

Wahnapiṭae First Nation



Wahnapiṭae First Nation

Nmebine Giizis

Sucker Moon

May 2015

Inside this issue:

Chief and Council Announcements	2
Spring Clean Up	4
Community Updates & Upcoming Events	6-
	15
Employment	17
Cultural Update	18-
	20
Community Calendar	28

Photo taken on a trail off Portelance road.

Photo provided by: Haley McGregor, 2015



Notice of Nomination Meeting

Wahnapiatae First Nation
Saturday, May 2, 2015

10:00 am – 1:00 pm

MAAN DOOSH GAMIG
Center of Excellence
259 Taighwenini Trail Rd
Wahnapiatae First Nation



Notice of ELECTION DAY 2015

Wahnapitae First Nation
Saturday, June 20, 2015

8:00 am – 8:00 pm

MAAN DOOSH GAMIG
Center of Excellence
259 Taighwenini Trail Rd
Wahnapitae First Nation



SPRING LANDFILL HOURS:

Sunday: 12:00-4:00

Monday: 12:00-4:00

Wed: 12:00-4:00

Effective April 1, 2015 through to May 30,

Times subject to change based on frequency and the times most used by Band Members. If you have any questions or concerns, please contact JAIMEE BERGERON, ENVIRONMENTAL COORDINATOR, 705-858-0610 ext. 204



May—Spring Clean-up Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 Electronics Recycling	13 Community Clean-up Day	14 Spring Garbage Pick-up Day	15	16
17 Free Resident Landfill Day	18	19	20	21	22	23

Community Clean-Up Day

Wednesday May 13th, 2015

Come out and help clean your neighborhood and streets!

All WFN residents are encouraged to lend a hand in tidying up the community.

Garbage pick up will start at **4:00pm** and will be followed by a **free Chilli dinner** for all participants. Gloves and bags will be provided.

Electronics Recycling Day

Tuesday, May 12

All residents receiving curbside recycling pick-up can leave any electronics at the end of their driveway for

Eligible electronics include:

- Televisions

If you have any questions regarding eligible electronics, please contact JAIMEE BERGERON, ENVIRONMENTAL COORDINATOR, 705-858-0610.

Spring Garbage Pick-up Day

Thursday, May 14

Our Waste Diversion Technicians will be picking up household and yard waste from your curbside on this day. Residents are encouraged to clean up their lots and leave any waste at the end of their driveway for pick-up. Please ensure any haz-

Free Landfill

Sunday May 17th

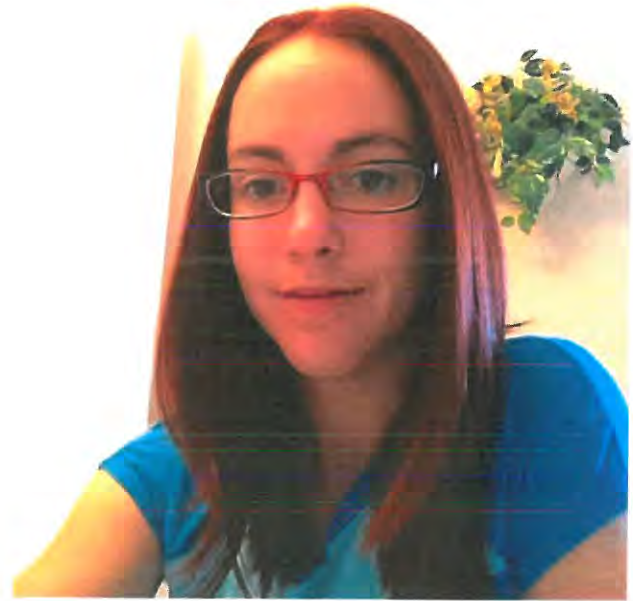
WFN residents are eligible to bring ONE truckload of waste to the landfill

FREE OF CHARGE





Hello, my name is Josie-Ann Langelier and I am the new Environmental Field Technician for WFN. Some of my responsibilities are to provide a wide range of wildlife surveys, environmental assessments/ monitoring and to bring the forestry sector into play. I look forward in working with the team and this community.



Hi, my name is Aimée-Danielle Robert. I am a student from College Boreal completing my 3rd and final year in the Forest Technologist programme. I am currently doing a placement with WFN Sustainable Development until May 8th. During this placement I have worked on various projects such as crown forest sustainability act, wildlife management unit, WFN values map etc. I especially look forward to help out with the walleye spawning project and the Bass Lake dash event.



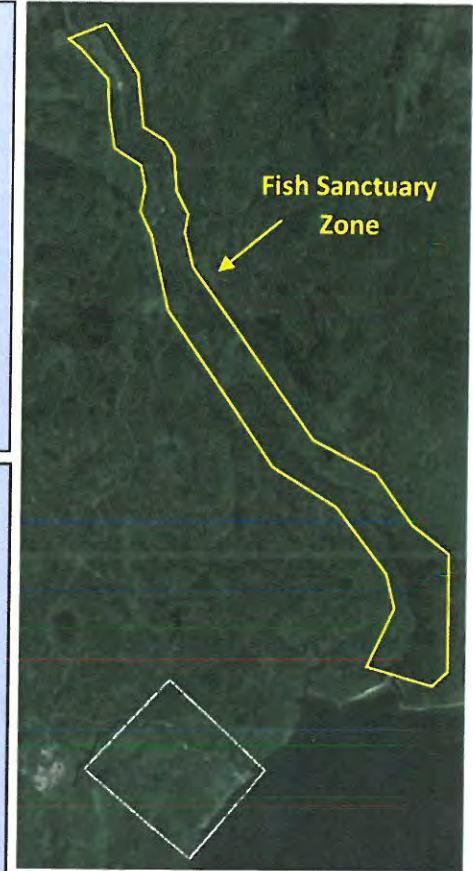


The Walleye spawning season is upon us once again!

Please respect the 'fish sanctuary' imposed to help conserve Walleye in the Upper Wahnapiatae River



No fishing between April 1st and May 15th, 2015



How else can you help conserve Walleye?

1. Fish sustainably
 - Daily catch limits are 4 fish (with only 1 fish measuring over 46mm) to sustain a healthy thriving Walleye population.
2. Report any unsustainable fishing practices (ex: spring netting in the North River)
3. Don't be wasteful! It is illegal "to destroy, or to allow to spoil, fish which have been caught and which are suitable for food."

Moose Regulations have changed in 2015

Ontario is reducing moose tags for resident hunters and shortening the hunting season for moose calves in northern Ontario.

The actions are designed to help sustain and build Ontario's moose populations.



The formalized changes include:

- 15% reduction in adult tags.
- Imposition of a two-week season for calves, compared to the eight weeks in previous years.



Self Care Day

Friday, May 8, 2015

At the WFN Centre of Excellence

9 am—3 pm

All WFN Mothers and Fathers

*are welcome to come for a day full of
techniques and strategies*

for your self care

Self Care Workshop facilitated by: Lana Boyuk

(one session in the morning and one in the afternoon)

Food Soak with Julie Ozawagosh

Seated Massage with Frank Ozawagosh

Healthy Lunch Provided

For more information contact Wendy, Debbie or Lynn at 705 858-0610



SOUPS ON!

2015 Pow Wow Fundraiser

Every Tuesday

At 12 noon

Come to the band office and enjoy a bowl of homemade soup.

Eat in or Take Out

Bring your own containers

AWESOME!



MIIGWETCH!

FROM SOUP TO TOMATOES

AN ARMCHAIR –BASED EXERCISE PROGRAM

AT

MAANDOOSH GAMIG

MONDAY-WEDNESDAY-FRIDAY

10 AM -10:45 AM

Certified Personal & Older Adult Training Specialist (Rene Desjardins , RN)

OTN WEBCAST VIA WWW





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, May 13, 2015*

\$8. small \$17. large

*Please pick up your good food boxes
on Wednesday, May 20, 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 BUFFET LUNCH

THURSDAY, May 21, 2015

Maandoosh Gamig Hall

12 PM - 2 PM

SAVOURY SLICED BEEF /ASSORTED COLD CUTS

SALADS

DESSERTS

GOOD COMPANY

(50 years or better)

Please call Wendy in advance to book your spot

705 858-0610 ext: 219



NUTRITION BINGO

Thursday, May 21, 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

2015 POW WOW Fundraising Canteen

Thursday, May 21, 2015 5 pm—7 pm

MINI ASSORTED SUBS served with a side salad

Fried bread and maple butter—\$2.

Beverages \$1.

Take Out Pepperoni and Bacon Pizza available to purchase \$20.

Pizza orders must be in by 3 pm on May 21, 2015. Call Wendy at 705-858-0610

The Basic Shelf Cookbook

2011 EDITION



Basic Food Shelf Cooking

Facilitated by: **Michelle Lim**

3 Sessions

Thursday May 28, June 4, June 11, 2015

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



CROCK POT COOKING SERIES 1, 2 & 3

UPDATE

Michelle Lim, from the SDHU facilitated this hands on workshop. It taught the girls how to cook some tasty meals that they would not otherwise think of trying at home. For attending this series their names were put in for a draw to win one of three crock pots. Winners were: Anigie Kratky, Joan Recollet and Shannon Skelliter. Daily door prize winners were: Joan Recollet, Samantha Corbiere and Megan McDonald.

Cutting Edge Kitchen

(Collective Kitchen Advanced)

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

May 5, 2015—10 am—12 pm - Planning

May 7, 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



Event date: May 30th 2015



Enjoy Wahnapiitae's finest trail before the bugs come out ;)

The 5K Bass Lake Dash kick starts at 11:00 AM
(For those with a competitive side)
Trophies for our winners!

The 5K Dimwe Dash starts at 11:30 AM
(for our participants that enjoy taking their time)

A 1K Fun Run for the kids starts at 1:00 PM
come cheer them on!

There will be an ongoing BBQ fundraiser at the Band Office
starting at 11:30 AM till 2pm

All proceeds go toward the construction of the Bimaadziwin
Bridge... which will complete the Bass Lake Trail and provide
the opportunity for safe outdoor fun & fitness, as well as cul-
turally meaningful learning space.

Donations towards the event or the Bimaadziwin Bridge are
graciously accepted.

Volunteers Needed! Numerous positions are available both
on and off the course. Being a volunteer is a great way to lend
support to your community and help fellow Walkers and Run-
ners get the most out of this event.

Contact: STEFANIE RECOLLET @ (705) 858-0610 X 212

Costs were designed to be inclusive :

10.00\$ per individual
or 20.00\$ per Family of 4

Online registration commenced in April

<http://basslakedash.wix.com/bass-lake-dash>



Check us out on Facebook:

Bass Lake Dash



Mark your calendar

COMMUNITY KITCHEN

With Healthy Choices Program At Shkagamik Kwe Health Centre

Wed May 13 2015 @ 10-2 p.m. (van 8:45 to 3 approx.)



- **Make a full meal to take home (**Bring containers)**
- **Enjoy a home cooked lunch**
- **Childcare is available (must book in advance)**
- **Great for learning & practicing kitchen skills**
- **Network and support with other parents**
- **Call Debbie to book your space 705-858-7700 ext. 221**





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 Friday May 15, 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, May 21, 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.



NCBRF Milk Program

The National Child Benefit Reinvestment Fund we received for the School Age Milk Program. It was received in October 2014 and covers until March 31, 2015.

Unfortunately we do not know about the funding until the fall. So if you purchase milk from the milk program for the period of April to June 2015 or September 2015, please hold your receipts or submit them to Debbie Plain-McGregor. If we receive funding in the fall we will be able to reimburse you for milk purchases for this period.

Thank you.



APRIL PA DAY FUN

On Monday, April 27 a PA day outing took place to Gym Zone in Sudbury. 17 children came and had a blast for the 1.5 hours in the gym. There was an hour with training on the circuit followed by 1/2 hour of free play. Even some parents joined in on the fun. (Note to self: foam pit is a trap... it's a workout to escape.) After the workout, a Pizza Lunch was delivered from Toppers Pizza to satisfy all our hungry bellies. Thanks to all the children & parents who attended and Thanks to Myles Tyson for driving us safely.

Debbie CYW





ELECTICAL APPRENTICE PANEL BUILDER

POSTING DATE: 8/4/2015

CLOSING DATE: 4/18/2015

APPOINTMENT DETAILS:

Company Name: BESTECH
Contact Person: Marc Gascon
Address/Telephone: 1040 Lorne Street / 705-675-7720 ext. 234
Position Title: Electrical Panel Builder
Hours per week: 40 and possibility of overtime
Rate of Pay: 15.65 or more depending on experience
Start Date: early May (tentative)
Number of Positions: 1 or more

Status:

Full Time Part Time Co-op/Placement/Internship Summer (8 weeks or more)

COMPANY INFORMATION:

- BESTECH opened in 1995 and has over 60 employees in Sudbury and Timmins. BESTECH Manufacturing Shop is located at 1545 Maley Drive. We procure and manufacture electrical junction box panels such as (PLC, FIP, Network racks, Protection and control, ect.) We are ISO 9001:2008 certified manufacturer.

QUALIFICATIONS:

- Minimum two year College Diploma in Electrical field or equivalent
- Registered electrical apprentice or qualified to be registered
- Experience with Electrical, PLC, Protection and Control panel building is an asset.
- Knowledge of the Ontario electrical code and standards is an asset.
- Aboriginal status is an asset
- Ability to read and interpret blueprints/drawings
- Mechanically inclined

DUTIES AND RESPONSIBILITIES:

- Wire and build industrial control panels based on schematic, blueprint, and/ or wire schedule.
- Manage inventory levels and stock equipment and/ or materials.
- Operate forklift to load and unload equipment from transports (asset)
- Assist with purchasing, shipping, receiving, packaging and material staging.
- Keep equipment and working area clean, orderly and safe

APPLICATION REQUIREMENTS:

- Cover letter and Resume

HOW TO APPLY:

Interested individuals should apply with a cover letter and résumé and send to Marc_Gascon@Bestech.com



CULTURAL UPDATE

Wahnapitae First Nation

20th Annual Traditional Powwow

Confirmed Head Staff

We have an amazing lineup of Head Staff for this year's powwow booked and confirmed!

Host Drum: Chippewa Travellers

Co-Host Drum: Charging Horse

Master(s) of Ceremonies: Chris Pheasant and Gerard Sagassige

Arena Director: Robert Stoneypoint

Head Male Dancer: David Trudeau

Head Female Dancer: Sue Roque

Head Elder: Mary Elliott

Also featuring Saturday Evening Special Musical Guest, Juno Award Winner, Crystal Shawanda!



Crystal's latest album, *Just Like You*, was released in 2012 on her label New Sun Records, based in Vancouver, BC and Nashville TN. Following this release, Crystal performed at the presidential inauguration in Washington, DC in January 2013 and won her first Juno Award for Aboriginal Album of the Year. In 2014,

The Cultural Advisory Committee is extremely excited that she will be our Saturday Evening Special Musical Guest to help us celebrate our 20th Annual Traditional Powwow! We hope you are just as excited as we are



CULTURAL UPDATE

Wahnapitae First Nation

20th Annual Traditional Powwow

• Powwow Fundraising

- Support Powwow Fundraising for the 20th Annual Traditional Powwow by purchasing your tickets for the May Daily Cash Calendar Draw. Tickets can still be purchased throughout the month of May from any Cultural Advisory Committee Member or at the WFN Centre of Excellence.
- Also tickets will be available soon for a limited edition, 20th Annual Traditional Powwow Jacket to be raffled off on Sunday at the Powwow. All proceeds go towards Powwow Fundraising.
- Look for posters on our upcoming Spring Social, which will feature a fundraising BBQ, a Community Yard Sale (call the Cultural Coordinator to book your table for a small fee), as well as a Golf Challenge.



Call for Photo Submissions

The Cultural Advisory Committee is putting a call out to the community members of Wahnapitae First Nation and surrounding area to submit any past or previous photos you have of the Traditional Powwow. We would like to feature a photo gallery as part of this year's celebrations.



Photos can be submitted to the Wahnapitae Centre of Excellence, Cultural Coordinator or emailed to cultural@wahnapitaefn.com



Miigwetch!



CULTURAL UPDATE

Wahnapitae First Nation

Upcoming Cultural Workshops



Knowledge Session on the Significance of Anishinaabe Long Hair

Guest Speakers: Perry McLeod-Shabogestic, Geesohns Manitowabi, and others

MONDAY, MAY 25TH, 2015

6 P.M. TO 8 P.M.

MAAN DOOSH GAMIG, WFN CENTRE OF EXCELLENCE



Knowledge is a good way to counteract bullying. Let us begin by sharing the cultural significance of long hair with each other. Educating people about Native Culture would remove ignorance and hopefully reduce the levels of discrimination and bullying that Anishinaabe youth face in schools and sometimes in their own communities.

For more information and to register attendance, please contact:

Liz Eshkibok, WFN Cultural Coordinator at 705-858-0610



Shkagamik-Kwe
HEALTH CENTRE

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



May 2 & 3, 2015

Free Admission to Dynamic Earth

Dynamic Earth and Modern Mining & Technology Sudbury are teaming up to offer you a weekend of fun & adventure!

Be among the first *400 visitors to Dynamic Earth on Saturday May 2 through to Sunday May 3 and your admission is FREE!

Dynamic Earth is proudly partnering with the Modern Mining & Technology Sudbury to offer the first 400 visitors free admission to Dynamic Earth in celebration of Sudbury's mining heritage.

Open from 10am to 5pm, you & your guests can discover Northern Ontario's earth sciences centre featuring geological history, Sudbury's mining heritage, and a completely revitalized underground mining experience like no other! You'll have a blast!

Make sure to also check out the new [King Tutankhamun: Treasures from the Pharaohs Tomb](#) exhibit.

Admission will be granted on a first come, first serve basis to a maximum of 400.

About Complimentary *Discover Sudbury* Bus Tours:

While at Dynamic Earth, you'll also have the option to take in the local sights on a Discover Sudbury Bus Tour – compliments of Dynamic Earth and Mining & Technology Sudbury.

1.85 billion years ago, a meteorite struck our region creating a structure now known as the Sudbury Impact Structure. Bring your family and friends on the Discover Sudbury bus tour and walk through time to see how this 10 km-wide meteorite has shaped our landscape! This 2-hour guided tour explores the stories buried in the rocks under our feet, showcases various geological and historical mining sites, and highlights how the local geology and mining has shaped Greater Sudbury. Make sure to download the Discover Sudbury GPS-enabled smart phone app to accompany you on the tour!

Note that each Discover Sudbury Bus Tour spot comes with a free Dynamic Earth admission coupon.

Tour buses will leave from and return to Dynamic Earth at 10am-noon and 1pm-3pm daily. Tours are 2 hours. Please dress appropriately for the weather and for outdoor exploration.

To register in advance for your Discover Sudbury Bus Tour, please call 705.522.3701 ext. 413 or email furchnerdianne@sciencenorth.ca. A maximum of 4 (four) pre-registered spots will be made available per individual booking.

Space is limited on the Discover Sudbury tour buses, first come, first served.



Spring



egg



snail



bee



frog



caterpillar



lamb



ladybug



butterfly

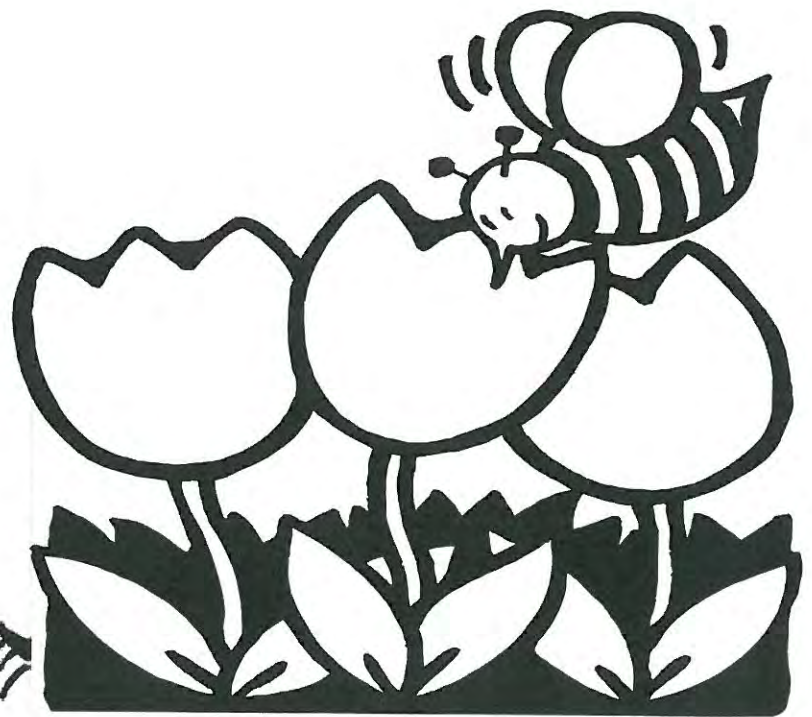


owl



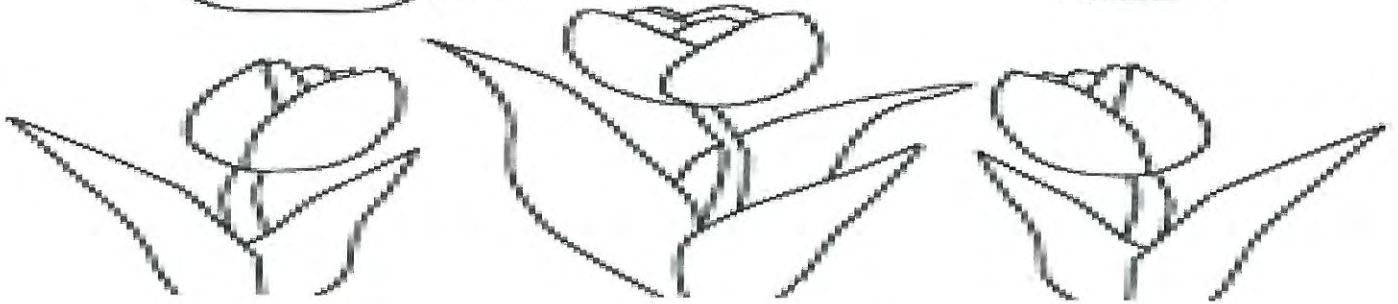
sun

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





Welcome Spring





Rocky's

LAKE WANAPITEI

INTRODUCING OUR \$20 GIVEAWAY

In order to help us celebrate our 20th year in business we have decided to give away a \$20 gift certificate every 20 days for the remainder of 2015. Contest starts Sunday April 19th, 2015.

How to enter?

Come down to Rocky's and spend a minimum of \$20 on anything and ask for a contest form. It's that simple.

****After each giveaway the contest starts over and you must make another \$20 purchase to be entered in the next draw.****

Next Draw Date:

Note: Gift Certificates that are won are NOT ELIGIBLE to be used for Fuel and/or Tobacco.



Saturday May 23rd

Rocky's
LAKE WANAPITAE

SPRING
2015 ATV RIDE

CASH PRIZES!

- \$\$\$ - First
- \$\$ - Second
- \$ - Third

Canteen & BBQ on Trail

REGISTRATION

- \$50 Entry Fee
- \$10/Extra Hand

Includes Dinner @ Rocky's

Call for Details (705) 858-0500

**In Support of
the Wahnapitae
First Nation Volunteer Fire
Department**



CREATING
Mother's Day
MEMORIES

**Mother's Day Brunch Sunday May 10th
10:00 am - 2:00 pm**

COMPLIMENTARY FAMILY PHOTO WITH RESERVATION

ADULTS \$19.95

CHILDREN 6 TO 12 \$10.95

CHILDREN 5 AND YOUNGER DINE COMPLIMENTARY

Call for Reservations 705.858.0500





33rd Annual PEACE HILLS TRUST ABORIGINAL ART CONTEST

DEADLINE:
SEPT. 8, 2015

Adult | 1st Place - \$5,000
2nd Place - \$3,000
3rd Place - \$2,000

Youth | 1st Place - \$500
2nd Place - \$350
3rd Place - \$200

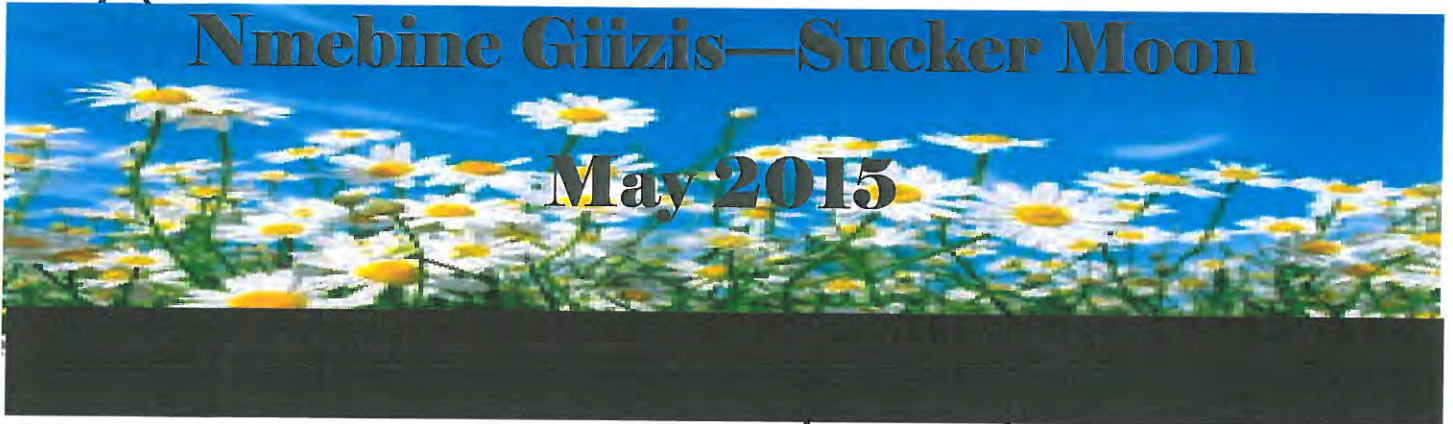


35th ANNIVERSARY
EST 1980

more details @
peacehills.com



Visit the peacehills.com website for more info. Or Info and Entry forms are available the the WFN Centre of Excellence.



Sun	Mon	Tues	Wed	Thu	Fri	Sat
UPCOMING EVENTS...					1	2
WFN Open House June 13						Nomination meeting
PA DAY WORKSHOP/OUTING June 12						
WFN Election Day June 20						
3	4	5 Cutting Edge Kitchen	6	7 Cutting Edge Kitchen	8 Mothers / Fathers Self Care	9
10 Mothers Day & Rocky's Brunch	11	12 Electronic Recycling	13 Order Good Food Box Community Clean Up Day	14 Chief & Council meeting. Spring Garbage Pick up.	15 Good Food Voucher Pickup	16
17 Resident Landfill Day	18 Victoria Day Holiday OFFICE CLOSED	19	20 Good Food Box pickup	21 Food Bank Nutrition Bingo	22	23 Rocky's 2015 ATV Ride
24	25 Knowledge Session	26	27	28 Basic Food Shelf Cooking	29	30 Membership Mtg Bass Lake Dash & fun run
31						



Rocky's would like to know what you think!
RE: Frozen Pre-made Family Meals

Rocky's requests your participation and feedback in this short survey to help us better serve you. Your participation is kindly appreciated. Please return your completed survey to the Gas Bar at Rocky's or to the Centre of Excellence.

You may also complete the survey from our Facebook page or by visiting this link:

<https://www.surveymonkey.com/s/FDLFJBK>

Thank You

1. In a typical week, how many times would you dine out?

- Once
- Twice
- Three or more

2. In the past 4 months how many times have you dined at Rocky's?

- None
- 5 times or less
- 6 to 10 times
- More than 10 times

3. Do you ever forget to take something out for dinner?

- Yes
- No

- add in
ser -
2 sided

Please see reverse side for additional qu

4. Would you be interested in purchasing pre-made frozen dinners from Rocky's?

- Yes
- No
- Maybe

5. On a scale from 1 (extremely low probability) to 5 (extremely high probability), please rate the probability of your family purchasing each of the pre-made dinners from Rocky's listed below.

	1-Extremely low probability	2	3	4	5-Extremely high probability
Spaghetti Sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cabbage Rolls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turkey Pot Pie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shepard's Pie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lasagna	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat Pie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Do you have any additional recommendations for pre-made dinners that Rocky's can offer?

Rocky's would like to thank you for your feedback and participation in our survey. This information will help us serve you better.

Thank you, we look forward to serving you soon!