



Wahnapi'tae First Nation Community Newsletter

Waabgonii Giizis
Blossom Moon
June 2014

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Admire the beauty & strength of the nibi (water) from a distance during this time of year, Remind children to keep away from waterways.

IMPORTANT NOTICE

GENERAL MEMBERSHIP MEETING
 JUNE 14, 2014 @ 3:00 pm
 immediately following the Open House



C&C would like to wish you all a Happy Aboriginal Day! **The Band Office will be closed on June 23rd** for Aboriginal Day.

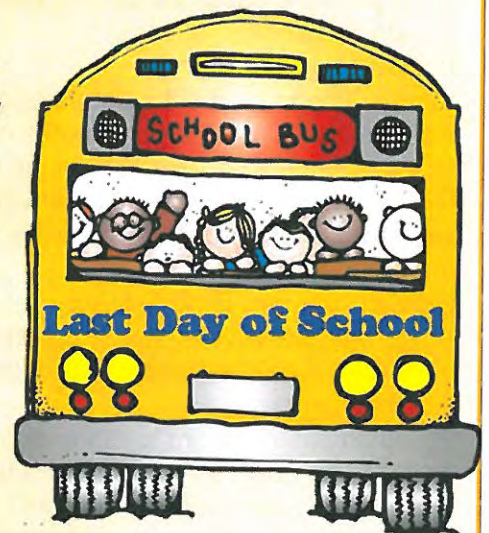
A MESSAGE FROM WFN'S BUS DRIVER

As the school year is drawing to a close I would like to remind all the parents and students the importance of keeping focused and having safety in your mind at all times accidents can and do happen in the blink of an eye I would hate to see anyone hurt over the summer holidays. This school year has been a good one with very few incidents none of them off a serious nature keep up the good work.

Just a reminder the school bus is a scent free zone as there are people using the bus that's are sensitive to smells perfume and cologne and such so please ensure that your child does not wear any on the bus.

Also most parents have really made an effort to contact me or the band office when your child has been dropped off or picked up at school and it is greatly appreciated, but there are still a few who are having trouble doing this to those I say please make the effort thank you in advance ([705-918-0610](tel:705-918-0610))

Have a safe summer
 Myles Tyson bus driver



Annual Regional Elder's Picnic Thursday, July 17, 2014 Serpent River First Nation Ball Field

Maamwezii'ng Gaa Dbaaj momi
"Together we will tell stories"



Bring your best Anishnabemowin Story!

Hosted by Serpent River and Mississauga First Nation

Please contact Wendy by June 13, 2014 to register.
705-858-0610 Ext 219



KICK for Kids

Helping Our Smallest Patients
BREATHE A LITTLE EASIER

[CLICK TO LEARN MORE >>>](#)

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Helping Our Smallest Patients
BREATHE A LITTLE EASIER

[CLICK TO LEARN MORE >>>](#)

Thank you Wahnapiatae FN community and staff of the Centre of Excellence and to our Chief and Council for their great support KICK for Kids Radiothon . We would also like to extend and say Miigwetch to our local businesses Post Creek Store and White Birch Post for their generous donations. THANK YOU! Your generosity will help build the coolest most kid friendly treatment room in all of Health Sciences North!



THANK YOU SO MUCH FOR YOUR SUPPORT DURING OUR KICK FOR KIDS RADIOTHON! [CLICK HERE TO FIND OUT HOW MUCH YOU RAISED!](#)

OPEN HOUSE

June 14th 2014

BREAKFAST MENU

BUFFET STYLE starts at 9:00AM

Eggs - Bacon - Sausage - Pancakes - Yogurt - Cereal -
- Build-your -own Smoothie Bar -

Beverages: Orange Juice, Apple Juice, Homemade Berry Juice, Coffee,
Tea, Water

LUNCH MENU

BUFFET STYLE starts at 12:00PM

BBQ : Mooz Burgers - Hamburgers - Sausage - Hotdogs
Baked Beans - Skawn - Corn on the Cob
Potato Salad - Macaroni Salad
Deserts: Lemon Meringue Pies - Strawberry Shortcake

Catered by Cultural Advisory Committee



OPEN HOUSE



"Reconnecting with the Land"

Agenda

June 14th, 2014

- | | |
|----------|--|
| 9:00 AM | Opening Ceremony & Breakfast Info Booths & Passports to prizes |
| 11:00 AM | Community Building Ceremony with elder Ted Recollet |
| 12:00 PM | Lunch & live entertainment @ the Bistro performance by Chris Peltier |
| 1:00 PM | Plant Walk with Heidi Manitowabi, Info Booths & Passports to prizes |
| 2:00 PM | Prize giveaway, Closing ceremony |

Children activities
throughout the day
See youth agenda



Food provided by
WFN Pow wow
Committee

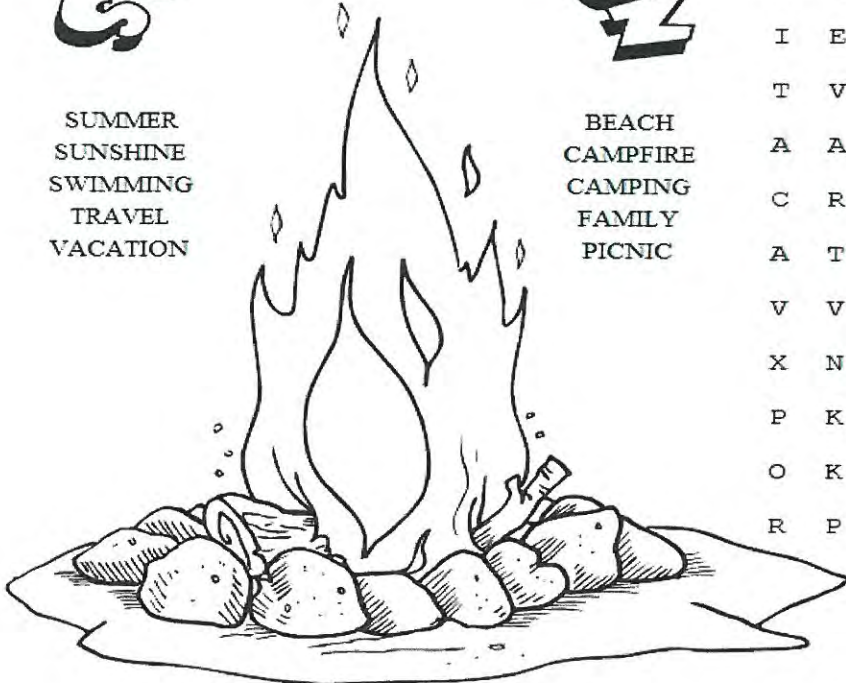
SUMMER FUN PAGE



SUMMER FUN

SUMMER
SUNSHINE
SWIMMING
TRAVEL
VACATION

BEACH
CAMPFIRE
CAMPING
FAMILY
PICNIC

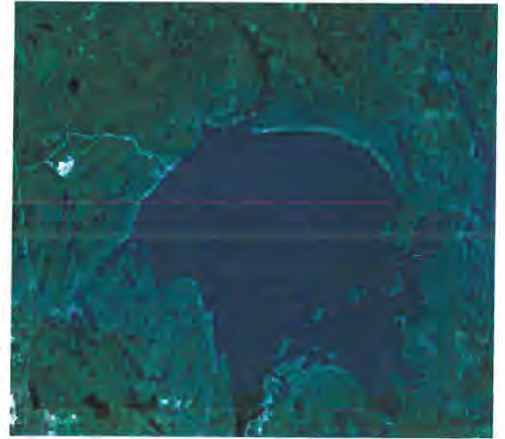


WORD SEARCH

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



When Chief Tagawinini signed the Robinson Huron Treaty in 1850, he maintained that the band continue to use and occupy the north shore of Lake Wahnapiitae, but to also continue to benefit from and to use our 4,100 sq mile territory. To protect the reserve area, selected by Chief "Tagawinini and his Band, two miles square at Wanabitibing," in 1849 in negotiations with Lord Elgin and William Robinson, the Crown later enacted the Indian Act to manage and protect the reserve in 1876. The Indian Act was and still a unique to all Indian reserves based on the TRUSTEE role of government, that our reserve be for the exclusive use and benefit to WFN Band Members. The Indian Act also prevented non-members from taking lands from the band and created special rules unique to the band.



"Indian Act

2. (1) In this Act,
"reserve"

- (a) means a tract of land, the legal title to which is vested in Her Majesty, that has been set apart by Her Majesty for the use and benefit of a band, and
- (b) except in subsection 18(2), sections 20 to 25, 28, 36 to 38, 42, 44, 46, 48 to 51, 58 to 60 and the regulations made under any of those provisions, includes designated lands;



While the Indian Act and the Robinson Huron Treaty created benefits (for example, no property tax, income tax exemption, housing lots, education funds and others) and ensured the protection, use and benefit to band members of the band, some freedoms, such as the right to sell lands or use lands for collateral for loans afforded by non members, are still to this day not allowed in the Wahnapiitae First Nation.

Today, Chief and Council are looking at how we can work within the Indian Act and new Federal Laws, such as Bill S-2, Matrimonial Property and the First Nations Lands Management Act, Bill C-27: First Nations Financial Transparency Act, to name a few, to continue to the enhance our governing powers, expand our rights, and to protect our interests and lands for Band Members. We will update members as we get more information on how members can get involved.

Hans Matthews
Councillor

CULTURAL ADVISORY COMMITTEE FUNDRAISING UPDATE FOR MAY 16, 2014

| | |
|------------------|-----------------|
| Canteen sales | \$137.30 |
| Bingo game sales | \$. 26.00 |
| Total | \$153.30 |

Chi Miigwetch to Larry McGregor, Juliette Scott and Angie Kratky for volunteering your time to come out and work the canteen.

Chi Miigwetch to Joan Recollet for always being there to help out with set up and clean up.

Chi Miigwetch to Evelyn Williams for volunteering to help out and cook whenever needed.

Chi Miigwetch to Annabelle McGregor for your wisdom and your cooking skills.

Chi Miigwetch to all committee members and everyone who volunteers their time and energy towards our fundraising efforts.

Chi Miigwetch to our community members who donates food and prizes to keep costs at a minimum. Together we can be proud to say we are working together to make our Pow Wow a success.

On behalf of the Cultural Advisory Committee

Wendy Tyson—Committee member

POW WOW FUNDRAISING CANTEEN

THURSDAY, JUNE 19, 2014

MAANDOSH GAMIG HALL

5 PM—7 :30 PM

PULLED MOOZ ON A BUN (SERVED WITH COLESLAW)

TOMATO RICE SOUP

COCONUT CREAM PIE

BEVERAGE

\$8.

Chi Miigwetch Crystal Osawamick for the awesome pie donation.

Impov comes to WFN



Do you like to laugh and have fun?

Do you have a silly side that is just waiting to burst out?

Do you want to try something new and exciting?

If so.....



.....it sounds like our Improv Workshop is for **YOU!**

What is Improv?

- it's about creating scenes without any memorization or script
- it's about working with others and helping each other
- it's about thinking on your feet
- it's about increasing your confidence

But most of all, it's about HAVING FUN!

It's just like the TV show "Whose Line is it Anyway"

Interested? See below for workshop details!!

- Sign up now!
- Call Debbie to register & for more info 705-858-7700 ext. 221
- **Mon, June 16 12-3 p.m. IMPROV for Adults & Seniors** Lunch provided.
- **Mon. June 16 3:45-6 p.m. IMPROV for Children & Youth.** Pizza dinner provided.
- Both workshops held in the Maan Doosh Gamig hall at the Centre of Excellence

Parents & Parents to be:
Mark your calendar



COLLECTIVE KITCHEN

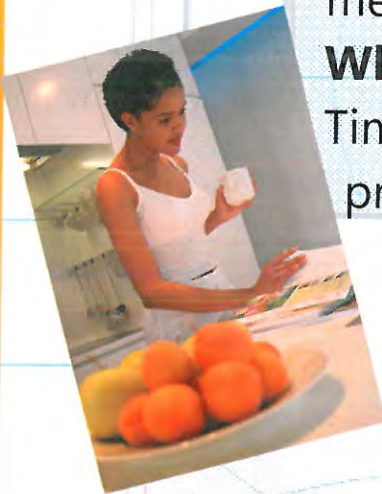
For Expecting &/or 0-6 Parents

When: Tuesday June 10, 2014 (planning)

Time: 10-12 in Maan Doosh Gamig refreshments)

When: Thursday June 12, 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)





WFN Clean Up



On Wednesday, May 21, 2014 twenty (20) community members came together and pitched in the WFN Clean Up. From 4 to 6:30 p.m..the group collected garbage on Loonway, Taighwenini Trail Road and in the Playground. Following the clean up a BBQ was held to feed our hungry volunteers. Thanks to Wendy Tyson for cooking! The WFN truck was filled with garbage and then taken to the dump and sorted by Waste Diversion technicians Paul M and Ed R. GOOD JOB all volunteers!!

If anyone else wishes to pitch in. You can still help to help take care of Mother Earth. The areas of graveyard road to the WFN sign, Post Creek Road and some areas on Loonway can still be done. Miigwech!



Top Left: Angie Kratky; Kaitlyn Earl; Dakota Kratky; Debbie Roque; Bottom Centre: Wendy Tyson; Debbie Roque; Paul Macdonald; Ed Roque; Tammy Roque and Vince Roque enjoying BBQ; Bottom Left: our bear watcher Hummer.: top/bottom left: truckload collected!



Eggs were rinsed to remove mud and incubated for 15-25 days



We watched the eggs grow for 20 days until the first eggs hatched on May 24th.



After 4 nights of waiting for all the eggs to hatch, we were able to successfully transfer over 600,000 fry to holding ponds and designated lakes.



100,000 fry
from this project were given
to WFN to stock
Lake Wahnapiatae

What an awesome experience, we got to take part in from the very beginning. We went out on May 4th and met everyone at the hatchery and proceeded to the lake where they collect the walleye. We then brought the fish back to the hatchery and arrived back home at 4:30am! The next four nights we spent at the hatchery helping and learning the process. The people we met were very open with their hospitality and their teachings and loved to see all of the new volunteers. While waiting for the eggs to hatch, we visited the hatchery a couple of times per week to see how they were progressing. It's like waiting for a baby to arrive...

The club is also planning some fun activities at the hatchery, when I get more details I will let you know.— Marilyn Nichols

Ezaawaabagwanii Dandelion

Taraxacum officinale

Most people associate dandelions with being a nuisance weed that often overtakes lawns! Did you know that all parts of the dandelion are edible? And that parts can be used as a medicine?

The leaves are best harvested when they are new, as the older leaves are quite bitter. Try adding them into smoothies, or as part of a salad! The stems and roots could also be eaten, but they are also bitter—roots are best enjoyed as a tea!, and the stems are best used for their milky medicine.

FUN FACT! There are over 250 known species of dandelion, and all species are edible and have no poisonous look-alikes! Dandelions have many nutritional benefits, they are rich in vitamin A, C, E, and K, and the minerals copper, phosphorus, potassium, iron, calcium, sodium and magnesium.

TRADITIONAL ANISHINAABE USES:

- Food—all parts of the dandelion are edible! Flowers, leaves, stems and roots.
- Used to treat obstructions of the liver, kidneys, gallbladder, pancreas, and spleen
- The milky substance that oozes out of the stem can be used to treat warts!
- Roots can be dried and made into a tea. Roasted roots can also make a great coffee substitute! (Heidi has some on hand at the band office—come have a taste!)



DESCRIPTION:

Found in lawns and other open grassy areas. Grows close to the ground. Leaves have a jagged edge with deep lobes. Rarely grows more than 20cm in length, and 5—45cm in height. Bright yellow flowers, disk-shaped and feathery in appearance. Stems are hollow with white juice. When in seed, the flower-head becomes a white sphere, at the end of each seed is a “parachute” for easy wind dispersal.



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.

CONNECTING YOUR POST SECONDARY EDUCATION
TO THE FINANCIAL RESOURCES YOU NEED

NIEEF | National Indigenous Economic Education Fund

The National Indigenous Economic Education Foundation (NIEEF) is a charitable organization of Cando providing scholarships, training and research funding to students involved in Aboriginal community economic development.

Apply Today!

The NIEEF Aboriginal Scholarships (\$2,000 each) will be awarded to 3 successful applicants at Cando's upcoming **Annual National Conference & AGM**. Deadline to apply is July 31, 2014. Selection is based on passing Grade 12 marks or post secondary GPA (Grade Point Average). Please review eligibility requirements carefully.

Eligibility Requirements

- Priority will be given to those students that are enrolled in one of the **Cando accredited institutions**
- Must be a current **Cando Student member**
- Attending or currently enrolled in a post-secondary institution
- Proof of Aboriginal ancestry
- Studying in the fields of: Business Administration / Economics, Business Finance, Business Management, Natural Resources or CED.

To qualify for this scholarship, please submit the following:

Completed **NIEEF Scholarship Application Form**.

- Cover letter outlining a personal introduction, educational level achieved to date and your community involvement.
- A copy of the most recent official transcripts.
- Proof of current enrollment.
- Two (2) Letters of Support.
- Essay describing career goals & aspirations.
- Completed **Cando Student Membership Form** (\$25+GST membership fee).

Mail completed scholarship application to:
2013 NIEEF Scholarship Application
c/o Cando

9635 - 45 Ave, Edmonton, AB T6E 5Z8
Phone: 780.990.0303
Toll Free: 1.800.463.9300
Fax: 780.429.7487



TREES Near Your Septic Tank

It is best to avoid planting trees, shrubs, and plants with deep roots around the septic bed. Shallow-rooted herbaceous plants that are not excessively water-loving are best!

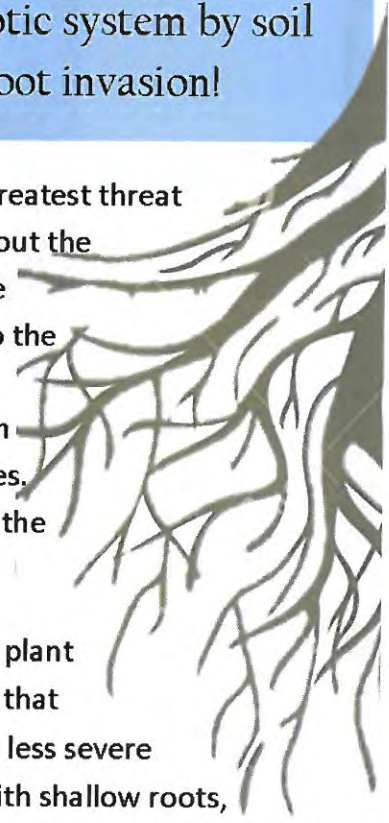
It is best to limit plant growth over a septic bed to grass-type groundcover to prevent damage to the septic system by soil compression, damage to pipes, and root invasion!

Trees to ABSOLUTELY avoid planting anywhere near septic beds

Willows
Poplars
Birches
Maples
Elms
Walnut
Bamboo
Beech
Gum
Cypress

These trees and shrubs pose the greatest threat to septic tanks because they seek out the nearest and most abundant source of water, and they are attracted to the large deposits of nutrients found in the soil around the septic system and the oxygen in the drainage lines. Keep these trees 100m away from the septic bed.

There is no tree completely safe to plant near a septic system. Keep in mind that although the damage is likely to be less severe when using less aggressive trees with shallow roots, *any root clogging of septic systems is likely to be costly and inconvenient.*





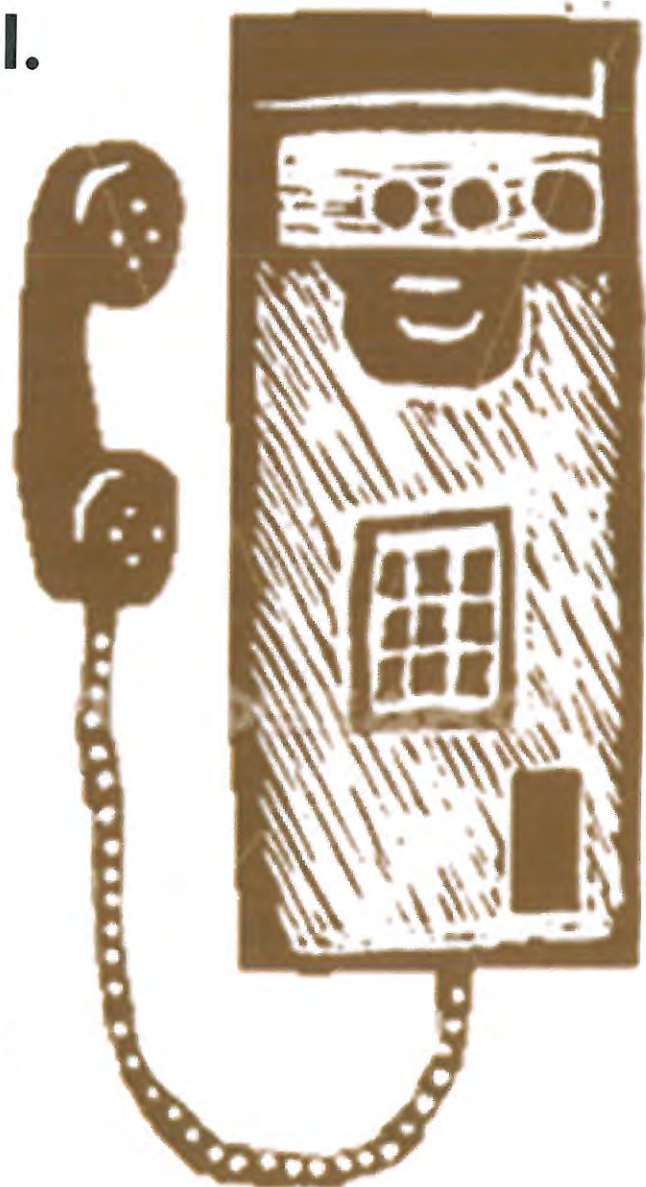
PAY PHONE AVAILABLE FOR EMERGENCY USE!

@ Roq Parq

Available in the motel.

**CREDIT CARDS
and
CALLING CARDS
are only
methods of
payment**

**911 CALLS
ARE FREE**



N'SWAKAMOK NATIVE FRIENDSHIP CENTRE PRESENTS...

N'SWAKAMOK ABORIGINAL IDOL 2014



\$1000.00
IN CASH PRIZES

1ST PLACE WILL RECEIVE CASH MONEY,
ABORIGINAL IDOL TROPHY,
ONE ON ONE SESSION WITH JACE MARTIN
(HOW TO PURSUE YOUR MUSIC CAREER)
PHOTO SESSION WITH IREVA PHOTOGRAPHY AND
STAGE PERFORMANCE FOR 2015 NATIONAL ABORIGINAL DAY.

"2012 Winner"

Nathan Cheechoo's Quote

"Aboriginal idol helped me reignite a flame and spirit for music, as well as giving me the confidence to pursue that passion that had laid dormant for too long, AB Idol is a great place to start and is organized by a great crew of friendly people, i recommend you enter!"

Deadline for Submissions is May 30th, 2014
Submit your videos to nswakidol@gmail.com
(please note videos do not need to be professional)

IF YOU REQUIRE ADDITIONAL INFORMATION PLEASE CALL 705-674-2128

CREATIVE EFX



Rocky's

LAKE WANAPITEI

Father's Day Steak Dinner

Sunday June 15th, 2014

5PM TO CLOSE
BRING DAD OUT FOR A
AAA GRADE BBQ STEAK
DINNER.

MADE TO ORDER.

SALAD BAR AND DESSERT
INCLUDED.

CALL FOR MENU DETAILS

RESERVATIONS
RECOMMENDED



ADULT \$19.95

KIDS 12 + UNDER \$12.95

OPEN SUNDAY JUNE 15TH AT 9AM - 8PM

ALL YOU CAN EAT FISH UNTIL 4PM

CALL FOR RESERVATIONS 705-858-0500