#### WFN



### WAHNAPITAE FIRST NATION COMMUNITY HEALTH NEWSLETTER August 2010

#### Inside this issue: 2010 Pow Wow Poster WAHNAPITAE FIRST NATION **Health Calendar** 2 15TH TRADITIONAL POW-WOW Boat Safety Wordsearch 3 "Honouring Our Forest" New Web Site AUGUST 21 & 22, 2010 **Boundary Land Claim &** 5 **OPG** info session Web site 6 Web sit information con-7 Host Drum: ARMOUR HILL tinued Grand Entries: Ipm & 7pm (SAT) Fireworks Show: Co-host Drum: YOUNG GUNZ Sunvise Ceremonies (5am): Bear Wise, Recycling 8 Sat. 9:301sh Invited Drum: BEAR CREEK bins, Iron Survey Bars Aug.19 - 22/2010 **Recycling Bins** Invited Hand Drum Group: O'demin Kwe Singers Sweat: Friday, Aug. 20/2010 at 7pm E-Waste Day 9 Head Dancers (fancy dance style): Shanda Nevin-Myo & Nimkii Osawamick Giant Hogweed Warn-10 Head Elder: Tina Mandamin ing Master of Ceremony: Gerard Sagassige Arena Director: Robert Stoneypoint **UOI - contest** 11 SPECIALS: 1-Person (Round Dance) Hand Drum Special: Spaghetti Fundraiser 1st \$400 2nd: \$200, Crow & Mooz Calling special\$ ... 12 Dinner All REGISTERED dancers receive honorarium + meal(s) **Congregate Dining** 13 REGISTRATION: 11am-2pm & 6-7pm (SAT.) **Elder's Picnic** & ABSOLUTELY NO DRUGS, ALCOHOL OR PETS ... 14 Agenda ADMISSION: A SMILE 15 b Hwy 17 E Waubetek 16 THINK & ACT GREEN ... bring own cup, plate/bowl, utensils ... 17 Bring your lawn chairs ...rough camping is available Be Sun Safe! 18 Contact. WFN Band Office (705) 858-0610 **Best Wishes!** 19 LINKS: www.wahnapitaefirstnation.com http://www.facebook.com/event.php?eid=119397874770450 WFN Pow Wow Coor-20,21 22 Garbage Bins

WAHNAPITAE FIRST NATION

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	<sup>3</sup> recyling	4 Spaghetti Dinner Fundraiser	5 Regalia Making/Revising Workshop Elder's Picnic	6 Regalia Making/Revising Workshop	7
8	9	10 recyling	11	12 BBQ 12 noon Congregate Dining 5:30 pm	13	14
15	16	17 <b>recyling</b> Chief & Council Mtg. 6 pm. fire hall	18	19 Sunrise Ceremony BBQ 12 noon	20 Sumrise Geremony 5 am Sweat	21 Sunrise, Ceremony, Ban, POW WOW
22 Sumrise Ceremony 5 am POW WOW	23	24 recyling	25	26 BBQ 12 noon	27	28 E-Waste Day 10 am - 4 pm
29	30	<sup>31</sup> recyling				

#### **Schedule of Events**

- August 4, 2010–Spaghetti Dinner Fundraiser
- August 5,6, 2010–Regalia Making/Revising Workshop
- August 5, 2010–Congregate Dining–5:30 pm at the gazebo
- August 5, 2010–Elder's Picnic in Sagamok
- August 12,19 & 26, 2010 Fundraising BBQ's-12 noon at the gazebo
- August 17, 2010 Chief & Council Meeting at the firehall-6 pm
- August 19, 20, 21, 22, 2010 Sunrise Ceremony at the Pow Wow Grounds-5 am
- August 20, 2010–Sweat

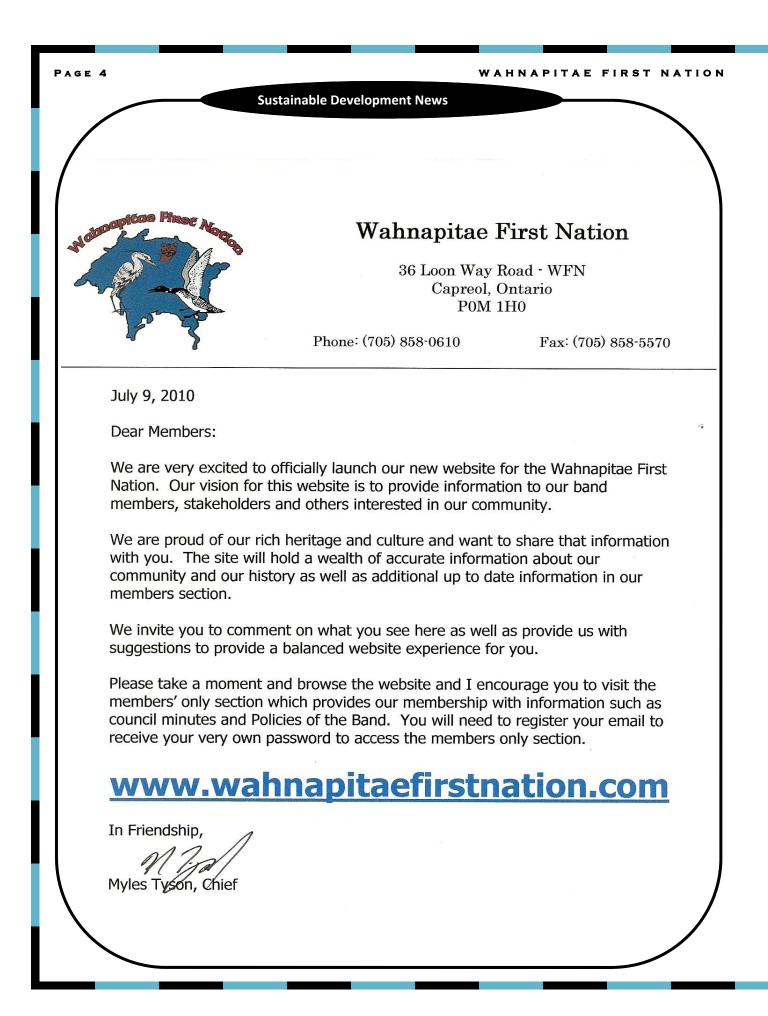
### **Boat Safety Wordsearch**

Κ	А	В	S	D	А	Р	U	L	F	С	W	Ζ	D	Ι	Q	L	Р	С
Q	Т	E	Y	0	R	J	Y	В	Ι	С	Η	А	R	Т	L	А	Y	W
R	А	А	V	С	Q	С	L	А	S	Y	Ι	S	Е	А	G	U	L	L
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Y	В	Н	Q	А	N	V	F	N	Ι	V	Т	L	Р	U	Q	0	А	L
U	G	Q	Ι	K	В	А	Е	S	N	W	L	М	Т	А	В	W	С	R
W	N	С	Е	Р	S	Ι	J	Е	G	W	Е	В	Ι	Х	М	Е	Р	Е
Р	Ι	Т	Р	Т	S	Ζ	А	В	Н	0	Т	Е	K	А	S	R	Q	L
Х	Н	D	Х	А	А	М	С	Ι	U	Р	Е	W	D	Ι	Е	В	Р	L
А	S	В	K	0	Р	Q	K	Y	Т	S	K	С	Ι	L	А	0	А	Е
N	Ι	А	0	В	М	0	Е	K	Z	V	С	Т	Ι	А	D	А	С	Р
Q	F	W	F	L	0	А	Т	Е	R	S	U	Ι	Т	В	0	Т	Х	0
S	А	Ζ	Q	Ι	С	Ζ	Р	Ζ	V	Р	В	А	S	А	0	U	А	R
G	А	S	С	А	N	Ζ	J	Е	0	Ι	D	А	R	N	А	R	L	Р
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М	U	W	А	K	Е	S	U	0	Н	Т	Н	G	Ι	L	А	А	0	В
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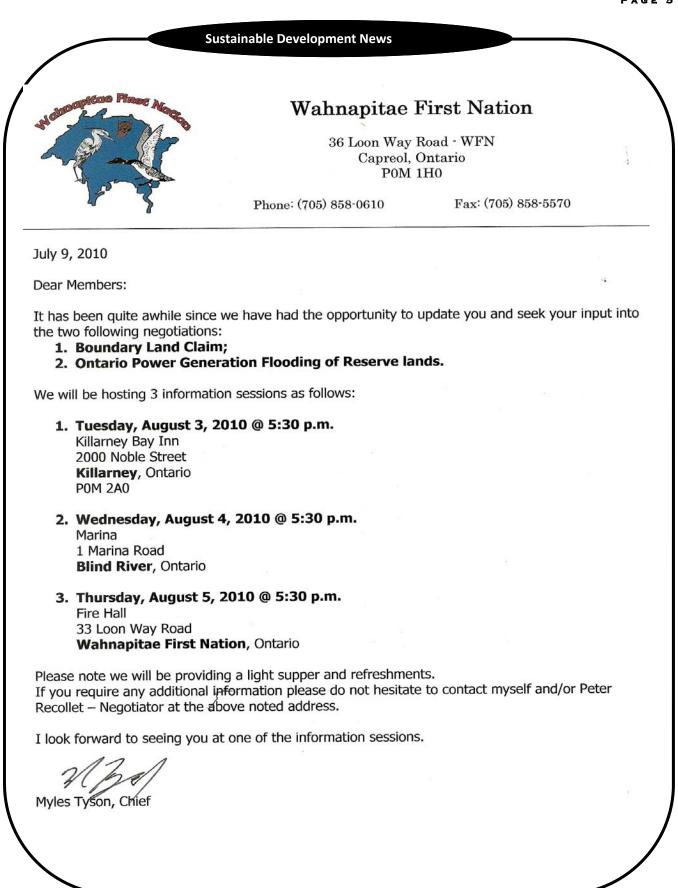
Life jacket Floater suit Pukta Sail boat Power boat Buoy sea gull Fish Whistle First aid kit Boat propeller Radio Bucket Flashlight Compass Map gas can dock Fishing hut Lighthouse Canoe Beach Blanket Rope Oars

chart

First aid kit







WAHNAPITAE FIRST NATION

### **Sustainable Development News** www.wahnapitaefirstnation.com anii Welcome to Wahnapitae First Nation Home Community Health Contact Us Members Only Sustainable Development Home menu Aanii - Welcome to the Wahnapitae First Nation website Home Our traditional name is Wahnapitaeping "That place where the water is shaped Our Culture like a molar tooth". Location Our vision for this website is to History provide information to our band Community Profile members, stakeholders and others interested in our community. We are proud of our rich heritage and culture and want to share that information with you. The site will hold a wealth of accurate information about Wahnapitae First Nation and our history as well as additional up to date information in our members section. We invite you to comment on what you see here as well as provide us with suggestions to provide a balanced website experience for you.

#### **Sustainable Development News**

### **MEMBERS ONLY PAGE:**

The WFN website has a members only section. In order to access this section you will need to email admin@wahnapitaefirstnation.com to obtain a username and login. Once you receive your username and login you will be able to access the members only page.



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Sustainable Development News

WAHNAPITAE

## BEAR WISE

### Are you BEARWISE?

We will be hosting a BEAR-WISE information session

on : Tuesday Aug 3,



2010 @ 6:00 p.m. GAZEBO.

The session will provide information on bear sightings, interactions, safety and other important information that is relevant to bear safety. Please come

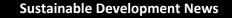


### **RECYCLING BINS!**

If you require additional blue box bins please contact Cheryl Recollet or Peter Recollet at the Band Office. Chi-Miigwetch!

### **IRON SURVEY BARS:**

If you notice IRON SURVEY bars on your property, please do not touch, disturb or remove these bars as they are required for Canadian Legal Survey Records and are used for effective planning. Any questions please contact



We will be hosting an E-WASTE Day on AUGUST 28, 2010! E-Waste is old electronics that can be recycled and NOT end up in our landfill. Please bring your electronics to the FIREHALL on August 28, 2010. Items that can be brought include:

Ontario Electronic Stewardship

0.05507

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- Computer peripherals including modems
- Printing devices including copiers, scanners, typewriters
- Telephones (physical and accessories)
- Cellular phones
- PDAs and pagers
- Audio and video players
- Cameras
- Equalizers/(pre)amplifiers
- Radios
- Receivers
- Speakers
- Tuners
- Turntable
- Video players/projectors



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### WARNING! DO NOT TOUCH THIS PLANT

## **GIANT HOGWEED**

**Health Risk:** Plant produces a clear, watery sap from leaves and stem. This sap contains a chemical which, when exposed to the sunlight, can cause symptoms ranging from redness and itching to severe burns and temporary or permanent blinding.









#### What is Giant Hogweed?

Giant Hogweed is a large, invasive non-native weed that resembles cow parsnip.

#### Where is it found?

Giant Hogweed thrives near streams, creeks, ditches, roads and in vacant lots, areas that are moist to wet. It has been found within the City of Greater Sudbury.

Height 1 - 5 5 metree (3' to 20')



TT.

#### Key Identifying features:

neight	1 – 5.5 metres (5 to 20 )
Stems:	hollow, ridged 4 -10 cm at the base with dark reddish-purple splotches and coarse white hair
Leaves:	large with 3 deeply cut leaflets, irregular lobes and coarse, sharp teeth on all margins.

Flower: white, compound umbel (width of 80+ cm) made up of 4-12 smaller flat, round units.

If you find this plant, **DO NOT TOUCH IT!** Report the finding to your Supervisor immediately noting its location. **DO NOT ATTEMPT** to work in dose proximity to this plant as the toxic sap can be absorbed through regular cotton or synthetic clothing.

If you accidentally come into contact with Giant Hogweed:

- Report it to your Supervisor
- Use caution when removing or handling any contaminated clothing
- Thoroughly wash affected area with soap and water and protect from exposure to sunlight
- · Seek medical attention immediately.

Only those Employees trained in handling Giant Hogweed and with the proper personal protective equipment may attempt to remove or otherwise handle it.



#### Would you like to win autographed Sidney Crosby or Alexander Ovechkin Memorabilia?

#### Are you concerned about YOUR Post Secondary Education?

### Then let Chuck Strahl, Minister of Indian and Northern Affairs Canada (INAC) know by sending us a letter stressing the importance of your post secondary education.

**Purpose:** The Union of Ontario Indians (UOI) and the Anishinabek Educational Institute (AEI) are looking for Anishinabek Students who are interested in submitting a letter to the Minister of Indian Affairs Canada indicating: the importance of your post secondary education; the successes you have achieved; and, the impact that 'lack of funding' has or will have on your future educational endeavours.

Who can submit a letter: Any Anishinabek Student attending or will be attending a Post Secondary Institute (College or University) in September 2010.

Winners: The two winning letters will be hand delivered to Minister Strahl. The Education Director will draw to determine which winner will receive the autographed framed photo of Sidney Crosby (Pittsburg Penguins), and the autographed framed photo of Alexander Ovechkin (Washington Capitals). The remaining letters that are submitted will be packaged and forwarded to the Minister on your behalf.

Letter Criteria: Letters should be submitted: by one student; be typed (minimum font 10 and maximum font 12); be provided on letter size paper (8 ½ x 11); include address, dated and signed.

Letter Content: Letters should be no longer than one and a half pages in length. The letter should list: the program you are enrolled in and the post secondary institute that you are attending;

You may write about any or all of the following subjects;

- the impact that 'lack of funding' has or will have on your future education,
- the importance of your post secondary studies.
- successes you have achieved in your education and/or as a result of your education,
- importance of the support services that are available to post secondary students and,
  the meaning of education.

Please no foul language or harassment in your letters.

Letter deadline: Letter must be received by 12:00 pm (noon) on Friday September 10, 2010

Selection Process: Letters received will be reviewed by a committee of four representatives. (Sarah General, Chiefs of Ontario: Pam Palmater, Ryerson University; Mindy Taylor & Autumn Watson, Union of Ontario Indians)

For further information feel free to contact:

Mindy Taylor, Aboriginal Health Initiatives Coordinator

Union of Ontario Indians – Curve Lake Satellite Office Tel: (705) 657-9383 Email: <u>taymin@anishinabek.ca</u>





### August 4, 2010 5-7 pm

## At the Wahnapitae First Nation Gazebo! Eat-in only!

### Delivery for 65 and over...



\$1000 for plate of space will galie bread, and Geasar salad

Help support Youth day camp!

## Congregate Dining Surf & Turf Dinner



## Thursday, August 12, 2010 5:30 pm at the gazebo

55 or over? If you would like to attend dinner, please contact Wendy by Tuesday, August 10, 2010. 858-0610

### "Not Old Just Mature"

Today at the drugstore, the clerk was a gent. From my purchase this chap took off ten percent. I asked for the cause of a lesser amount; And he answered, "Because of the Seniors Discount."

I went to McDonald's for a burger and fries; And there, once again, got quite a surprise. The clerk poured some coffee which he handed to me. He sais, "For you, Seniors, the coffee is free."

Understand—I'm not old—I'm merely mature; But some things are changing, temporarily, I'm sure. The newspaper print gets smaller each day, And people speak softer– can't hear what they say.

My teeth are my own (I have the receipt.), and my glasses identify people I meet. Oh, I've slowed down a bit...not a lot, I am sure. You see, I'm not old...I'm only mature.

The gold in my hair has been bleached by the sun. You should see all the damage that chlorine has done. Washing my hair has turned it all white, but don't call it gray...saying "blond" is just right.

My car is all paid for...not a nickel is owed. Yet a kid yells, "Old duffer...get off of the road!" My car has no scratches...not even a dent. Still I get all that guff from a punk who's "Hell bent."

My friends all get older...much faster than me. They seem much more wrinkled, from what I can see. I've go "character lines," not wrinkles...for sure, But don't call me old...just call me mature.

The steps in the houses they're building today Are so high that they take...your breath all away; And the streets are much steeper than ten years ago. That should explain why my walking is slow.

But I'm keeping up on what's hip and what's new, And I think I can still dance a mean boogaloo. I'm still in the running...in this I'm secure, I'm not really old...I'm only mature.

WAHNAPITAE FIRST NATION

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SAGAMOK ANISHNAWBEK FIRST NATION Invites you to this year's

### SENIOR'S ANNUAL PICNIC 2010 "HILLBILLY DAY" Thursday August 5<sup>th</sup> Starting at 9:00 a.m.

Prizes for Best Dressed Male & Female Hillbilly Best Hillbilly Hat Contest (Senior's & Elders only) Variety Bingo



### ENTERTAINMENT INCLUDES







Special Appearance by Crystal Shawanda Comedian: Moccassin Joe Located at the Sagamok Soccer Field Hillbilly Lunch Provided Sponsored By: Sagamok Anishnabek & Xstrata Nickel

If you would like to attend please contact Wendy at 858-0610 ext: 107/

### Sagamok Anishnawbek Senior's Hillbilly Picnic August 5, 2010 Agenda

**11:30 a.m. – 12:30 p.m.** Moccassin Joe – comedy

12:00 noon lunch

**1:00 p.m.** Crystal Shawanda

### 2:00 p.m.

Variety Bingo

**2:30 p.m.- 3:30 p.m.** Moccassin Joe M.C. Hat Judging & Best Dressed Hillbilly, & perform comedy

**3:00 p.m.** distribute snacks to go

### 3:30 p.m.

Close remarks Travelling Song

### **Extra Activities**

Horse Shoes Texas Horseshoes Historical Tent Display Pontoon Boat Rides Mari Crafts Workshop Tour of Eagle Lodge Vendor Crafts

Participants need to bring your dabbers.

For Wahnapitae First Nation Elders' Dinner - Kings Buffet



#### July 26th, 2010

To: Band Membership

**Band Economic Development Officers** 

Aanii!! My name is Barret Dokis and I am very pleased to announce that I have recently joined the great team at

Waubetek as a Business Development Officer where I will be providing business development services to the

Waubetek clientele.

I am a graduate of the three year Business Administration Program at Cambrian College where I also served on the

Cambrian Native Students' Association. After graduating from college, I was employed with Gezhtoojig Employment & Training where I was an intern providing Business Advisory Services. My other previous employment includes working for CIBC as a personal loans officer and the Royal Bank of Canada where I was a

Commercial Account Manager. And my most recent employer was the Union of Ontario Indians where I helped

oversee the implementation of the Anishinabek Nation's Economic blueprint. I feel I have a strong professional

background that is really going to help me service not only our business clients, but assist our communities as they

explore new economic development opportunities. I have family ties throughout the Anishinabek Nation including

Wikwemikong Unceded Indian Reserve, Wahnapitae First Nation, and I am a member of Dokis First Nation.

I've been assigned to the Northeast region of Waubetek's service Area. I will be conducting outreach in the following communities; Wahnapitae First Nation, Whitefish Lake First Nation, City of Greater Sudbury, Dokis

First Nation, Nipissing First Nation, North Bay, and Temagami First Nation.

If you have any questions regarding the programs and services of Waubetek Business Development Corporation,

Aboriginal Business Canada or any other general business inquiries, please feel free to contact me at the Waubetek

office in Birch Island by telephone at (705) 285-4275 or by e-mail at bdokis@waubetek.com.

Miigwetch,

Barret Dokis

**Business Development Officer** 

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## YOU BE THE BOSS



## **WAUBETEK**

Business Development Corporation Investing in the Aboriginal Business Spirit A Community Futures Development Corporation



Wahnapitae First Nation Band Office BUSINESS OUTREACH SERVICES Aboriginal Business Canada (ABC) Business Counseling and Information Commercial Term Loans Youth Loan Fund

SCHEDULE YOUR APPOINTMENT TODAY BY CALLING BUSINESS DEVELOPMENT OFFICER Barret Dokis 705-285-4275

Barret Dokis, Business Development Officer bdokis@waubetek.com Waubetek B. D. C.— (705) 285-4275 OUTREACH SCHEDULE August 30th (10AM -12PM) November 1st (10AM -12 PM) January 24th (10AM -12PM

### Be Sun Safe!





### Practise Sun Safety Year Round

**Reduce sun exposure between 11 a.m. and 4 p.m.** Plan activities before 11 a.m. and after 4 p.m. The sun's harmful ultraviolet (UV) rays are the strongest between these times.

#### Seek out or create shade for outdoor activities

Trees, umbrellas and shade structures protect against harmful UV radiation. Remember the shadow rule . . . No Shadow, Seek Shade!

#### Cover up with clothing

Choose loose fitting, tightly woven and light weight clothing. Clothing designed to cover the most skin provides the best protection. Here's a tip: If you raise your clothing up to a light and light passes through, the sun's rays will do the same and expose you to UV radiation.

### Wear a wide-brimmed hat

For maximum protection, ensure that the brim of the hat is at least three inches wide, covering your head, face, ears and neck.

#### **Protect your eyes**

Ensure that your sunglasses provide 100% UVA and UVB protection. Wrap around sunglasses or ones with side shields are your best choice. The sun's harmful UV rays can damage the eyes and cause cataracts later in life.

#### Apply sunscreen

<u>Use a sunscreen</u> with SPF 30 or higher that provides protection from both UVA and UVB rays. Apply generously and evenly to skin 20 minutes before going outdoors. Re-apply every two hours, and more often if you sweat, swim or towel dry. Do not use sunscreen on infants under six months of age.

#### Beat the heat

Drink plenty of water regularly while outdoors. The combination of high heat and high humidity can be dangerous.

76,000 Canadians develop skin cancer annually. The good news is that skin cancer is almost totally preventable.

Sun Damage Doesn't Go Away . . . It Adds Up!



### WFN 2010 Pow Wow Coordinator

### Aanii (hello),

Update



The Pow Wow is coming along smoothly!! A few volunteers have come forth & everything is all organized and mapped out. The grounds have been seeded and fertilized, please, no walking within the perimeter of the dance area. Any members, who would like to volunteer for this year's Pow Wow, please fill-out the volunteer sign-up sheet in July's Newsletter or you can sign-up at the Band Office (reception area). Each volunteer will receive a meal voucher(s) with the possibility of an honorarium.

Chi-Miigwetch's

- ~ Vinny for his sprinkler, hydro, water & time
- ~ Peter for donating 1 chord of wood
- ~ Larry for donating his time & energy
- ~ Angie, Abby & Family for donating some fundraising tickets

Any donations can be dropped-off at the Band Office or contact me!

50/50 Tickets are being sold by Wendy, Debbie, Annabelle & Tony. \$2/ea. Or \$5/3 tickets. Draw will be held on Sunday, August 22<sup>nd</sup>, 2010 at the Pow Wow.

#### Upcoming Pow Wows

- ~ Thessalon, Wasaukasing, Wikwemikong (competition) July 31st, August 1st & 2nd (Wiky)
- $\sim$  Curve Lake FN August 7th & 8th
- $\sim$  Serpent River August 14th & 15th
- ~ Wahnapitae FN August 21st & 22nd

Crystal Osawamick WFN 2010 Pow Wow Coordinator

Cell: (705) 919.0432 or Home: (705) 858.6392

Email: <u>crystal\_osawamick@hotmail.com</u> or

http://www.facebook.com/event.php?eid=119397874770450

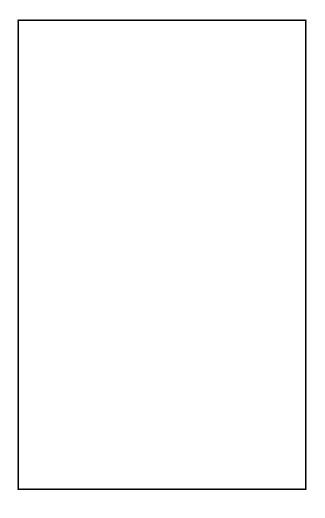
# ART CONTEST

In relation to this year's Pow Wow theme "Honouring Our Forest", an art contest consisting of any drawing of a forest or tree (in the space provided below) is open to all members of any age. The WFN environmental department will sponsor a prize for the winning art submission. The closing date for submissions is Tuesday, August 17, 2010 at 4:00pm and can be dropped-off to the Environmental Coordinator, Cheryl Recollet or at the reception area. The winner will be announced at the Pow Wow at Saturday's afternoon session & will be showcased in the Pow Wow brochures. Good luck & have fun!!!

Name: \_\_\_\_\_

Description of Drawing (if any, such as name of a certain tree, location...etc.):

Signature for the approval of advertising purposes:



WFN

Wahnapitae First Nation 26 Loonway Road Capreol, Ontario POM 1H0

Phone: 555-555-5555 Fax: 555-555-5555



We're on the web!

### **GARBAGE BINS:**

WFN would like to politely ask that community members have a bin to place their garbage at the curbside so that animals do not attack the garbage. Any questions, please contact Cheryl Recollet 858-0610.

**Chi-Miigwetch** 

# **PARENTS OF STUDENTS**

IF YOUR CHILD IS ATTENDING ELEMENTARY OR SECONDARY SCHOOL THIS SEPTEMBER

PLEASE CONTACT LEILA ROQUE AT THE BAND OFFICE

## **BY AUGUST 13TH**

THIS INFORMATION IS REQUIRED TO ARRANGE PICK UP AND DROP OFF TIMES OF YOUR CHILD(REN)