



# Wahnapiatae First Nation Community Newsletter

Waabgonii Giiziz  
Blossom Moon  
June 2015

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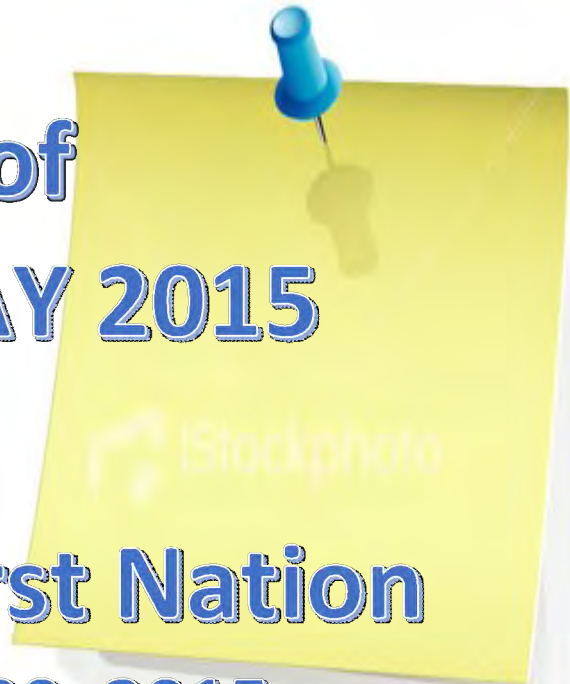
Photo taken on our beautiful walking trail behind the Centre of Excellence

Photo provided by: Haley McGregor

# Chief & Council Corner

## Notice of

### ELECTION DAY 2015



## Wahnapiatae First Nation

Saturday, June 20, 2015

8:00 am – 8:00 pm

MAAN DOOSH GAMIG

Centre of Excellence

259 Taighwenini Trail Rd

Wahnapiatae First Nation



Chief & Council would like to wish you all a happy Aboriginal Day! **The Band Office will be closed on June 22nd** for Aboriginal Day.



## **CONGRATULATIONS WENDY TYSON!**

**The Union of Ontario Indians recognizes Wendy with her own plaque for 12 years of dedicated service as a Community Wellness Worker at Wahnapiatae First Nation.**

**Wendy has worked for Wahnapiatae First Nation for almost 15 years in different capacities such as Housing and Education Worker; Youth Worker; Homecare Worker; Membership Clerk; Healthy Babies Healthy Children Worker; Medical Transportation Coordinator; Community Support Services Worker; Community Wellness Worker and served on different committees as Pow Wow and culture.**

**Wendy, Chi-Miigwech!**

# NUTRITION BINGO

Tuesday, June 9, 2015

5:30 pm

12 regular games

3 Specials

1 Jackpot

Only \$8. to play 3 cards per game

Win nutritional food and grocery

store gift certificates

***EVERYONE WELCOME!***



Bring in **a non-perishable** food item ex: (can goods, pasta, cereal) and receive a bingo card for each item. The ones that brought in non-perishable food items will get to play a free bingo game after the Jackpot game. . The winner of the free bingo game will win all non - perishable items collected for that day. Note: expired items and dented cans not accepted. Wendy Tyson CWW

## TLC

For seniors 50 years or better

Join us in the

Elder's Lounge

every Wednesday afternoon for  
tea, refreshments and a game of  
cards.

1:30 pm—3:30 pm

## GOOD FOOD BOX

*Please have your orders and money  
in by Wednesday, June 10, 2015*

*\$8. small    \$17. large*

*Please pick up your good food boxes  
on Wednesday, June 17, 2015*

*between 1 and 4 pm*

*or make arrangements*

*for someone to pick up for you.*

*Call Wendy @ 705-858-0610 ext: 219*

## CONGREGATE DINING DINNER

THURSDAY, June 25, 2015

Maandoosh Gamig Hall

5:30 pm

Pickerel Dinner

(served with homefries, baked beans  
and coleslaw)

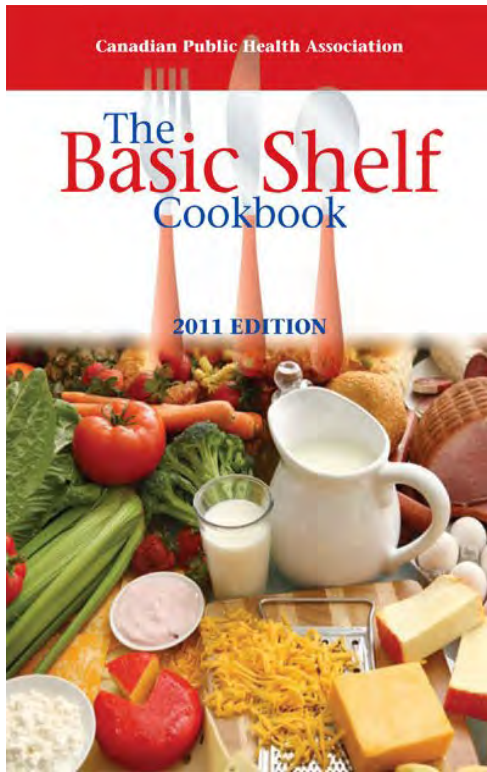
Lemon Merengue Pie

(50 years or better)

Please call Wendy In advance to book your spot

705-858-0610 ext: 219





# Basic Food Shelf Cooking

Facilitated by: Dietician, Michelle Lim., SDHU

**3 Sessions:**

**Wednesday, June 10, 17, 2015 at 10 am to 12:30 pm**

**Wednesday, June 24, 2015 at 2:00 pm—4:00 pm**

Attend all 3 sessions and have a chance

To win a great prize.

Daily Attendance Draw

All ages welcome!

For more information contact Wendy, Debbie or Lynn

705-858-0610

## Cutiing Edge Kitchen

(Collective Kitchen Advanced)

**For: Mom, Dads and Caregivers with children ages  
0 - 9 years old**

**Tuesday, June 16, 2015—10 am—12 pm - Planning**

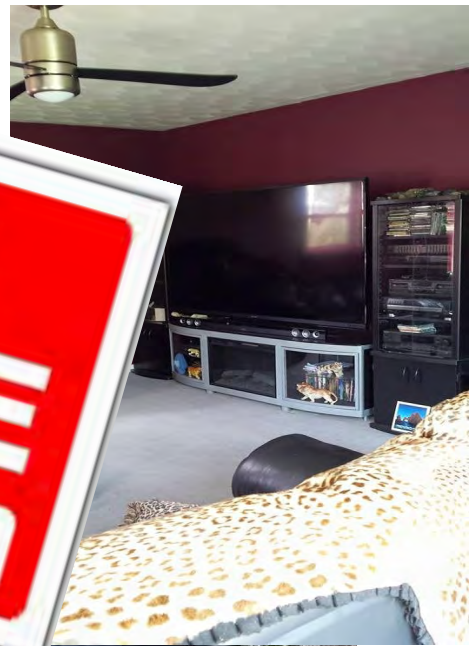
**Thursday, June 18, 2015 - 10 am —12 pm Cooking**

**Planning, sharing skills and Cooking on a Budget  
(you will cooperatively plan and prepare 4 meals to  
take home)**

**Spaces limited to 6 participants.**

**Please call and book your spot with Wendy @ 705-858-  
0610 ext: 219**





**HOUSE FOR SALE—277 LOON WAY ROAD \$199,000**

**Lake front lot—Single family house - 3+1 bedroom ;1 bath - Oil Furnace—Drilled Well—Detached garage sided insulated with hydro oil furnace—large, open concept kitchen with loads of oak cupboards; large master bedroom & walk-n closet; 2 tier deck; above-ground swimming pool; partially finished basement;**

Open to bids/offers

**Serious inquiries—Call 705-858-5419**



**Khia Roque and the Sudbury Lady Ice Sharks won Silver Medals in the 32nd Annual Kanata Girls Hockey Association House League Tournament.**

**They won 3 games, tied 1 and went into the championship game in first place. The final game was tied 2-2 and went into a 3 minute overtime with only 4 on 4. Unfortunately, the opposing team scored, and put the Ice Sharks in 2nd place, winning Silver medals. The girls all worked very hard, and feel great about the tournament.**



www.clipartof.com · 1063294





## Wahnapiatae First Nation

### Cultural Update



## From the desk of..

Liz Eshkibok-Trudeau,  
Cultural Coordinator for WFN

705-858-0610 ext. 220  
cultural@wahnapiataefn.com



## Update from the Cultural Coordinator



Aanii Everyone!

I'm happy to announce that some exciting plans are underway for this year's 20<sup>th</sup> Annual Traditional Powwow. The Cultural Advisory Committee and I have been working really hard all year long to ensure that this year's powwow will be a memorable one.

Of course, in order to have a successful powwow we will be asking for the help from the community members of Wahnapiatae First Nation to help us ensure that this years celebration, feast, and guests are well taken care of.

We look forward to hearing from you as to how you would like to help out with this most exciting event!

Miigwetch,

*Banaise-Kue (Liz Eshkibok)*

**Wahnapitae First Nation**

Cultural Update

# 20th Annual Traditional Powwow

**This year's theme is Honoring our Past, Present, and Future**

**“Mndaadendandaa Zhaazhagwa-gaazhiwebak, Nongwa-ezhiwebak,  
Miinwaa Waani-zhiwebak”**



## FUNDRAISING

- ◆ **Be on the lookout for ticket sales for a limited edition Powwow Jacket featuring the Wahnapitae First Nation Logo as well as the words “20<sup>th</sup> Annual Traditional Powwow”**
- ◆ **We are having another blanket draw! The blanket was handmade by Wahnapitae First Nation member, Margaret Ann Deguire. You can purchase fundraising tickets from any Cultural Advisory Committee member.**



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Wahnapiatae First Nation

Cultural Update

# 20th Annual Traditional Powwow



## Why We Dance

To Dance is to Pray,  
To Pray is to Heal,  
To Heal is to Give,  
To Give is to Live,  
To Live is to Dance

-Marijo Moore



## Past Powwow Photos

**The Cultural Advisory Committee is asking that all Wahnapiatae First Nation Community Members please submit any photos they may have of past or previous WFN Powwow's.**

**We would like to feature a photo gallery in accordance with this year's theme at the Maan Doosh Gamig in the days prior to the Powwow**

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**Medicine Walk with Geesohns Manitowabi**

**June 30<sup>th</sup>, 2015 from 10am – 3pm**

**Lunch will be provided**

# Firekeeper's Teachings

*All are welcome to attend!*



Guest Speakers: Virgil Tobias, Fire  
Pipe Carrier, &  
Jordan Tobias

THURSDAY, JUNE 25TH, 2015

9 A.M. TO 5 P.M.

MAAN DOOSH GAMIG,

**Teaching Session will go through a history of the Fire Pipe, Identification of materials** (ie. Strikers, flint, each participant will receive a striker at the conclusion of the session), **various sacred fires used with wakes/ funerals, sweat lodge fires, powwow fires, and a sharing circle on the fire teachings that we currently know and carry.**

*Lunch will be provided*

**REGISTRATION IS LIMITED!**

**For more information and to register attendance, please contact:**

**Liz Eshkibok, WFN Cultural Coordinator at 705-858-0610 ext. 220  
or email [cultural@wahnapitaefn.com](mailto:cultural@wahnapitaefn.com)**



**Sponsored by the Wahnapitae First Nation Cultural Events**

# May 25th Knowledge Session

## On the Significance of **Anishinaabe Long Hair**

There has been a province-wide outcry for the sharing of knowledge on the significance of Anishinaabe Long Hair. Anishinaabe youth who are growing their hair are being bullied in the school systems and so with these knowledge sessions, it was our hope to educate the youth and their parents with sacred teachings in order to bring about a greater understanding and acceptance.

The workshop featured guest speakers: Perry McLeod-Shabogestic, Geesohns Manitowabi, & Darren McGregor. It took place at the Maan Doosh Gamig with a list of 20 participants (7 from the community of Wahnapiatae First Nation). Here's some photos from the knowledge session as well as some comments made by the participants.

•Q: Which topics or aspects of the knowledge session did you find most interesting or useful?

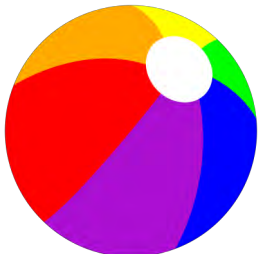
- The teaching of our Anishinaabe hair,
- How to properly care for your hair in a sacred manner,
- Great food and facility!
- The info on reasons to cut your hair,
- Deeply appreciate the gift of feathers to increase pride in my son for his long hair,
- What to do when being teased
- Sharing circle

**KEEP CALM AND GROW HAIR LONG!**



Sponsored by the Wahnapiatae First Nation Cultural Events in partnership with the Shkagamik-Kwe Health Centre Traditional Program

# Summer Fun Page

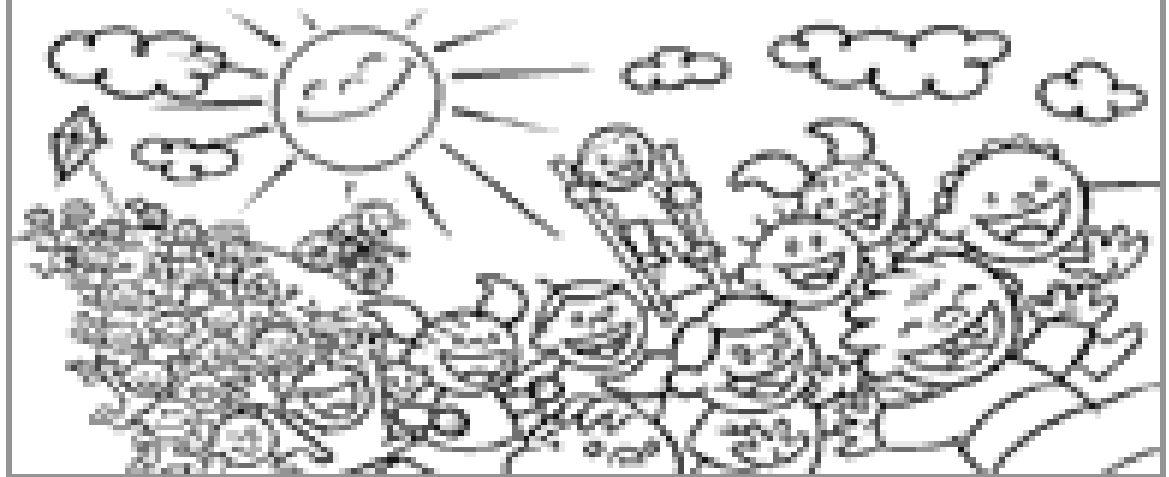


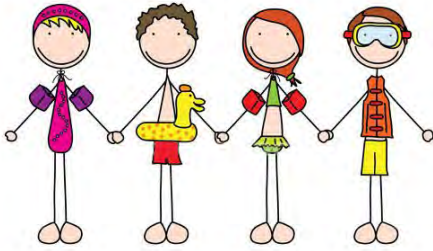
## Summer Fun Word Search

Try to find all of the hidden summer words in the puzzle below. Remember, words can appear diagonal, vertical, horizontal, forward or back words.

- BARBECUE
- CAMPING
- FISHING
- FRISBEE
- ICE CREAM
- PICNIC
- POOL
- SUNGLASSES
- SUN TAN
- VACATION

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





*Colour Me!*



# Be Sun Safe

## Sunscreen

Everyone needs  
to use it!

Your best protection against the sun's ultraviolet (UV) rays is to use sunscreen along with shade, clothing, and a hat. Higher SPF sunscreens offer greater protection from sunburn.

**Remember...**  
**Lips need protection too!**

Apply lip balm with a SPF 30 or higher.

Sunscreen absorbs UV rays and prevents penetration through the skin. Choose the one that works best for you! Sunscreens with the Canadian Dermatology Association (CDA) label are a good choice.

**Skin cancer is on the rise.**  
**The good news is that skin cancer**  
**Is preventable.**

- Reduce Sun Exposure Between 11am and 4pm (peak UV times)
- Apply Sunscreen
- Protect Your Eyes
- Cover Up With Clothing
- Seek Out or Create Shade for Outdoor Activities (remember the shadow rule) "No shadow, seek shade!"
- Wear a Wide-brimmed Hat
- Beat the Heat ( drink plenty of water regularly while outdoors)

## For best results...

- Use sunscreen every day, even on cloudy, hazy, or foggy days.
- Apply a generous amount of sunscreen evenly on your skin 15 minutes before sun exposure. Don't forget the ears, nose, back of neck, back of legs, and the tops of feet.
- Reapply 20 minutes after you go out so that the product settles on your skin and gives you maximum protection.
- Health Canada recommends applying sunscreen 30 minutes before using insect repellent.
- Follow the manufacturer's recommendations on the bottle.
- Store sunscreen in a cool, dry place.
- Do not use a product after the expiration date.
- Always test for allergic reactions when first using a sunscreen.





## Good Food Voucher

Good Food Vouchers are available to families with children aged 0-6. This helps young families towards the purchase of healthy food items such as: milk, eggs, dairy, fresh meat or fresh produce. Each family is eligible to receive a \$20 gift card.

**Good Food Vouchers can be picked up on or after Thursday May 18, 2015 in the Health Office. Bring your receipts from prior month.**

For more info. please contact Debbie Plain-McGregor at 705-858-7700 ext. 221.



## Food Bank

**Thursday, June 18, 2015**

**10 a.m.—12 noon**

The Bread and Roses Food Bank is held at the Trinity United Church in Capreol every 3rd Thursday of each month.

If you wish to arrange a ride please call Debbie at 705-858-7700 ext. 221.



# Nutrition Bingo Canteen

**YOUTH FUNDRAISER**

**Tuesday, June 9, 2015**

**5-7 p.m. (BINGO AT 5:30 p.m.)**

**Dinner will include: BBQ Hamburgers & Hot Dogs; cold Salad; Cupcakes**

**\*\* Raising \$\$\$ for accommodations for Day Camp Summer End Trip \*\***

If any parents / families would like to donate a potato or macaroni salad or cupcake or dessert item or would like to volunteer in the canteen, please contact Debbie at the Centre of Excellence.



June 13, 2015

# WAHNAPITAE FIRST NATION OPEN HOUSE 9am – 2pm

WFN CHIEF AND  
COUNCIL AND ADMIN-  
ISTRATION INVITE  
YOU TO PARTICIPATE  
IN OUR  
OPEN HOUSE

LOCATED IN THE  
MAAN DOOSH GAMIG  
HALL AT THE CENTRE  
OF  
EXCELLENCE

THE OPEN HOUSE  
PROVIDES AN OPEN  
ENVIRONMENT TO  
SHARE INFORMATION  
WITH OUR COMMUNI-  
TY MEMBERS

FOR MORE INFO PLEASE  
CONTACT:

STEFANIE RECOLLET

Wahnapiatae First Nation  
([stefanie.recollet@wahnapiatae.com](mailto:stefanie.recollet@wahnapiatae.com))

(705) 858-0610 x212

# PA DAY WORKSHOP & MOVIE OUTING

WFN Administration Department would like **ALL STUDENTS THAT RIDE THE WFN School Bus** to attend this important workshop.

**FRIDAY, JUNE 12, 2015**

**9:00 —11:00 a.m.**

## At the WFN Centre of Excellence

- A brief video about School Bus Evacuation procedures.
- A practical exercise in which all students will learn and practice a safe evacuation procedure

**11:00-11:30 a.m.** Lunch provided

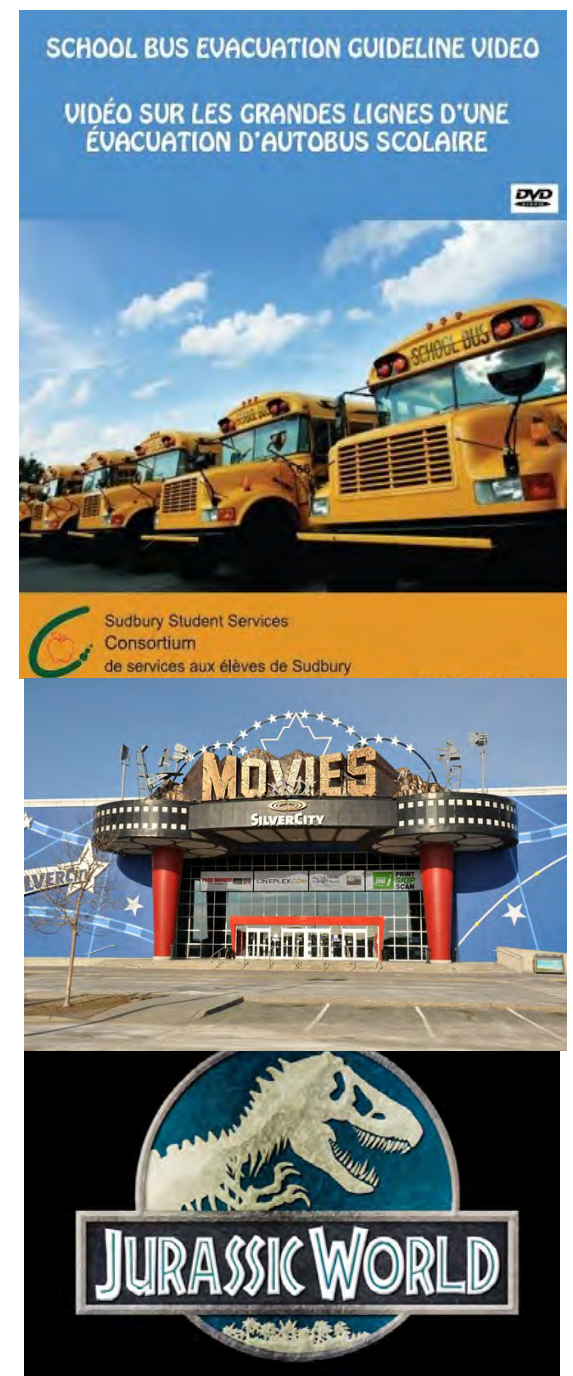
**12:00 p.m.**

- departure to Silver City;  
(Jurassic World at 1:30 p.m., other movie announced June 2)
- Return time (approx. 4:45—5 p.m. (announced June 2))

Admission paid at Silver City for School Bus Riders and a parent

Chaperone for children aged 4-9 yrs. Please send snack money for any popcorn, drinks etc.

Any questions, please call Debbie Plain-McGregor at WFN Centre of Excellence at 705-858-0610 ext. 221



## Baby Meet & Greet

*Nova Rose Caroline*

**On Sunday, June 7, 2015**

From 1-4 p.m.

At the WFN Centre of Excellence

- Potluck style bring your favorite dish
- Bring baby gifts if you wish
- Play some games
- Visit Megan Jericho & family
- Please contact Debbie Plain-McGregor at 705-858-0610 ext. 221 if any questions.



*Megan & Jericho  
were blessed with a  
baby from above.  
Please join us at a  
Meet & Greet and  
shower them with  
love.*

# Aboriginal Sports and Wellness Council of Ontario

# ASWCO Soccer Skills Camp & Recreation Tournament

# \$10/

## Participant

(Snacks provided during the tournament & clinic)

To download registration forms

please visit: [www.aswco.ca](http://www.aswco.ca)



## Sudbury, Ontario

### Laurentian University Fields

## July 10-12, 2015

**Discounted Accommodations available at Laurentian University residences for participants.**

**All participants must be accompanied by a youth and/or recreation worker, chaperone/parent/coach.**

**Two Divisions - Male & Female - U10-U13 U14-U16**

**1 Day Soccer Coaching Clinic will be available to anyone accompanying the players. This will be an excellent opportunity to become certified with an introductory soccer coaching certificate.**

**If you are interested in participating in the Skills Camp & Tournament or need more information please email: [aswcosoccer@gmail.com](mailto:aswcosoccer@gmail.com)**



**If interested in attending this event please contact Debbie Plain-McGregor @ 705-858-0619 ext. 221 by Friday June 12, 2015**

Are you pregnant or recently had a baby ?

Do you live in the Valley East area?



If yes, join us for a FREE informal prenatal and post natal discussion in a welcoming and supportive environment!

PLEASE CALL TO REGISTER AT 705-969-4040 EXT. 264

Each participant will receive:

**\*Milk vouchers!**

**\*A Good Food Bag with fresh vegetables, fruits, a protein source & eggs!**

**\*Healthy Snack provided!**



Prenatal Moms and Moms with babies to 4 months old. If you are interested in attending, please call Debbie Plain-McGregor at 705-858-7700 ext. 221 to register and to book your seat on the van.

**Next outing will be on Friday June 5, 2015 to CR Judd in Capreol. Call for this months topic.**

Parents & Parents to be:  
Mark your calendar



## COLLECTIVE KITCHEN

For Expecting Parents & or with children 0-6 yrs

**Tuesday, June 16th, 6-8 p.m.** for planning

**Wed, June 17th, 1:30-3 pm** — for shopping (if available to join)

**Thursday, June 18th, 5-8 pm**—for cooking



- **Planning and Cooking a meal on a budget (you will cooperatively plan and make 4 meals to take home)**
- **please 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)**





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## *The Scotiabank Student Excellence Awards*

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part of the 17th annual

### *Anishinabek Evening of Excellence*

*Wednesday, August 19, 2015*

Sudbury, ON

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Five (5) scholarships in the amount of \$2,500.00 each will be awarded to Anishinabek First Nation students in the post-secondary level for academic excellence.

#### **ELIGIBILITY AND APPLICATION INSTRUCTIONS**

**Eligibility:** Applicant must be a registered full-time student at an accredited post-secondary college or university. Students who are currently enrolled as well as those who have completed studies and are graduating in 2015 are eligible. Applicants must be a registered member of one of the 39 Anishinabek First Nations as represented by the Union of Ontario Indians.

**To Apply:** Eligible students are asked to submit:

- \* a short bio (tell us who you are, will also be used to introduce recipient);
- \* a letter outlining academic achievements, future aspirations, and community involvement;
- \* two (2) written academic references; and
- \* an official transcript of their 2014/15 grades.

**\*\* Please ensure your contact information including a mailing address, email address, and phone number is included with your application.**

**DEADLINE**  
**for scholarship applications is**  
**Friday, June 26, 2015**

*Applications should be submitted by mail, email, or fax to:*

Jason Restoule, Manager Anishinabek Nation 7th Generation Charity

1 Migizii Miikan, P.O. Box 711, North Bay, ON P1B 8J8

P: (705) 497-9127 or 1-877-702-5200 ~ F: (705) 497-9135 ~ E: [an7gc@anishinabek.ca](mailto:an7gc@anishinabek.ca) [www.an7gc.ca](http://www.an7gc.ca)



## EDUCATION NOTICES

Wahnapitae First Nation will now be managing the post-secondary student support program. For further information or assistance, please contact [execdir@wahnapitaefn.com](mailto:execdir@wahnapitaefn.com)



## NIEEF Scholarships

NIEEF (*National Indigenous Economic Education Fund*) is Cando's charitable organization, which grants annual scholarships to Aboriginal students studying in a field related to economic development. To be eligible, students must be attending or currently enrolled in a program at a post-secondary institution, and must be a Cando student member. This year, NIEEF will be granting 3 scholarships each worth \$2,000.

Visit [Cando's website](#) for more information and to download a copy of the Scholarship Application Form. **Deadline to apply: July 31, 2015.**

## Plan B Strategies

[Articles](#) | [Scholarships](#) | [Events](#)

*volume 15, No. 5 / May 2015*

### Student Essay Contest

9 scholarships for \$9,000 from The Fraser Institute

[Find Out More](#)

### CollegeWeekLive Scholarship

\$1,000 from CollegeWeekLive

[Find Out More](#)

### International Merit

15 Scholarships from The University of Gloucestershire

[Find Out More](#)

### Bill 7 Award

\$2,000 for students who identify with the LGBTQ2S community

[Find Out More](#)

### Parkland Institute Award

\$5,000 from the University of Lethbridge

[Find Out More](#)

### Entrance Scholarship

Undergraduate Entrance Scholarship from South Wales

[Find Out More](#)

Info@schoolfinder.com



# Waabgonii Giizis—Blossom Moon / June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 TLC	4	5	6
7 Meet & Greet	8	9 Nutritian Bingo	10 Basic Food Shelf Cooking TLC	11	12 PA Day Workshop & Movie Outing	13 Open House
14	15	16 Cutting Edge Kitchen Collective Kitchen	17 Basic Food Shelf Cooking Good Food Box Pick up TLC	18 Cutting Edge Kitchen Collective Kitchen Foodbank	19	20 Election Day
21 Father's Day	22 Aboriginal Day Band Office Closed	23	24 Basic Food Shelf Cooking TLC	25 Congregate Dining Din- ner	26 Last Day of School	27
28	29	30				
<p><b>Up Coming Events:</b></p> <p><b>Canada Day</b></p> <p><b>Pow wow</b></p>						