



Bnaakwe-Giiziz

October 2010 Newsletter



Special points of interest:

- > Type 2 Diabetes Screening for Aboriginal Youth ages 10-17
- > Knowledge Exchange on Dementia - October 13, 2010
- > Eating On A Budget Workshop—October 27, 2010 4-7 pm at the gazebo
- > Congregate Dining Lunch - October 29, 2010 at the gazebo

Inside this issue:

Wahnapiatae First Nation Welcomes Shelley Baker—Finance Manager



Nation community. My clan is the "Beaver" and I have recently been hired as the Finance Manager for the Wahnapiatae First Nation.

to fill the "moccasins" of a beautiful nish-nabe kwe known to all of us as Annabelle McGregor. It won't be easy, but I will certainly do my very best.

Greetings/Ahnee Wahnapiatae First Nation

I have had the pleasure of working with some really amazing people from this community in the past and look forward to doing the same for the future.

Please drop by the office to have a coffee or just to say ahnee/hello (*,*)

"Shelley dizhnikaaz, Baker dizhinkwenkaaz, Wasauksing neen doonjibaa, Mik dodem, Wahnapiatae First Nation Zhonyaa~kwe azhen-nokii."

My name is Shelley Baker and I am from the Wasauksing First

I bring with me 35 years of administration experience and hope that I am able

Baa Maa Pii ~ See you soon

Shelley (aka Stel-laaaaaaa)

BEST WISHES PAGE

IS TEMPORARILY SUSPENDED

BUT WILL RESUME ONCE WRITTEN PERMISSION IS RECEIVED TO PUBLISH

NAMES, PHOTOGRAPHS OR PERSONAL INFORMATION

PLEASE PICK UP CONSENT FORM

AT THE BAND OFFICE

MIIGWETCH,

Wendy Tyson



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Bnaakwe-Giiziz - Falling Leaves Moon



October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Seniors Luncheon Soup & Sandwich	7 Office closed	8	9
10	11 Thanksgiving	12	13 Lunch & Learn 'Dementia'	14	15	16
17	18	19 Chief & Council Meeting 6 pm at the gazebo	20 Type 2 Diabetes Screening	21	22	23
24	25	26	27 Cooking on a Budget 4 - 7 pm at the gazebo	28	29 Congregate Dining Fish & Chip Lunch	30

October 6, 2010 - Seniors Luncheon - 12 - 2 pm at the gazebo

October 11, 2010 - Thanksgiving

October 13, 2010 - Lunch & Learn 'Knowledge Exchange on Dementia'

October 19, 2010 - Chief & Council Meeting - 6 pm at the gazebo

October 20, 2010 - Type 2 Diabetes Screening - Shkagamik kwe Health Centre - 3 pm—7 pm

October 27, 2010 - Cooking on a Budget Workshop - 4-7 pm at the gazebo

October 29, 2010 - Congregate Dining Lunch - 12 noon at the gazebo





Happy Halloween www.mes-english.com



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

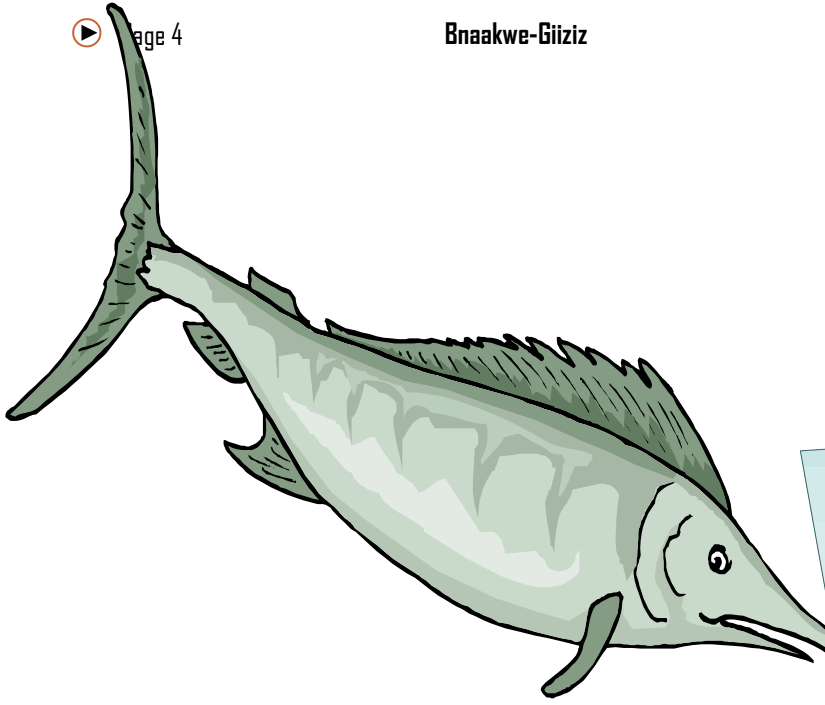


- | | | | |
|----------------|----------|-----------------|--------|
| Halloween | October | jack o' lantern | bat |
| trick or treat | skeleton | haunted | spider |
| ghost | vampire | Frankenstein | mummy |
| candy | witch | werewolf | web |



"Wrinkles"

I had been thinking about coloring my hair. One day while going through a magazine, I came across an ad for a hair-coloring product featuring a beautiful young model with hair a shade that I liked. Wanting a second opinion, I asked my husband, "How do you think this color would look on a face with a few wrinkles?" He looked at the picture, crumpled it up, straightened it out and studied it again. "Just great, Honey."



Congregate Dining
Fish & Chip
Lunch

Friday, October 29, 2010

12 noon

at the gazebo

If you are a senior 50 yrs
or older, you are welcome
to join us for lunch

please call Wendy @ 858-0610 ext: 107

by Monday, October 25, 2010

if you will be attending.

ATTENTION WFN RESIDENTS!

WAHNAPITAE FIRST NATION IS NOW A CORPORATE MEMBER AT SCIENCE NORTH!

IF YOU ARE 18 YEARS AND OLDER
YOU CAN PICK UP THE CORPORATE CARD
AT THE HEALTH DEPARTMENT - TO SIGN OUT FOR A DAY OR TWO WITH THE CARD - YOU GET THE
FOLLOWING:

YOU GET FREE:

- Free Parking at Science North and/or Dynamic Earth
 - Free Admission to Science North and/or Dynamic Earth for 6 people (including the card holder)
- And more...

YOU GET 10% OFF the following:

- IMAX 3D and Classic IMAX tickets
 - Planetarium tickets
 - The LakeHouse Restaurant (excluding alcoholic beverages)
 - Mega Bites Food Court
 - Café Boréal
 - Copper Cafe
 - Whizards
 - Big Nickel Boutique
- And more...

*Why not treat your family to some
good times while enjoying the amazing Science North.
Call ahead and book your card now to reserve your date.*



For more information contact Wendy or Lynn at 858-0610

**Northern Ontario
paediatric type 2 diabetes program**

COMMUNITIES FOR DIABETES PREVENTION IN ABORIGINAL CHILDREN

**Screening for Type 2 Diabetes
In Aboriginal youth Ages 10—17**

Are you at risk for diabetes?

What to expect: children and adolescents will be screened for type 2 diabetes using a small finger poke. Those under age 16 need to bring a parent or guardian to give consent.

When: 3—7 pm

Choose from 1 of the following:

October 20th, 2010

November 10th, 2010



**Where: Shkagamik-kwe Health Center
161 Applegrove Street**

Fun Activities & healthy Snacks will be provided

**If you need a ride Please Call Wendy or Lynn at 858-0610
To reserve your seat on the van**

For more information contact Melissa at the Diabetes Education and
Care Program at (705) 671-6601 ext 2983



Alzheimer Society

Upcoming Knowledge Exchange

****Dementia****

Join us for a lunch & learn

October 13, 2010

12—2 pm

At the gazebo

**Melissa Caibaiosai, RSW at the
Alzheimer Society Sudbury - Manitoulin
will be presenting an overview
of Dementia and answering
any questions you may have**

For more information please contact

Melissa Caibaiosai 524-2024 ext 255

Or

Wendy Tyson 858-0610 ext 107





COLDS AND FLU: WHEN TO CALL IN SICK

To call in sick or not to call in sick? This question pops up often during cold and flu season. Deciding whether you should take a day off may affect more than just you and your sickly self.

Two days after catching a cold is when symptoms usually begin, and this is the most contagious time, when people are most likely to pass on the cold to someone else. These are the days when you notice the first signs and symptoms-sneezing, runny nose, and coughing. Once symptoms appear, they can last anywhere from 2 to 14 days and you remain contagious until up to 3 days after symptoms clear up.

You can spread the flu virus in the day or two before symptoms set in, but you won't even know yet that you're a contagion danger. Once you're in the thick of your flu, you'll remain contagious until your symptoms have resolved. This can take a week or two.

For your own good and the sake of your coworkers' health, follow these guidelines for when you should call in sick:

- **Feeling feverish:** A fever means that your body is working to fight off infection.
- **Ache for a break:** Like a fever, body aches are signs that your body is battling a strong virus. During a cold, you may feel a bit achy, but the flu can bring on more intense body aches.
- **Severe sore throat:** Minor throat pain can occur with a cold or flu virus infection. But severe sore throat may be a sign of a bacterial infection that requires a visit to your doctor.
- **Seeing colours:** Green mucus is a sign of bacterial infection, and conjunctivitis (or "pink eye") is a contagious infection commonly associated with the common cold.

If your symptoms escalate, you may have another call to make-this time to the doctor's office. Seek medical attention if:

- You have a fever of 39.5 degrees Celsius or 103 Fahrenheit or higher
- Fever is accompanied by aches, fatigue, sweating, or chills
- Your symptoms get worse or last for more than 10 days

Q: What can I do to recover from the flu or a cold?

A: Recovery tips:

- Drink plenty of fluids (6-8 glasses per day).
- Humidify the air using a vaporizer (cool or warm mist) to relieve a sore throat or dry cough.
- Get enough rest
- Use saline drops or spray to loosen nasal congestion
- Use lozenges or candy to soothe a sore throat or cough
- Gargle with salt water to relieve a dry throat

Health Tip:

Prevent catching or spreading the flu or a cold by practicing good hygiene: wash your hands frequently; avoid touching your eyes, nose, and mouth; and use a tissue when sneezing or coughing (and discard immediately!). Alcohol-based hand sanitizers are good alternatives if soap and water are not available.



QUOTE

"The difference between the impossible and the possible lies in a person's determination." Tommy Lasorda

"Those Who Are Successful"

NEWSLETTER – October, 2010

Submitted by: Sandra Martin, Employment Counsellor

UPCOMING EVENTS/NOTICES

Notice - I have resigned from my position as Employment Counsellor at Gezhtoojig Employment and Training. My last day will be Friday, October 1, 2010. I have accepted a position with Laurentian University as the Native Student Counsellor and look forward to this opportunity. I will miss providing outreach to the First Nations communities and all the individuals that I have worked with over the past five years. I have met a lot of great people and wish you all the best! If you are ever at Laurentian University, stop by on the second floor of the Parker Building, Native Student Services department (beside the bookstore) and say hello or refer any students who are attending Laurentian to the Native Students Services department.

Attention: Employers and Clients - New Apprenticeship Initiative for both Clients and Employers. For more information contact Rachelle Phillip rphillipe@gezhtoojig.ca or Ron Sarazin rons@gezhtoojig.ca or call them at the toll free number 1-800-361-9256.

Gezhtoojig Workshops - Gezhtoojig would like to provide workshops in your community. If you would like to request a Workshop call (705) 524-6772 or 1-800-361-9256. The workshops are available on a one-on-one basis as well. Some workshops available: Gezhtoojig Programs & Services, Apprenticeships, Resume Preparation and Cover Letters, Interview Tips, and Job Search Tips.

FEATURED WEBSITES:

Career Cruising:

www.careercruising.com

The Career Key Canada:

www.careerkey-ca.org

Ontario's Guide to Career Planning for Students in Grades 7 – 12, Educators and Counsellors:

www.edu.gov.on.ca/eng/prospects/index.html

Job Futures – Canada's National Career and Education Planning Tool:

www.jobfutures.ca/

HUMOUR:

HOW TO MAINTAIN A HEALTHY LEVEL OF INSANITY IN THE WORKPLACE

- 1) Page yourself over the intercom. Don't disguise your voice.
- 2) Make up nicknames for all your coworkers and refer to them only by these names. "That's a good point, Sparky." "No, I'm sorry, but I'm going to have to disagree with you there, Cha-cha."
- 3) Send e-mail to the rest of the company telling them exactly what you're doing. For example: "If anyone needs me, I'll be in the bathroom."
- 4) Hi-Lite your shoes. Tell people you haven't lost them as much since you did this.
- 5) While sitting at your desk, soak your fingers in Palmolive liquid. Call everyone "Madge".
- 6) Put a chair facing a printer. Sit there all day and tell people you're waiting for your document.
- 7) Every time someone asks you to do something, anything, ask him or her if they want fries with that.
- 8) Send e-mail back and forth to yourself engaging yourself in an intellectual debate. Forward the mail to a co-worker and ask her to settle the disagreement.
- 9) Encourage your colleagues to join you in a little synchronized chair-dancing.
- 10) Put your trash can on your desk. Label it "IN."



WHAT IS POWER?

- **POWER** is about having choices about who you are and what you do; it is the ability to make something happen.

EVERYONE HAS THE POWER TO EITHER HELP OR HURT OTHERS

WHAT ARE BULLYING AND HARASSMENT?

- **BULLYING AND HARASSMENT** are misusing **POWER** in order to degrade, intimidate, humiliate, or offend another person.
- **HARASSMENT** is discrimination that involves characteristics protected by Canada’s Human Rights Act - race, ethnicity, religion, age, sex, family status, disability and sexual orientation
- **BULLYING** is mean, hurtful, cruel behavior that is not based on discrimination.
- Bullying and harassment can be:

PHYSICAL - touching someone in a way they don’t want, or using (or threatening to use) violence against them

RELATIONAL - starting nasty rumors about someone or not letting them hang out with you or your friends

VERBAL - taunting, insulting or laughing at someone

CYBER - using the internet to give unwanted messages to someone, mock them or ruin their reputation

- **SEXUAL HARASSMENT** is unwelcome behavior based on sex or sexual orientation. Examples are:

- making sexual advances in-person or online towards someone who doesn’t want them
- Sexual jokes that make someone feel uncomfortable
- Calling people “gay” or “lesbian” as an insult
- Saying offensive things based on people’s sexual orientation.

WHY DO PEOPLE BULLY AND HARASS?

- **BULLYING** and harassment are intentional—people who bully mean to hurt someone. People bully and harass to:
- Get attention
- Feel important
- Feel power
- Get their own way
- Feel better about themselves by making others feel worse
- Control their friendships (who is included/excluded)

YOU HAVE RIGHTS!

- **To be treated fairly and with respect**
- **To be included**
- **To feel safe**
- **To be protected from bullying, harassment and abuse**
- **To say “No” to behavior you don’t like or want.**



REASONS TO STOP BULLYING AND HARASSMENT

Youth who are targeted may experience....

- Anxiety
- Low self-esteem
- Anger
- Sadness
- fear
- Loneliness
- Isolation
- Problems with relationships
- Problems with schoolwork
- Increased shyness
- Sleeplessness
- Health problems
- Eating disorders
- Risky sexual behavior
- Self-cutting/harm
- suicide

Youth who bully/harass may experience....

- Loneliness/isolation
- Depression
- Difficulty controlling aggression
- Poor/weak friendships and other relationships
- Increased risk of criminal involvement later in life
- Difficulty in school and work
- Poor mental health
- suicide

Youth who see others being bullied/harassed may experience.....

- anger
- helplessness
- guilt
- fear
- anxiety
- feeling unsafe

YOU HAVE RESPONSIBILITIES!

- To treat others with respect
- To not exclude others
- To help protect others
- To not misuse your power by participating in bullying, harassing or abusing behaviours
- To listen to and honour people when they say “No”

LET’S MAKE IT STOP!

If you are being targeted....

- Remember it is not your fault, and there’s nothing wrong with you - no one deserves to be bullied or harassed!
- Tell an adult you trust. They can give support and help stop the bullying or harassment. If no one helps you, keep telling until you do get help.
- Have a teacher or an adult help you with a safety plan if the bullying is making you afraid or very upset.
- Take a stand:
- KEEP YOUR COOL and walk away. Using insults or fighting back will make the problem worse.
- USE HUMOUR—say something funny and make them think you don’t care.
- BE ASSERTIVE, look confident and let the youth who are bullying know that they need to stop what they are doing.
- Hang out with friends that you know will support you, and work together to speak out against bullying and harassment.

FOUR STEPS TO STOP CYBERBULLYING:

- STOP:** Don’t try to reason with or talk to someone who is cyberbullying you.
- BLOCK** Use the block sender technology to prevent the person from contacting you again.
- TALK:** Tell a trusted adult, inform your school, use a help line and/or report it to police.
- SAVE:** Save any instant messages or e-mails you receive from the bully, or capture any comments/images that have been posted online.

REMEMBER

IT’S NOT YOUR FAULT!

YOU HAVE THE RIGHT TO BE TREATED WITH RESPECT AND FEEL SAFE!

IF YOU NEED HELP, TALK TO SOMEONE YOU TRUST. IF THEY DON’T HELP YOU, TELL SOMEONE ELSE.

YOU CAN HELP STOP BULLYING AND HARASSMENT!

FIND OUT ABOUT ISSUES AFFECTING YOUTH AROUND THE WORLD AND TAKE ACTION!

NEW HOUSES

New Section 95 Rental/Rent-to-Own houses are being built in our community to increase the availability of residences for our community members! These houses are expected to be complete in the near future.

Lot 39



Lot 28











Lot 85





October 2010 Recycling and Garbage Pick Up

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1		2
3	4	5 	6	7 	8	9
10	11	12 	13	14 	15	16
17	18	19 	20	21 	22	23
24	25	26 	27	28 	29	30
31						

NATIVE CODE OF ETHICS

1. Each morning upon rising, and each evening before sleeping, give thanks for the life within you and for all life, for the good things the Creator has given you and others, and for the opportunity to grow a little more each day. Seek for those things that will benefit everyone.
2. Respect means to 'feel or show honor or esteem for someone or something; to consider the well-being of, or to treat someone or something with deference or courtesy.' showing respect is a basic law of life.
Treat every person from the tiniest child to the oldest Elder with respect at all times. Special respect should be given to Elders, parents, teachers and community Elders. No person should be made to feel 'put down' by you; avoid hurting others hearts as you would avoid a deadly poison.
Touch nothing that belongs to someone else (especially sacred objects) without permission, or an understanding between you.
Respect the privacy of every person. Never intrude on a person's quiet moments or personal space.
Never walk between people who are conversing.
Never interrupt people who are conversing.
Speak in a soft voice, especially when you are in the presence of Elders, strangers or others to whom special respect is due.
Do not speak unless invited to do so at gatherings where Elders are present (except to ask what is expected of you, should you be in doubt).
Never speak about others in a negative way whether they are present or not.
Treat the earth and all her aspects as your mother. Show deep respect for the mineral world, the plant world, and the animal world.
Show deep respect for the beliefs and religions of others.
Listen with courtesy to what others say, even if you feel that what they are saying is worthless. Listen with your heart.
3. Respect the wisdom of the people of council. Once you give an idea to a council or at a meeting it no longer belongs to you. It belongs to the people.
4. Be truthful at all times and under all conditions.
5. Always treat your guests with honor and consideration. Give your best food, your best blankets, the best part of your house and your best service to your guests.
6. The hurt of one is the hurt of all, the honor of one is the honor of all.
7. Receive Strangers and outsiders with a loving heart and as members of the human family.
8. All the races and tribes in the world are like the different colored flowers of one meadow. All are beautiful. As children of the Creator they must all be respected.
9. To serve others, to be of some use to family, community, nation or the world, is one of the main purposes for which human beings have been created. Do not fill yourself with your own affairs and forget your most important task. True happiness comes only to those who dedicate their lives to the service of others.
10. Observe moderation and balance in all things.
11. Know those things that lead to your well-being, and those things that lead to your destruction.
12. Listen to and follow the guidance given to your heart.

Developed by:
Georgina Toulouse



Learning to Live in the Moment....

Where are you right now? Are you thinking about what you are doing or what you have to do? Are you thinking about someone or what you need to do tomorrow? Do you worry about what you should have said to any angry friend instead of enjoying what friendship brings to you?

Life is way too short for all the upset there is and wasting time on others who do not care about your greater well being is not worth it. Have you ever experienced driving home from work and not remembering the drive? Have you sat down to eat a meal and couldn't believe it when the plate was empty and you don't remember eating it? We all have had times like this.

The problem with this is we are not in the moment – we are either thinking of the past or longing for change in the future.

What's sad is time goes by, the moment is wasted and we are not able to get this time back. When we work, we dream of a holiday on a secluded island or wish to win the lottery. When we are on holidays we worry about work piling up and what we have to face when we return, then wish we were on vacation again because it went so fast. On top of that, we worry about past upsets; dysfunction in relationships, lost opportunities and memories from the past. We then turn our attention to what may happen in the future, wasting time on what-ifs.

If this is not you, then congratulations, you are living in the moment. This is the norm for many and for those of you who are, you are not alone. We are trained from an early age to worry and fret, feel guilt or remorse. Not that these traits are abnormal, but they can control one's life unnecessarily. When these thoughts control us, it is out of control. We need to live more in the moment.

Mindfulness, is the concentrated awareness of one's thoughts, actions or motivations. This basically means to focus on the minute at hand, not the past and not the future, because all we really have is the moment.

OK – sit down in a quite place, close your eyes and think of nothing – for one minute. Try it – it is not as easy as it sounds. Our minds wander and worry without any help. Think about it, there is 60 seconds in every minute – and 3600 seconds in every hour, now multiply that by your waking hours – and then years of life. Do you realize how many moments you have and how many you have wasted?

Take time every day to sit in peace and be in the moment for 15 minutes – that means stop everything. Enjoy your life – you only have one.

Every second that goes by, another moment might have been missed. Take time for your health, spend time with your family and friends, give someone a hug, love your pet and smile.

Remember, life is not a destination, it is a journey. Enjoy the ride!

Submitted by: Shelley Baker

Eating On A Budget Workshop

All ages welcome

Make Individual Mini Pizzas
&
Banana Yogurt Muffins

Wednesday, October 27, 2010
4 pm - 7 pm
at the gazebo
(children can watch a movie)

(Moms with children ages 6 & under
will receive a \$20. gift voucher for attending)

**Aanii,
Please follow the link attached below. This is an energy grant for Northern Ontario. If they are single with a net income less than \$48000.00 or a family with a net income of less than \$65000.00, they will qualify.**

Anyone living in the North can apply for this grant. It is called The Northern Ontario Energy Grant. Fill out the form online, print and send it out to get your hard earned money.

[http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/GetAttachDocs/013-0190E~1/\\$File/0190E.pdf](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/GetAttachDocs/013-0190E~1/$File/0190E.pdf)

Read the requirement on the form to qualify. Most will qualify based on income. Every little will help.

Whooo's House

Age: _____



Age: _____