



Wahnapiatae First Nation Community Newsletter

Makwa Giizis
Bear moon
February 2014

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Ice Crystals and Diamond Dust ICEDOGS (Parhelia) occur when the Sun or Moon shines through a thin cirrus cloud composed of hexagonal ice crystals. Parhelia most commonly appear during the winter.



WAHNAPITAE FIRST NATION

Chief & Council Corner

Aanni Members

The extreme cold has forced us inside! Good thing because Council has been busy planning our budgets, programs and projects for this coming fiscal year.

To help, we are creating a Human Resources committee tasked with hiring and review of the current HR policies.

We are also looking at a defined set of Housing policies and applications thanks to the assistance of the First Nations Market Housing Fund.

We are also finalizing a new tighter Financial policy, again all will be in place before April 1, 2014.

Our membership has grown to over 500, so better systems, controls are needed to better meet the needs for our growing community!

Hans Matthews, Councillor

POW WOW Committee has confirmed **August 16th & 17th** for WFN's 19th Annual



POW WOW. Volunteers are always needed, A celebration of this magnitude takes a lot of planning and preparation! Miigwetch to POWWOW Committee for their outstanding work.

Submission deadlines are the third Friday of every month. Newsletter Submissions should be emailed to:

Stefanie.recollet@wahnapiataefn.com
by 4 pm on February 21st 2014. Miigwetch.

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

Next Chief and Council meeting is scheduled for Tuesday February 11th, 2013 at 5:00 PM

Reminder to members: submissions to Chief and Council are to be made no later than **February 25th @ 4PM**, Miigwetch for your cooperation. - WFN Administration

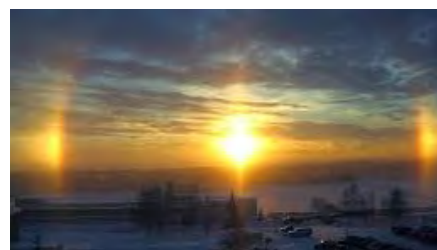


Waste Management

A Friendly Reminder:

The Waste Diversion site has a tipping fee of \$25.00/truckload of waste such as construction waste, yard clean up etc. As per Section 5.5 of WFN's Waste Diversion Regulations (Adopted October 5, 2012 BCM # 12/13 #94)

Keep an eye out for upcoming fee levy days such as Spring Clean up & E-waste day!



Pii nshkishewad maage giizhootogeshing giizis maage dibik giizis, wii nchiwad.

When rainbows are seen on both sides of the sun or moon, there is a storm coming.

The Sundog on the cover made an appearance in WFN on January 22, 2014, 2 days before a the big snow storm!



Attention Pet Owners:

2014 Licenses for Dogs are now available.

Registrations are due by February 15th, 2014.



Before February 15	FEE\$10.00
After February 15	FEE\$20.00
or if newly acquired within 7 days**	FEE\$10.00

The Wahnapitae First Nation Animal Control By law requires all dog owners to licence their pets. Although many people believe that their pet will never leave their property, pets have a way of getting out and getting lost. Natural disasters, extreme weather, and fireworks can cause animals to become anxious and flee their property. Microchips are invisible to the eye and can occasionally go undetected. A license is visible proof of ownership, which lets people know that your pet is owned.

Remember you pet cannot speak for itself; licensing your pet greatly increases the chance that you will be reunited with your pet in the unfortunate event he or she is lost. When someone finds a stray animal, they most often call Animal Control. If your pet has a current licence our staff will attempt to contact you and you may be able to recover your pet yourself. Most unidentified strays end up at the shelter in Azilda ON. Once your pet is picked up by Animal Control Officers you must pay to redeem it.

Our phones are answered 24 hours a day 7 days a week, so if someone finds your pet and it is injured, we know who to contact right away, and your pet may not have to suffer on the side of the road waiting to be rescued.

In the event you cannot be reached we will attempt to obtain emergency medical attention for your pet. Unidentified animals who are severely injured and suffering are often euthanized, please do not leave this decision to someone else, licence your pet today!

Call 705-673-3647 (DOGS) to obtain your licence,

or complete the application on the reverse of this notice and send your application with payment to: Rainbow District Animal Control
Box 640 Azilda ON P0M 1B0
Fax: 705-983-5147 or email: shelter@rdshelter.ca

**You may also purchase your licence at the Band Office,
or on-line at www.rdshelter.ca**



Anishinabek Have Better Plan to Educate Our Children

Anishinabek leaders, educators and citizens have been saying for years that our students deserve equal access to quality education. They made it clear how they want to achieve that goal at November's special Assembly on Education in Nipissing First Nation.

After hearing presentations from Anishinabek education experts, Chiefs in Assembly unanimously endorsed a resolution to move forward with the establishment of an Anishinabek Education System.

For over 18 years we have been actively engaged in the design and plan of our own education system, the AES. We have been negotiating a self-government agreement with Canada for all of that time and we are in the final stages of putting that agreement into force. The negotiated agreement will see our funding levels guaranteed over a period of five years and, importantly, the deal even ensures that our funding is adjusted for any fluctuations during the term of the fiscal agreement.

The AES, which is to be administered by our own Kinomaadsiwin Education Body and the Regional Education Councils, will have unfettered control of how we educate our children as well as allocation of funding. Our education system will be accountable to our communities and the parents, not to the Minister of Indian Affairs. Our control of our education system is consistent with our inherent right to govern the education of our children as that principle is understood and articulated in the United Nations Declaration on the Rights of Indigenous Peoples.



WFN Youth member Nick Recollet speaking out for FN education at an Idol No More rally in Sudbury.

The government of Canada ignores this fundamental human rights principle by continuing to impose differential treatment of First Nation students including inequitable education funding.

The First Nation Education Act (FNEA) proposed by the Government of Canada will utterly fail First Nation communities by ignoring their inherent rights to educate their children according to their own language, history, culture and life skills. This fact alone has proven to discourage First Nation student success.

The FNEA would impose the provincial education system on our children. This approach is reminiscent of the residential and Indian day school systems that caused so much harm in the past, and for which the federal government has already apologized. First Nations need to take full control of the education of their children in order to achieve positive results.

The system we have designed is fully First Nation developed and controlled. The Minister of Indian Affairs will not have a say in how the system operates nor will he have the authority to place any of our schools under third party management, as is contemplated by his proposed First Nations Education Act. The FNEA is simply an unwelcome intrusion into Anishinabek Nation inherent jurisdiction

We know that all Canadian citizens have access to the highest-quality education available in their provincial or territorial schools at no direct cost to them. The costs are borne by provincial and federal resources. Meanwhile, the federal government makes no commitment in the proposed FNEA to adequately fund First Nation education. Instead, the Act leaves it up to the Minister of Indian Affairs to decide through a regulatory process the funding levels for First Nation education.

Continued on next page...



MAKWA-GIIZIS—BEAR MOON—FEBRUARY 2014

"We do not support the new First Nation education act. At our recent general membership I updated the community of our ongoing negotiations with the federal government to form our own education system. We have a fiscal offer from the government already but the negotiations are ongoing. We will be having a general membership in the spring to see if the community wants to join the system we are trying to implement or go with the new imposed education system." —Bob Pitfield, WFN Councillor



We all know how that process works. The Government of Canada has been imposing a 2% funding cap on First Nations education for decades, creating the very problems the feds now say the FNEA will fix. They will not even admit there is a funding gap between First Nations schools and those operated by provinces. But, just as one example, the school in Biinjiti-waabik Zaaging Anishinaabek (Rocky Bay First nation) receives \$4,781 less per student than nearby provincially-funded Upsala School in the Keewatin Patricia District School Board.



Anybody who knows anything about education funding knows what the problems are and how to fix them. But in unilaterally designing its FNEA, Canada ignored the recommendations of the experts on its blue ribbon panel that was engaged to study the requirements for successful First Nation education. The panel recommended that the Act be co-created by the government and First Nations, and that the new education system be child-centred. Instead, the government has designed it to operate at the whim of the Minister of Indian Affairs.

Many Canadians are starting to understand that the Harper conservatives are very wrong-headed in their approach to First Nations issues generally, and education in particular. The Canadian Chamber of Commerce issued a report in December, 2013 urging the federal government to invest more in First Nations education and improve First Nations participation in the workforce.

But the Harper government has a reputation for not listening to anything but loud voices. Accordingly, we have developed a lobby strategy that is intended to influence Canada to seriously address our concerns for the education of our children. We are working with all levels of government in an effort to secure the best possible deal we can make. In the end, First Nations will decide whether the Anishinabek Education System is right for them. As part of our lobby strategy, we have reached out to our non-native allies to join us in our rejection of the FNEA. The unequal treatment of our students has to end. I want to acknowledge those individuals, groups and organizations for their courage in writing letters, signing petitions and postcards and for encouraging their memberships to do the same.

The Union of Ontario Indians has developed an online poll to gather opinions about the proposed First nations Education Act and help formulate a collective response to it. The survey also solicits input and support for the proposed Anishinabek Education System.

We encourage all our citizens and their friends to participate in the survey at <http://portal.anishinabek.ca/public/>. The Anishinabek Education System is the cornerstone for rebuilding the Anishinabek Nation and reclaiming our inherent right to govern our own communities in our own way.

I urge all of you to put your support behind it.
Chi-miigwetch.

Taken from:
<http://www.anishinabek.ca/article3.asp>

NUTRITION BINGO



Thursday, February 6, 2014

at the

Maan Doosh Gamig Hall

Bingo starts at 5:30 pm

Fundraising Canteen Open at 5 pm

Soup & Sandwich Special \$5.

Mooz Meat Sandwiches

Egg Salad Sandwiches

Homemade Beef Barley Soup

Hosted by the Cultural Advisory Committee

Congregate Dining Southern Comfort

AGES 50 YEARS &

Ribs & Wings

Cajun Chips

Coleslaw

Johnny Cake

Thursday, February 27, 2014

5:30 pm at the Gazebo

Please call Wendy to book your spot

January 2014 Nutrition Bingo Update

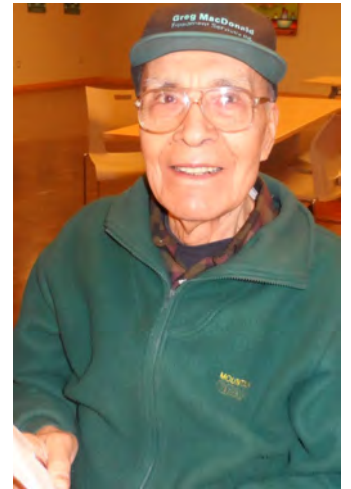
Chi Miigwetch to everyone that came out to play nutrition bingo on January 16, 2014.

Our three lucky \$25. gift certificate Special winners were Debra Plain McGregor, Samantha Corbiere and Norman Recollet. Cinnamon Cyr was the lucky \$100. gift certificate Jackpot winner

Come out for a fun evening and beat the winter blues. Good times, good company and good food..

Our next bingo will be held on Thursday, **February 6, 2014, at the Maan Doosh Gamig Hall.**

Wendy Tyson—Community Wellness Worker



Cultural Advisory Committee Update

On January 16, 2014 the CAC hosted the fundraising canteen and one Pow Wow Bingo Special. We sold mooz burger, fried potatoes and banana cake with peanut butter icing.

Samantha Corbiere was the lucky bingo winner of a WFN duffel bag and a \$25. Canadian Tire gift certificate.

Total expenses was \$11. 80

Total fundraised from canteen and bingo special was \$96.65

Chi Miigwetch Angie for volunteering to help run the canteen.

Donations gratefully accepted.

Wendy Tyson Cultural Advisory Committee member



Rocky's 2014 Winter Events

LAKE WANAPITAE

Every Thursday is Indian Taco Thursday

Saturday February 15th
Live Music feat. Johnny Williams

Saturday February 22nd
"The Big Deal Poker Run"
Rocky's Pit Stop

Saturday March 1st
Nickel Belt Snow Spirits Annual Fishing Derby

Saturday & Sunday March 8-9th
Radar Runs at Rocky's

Patio BBQ Every Saturday

All U Can Eat Fish & Chips Every Sunday

**LIVE
MUSIC**

Featuring
Johnny Williams



@



Saturday
February
15, 2014
7 PM



NBSSR 2014 north bay snow mobile speed runs



Jan 25/26
Whitson Lake Val Caron



Feb 8/9
Lake Nipissing /North Bay



Feb 22/23
Gravehurst



March 1/2
Lake Nipissing /North Bay



March 8/9
Wanapitei Lake /Sudbury



For more info call Claude or Nicky at 705.499.8114 or 705.495.1802 nbsr.com

Sudbury - Rockys

March 8 & 9, 2014

Our final race of the year is March 8th & 9th in Sudbury.



WAHNAPITAE FIRST NATION

IT'S BACK

FEBRUARY 22ND, 2014

IN SUPPORT OF



Big Brothers Big Sisters
of Greater Sudbury

LARRY BERRIO & THE SUDBURY TRAIL PLAN PRESENTS



You can win this
Arctic Cat



2014 BEARCAT XTE-570



\$1000.00 CASH PRIZE

FOR THE BEST POKER HAND

OTHER PRIZES TO BE WON



FOR MORE INFORMATION CONTACT LARRY AT 705-929-5817

Health & Wellness Programing

Family Day Holiday Idea— Monday, February 17, 2014

FREE Public Skating during Family Day

The Capreol Lions Club is hosting a free community skate with free hot chocolate at the Capreol Arena on February 17, 2014 from 4:15 to 5:15 pm. Everyone is welcome!

Capreol Arena #2 Ice Pad

As the Centre of Excellence closed **no transportation** is available.

Family Skating

Saturday, February 22,
2014

7– 8:30 pm

Van at 6:15

PLEASE CONFIRM YOUR ATTENDANCE BY THURSDAY, FEBRUARY 20 AT 4:30 PM, call Debbie at 705-858-7700 ext. 221



Group Exercise

- ◇ Each Wednesday evening from 6-7 p.m. (Feb 5, 12, 19 & 26) at the Centre of Excellence in the Maan Doosh Gamig hall
- ◇ Morning exercise on **Monday, February 3; Monday February 10 & Tuesday, February 25—10-11 a.m.** in the Maan Doosh Gamig hall.
- ◇ Come on out to exercise in a group setting with various DVD's on the big screen. It helps everyone keep healthy & active in the winter months. Help support and motivate each other.



Health & Wellness Programming



Bread & Roses Food Bank

The Food Bank in Capreol is open **every 3rd Tuesday of each month from 10:30-12:00 pm. at the Trinity United Church.** You need to inform them of your current address. They continue to serve those in need from Capreol & Wahnapitae First Nation.

Should anyone wish to donate any non-persishable Food Items, or a monetary donation please contact Debbie Plain-McGregor at the Centre of Excellence at 705-858-7700 ext. 221 or by calling the Food Bank volunteers at 705-858-3630. The volunteers also advised that they have a deal with Foodland in Capreol. Keep shopping local to keep the store in business. So they can continue their partnership. Miigwech!

If you require Food Bank and transportation assistance please call 705-858-7700 and speak to Debbie (ext. 221) or Wendy (ext. 219) at the Centre of Excellence.

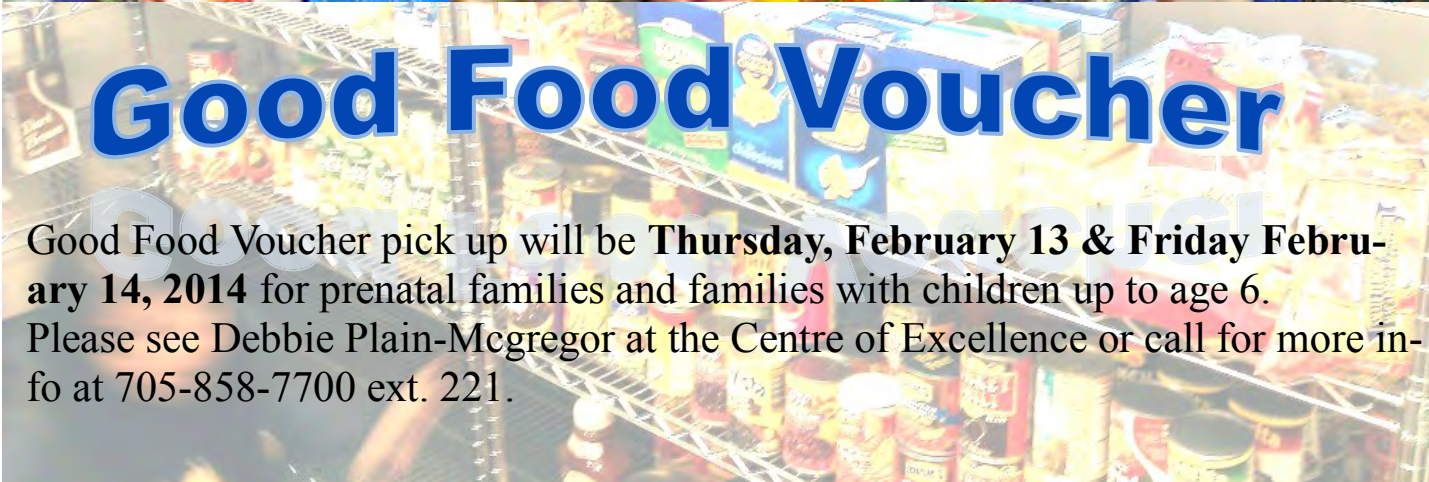
Food Bank / Parenting Class

This month the Food Bank and Parenting Class coincide. Therefore I will be bringing in any families that require Food Bank Services leaving at 8 a.m. to be there for 8:30. The volunteers were so kind to open early for us.



Good Food Voucher

Good Food Voucher pick up will be **Thursday, February 13 & Friday February 14, 2014** for prenatal families and families with children up to age 6. Please see Debbie Plain-McGregor at the Centre of Excellence or call for more info at 705-858-7700 ext. 221.



Early Years Programming



Mommies-to-be/Daddies-to-be
Mark your calendars

Creating Healthy Babies

For Prenatal families—New families up to 6 months

Where: upstairs @ Capreol Library

When: **FRIDAY, FEB 7, 2014**

(1st Fri of each month)

Time: 10-11:30 a.m.

- *Feb 7 Theme: “Relationships” presentation by Public Health Nurse (Different theme each session)*
- *Support/information re: child development/connect with other parents*
- *Healthy snack and childcare provided by Our Children, Our Future / Best Start*
- *Each mom will receive a Good Food Bag containing fresh fruit and veggies. Also 1 carton of eggs and other protein sources such as tuna; salmon, peanut butter or beans. Each mother is also given milk vouchers*
- *Call Debbie to book or for more info. (alternate date Fri. Feb 21 @ Redwood), (van leaves at 9:30 a.m. and returns at noon).*





WAHNAKITAE FIRST NATION

Parents:
Mark your calendar



STEPS & STAGES

For 0-4 Parents & children

FRI, FEB 14, 2014

@ Capreol Library

10-11:30 a.m.

Van 9:30 a.m.

FRI, FEB 28, 2014

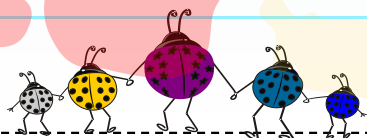
@ Redwood Acres

10:00-11:30 a.m.

Van 9:15 a.m



- **Different theme each session**
- **Support/information re: child development/
connect with other parents**
- **Socialization in childcare with other children**
- **Healthy snack and childcare provided by Our
Children, Our Future / Best Start Hub**
- **To book your place in the van call Debbie Plain-
McGregor @ 705-858-7700 ext. 221**



Parents & Parents to be:
Mark your calendar



COLLECTIVE KITCHEN

For Expecting &/or 0-6 Parents

When: Monday Feb 24, 2014 (planning)

10-12 in Gazebo (refreshments)

When: Thursday Feb 27, 2014

(cooking)

Time: 10-1 in Gazebo or in hall TBA

(lunch provided)



- **Planning and Cooking a meal on a budget (you will cooperatively plan and make 4 meals to take home)**
- **Unfortunately *no childcare is available*, feel free to bring a family member to watch your child as you cook**
- **Program offered by WFN Prenatal & Healthy Babies program & Best Start Hub / Our Children, Our Future—Kim Gravelle**
- **Call Debbie to book your space 705-858-7700 ext. 221**
- **SPACE IS LIMITED TO 4 PARTICIPANTS (FAMILIES)**



YOUTH ATHLETES

DEADLINE TO REGISTER WITH

TEAM ONTARIO

MARCH 31, 2014!



N O R T H A M E R I C A N
INDIGENOUS GAMES 2014
 R E G I N A • S A S K A T C H E W A N • J U L Y 2 0 - 2 7

15 SPORTS TO PARTICIPATE IN!

OPEN TO ATHLETES 13-19 YRS OLD

SHOWCASING UNITY, SPORT, CULTURE, YOUTH, VOLUNTEERISM AND TEAM WORK BETWEEN FIRST NATIONS, MÉTIS AND NON-INDIGENOUS COMMUNITIES IN PURSUIT OF EXCELLENCE FOR OUR FUTURE LEADERS!

SPORTING EVENTS INCLUDE:

ARCHERY • ATHLETICS • BADMINTON • BASEBALL
 BASKETBALL BOXING • CANOEING/KAYAKING • LACROSSE
 GOLF • RIFLE SHOOTING • SOCCER • SOFTBALL • SWIMMING
 VOLLEYBALL • WRESTLING



For Information Contact:

Aboriginal Sport & Wellness Council of Ontario

Stephanie Feletto

Operations Manager and Assistant Chef de Mission

stephaniefeletto@gmail.com

(807) 355-4277

www.aswco.ca



CRAFT NIGHT

With Peter

Unfinished Projects??

More than beading!

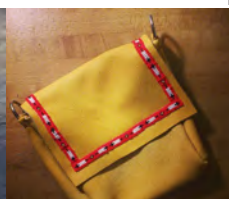
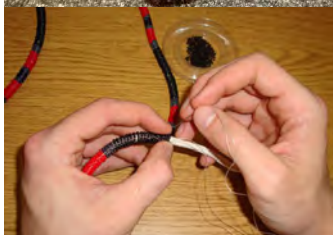
Learn new skills

I would love to start up Craft Night for the months of February and March 2014. Join me @ Maan Doosh Gamig starting on February 4th and every 2nd Tuesday after from 5pm-7pm.

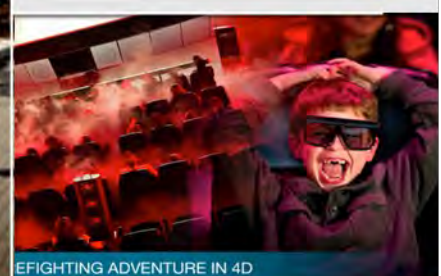
Every 2nd Tuesday at 5-7pm

I can be reached at the Band Office at 705-858-0610 or by email: peter.recollet@netspectrum.ca

Miigwetch, Peter Recollet



Thank you / Miigwetch to:



Science North Passes Available for Sign Out

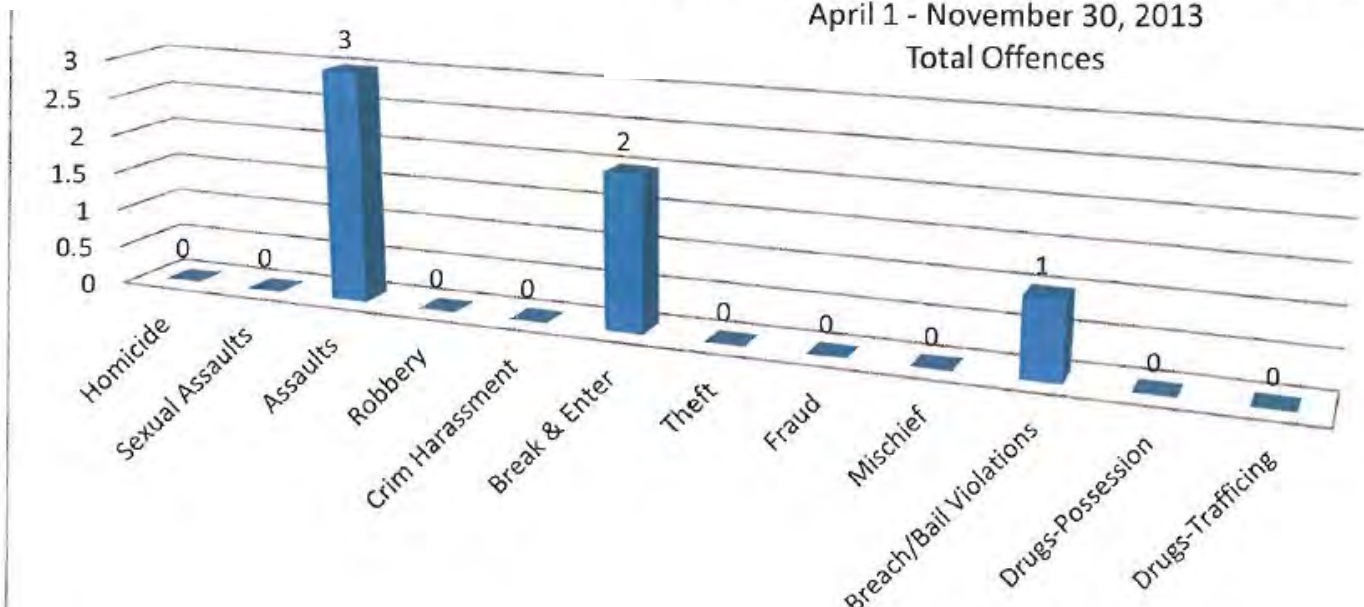
Announcing with pleasure is the renewal of WFN's Corporate Plus Membership at Science North. With thanks to Cliffs Natural Resources community members are eligible to sign out a pass which admits up to 6 people to Science North or Dynamic Earth. The pass is good for FREE parking at Science North or Dynamic Earth and 10% discount on the following: IMAX® Tickets, Planetarium Tickets, Curious Thymes Bistro (**excluding alcoholic beverages**), Whizards Gift Shop, Elements Food Court, Café Boréal, Big Nickel Boutique, Copper Café

**Contact: Debbie Plain-Mcgregor
705-858-7700 ext. 221 for more information or to book / sign out a pass.**

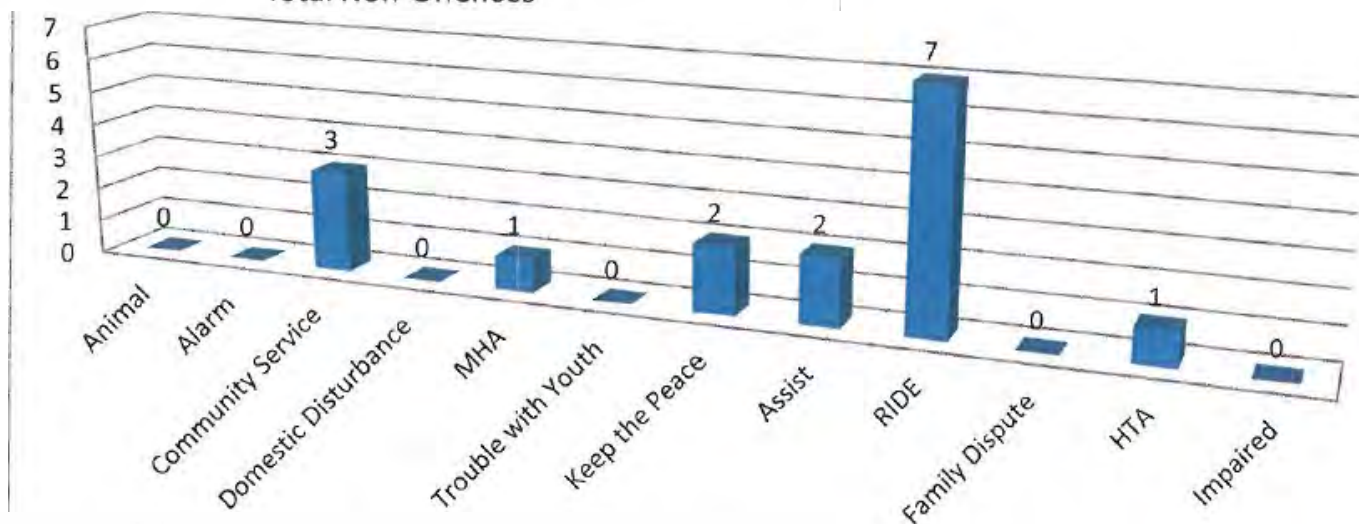
Anishinabek Police Updates



Anishinabek Police Service - Wahnapiatae Detachment
 April 1 - November 30, 2013
 Total Offences



Anishinabek Police Service - Wahnapiatae Detachment
 April 1 - November 30, 2013
 Total Non-Offences



Prepared by Angela Nolan Souliere, January 10, 2014

Anishinabek Police Service Headquarters

1436 Highway 17 B, Garden River, Ontario P6A 6Z1 Telephone: (705) 946-2539
 Fax: (705) 946-2859 Toll Free: 1-800-438-5638

Anishinabek Police Updates cont.



Wahnapiatae Detachment

Charges Laid from April 1st to November 30th, 2013

Total of Detachment: 43

<u>Cst. Spence</u>	<u>Charges laid</u>	<u>Males</u>	<u>Females</u>	<u>Totals</u>
	Adults:	32	8	40
	Youths:	2	1	3
	Totals:	34	9	43

New Mission Statement—January 2013

The Anishinabek Police Service provides for the safety and well-being of our communities and our citizens. We support victims of crime and are committed to the protection of inherent rights and freedoms.

We work cooperatively with our communities and our citizens to address their needs and priorities through community involvement, public education and unbiased enforcement strategies. We provide these services and supports with transparency and accountability.

Anishinabek Police Service Corporate Services Report

January 2014

Quarterly Report



Introduction



I am pleased to provide you with a publication that Corporate Services has developed to keep you informed about administrative services provided to our service.

The summary of information contains detail from our department which is meant to provide information from each respective area.

The and pro- understanding as to the nature of the positions and how they interact service wide. It is our

the allowable timeframe. The preparation of the quarterly financial statements after month end takes approximately 20 days. This is why the statements are not provided in advance.

Your input is valuable to allow our department to provide you with services consistent

APS's 2014 Corporate Services Report is now available. To request a copy please contact the Band Office @ (705) 858-0610

I would like to extend an open invitation to visit HQ to meet my staff at a time of your convenience. As an alternative, I may be



WAHNAPIITAE FIRST NATION

Zaagidiwin Giizhigad (Valentine's Day)

February 14th. An indicator of time. Anishinaabe consciousness is grounded in moon cycles not calendars. These cycles are named in accordance to what mother earth is doing throughout the vast region known as Anishinaabek homelands (Turtle Island). Makwa Giizis refers to the behaviour of makwa (bear), or nozhem (female bear) who is turning around in her den getting ready to have her babies. At this time of year we engage in ceremonies that honour makwa, who gives us so much life. She is the one that sits in Giiwednong, the north, sharing her gifts of protection and healing.

Love. The Anishinaabe word for love is zaagidewin: opening ones heart, the process of opening ones heart or having an open heart. These are variations of the word zaagidewin and they begin to reveal Anishinaabek understandings of love. It has nothing to do with material exchanges, money, insitutionalized or commercialized commitment, or a particular structuring of relationship. It suggests love is a state of being with another person. G'zaagin: my heart is open to you. This is how Anishinaabek say, "I love you." There is no special month or day set aside for hyper-expressions of love, of zaagidewin, of having an open heart for someone. While Makwa Giizis is not a particularly significant month for direct human expressions of love for each other it is very significant for human expressions of having an open heart for makwa, particularly nozhem (mother bear). We know somehow that by showing love and honour to makwa and nozhem, Anishinaabek show love for one another, our ancestors, and our future.

Pane gwa g'zaagi'in gaa'in goweta zaagin giizhigad awaan

Always really I love you not only on Valentine's Day

invitation



RBC Gkendassawin Trail Speaker Series presents

Drew Hayden Taylor: *Teaching Through Storytelling*
Tuesday, February 4, 2014 from 5:30 p.m. - 7 p.m.

Laurentian University – Arts Building, Room A-226

Drew is from Curve Lake First Nation, Ontario. He is one of Canada's most renowned and talented award-winning playwrights, and a passionate author, humorist, film maker, lecturer and journalist. He writes about First Nations perspectives, philosophy, identity, culture and literature. Through his sensational work, community engagement and his lectures, he has inspired Canada's next generation of writers, humorists and playwrights. Drew will share his experience of travelling to First Nation communities in Canada and countries worldwide. He will also share his journey of becoming an award-winning playwright and author of his 70 productions, 23 books, and work on 17 documentaries exploring the native experience.

Please RSVP by Monday, February 3, 2014 (noon) at asa@laurentian.ca



RBC Royal Bank®



Laurentian University
 Université Laurentienne

SUDBURY ONTARIO CANADA

Zhigoop

Balsam Fir

Abies balsamea

Ever notice that evergreen tree with all those bubbles and blisters on the trunk? Have you tried to poke one, only to get sticky resin all over your hands and clothes? That sticky resin is medicine! Actually, the whole tree is medicine! The resin can be applied directly from the tree to your skin with no preparation. The resin is an *astringent* - which means it causes skin and tissue to tighten.

FUN FACT! This tree is a great resource in case of emergencies. The astringency of the resin is strong enough to close blood vessels and stop bleeding, often leaving no scar! The needles also have an exceptionally high vitamin C content in the winter.

TRADITIONAL ANISHINAABE USES:

- Branches are used to line sweat lodge floors for cushion
- The resin is an “Indian Polysporin”. It can be applied to burns, sores, bruises, and wounds.
- The resin can also be used as a toothpaste, tea for colds and menstrual irregularity, and a soothing chest-rub!
- A tea made of needles and twigs can be used to build the immune system and fight microorganisms that cause the common cold and flu.
- Powdered needles were used as a baby powder, and can be rubbed on the body as perfume and insect repellent.
- **CAUTION:** tea from balsam fir needles can stimulate urination and can be used as a laxative.



DESCRIPTION:

Conifer, Evergreen. Grows up to 20m tall (over 60ft). Young bark is greyish, smooth, with raised 'blisters' filled with resin. Older bark will have irregular, brownish scales. Needle-like leaves, flat with rounded or notched tips, upper surface shiny and dark green, underside with 3 white bands/lines



Note of CAUTION: Always be absolutely sure of the identification of a plant before ingestion, as there are many plants that look similar to the untrained eye and there are many plants that can hurt you if they are not used correctly. Be sure to identify plants with someone who is familiar with local plants. Always dress appropriately when harvesting to protect from the elements.





Anishinaabewin V

VISTAS OF KNOWLEDGE, VOICES OF CHANGE

February 27-28, 2014

Name: _____

Organization: _____

Address: _____ Phone: _____

_____ Fax: _____

_____ Email: _____

Registration – earlybird deadline February 8

Both days:	<input type="checkbox"/> Regular price: \$250	<input type="checkbox"/> Earlybird: \$200	<input type="checkbox"/> Student/Elder: \$140	<input type="checkbox"/> Vendor: \$75/table
Friday only:	<input type="checkbox"/> Regular price: \$135	<input type="checkbox"/> Earlybird: \$110	<input type="checkbox"/> Student/Elder: \$75	<input type="checkbox"/> Vendor: \$50/table
Saturday only:	<input type="checkbox"/> Regular price: \$135	<input type="checkbox"/> Earlybird: \$110	<input type="checkbox"/> Student/Elder: \$75	<input type="checkbox"/> Vendor: \$50/table

- Includes refreshments and all conference sessions. Vendor registration includes refreshments but not sessions.
- Application AND payment must reach our office by February 8 for early-bird prices, and by February 21 for all mail-in forms. Registration and payment also available at the door both days.

Payment - made out to the *Ojibwe Cultural Foundation*

Cash/Cheque

Purchase order Purchase order # _____ Organization: _____

Credit Card Name on card: _____ Card Type: _____

Card Number: _____ Expiry Date: _____

I hereby authorize Ojibwe Cultural Foundation to charge \$ _____ to the above credit card,

Signed: _____, Date: _____

Cancellation/Substitutions

Cancellations must be received no later than February 21 for a full refund. No refunds issued for cancellations after this date, or for no-shows. Substitutions accepted at any time.

Venue and Accommodations

Holiday Inn Sudbury (1696 Regent St), to reserve rooms call 705-522-3000, or visit www.hisudbury.ca.
Reserve your room by **February 13** using code "ANI" for conference discount of \$119 (standard) or \$130 (business).

Contact info

Anishinaabewin Conference
Ojibwe Cultural Foundation
PO Box 278, 15 Hwy 551
M'Chigeeng, ON, POP 1G0

phone: 705-377-4902
fax: 705-377-5460
info@ojibweculture.ca

Anishinaabewin V

February 27-28, 2014

Thursday February 27 - Friday, February 28, 2014

A conference celebrating all things Anishinaabe, in the voices of our own elders, youth, teachers and scholars. Presented by the Ojibwe Cultural Foundation. Open to all! Join the Facebook event page for updates.

Presenters

Thom Alcoze (keynote), on Indigenous scientific knowledge
 Jill Doerfler (keynote), on Anishinaabe identity and tribal citizenship
 Cecil King (keynote), on his recent book about Chief Jean-Baptiste Assiginack
 Lynn Gehl, on Indigenous rights activism
 ...and more!

Reminder: Free ONLINE Language Resources

LEARN ANISHINAABEMOWIN!! VIRTUAL CLASSROOM ON THE BIG SCREEN

Beginning February 5, 2014

7-8 p.m.

Maan Doosh Gamig hall


Language Classes held each Wednesday evening online. Come on out and learn and hear the language together. The online virtual classroom will be connected online on the big screen. This month we will try this out and see how it goes.

<http://login.meetchiap.com/conference,anishinaabemowinonline>

There is no password needed. Just enter your name or nickname.
 We will be disabling mic and video for students.
 There will be a live chat available to answer Isadore Toulouse's questions LIVE.
 You need Flash player installed- it will tell you if you do not have it.
 Lets have fun learning the language! please SHARE!

All ages are welcome. If you prefer to check the language classes out at home. The link is on the right in red. Any questions, call Debbie at the Centre of Excellence at 705-858-7700 ext. 221.

Miigwech!
 Gaawaabmin!



**ANISHINAABEMOWIN ONLINE
 VIRTUAL CLASSROOM**
With Isadore Toulouse

**LEARN THE DYNAMICS OF
 ANISHINAABEMOWIN
 IN A FREE LIVE VIRTUAL CLASSROOM!**

**STARTING JANUARY 8, 2014.
 PLEASE LIKE OUR FACEBOOK PAGE**



WAHNAPITAE FIRST NATION

YOUTH OPPORTUNITY



Amazing Youth Volunteer Opportunity!

*The Youth Advocacy Training Institute (YATI) is looking for Ontario youth to be part of our core group of **Youth Volunteers**.*

(Deadline for submissions: Friday, February 7, 2014)

Who are we?

The Youth Advocacy Training Institute (YATI) is a program of the Ontario Lung Association. YATI trains youth and adults who work with youth on tobacco prevention and other related health issues. Interested in learning more about us? Check out our website- www.YouthAdvocacy.ca.

What is the program?

The Youth Volunteer program (YV) is a two part program created to recruit 15 Ontario youth to become YATI's core group of volunteers.

The first part of the program will empower and support youth from all over Ontario through a weekend retreat featuring leadership, teambuilding, advocacy and tobacco awareness workshops.

The second part will begin after the weekend retreat. Youth participants will be asked to get involved in exciting YATI volunteer opportunities.

This program is free for all youth participants. YATI will arrange and pay for youth transportation, accommodations and food.

How does this program work?

The YV program is in two parts:

1. Weekend retreat
2. Involvement with YATI volunteer opportunities

When is this?

- Weekend retreat: Friday, February 28, 2014 (starts at 6:00pm) to Sunday, March 2, 2014 (ends at 4:00pm)
- Involvement with YATI volunteer opportunities: On going

Where will the retreat take place?

- Within Greater Toronto Area (specific location to be determined)

Who are we looking for?

- 16 to 20 years old
- Must live in Ontario
- Ability to travel to the Greater Toronto Area (travel arrangements and travel expenses will be arranged and paid for)
- Interested in learning about tobacco prevention and the tobacco industry
- Interested in becoming a YATI volunteer

YOUTH OPPORTUNITY



What do you get out of it?

- Free travel, food and accommodations
- A chance to make friends with youth from all over Ontario
- Volunteer hours
- Certificate of completion
- A great resume builder

What do we need from you?

- Name
- Birthday (including year)
- Gender
- City/Town
- Phone Number
- Email

1. Short bio (Tell us about yourself)
2. Why do you want to be part of the Youth Volunteer (YV) program?
3. What skills and characteristics do you bring to the YV program?
4. Please check off any of the volunteer topics that interest you. (Choose all that apply)
 - Public Speaking
 - Be one of our speakers who present to other youth about advocacy, lung health and tobacco prevention
 - Writing and Editing
 - Help us write articles for our newsletter, and movie reviews for our website. Also possibly edit trainings that are facilitated to youth and adults across Ontario
 - Focus Groups
 - Provide feedback on curriculum, training programs, and other services
 - Group Facilitation
 - Learn how to work with large and small groups of people and facilitate group discussions
 - Special Events
 - Get involved in future events on an as needed basis
 - Graphic Design and Layout
 - If you have some skills in this already, help us to make some of our materials look great
 - Other: _____
5. How did you find out about this opportunity?

Email your submissions to Liza Beharry at lbeharry@on.lung.ca

Deadline for submissions is on Friday February 7, 2014.

If you have any questions, contact Liza Beharry at lbeharry@on.lung.ca or at 416 864 9911 ext 280

For more information about the Youth Advocacy Training Institute, check out our website at www.YouthAdvocacy.ca

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

FEBRUARY WORKSHOPS

Interview Skills..... Thurs. Feb. 06, 2014
Resume & Cover Letter..... Thurs. Feb. 13, 2014
Job Search..... Thurs. Feb. 20, 2014
Programs & Services..... Thurs. Feb. 27, 2014
 (Second Careers & Apprentices) **(10:00 a.m. - 12:00 p.m.)**



Enter to WIN... \$50.00
(Wal-Mart Gift Certificate)

*Hot Chocolate, Coffee, Tea & Snack
 Available for Participants*

GET JOB READY...REGISTER TODAY!

Contact: Kim...705-524-6772
 (kmurray@gezhtoojig.ca)

WE ARE LOCATED NEXT TO...
 Hard Rock 42-Gastro Pub, Day's Inn
 117 Elm St., Unit 102, Sudbury
 Parking Available

**EMPLOYMENT
 ONTARIO**
 Ontario's employment & training network

Canada



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3

Tel: 705-524-6772 Toll: 1-800-361-9256 Fax: 705-524-5152

www.gezhtoojig.ca

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Academic Upgrading

**Do you want to make more money by getting a good job?
Do you need to get your Grade 12 Diploma to get a good job?
Are you unemployed/under-employed, 18 and out of high school for
more than a year?**

If you answered yes to these questions,
Gezhtoojig Employment and Training Services may be able to help you?

You can get your Grade 12 or Equivalent Certificate in less than a year!
You may qualify for Financial Assistance while you study!

You can upgrade at Wahnapiitae First Nation!

To learn more and get started on your future
Contact Reg Canard, Skills Development Coordinator
Telephone 705.524.6772
Toll Free 1.800.361.9256
Email: rcanard@gezhtoojig.ca

Learn More to Earn More!

**EMPLOYMENT
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Ontario's employment & training network

Canada 



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152 www.gezhtoojig.ca



Makwa Giiizis – Bear Moon - February 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Bezhik
2 Niizh	3 Nswi Exercise @ MDG 10am	4 Niirwin Craft night@ MDG 5pm / Storytelling @ LU 5:30 pm	5 Naanan Elder's Tea 1:30 pm / Exercise @ MDG 6pm/ Nish 7pm	6 Ngodwaaswi BINGO 5:30 PM @ MDG	7 Niizhwaaswi Healthy Babies 10am	8 Nshwaaswi
9 Zhaangswi	10 Mdaaswi Exercise @ MDG 10am	11 Chief & Council Meeting 5:00PM Parenting @ F.C. 9:30-1:30	12 Elder's Tea 1:30 pm / Exercise @ MDG 6pm/Nish 7pm	13 Good Food Voucher p/u	14 Zaagidiwin Gitzgat (Valentines Day)Steps & Stages 9:30am / Good Food Voucher p/u	15 Pet Registrations due / Live music @ Rockys
16	17 FAMILY DAY BAND OFFICE CLOSED Free Skating	18 Food Bank 8am/ Craft night@ MDG 5pm	19 Elder's Tea 1:30 pm/ Exercise @ MDG 6pm/ Nish 7pm	20 Niizhaana	21 Newsletter Submission Deadline	22 Family Skating 6:15pm/ Poker Run
23	24 Collective Kitchen 10am Gazebo	25 C&C submission deadline / Exercise @ MDG 10am	26 Exercise @ MDG 6pm/ Nish 7pm	27 Collective Kitchen 10am Gazebo SENIORS DINNER 5:30 PM Gazebo	28 Steps & Stages 9:15am Anishnaabewin IV	