Bezhigh | 11. Mdaaswi-shibezhigh |
| 2. Niizh | 12. Mdaaswi-shi-niizh |
| 3. Nswi | 13. Mdaaswi-shi-nswi |
| 4. Niiwin | 14. Mdaaswi-shi-niiwin |
| 5. Naanan | 15. Mdaaswi-shi-naanan |
| 6. Ngodwaaswi | 16. Mdaaswi-shi-ngodwaaswi |
| 7. Niizhwaaswi | 17. Mdaaswi-shi-niizhwaaswi |
| 8. Nshwaaswi | 18. Mdaaswi-shi-nshwaaswi |
| 9. Z haangswi | 19. Mdaaswi-shi-zhaangswi |
| 10. Mdaaswi | 20. Mdaaswi-shi-shaangswi Niizhtana |