Wahnapitae First Nation Community Newsletter

Mnoomni Giizis
'Grain Moon'
August 2013

Inside this issue:

Photo: Credit: Brad Robinson From WFN's 17th Annual Powwow (2012)

Chief & Council Corner

Hi Members

We're preserving our knowledge and sharing key information! Thanks to the "Reclaiming our Knowledge" gathering organized by Heidi Manitowabi and her team, elders and youth shared stories about their relationship to the land on three sunny days last week.

The conference held at the Center of Excellence brought some 30 people together, including various scientists. These initiatives will not only help protect our lands and resources but help keep our stories alive for generations to come. Again congratulations! Thanks to all who could attend!

Hans Matthews
Councillor

Next Chief and Council meeting is scheduled for August 20th 2013 at 5:00 PM

Reminder to members: submissions to Chief and Council are to be made no later than **AUGUST 12th @ 4PM**, this is a standard 7 work day review period as per our Governance Policy, failure to submit on time may result in your request being held over till the following meeting. Miigwetch for your cooperation. - WFN Administration

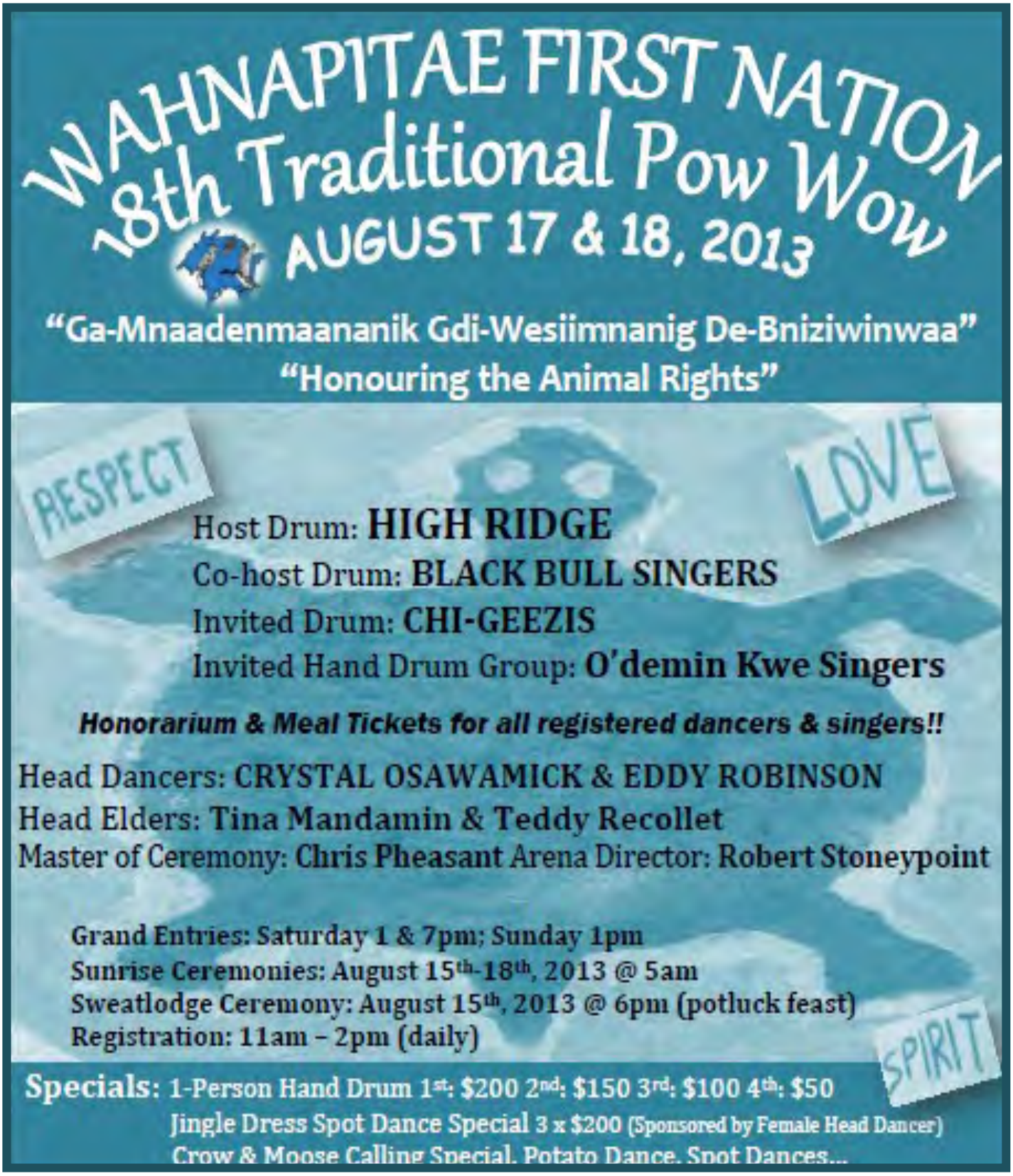
AN IMPORTANT MESSAGE FROM THE FIRE CHIEF:

IN THE LAST FEW WEEKS I HAVE BEEN REPAIRING THE FIRE CONDITION SIGN. THE SIGN HAS BEEN PUT THERE SO PEOPLE KNOW THE DANGER OF HAVING OPEN FLAME AND IF THEY CAN HAVE AN OPEN FIRE OR NOT. WHOEVER IS PLAYING WITH THE POINTERS ON THE SIGN HAS TO UNDERSTAND THAT THE SIGN IS NOT A TOY AND IT IS THERE FOR THEIR PROTECTION AND SAFETY. **PLEASE DO NOT TOUCH THE SIGN OR MOVE THE POINTER.**
THANK YOU
NOLAN ROQUE/FIRE CHIEF

Submission deadlines are the third Friday of every month. Newsletter Submissions should be emailed to: Stefanie.recollet@wahnapitaefn.com

Wahnapitae First Nation Band Office
259 Taighwenini Trail Road,
Capreol, Ontario P0M 1H0
Phone # 705-858-0610 Fax # 705-8585570

WFN Pow Wow News



Wahnapitae First Nation Welcomes

Aanii, my name is Zacharie Roque and I am a grounds keeper for WFN. I am currently attending Cambrian College in the field of police foundations and wish to pursue Law enforcement. I really enjoy working here as it is a very friendly community and wish to return every summer. Miigwetch!

Hi my name is Nicholas “Nick” Recollet I am one of the summer camp leaders, I am currently attending Confederation Secondary school going into grade 11. Last year I was the geospatial technician assistant. I hope your kids enjoy this summer and stay safe; yours truly,

Nicholas Recollet

Aanii, Waawaakunuskwe n’diishnikaas Miigun Doedem. Hello, My spirit name Is The Bright Light Coming, and I’m part of the wolf clan. I’m institutionalized at St.Charles College, and my home base is within the boundaries of WFN. I’m a happy member, and I wish the best for WFN and the future generations.

Summer Students of 2013

Hi, my name is Jeremy. I come from a reserve called Wikwemikong Unceded reserve. I attend high school at Lasalle Secondary School for the past year and a half. I've worked for the Wahnapitae First Nation band office as a grounds keeper for just over a year now. This is a very peaceful reserve and I enjoy working here and wish to work here for another year.

Hello my name is Haley McGregor. This is my second year working but last year I was a volunteer. I am very excited to have a good fun summer with the kids :)

Aanii, Paul Litlte Bear Recollet ndishnikaz. Hello, my name is Paul Little Bear Recollet, this is my 3rd year being a grounds keeper. I'm helping to do a fast at the end of the summer, and I'm excited. I enjoy doing the work, so far it's been a good year. Chi Miigwetch to all of Wahnapitae First Nation. Have a good summer!

Shkagamik-Kwe Health Centre Group Intake Forum

Wahnapitae First Nation is pleased to announce that Shkagamik-Kwe Health Centre will be offering clinical and primary care services at the Norman Recollet Health Centre.

SKHC will also be providing many other programs supporting diabetes care, nutrition and health, child and youth, traditional workshops, chiropody and more.

The first information and intake forum hosted by SKHC and WFN will be held at the Centre of Excellence—Maan Doosh Gamig on **Wednesday September 18, 2013 from 2-4 PM and 5:30 to 7:30 pm.**

This session will be for all WFN members and their families, and will include and information package, group intake forum, and a description of serfvices to be provided. New primary care clients will be registered with SKHC during the day as well.

All attendees will be required to register for this session by calling 705-675-1596 ext 200 or 240.

Shkagamik-Kwe
HEALTH CENTRE

Action Plan Against Prescription Drug Abuse

WFN COMMUNITY RESIDENTS AND MEMBERS AGES 15 + ARE ENCOURAGED TO ATTEND AN INTERACTIVE WORKSHOP TO DEVELOP AN ACTION PLAN AGAINST PRESCRIPTION DRUG ABUSE

MAAN DOOSH GAMIG
THURSDAY, AUGUST 8, 2013
12 noon *or* 5pm

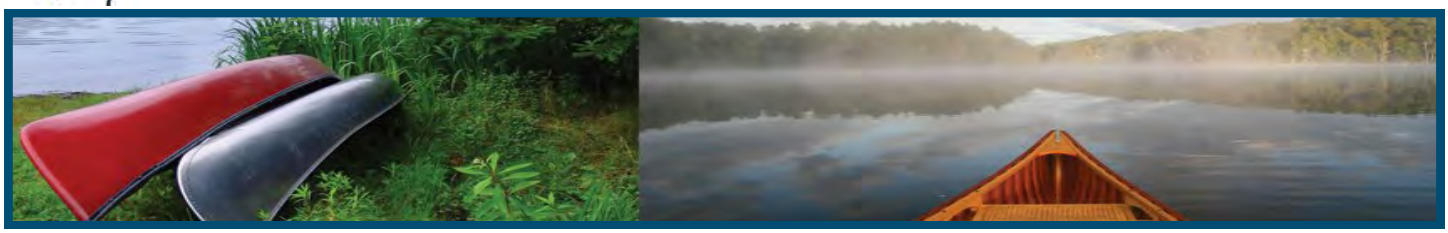
FACILITATED BY

THE COMMUNITY WELLNESS DEVELOPMENT TEAM
Including: Coordinator - Mental Health Specialist - Addictions Specialist
Ngwaagan Gamig Recovery Centre Inc. - Rainbow Lodge, Wikwemikong, ON

12:00 – 4:00 pm LUNCH PROVIDED THEN WORKSHOP SESSION
5:00 – 9:00 pm DINNER PROVIDED THEN WORKSHOP SESSION

For more information please contact the
Norman Recollet Health Centre at 705-858-7700

The dinner session is a repeat of the lunch session



Canoe Course

Great Lakes Cultural Camps will be holding a 2 day (+ an evening) canoe course in Wahnapitae. The **course is capped at 10 participants**. Registration is on a first come basis, a 10.00$ deposit is required to hold your spot. Participants must be able to commit to all 3 days, the courses are progressive and you need the hours for your certification. The provincial certifications will allow you to take advanced courses & works towards your instructors certification. If you are planning on joining us for the North River expedition: this is a good way to get some experience :)

Must be 14+ to participate

August 6	4:00PM - 9:00PM
August 7	8:30AM - 4:30PM
August 8	8:30AM - 4:30PM

ORCKA Basic Canoe 1 - August 6th 4pm—9 PM
designed to introduce the novice or relatively inexperienced canoeist to tandem paddling. The emphasis is on mastering the fundamentals of canoeing along with a strong grounding in water safety and safe canoeing practices.

ORCKA Moving Water 1A - 2 days—August 7 & 8th 8:30 am—4:30 pm
This Ontario Recreational Canoeing & Kayaking Association course provides an introduction to whitewater paddling. The emphasis is on tandem canoeing skills, understanding whitewater principles, and river safety.! It opens up a whole new avenue of paddling skills and fun to the canoeist. This course provides a standard provincial certification of competence for tandem moving water paddling. Our program is geared to your particular needs and abilities. We look forward to the opportunity of sharing a new learning experience and adventure in whitewater paddling. After these 2 days on the river, your thirst for real adventure will be quenched and you will take home a powerful set of whitewater skills for future adventures on the river!

What you need to bring:

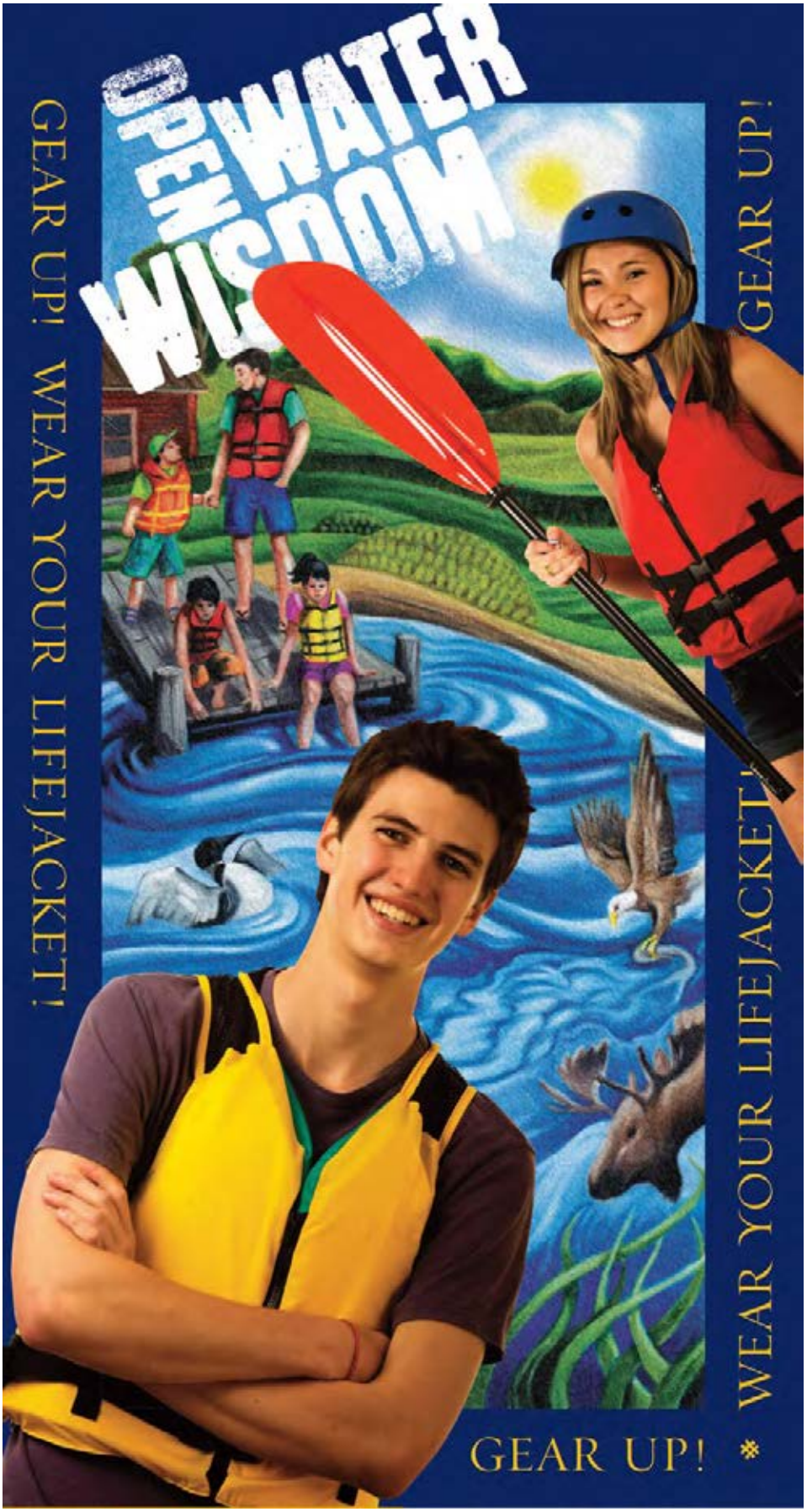
Closed toe shoes (lightweight) they WILL get wet!

Brown bag lunch + your snackies

Personal water bottle

*Everything else will be provided including splash shirts & wetsuits if necessary

For more information or to register contact Stefanie Recollet , Research Coordinator @ 705-858-0610 x 212.



ATTENTION WFN RESIDENTS-WFN SWIMMERS & WATER CRAFTERS GEAR UP – WEAR A LIFEJACKET!

AS PROVIDED BY THE OPEN WATER WISDOM CAMPAIGN

WFN has a supply of lifejackets for youth and children.

WFN Parents may sign out lifejackets for their children.

The lifejackets may be signed out for the summer and returned in the fall.

Please visit or call the Norman Recollet Health Centre to take advantage of this life-jacket offer.

705-858-0610

NUTRITION BINGO

[Thursday, August 28th, 2013 at 5:30 pm - 8 pm]

[Maan Doosh Gamig Hall)

Pay As You Play or Pay Ahead

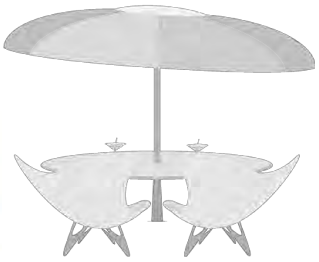
12 regular one line or 4 corner bingos (3 cards .25 cents)

3—$25. gift certificate specials (3 cards $1.)

1—$100. gift certificate Jackpot (3 cards $2.)

Youth Fundraiser Canteen

1 POW WOW Fundraising Special & 50/50 draw



Pay as You Go Bingo,
BBQ, 50/50 Draw & Silent Auction Bake Sale Fundraiser!

Thursday, August 15, 2013

5 pm - 8 pm

Outside the Gazebo weather permitting

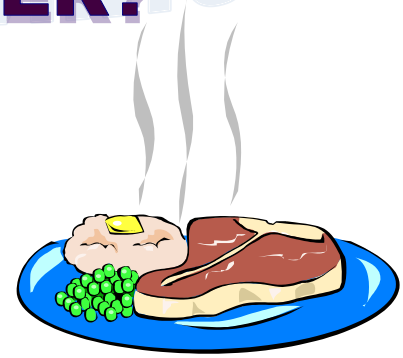
If it rains we will move to Maan Doosh Gamig Hall

All proceeds to Wahnapitae First Nation's 18th Annual Pow Wow

CONGREGATE DINING

50 YEARS OR BETTER?

JOIN US FOR A SURF & TURF DINNER ON THURSDAY, AUGUST 29, 2013 5:30 PM AT THE GAZEBO



Update

Each month the seniors get together to not only share a meal but to celebrate milestones, share interests, or just to get out of the house. Last month we celebrated Norman Recollet's 86th birthday with a prime rib dinner and birthday cake. In May we celebrated Denise Burke's 75th birthday with a cold plate and birthday cake. Chi Miigwetch for sharing our seniors' special day.

Wendy Tyson - Community Wellness Worker

Grain Moon & the Rice Harvest

Mnoomni-Giizis, the grain moon, otherwise known as August, is the time of year when most grasses and grains are fit for harvesting, mainly referring to our wild rice. Known as **manoomin**, which translates into '**the good berry**' in Ojibwe, wild rice has played a major role in the lives of Ojibwe people. According to Ojibwe oral tradition, centuries ago the Ojibwe were instructed to find the place where "the food grows on the water" during their long migration from the East coast. This ultimately led them to the shores of Lake Superior and the Northern inland lakes.

Creamy Wild Rice and Chicken (Turkey) Casserole

6 c. cooked wild rice
3 c. cooked chicken (or turkey), diced
1 can cream of mushroom soup
1 med. Onion, chopped
¼ # fresh mushrooms, sliced
1 or 2 cloves garlic, minced
1 tsp. salt
1 stick butter
3 ribs celery, sliced
¼ tsp. pepper
8 oz. sour cream

Melt butter in large skillet. Sauté mushrooms and vegetables until tender. Stir in seasonings, sour cream and soup until combined. Put wild rice and chicken (or turkey) in a greased 3 qt casserole dish or 9 x 13 pan. Pour vegetable/sour cream mixture over the top of rice and mix until combined. Bake, covered, in 350 degree oven for approximately 35 to 40 min. Uncover and bake another 15 min.

-Red Lake Nation Foods

Seen as a special gift from the creator, manoomin became a healthy staple in the Ojibwe diet. When finished correctly, wild rice could be stored for long periods of time to be available when other foods were not. Besides being basic to the traditional diet, manoomin also developed importance culturally and spiritually and remains an important element in many feasts and ceremonies today. -GLIFWC

DID YOU KNOW??

Many consumers confuse paddy-grown wild rice with the true wild rice hand-harvested from Northern Lakes and Rivers. Paddy Grown Rice has larger darker (almost black) kernels, takes longer to cook and lacks the distinguishing nutty flavour and fragrance found in Native wild rice. Read more about the differences in the study on the following pages.

Manoomin (Wild Rice) and C

A Comparative Study Bet

Craig Hassel, Ph.D., Department of

Food Science & Nutrition, University of Minnesota

Abstract

To the Anishinaabeg, manoomin (wild rice) is a sacred gift, perfect in its natural form, and in part, defines their cultural identity as a people. To many European Americans, wild rice, like many other foods, is seen as a food resource to be domesticated and improved. Here, we scientifically assess and compare the nutritional value of manoomin and cultivated paddy rice, but also explore the larger context of cross-cultural worldviews. The study offers two findings. First, wild rice is a healthy food source with several statistically significant nutritional differences between the natural stand and cultivated varieties. However these differences appear unlikely to be physiologically significant. Second, the Anishinaabe worldview, when considered alongside the western science worldview, may better define a holistic view of health. The challenge here is to bridge the metaphysical divide between western and indigenous conceptions of health.

Introduction

European American worldviews tend to emphasize food in terms of its physiochemical and economic dimensions. Food as nutrients. Food as fuel. Food as bioactive molecules. Food as a commodity. Food as an object for human manipulation. Anishinaabe worldviews allow for physiochemical differences but also emphasize spiritual and metaphysical dimensions of food and health relationships. Food as nurturance. Food as connection to all that is. Food as memory. Food as consciousness. Food as cultural survivance. This study scientifically compares the nutritional value of manoomin with cultivated paddy rice as part of a larger cultural exploration of western science and traditional indigenous knowledge (Anishinaabe-Kendaaswin).

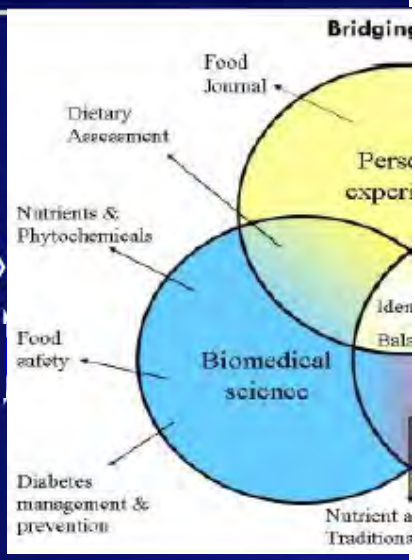
Purpose

Biomedical nutrition science concerns itself with bio-active chemical components including carbohydrates, lipids, proteins, vitamins, minerals, phytochemicals and water. Here we scientifically compare nutrient analysis data of manoomin with that of cultivated paddy rice. This kind of scientific comparison represents only a part of the truth from an indigenous worldview. Because western science limits itself to physically empirical measures, it cannot be expected to adequately capture the essence of the relationship between manoomin and the Anishinaabeg. The purpose of this project is to place scientific inquiry of wild rice into a broader discourse of culture and science.

Western World View

Modern Method of Harvest

Western View of Health: Nutritional Data



Intent: Profit for future generations

ommercial Wild Rice (Paddy):
ween Worldviews of Health

David Rodriguez, McNair Scholar
University of Minnesota

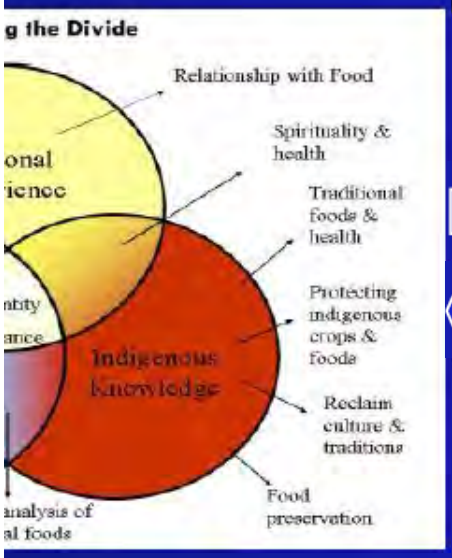
Methodology

Three samples each of manoomin and cultivated paddy rice were obtained and analyzed for nutrient content by Medallion Laboratories in Golden Valley, Minnesota. Total protein, carbohydrate, fat, ash and moisture were obtained by proximate analysis. In addition, amino acid, fatty acid, dietary fiber, vitamin, mineral composition and antioxidant capacity were determined. Mean data were obtained and subjected to a two-tailed t test.

Anishinaabe elders shared their cultural teachings in informal and semi-formal conversations. Some information was obtained from the currently limited scope of books, papers and past dissertations on the subject of wild rice.

Indigenous World View

Traditional Method of Harvest



Native View of Health: Mind, Body, Spirit

Results

The nutrient analysis supports the idea that wild rice is a highly nutritious food, a viable source of protein containing all the essential amino acids. The natural stand wild rice appears to contain slightly more total protein and significantly more of the amino acids histadine, methionine, lysine, and phenylalanine. By contrast, cultivated paddy rice contains significantly more total fiber and copper.

Indigenous knowledge provides ancestral systems of understanding as essential keys to holistic health: the interdependence of earth, water, plants, animals, balance and spiritual connection. Wild rice is a part of that knowledge. It is considered a gift from the Creator by the Anishinaabe and, as such, is sacred and is used in many ceremonies as well. It is often forgotten that, prior to western influences, heart disease, diabetes and cancers were unknown to the indigenous peoples of the Americas. The Elders say this was due in part to these understandings of interdependence.

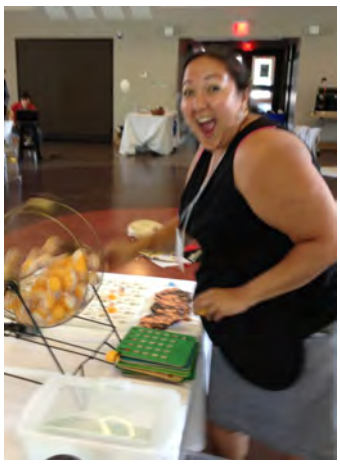
Intent: Holistic health for future generations

Implications

While a biomedical approach to nutrient analysis can help to explain the nutritional value and some health benefits of wild rice, it cannot capture a complete understanding of either the complex interrelationships or web of health effects between manoomin and humankind. Increasing sensitivity for Anishinaabe-Kendaaswin within the scientific community will lead to enhanced understandings of the relationships between food and health.

Elders & Local

From Tuesday, July 23 to Thursday, July 25, Wahnapitae First Nation's Sustainable Development Department welcomed Elders and Local Knowledge Holders to the "Reclaiming Our Knowledge: Elders & Local Knowledge Gathering" that took place at Wahnapitae's Centre of Excellence Building. Elder Phillip Thompson opened the Gathering with his words of kindness and wisdom, creating a safe space for the sharing of traditional knowledge, ways of being, stories and teachings of Anishinaabek people of Wahnapitae First Nation. Phil spoke on the importance of storytelling. Stories are the way that our ancestors ensured the preservation of our culture. Stories are our keepsakes, stories help you grow, they teach you right from wrong, and although they can be very funny, they can also be very educational. Storytelling played a crucial role in the Gathering.

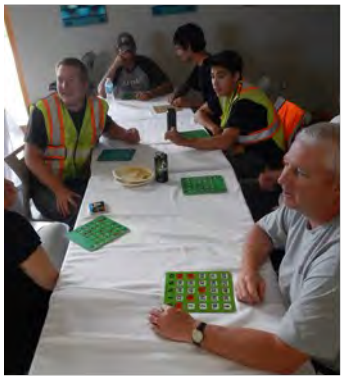


As the days went on, the Gathering took on a spirit of its own. Community members and our visiting participants were given the opportunity to increase their awareness and understanding of Wahnapitae First Nation history and traditions. Bill Allen spoke briefly on the "pre-history" of the Wahnapitae area, speaking on post-glacial lakeshores and the receding glaciers from thousands of years ago. Bill Buchan shared his knowledge of pictographs in the local area. Knowledge of water ceremonies and a feast bag workshop was shared by Laura Liberty of Union of Ontario Indians. The Gathering also contributed to reclaiming our sustainable practices, thanks to George Corbiere's presentation on netting, Ernestine McLeod's presentation on our plant medicines, and

"RECLAIMING OUR KNOWLEDGE"

Knowledge Gathering

Don McLeod's fire teachings. Phillip Thompson conducted a workshop on the importance of community and relationships, which spoke to the role of self in a community and the responsibility we have to share our gifts. Wahnapitae's Elders and Local Knowledge Gathering was a huge success, and has been declared an annual event. "This is a great opportunity to reawaken our knowledge. As we get a new generation coming in, they will be the knowledge carriers," stated Councillor Hans Matthews in his opening remarks on Tuesday, which gave insight into the importance of Gatherings such as this.



This Gathering is a component of Wahnapitae's Gikendaasowin Reclamation Project, a traditional land use and ecological knowledge study. This study is intended to collect and document traditional use and traditional knowledge relating to past, present and future use of resources, activities and areas of cultural importance. This Gathering was also intended to present information to work towards the protection of the Wahnapitae Watershed.

Kchi-miigwetch to all community members who came out! Miigwetch to the Elders and Youth. Miigwetch to the presenters, the participants, and all the helpers. Miigwetch to the Creator for making it all happen. For those who could not make it, hope to see you out next year for the 2nd annual "Reclaiming Our Knowledge: Elders & Local Knowledge Gathering"!

Written by: Heidi Manitowabi,
Gikendaasowin Analyst

Practice Our Anishinaabemowin

Anishinaabe mshkikiin

Medicines

Semaa
Tobacco

Mshkodewashk
Sage

Giizhig
Cedar

Wiingashk
Sweet Grass

Miigwaan
Feather

Pwaagan
Pipe

Anishinaabek aabjichkanan

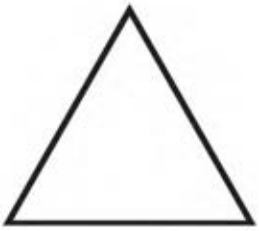
Things Anishinaabek use

Dewegan
Drum

Deweganatig
Drum Stick

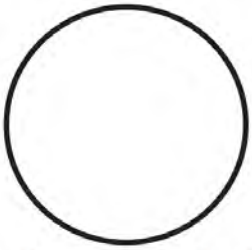
Shiishiigwan
Shaker

bezhig niizh niswi



color the triangle
ozhaawashko
(green or blue)

color the rectangle
miskwaa (red)



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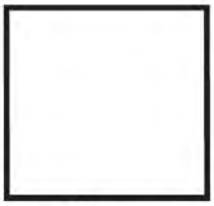
makadewaa
(black)



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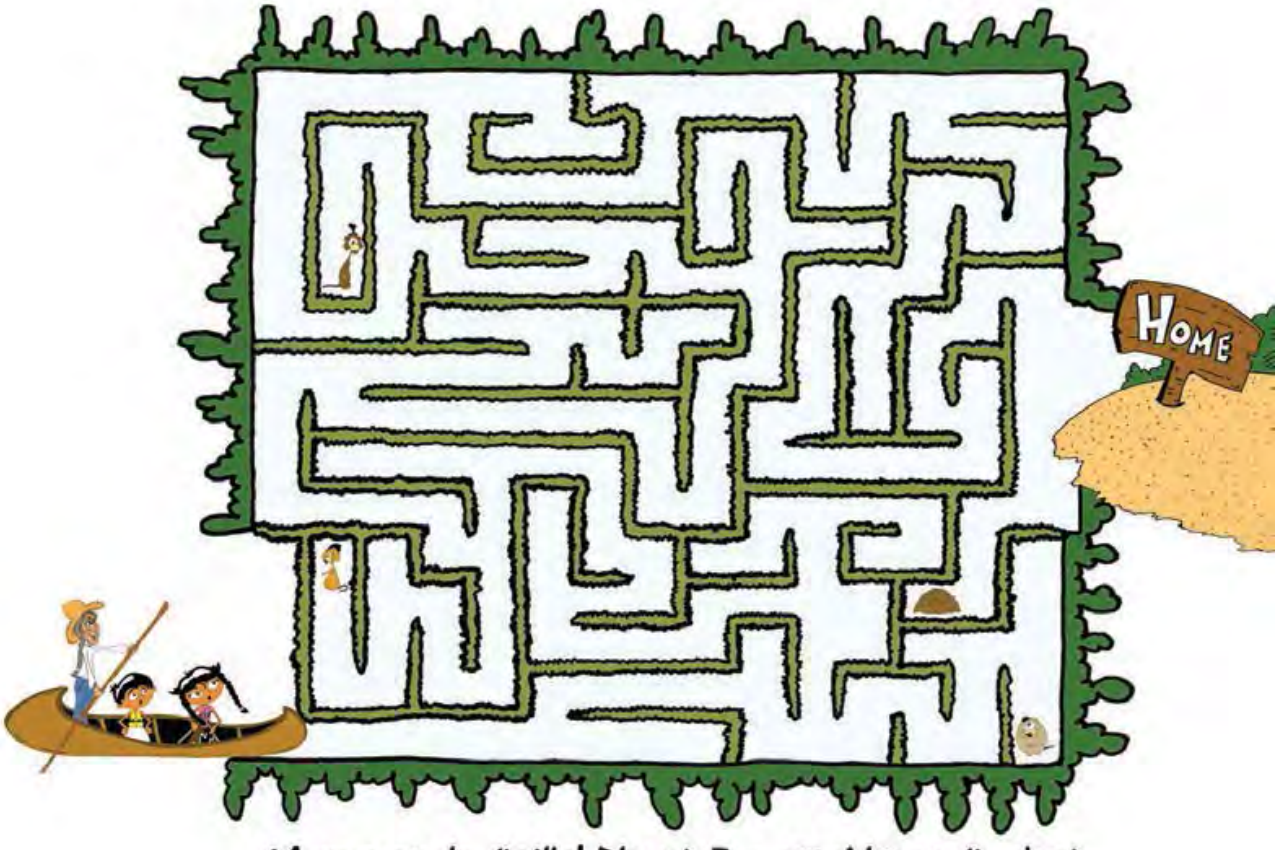
ozaawizi (yellow)

Manoomin: A Wild Rice Adventure

Help Papa, Miika and Mino find their way home.



Manoomin (Wild Rice) Zaaga' igan (Lake)

Harvesting Wigwaas

There have been several incidents of bark harvesting in our public areas in Wahnapitae. Although this activity can be done sustainably and its our traditional practice to do so, we ask that it not be done at our Pow Wow grounds, and on public scenic walking trails (i.e. the trail around the band office) We're pretty lucky here in WFN to have an abundance of birch so please choose trees that are less sightly. People come to appreciate nature in these public places; harvesting does leave the black scarring on the trees (seen below).

Birch bark should be harvested in the spring when the sap is running in the trees (June). If done too late in the season the cambium (inner bark) will come off with the outer bark. If the cambium is damaged the tree may die. If done right, a tree will re-grow its bark over the course of 10-20 years. I have heard that the best bark comes from trees that have already been previously harvested, and traditionally people would return to harvest in the same grove over the course of several generations

Bark can be harvested from any birch tree (at the right time of year). However, there is a danger that the tree will be injured in the harvesting process and many people do not like the look of a tree that has been harvested. For several years after a tree has been harvested the tree's bark will be black. A **great source of bark can come from logger's trees; working with trees that have been, or are about to be, cut down.** Loggers generally do not use the bark from their trees, and it is easier to remove large continuous sections of bark once the tree has been felled.

HARVESTING & STORAGE

Make a cut down the tree trunk. To get the whole piece of bark the knife must cut down to the cambium. It is important that the cut be as vertical as possible. If the cambium is cut all the way around the tree (horizontally) **the tree will die (**this is called girdling a tree)

If it is the perfect time of year the bark will pop off as soon as the vertical cut is made. Usually, to remove the bark the harvester needs to push their hands between the outer bark and the cambium. By gently working their hands around the tree the bark will pop off.

If bark is not going to be used immediately it should be rolled into a bundle. The bark should be rolled longways (down the trunk of the tree) to counteract the way it would naturally curl (around the tree). If it is not wrapped in this direction it may be impossible to use later. As the bark dries it will become less flexible and more brittle. Bark can be somewhat reinvigorated by exposing it to moisture and heat.

North River Canoe Expedition

August 27,28,29

Want Adventure?

A group from WFN will be venturing out on a canoe expedition.

We will depart from the Centre of Excellence, drive up the North River, get dropped off and paddle home. Who knows what we may find, historic camping sites, pictographs... wildlife!

Youth 17 & under need to be accompanied by an adult chaperone.

There is no cost to join, but you need your own equipment. (i.e. tent, sleeping bag, clothing, for complete list call the band office)

If you have your own canoe, that's awesome, if not call we can try and find one to borrow, or look into rentals.

For more information or to make arrangements to join; please contact Stefanie Recollet, Research Coordinator @ 705-858-0610 x212

THIS OPPORTUNITY IS PROUDLY SUPPORTED BY: Ontario Northern Ontario Heritage Fund Corporation / Société de gestion du Fonds du patrimoine du Nord de l'Ontario

A/OFRC

Aboriginal Fisheries Technician Intern(s)

Anishinabek / Ontario Fisheries Resource Centre

The A/OFRC is seeking two-(2) suitable candidates to participate in a one year comprehensive training program in the field of Fisheries Assessment and Management being delivered to the Anishinabek Nation as represented by the Union of Ontario Indians (UOI).

Job Description: Interns will receive training in fisheries assessment and management which will include project design, field techniques, data summary and analysis, and report writing. Interns will work on a daily basis with an experienced staff mentor, while being given the opportunity to acquire supervisory experience. Extensive field work will expose these interns to a variety of fisheries issues being dealt with by First Nation communities and the state-of-the-art scientific techniques used to address these issues.
Salary: $20/hr based on a 37.5 hour work week
Location: The positions are based in North Bay, Ontario. It is not A/OFRC policy to provide assistance with the costs of relocation. It will be the responsibility of the successful candidates to arrange accommodations in North Bay.

Eligibility: Northern Ontario secondary school graduates 29 years of age or under who recently graduated from an accredited college or university. Graduates from a high school outside of Northern Ontario who have resided in the North for at least one year are also eligible. Mature graduates may be considered.

Qualifications: The ideal candidates will have:

- A keen interest in natural resources management and dedication to the principles of conservation
- Understanding of fisheries issues facing communities within the Anishinabek Nation
- Good oral and written communication skills as well as good interpersonal skills
- Computer literacy
- Ability to work in inclement weather and in harsh conditions
- Experience with various types of watercraft and must be comfortable with working on all sizes of waterbodies
- Flexibility to be away from home for extended periods
- Membership in a First Nation represented by the Anishinabek Nation: Union of Ontario Indians

Application Deadline: August 23, 2013

Please mail applications to: A/OFRC, 755 Wallace Rd., Unit #5, North Bay, Ontario, P1A 0E7; or electronically to pmeisenheimer@aofrc.org

Need money for school?

Apply to the Kathleen Blinkhorn Aboriginal Student Scholarship!

The deadline for applications is **August 9, 2013**

For more information and to obtain an application form visit **www.onpha.on.ca/kblinkhorn**.

You are eligible for a **$1000** scholarship if you meet all of the following criteria:

- You are an Aboriginal student currently living in non-profit housing in Ontario.
- You have a full-time or part-time (minimum 60 per cent) course load.
- You are enrolled in a college, university or private trade school recognized by the Ontario Ministry of Training, Colleges and Universities.

DibaajiMOOWiNAN
Gezhtoojig Employment & Training

AUGUST WORKSHOPS

Interview Skills..... Thurs. August 02, 2012
Resume & Cover Letter.....Thurs. August 09, 2012
Job Search.....Thurs. August 16, 2012
Programs & Services .....Thurs. August 30, 2012
(Second Careers & Apprenticeships)

(10:00 a.m. - 12:00 p.m.)

Monthly Draws... Fifty Dollar-
Wal-Mart Gift Certificate
Refreshments
Door Prizes

Stay Current & Updated... Register Today!
Contact: Kim...705-524-6772
(kmurray@gezhtoojig.ca)

WE ARE LOCATED NEXT TO...
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Parking Available
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Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152 www.gezhtoojig.ca

Mnoomni Giizis – Grain Moon - August 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bezhik	2 Niizh	3 Nswi
4 Niiwin	5 Naanan	6 Ngodwaaswi	7 Niizhwaaswi	8 Nshwaaswi	9 Zhaangswi	10 Mdaaswi
		Canoe Course 4pm-9pm	Canoe Course 8:30 am-4:30 pm	Prescription Drug Presentation 12pm or 5pm Canoe course cont.	Good Food Voucher p/u	
11	12	13	14	15	16	17
	C&C submission deadline			BINGO, BBQ, Bake Sale 5-8pm		WFN 18th Annual POW WOW
18	19	20 Niizhtaana	21	22	23	24
WFN 18th Annual POW WOW		Chief & Council Meeting 5:00PM				
25	26	27	28	29	30 Nsimtaana	31
		North River Canoe Expedition	North River Canoe Expedition BINGO 5:30PM	Congregate Dinning 5:30 PM North River Canoe		