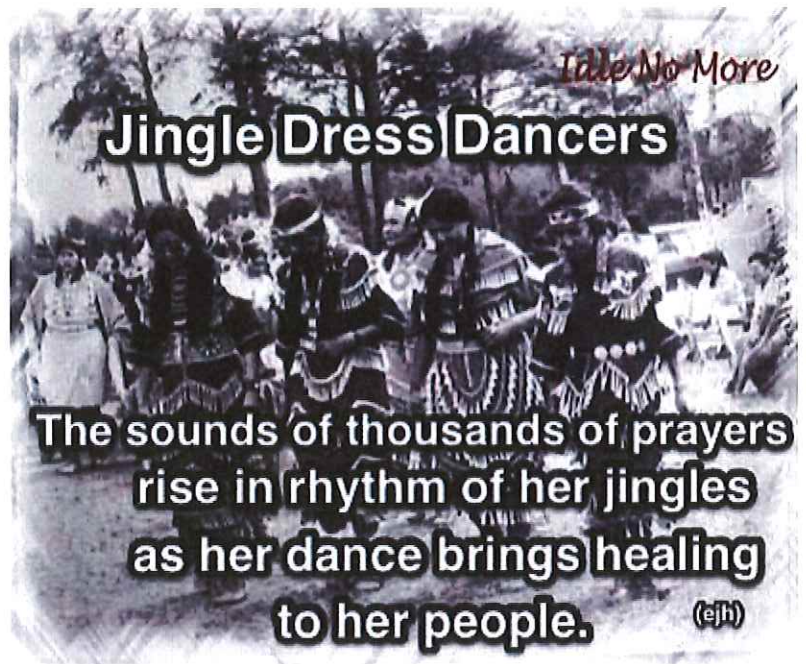




8/1/2019

WFN Newsletter
Have a safe and happy
Civic Holiday from the
Wahnapitae First Nation
Staff – Welcome
To Our PowWow





Wahnapitae First Nation Administration has a few additions and changes to the following policies;

New Policies

- 1. Education Policy**
- 2. Post Secondary Student Policy**
- 3. Student Bullying Policy**
- 4. Early Years Program Policy**
- 5. Summer Camp Policy**
- 6. After School Program Policy**
- 7. Incoming/Outgoing Mail Policy**
- 8. Chainsaw Policy**
- 9. Accident/Incident Reporting Policy**

Amended Policies

- 1. Human Resources Policy**
- 2. Gaming Revenues Recreation and Sports Policy**
- 3. Heavy Equipment and Aggregate Policy**
- 4. Finance Policy**
- 5. Lot Distribution Policy**
- 6. Governance Policy**
- 7. Cultural Assistance Policy**

****Policies can be accessed at the Centre of Excellence****



The Norman Recollet Health Centre (NRHC) is pleased to announce the establishment of the annual Norman Recollet Memorial Bursary.

This bursary is supported by Chief and Council and the NRHC Capital Fundraising.

This bursary will be presented to two recipients that are graduating from high school and attending postsecondary education. Each recipient will receive an award of \$500.00

Criteria:

- 1) Open to members of Wahnapitae First Nation (status card not required);
- 2) Must be attending 1st year post-secondary (proof required);
- 3) Must provide a copy of secondary school transcript;
- 4) Must submit a minimum 300 word (maximum 500 word) essay answering the following two questions:

A) Why is education important to you;

And, In keeping with the principle that Norman Recollet embraced of hard work and sense of community,

B) in what way would you give back to your community upon graduation from post-secondary.

NOTE: the deadline for submission is **01 August, 2019**. Awards to be presented at the annual Wahnapitae First Nation Pow Wow

All submissions are to be forwarded to:

Robin Cheslock

healthdirector@wahnapitaefn.com



EXPRESSION OF INTEREST

The Norman Recollet Health Centre team is beginning to plan for the official relaunch of the full-service clinic, and we want you to come and join us in the planning.

The Clinic will feature the following confidential services:

- 1) Nurse Practitioner
- 2) Community Wellness Worker
- 3) Home & Community Care Worker
- 4) Community Personal Support Worker
- 5) Family Well-Being Worker
- 6) Mental Health and Addictions Clinician

If you would like to become involved in the organizing and planning of the activities related to this event, please contact the health centre team with your expressed interest by 01 September 2019.

Note: Open to all ages

Contact: Line Baillargeon at (705)858-7700 or via email:
[line.baillargeon @wahnapietaefn.com](mailto:line.baillargeon@wahnapietaefn.com)



WFN Young Male Drumming Group



Wahnapiatae First Nation had Wrestlelusion VIII! This event took place on July 17, 2019, at the Centre of Excellence. CWF Canada is a Canadian based Pro Wrestling Company. CWF travels across Canada bringing live family-friendly wrestling events, and Anti-Bullying Workshops! Great fun had by all!





SPONSORED BY WFN POW WOW COMMITTEE

Teens All- Category Special

*Male 1st place:
\$60+T-shirt*

*Female 1st place:
\$60+T-shirt*

Plus giveaway for all dancers!

WAHNAPITAE FIRST NATION
24TH ANNUAL POW WOW
“MNAAJTODAA EHYOWYIING”
(HONOURING OUR GRASSROOTS)

AUGUST 17TH & 18TH, 2019

Grand Entry will be at 12:00pm

Head Staff

Host Drum: TBD

Co-Host Drum: TBD

MC: Paul Owl

Arena Director: Robert Stonepoint

Head Elder: Ray Jackson

Head Veteran: Michael McCormick

Head Male Dancer: Tim McGregor

Head Female Dancer: Maretta R Jones

Head Youth Male Dancer: TBD

Head Youth Female Dancer: Jade Prentice

Registration is Daily Sat and Sun

Open at 10:00am Close at 1:00pm Regalia must be worn upon registration.

Fun & Games for Everyone

Hand Drum Special.

Potato Dance

Spot Dances

Test your flexibility with a feather Dance.

Shop at our Vendors for Gifts, furs, leathers, toys, jewelry and much more.

There's a little something for everyone

GLENCORE

BAT+ERY
MINERAL RESOURCES

VALE

NORTH AMERICAN NICKEL

Fireworks show on Sat night at 10:00pm by Dreamcatchers Fireworks.

DREAM CATCHER
FIREWORKS

Absolutely no Drugs or Alcohol ☹️ Rough camping will be available ☹️ Please no pets allowed

If you have any questions or vending registration please feel free to contact

Lori Corbiere Cultural Coordinator at (705)858-0610 ext.213 or email cultural@wahnapitae1n.com

24TH ANNUAL POW-WOW

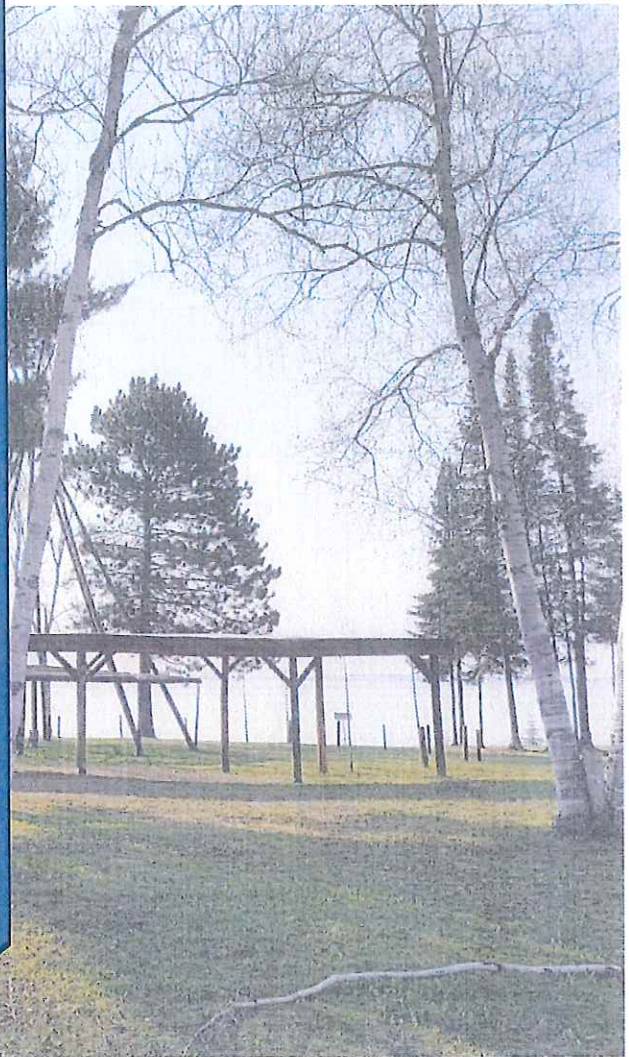
FUNDRAISER

Bear Quilt & Lamps

DRAW DATE: AUGUST
18, 2019

AT 2:00PM

Wahnapitae First Nation
Pow-wow



This year we are raffling off a
Bear Quilt, 2 Pillows and 2
Birchbark Lamps.

Tickets are selling for:
\$5 each/5 for \$20

Ticket sale Locations: Center of Excellence front desk.

Rocky's Gas Bar

White Birch Post



Any further info please contact Lori Corbiere @ (705)858-0610 ext. 213

WFN SUMMMER CAMP LANGUAGE CAMP WEEK

DAY 1

- Opening Prayer,
- Smudging,
- Bannock teaching,
Making scone dogs
- Graffiti art
- Sketching on birch bark

DAY 2

- Opening prayer
- Smudging
- Water Teaching
- Ceremony &
Hand Drumming

DAY 3

- Opening prayer
- Grandfather Drum Teachings
- Drumming & Dancing
- Berry teachings
- "Napahon" Traditional
Game
- Closing Circle
- Prizes/Giveaways!

When: AUGUST 6TH – 8TH 2019

Time: 10:00am-3:00pm

**Location: Gazebo/Centre of
Excellence**

LUNCH PROVIDED!



The Monthly Recipe

Chicken Tortilla Soup

Wahnapiatae First Nation's
Monthly Recipe/ Cooking

Date:

Monday August 12, 2019

Time:

4p.m. to 6p.m.

Location:

WFN Hall – Maan Doosh Gamig



Wahnapiatae First Nation Members

All on-reserve Members will be able to access a monthly Healthy Food Recipe, along with all ingredients.

The monthly healthy recipe will be one full recipe per household.

This recipe will include all ingredients required to prepare the meal at home.

PLEASE BRING YOUR BAGS! SEE YOU THERE

Congregate Dining

TURSDAY, AUGUST 1, 2019

5:30 PM

Rocky's

Please RVSP with Wendy by 12 noon on
Thursday, August 1, 2019

(must be 50 plus)

Nutriion Bingo

THURSDAY, AUGUST 15, 2019

5:30 PM

MAAN DOOSH GAMIG

12 REGUALR GAMES—CHOOSE A PRIZE

3 SPECIALS –WIN A \$25. GIFT CARD

1 JACKPOT - WIN A \$100 GIFT CARD

POW WOW SPECIAL

EVERYONE WELCOME!

SOUPS ON!

DONATION FUNDRAISER

EVERY TUESDAY AT

12 NOON

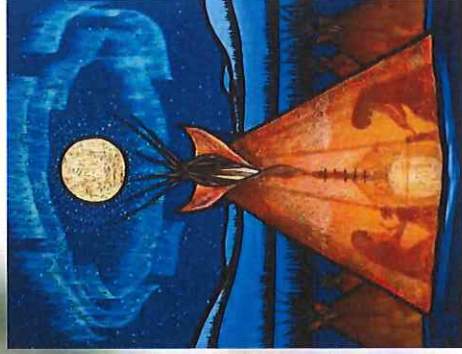


Wakpokitae First Nation

Summer Full Moon Ceremony

MNNOMNI(Rice Moon)

Ambe Kweok miinwa Kwezenuk
(Let's go women and girls)
at WFN Centre of Excellence
Southern Sacred Fire
Wenesh-Pii? Thursday, August 15/2019
@ 8:30pm



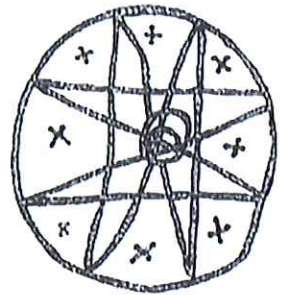
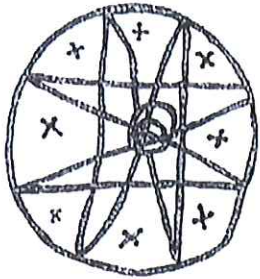
Women and girls are encouraged to wear their skirts.

Ann-Marie Recollet @ (705)858-7700 ext.: 215 for further information



The Norman Recollet Health Centre Learning Series

The Health Team is presenting 8 sessions this year that follow the 8-pointed star teachings. We are to live our lives in a healthy way following the medicine wheel. The traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life are built around sacred teachings. Each teaching honours one of the basic virtues intrinsic to a full and healthy life through traditional medicines and - where needed - western medicines.



Session 3
August 21/2019
10am - 3pm

1. Traditional Teachings
2. 15-minute break
3. Traditional Food
4. Lunch
5. Traditional Medicines - Labrador Tea, Sweetgrass, Golden Thread
6. 15-minute break
7. Our Language
8. 15-minutes questions and answers

Using the Medicine Wheel to understand balance!



FUN FUN FUN FUN
For Everyone

Attention Businesses

Businesses on-reserve are required to pay for the disposal of their garbage at the WFN Landfill Site. This is clearly identified in the "Waste Diversion Regulations".

Punch cards can be purchased by business owners at the band office.

This will be enforced as of September 1st, 2019.

Starting on September 1st, 2019 if business owners do not have a punch card their garbage will be denied at the landfill site.

As for campgrounds, if garbage does not have bag tags, for camper produced garbage, this will be denied at the landfill site. Any garbage that the campground owner produced from his business will also be required a punch card.

*Any questions or concerns you may contact
Desiree Ducharme, Environmental Coordinator at
705-858-0610 ext 204 or
environmentalcoordinator@wahnapitaefn.com*

WFN 2019 Commercial Landfill Per Bag Punch Card \$50.00					
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	64	66
67	68	69	70	71	72
73	74	75	76	77	78
79	80	81	82	83	84
84	85	86	87	88	89
90	91	92	93	94	95
96	97	98	99	100	FREE
FREE	FREE	FREE	FREE	FREE	FREE

Wahnapitae First Nation

Waste Diversion Regulations

Adopted by Band Council Motion: 12/13 #94

At the Chief and Council Meeting of: October 5, 2012

- "4.4 Pay-As-You-Throw System - On-reserve businesses will be subject to the Pay-As-You-Throw system and will be subject to a **\$0.50** charge per bag for garbage delivered to the Household Waste Landfill Site.
- 4.4.1 In order to encourage waste diversion activities, businesses will be subject to a fee (\$0.50) per bag for the amount of garbage delivered to the landfill site. Punch cards can be purchased at the Band Office for \$50.00 which give the business 100 bags of garbage plus 7 free bags.
- 4.4.2 The Business Owner is responsible for the removal and delivery of waste to the Wahnapitae First Nation Landfill site during designated hours.
- 4.4.3 Only the business owner or one (1) designated individual will be granted access to the landfill site.
- 4.4.4 The owner or individual will be required to show their landfill punch card to the Waste Diversion Technician upon entry into the landfill. The Waste Diversion Technician will tally up the number of bags and punch the card for that amount."



Frequently Asked Questions About The Anishinabek Nation Governance Agreement

The Governance Agreement:

Q. *What is the Governance Agreement?*

The *Anishinabek Nation Governance Agreement* (“ANGA”) is an agreement between the Anishinabek Nation, on behalf of member First Nations, and Canada that recognizes the power of the First Nations who ratify the ANGA to pass their own election laws, citizenship laws, language and culture laws and financial administration type laws.

Q. *Why a self-government agreement?*

A self-government agreement provides the formal recognition by Canada of our inherent right to pass these types of laws otherwise, our alternative is to fight it out in court for the recognition of these types of laws. That kind of recognition is time consuming and expensive and there is no guarantee that courts will rule in our favor on these matters. The self-government agreement also provides more funding needed to exercise these law-making powers.

Q. *What kinds of laws are recognized under the Anishinabek Nation Governance Agreement?*

The Anishinabek Nation Governance Agreement covers four areas:

- Leadership Selection (Elections)
- Citizenship:
- Language and culture
- Operation and management of government

First Nations who ratify the *Anishinabek Nation Governance Agreement* will have the power to enact laws on how they wish to elect their Chief and Council, how their First Nation government will operate and be managed, who their citizens will be and how they want to protect and promote the Anishinaabe language and culture. Fiscal transfers will be increased to cover the costs of these new responsibilities.

Constitutions:

What is a constitution?

A constitution is a supreme law of a First Nation. It describes the basic rules and structures of the First Nation and its government and the kinds of laws it believes it has the inherent power to pass.

Why is a constitution important?

A constitution is important for First Nations because it sets out things like the rules for how decisions are made by their government and how laws are passed. In addition, if a First Nation is going to make laws that affect its citizens, it needs the legal authority to do so and that authority comes from the citizens who approved the constitution.

The Benefits of the Anishinabek Nation Governance Agreement:

Q. *How will my First Nation benefit from the Anishinabek Nation Governance Agreement?*

First Nations will benefit from being a part of the *Anishinabek Nation Governance Agreement* in a number of ways, including,

- a) First Nations being able to set their own priorities and not be dependent on another government's (Canada) laws, programs and priorities;
- b) First Nations having the opportunity to develop their own election laws and have their citizens decide things like how long Chief and Councils could serve and the size of the Council and what their qualifications should be;
- c) First Nations having the opportunity to develop their own citizenship law that sets out what rights, privileges and responsibilities come with that citizenship.
- d) Having much more money to perform governance functions like holding council meetings, committee meetings and engaging with their citizens on laws that affect them.

What about our aboriginal and treaty rights?

Q. *How will my Aboriginal and Treaty rights be impacted?*

Chapter 3 of the Governance Agreement states: **Nothing in this Agreement will be construed so as to abrogate or derogate from the aboriginal rights or treaty rights of the aboriginal peoples of Canada recognized and affirmed by section 35 of the *Constitution Act, 1982.***

Q. *Will our Indian status rights be affected?*

No, this agreement is not negotiating Indian Status.

The funding:

Q. *Will we have sufficient funding for governance?*

We will have substantially more money than what we currently receive under the *Indian Act* for governance functions.

Q. *Are we going to be taxed?*

The agreement is not about taxation.

Q. *Will the Agreement help to improve things in our communities?*

Yes. Studies have shown that when we pass our own laws and build our own constitutions and our own appeal mechanisms that match who we are as Anishinaabe people, things do turn around. In addition, if we have a long term strategic plan that sets out how things will get better over the long term that makes a big difference too. We are working on that as well.

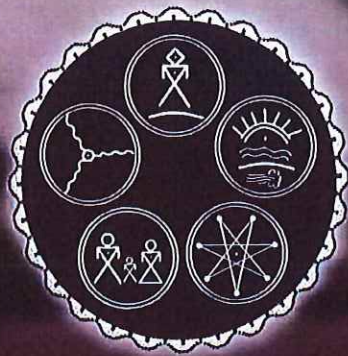
Q. *Will the Governance Agreement affect any current programs?*

No, we can still administer any programs we run now and will continue to be eligible to participate in any new programs that are announced by governments from time to time in the future.

Q. *How can we make sure citizens are informed about the Governance Agreement negotiations?*

- Pick up the phone and dial toll-free 1-877-297-9850
- Go on-line www.governancevote.ca
- Attend community meetings;
- Ask lots of questions and read information;
- Share information with others;
- Become an activist for change and help out;
- Take ownership for the future of our Anishinaabe people;
- Bring First Nation citizens with you to meetings
- Educate our youth on our history, culture, teachings, and ways of life.
- Know your Dodem and responsibilities;

Anishinabek Nation Governance Agreement Information Package



governancevote.ca



NGO DWE WAANGIZID ANISHINAABE **One Anishinaabe Family**

Debenjged gil'saan anishinaaben aking gilbi dgwon gaadeni mnidoo waadiziwin.

(Creator placed the anishinaabe on the earth along with the gift of spirituality.)

**Shkode, nibi, aki, noodin, gilbi dgosdoonan wil naagdowendmang
maanpi shkagmigaang.**

(Here on mother earth, there were gifts given to the Anishinabe to look after, fire, water, earth and wind.)

**Debenjged gii mlinaan gechtwaa wendaagog Anishinaaben waa naagdoonjin
ninda nilzhwaaswi kino maadwinan:**

(The Creator also gave the Anishinabe seven sacred gifts to guide them. They are:)

**Zaagidwin, Debwewin, Mnaadendmowin, Nbwaakaawin, Dbaadendziwin,
Gwekwaadziwin milnwa Aakedhewin.**

(Love, Truth, Respect, Wisdom, Humility, Honesty and Bravery.)

Debenjged kilmingona dedbinwe wi naagdowendiwin.

(Creator gave us sovereignty to govern ourselves.)

**Ka mnaadendanaa gaabi zhiwebag milnwa nango megwaa ezhwebag,
milnwa geyaabi waa ni zhiwebag.**

(We respect and honour the past, present and future.)

*Preamble to the Anishinaabe Chi-Naakngewin (Anishinabek Nation Constitution)
Adopted by the Anishinabek Grand Council - June 6, 2012*



ANISHINABEK NATION

Boozhoo, Aaniin Kina Waya,

After nearly 25 years of negotiations with Canada, the Anishinabek First Nations are heading into an exciting time. A successful ratification vote on the *Anishinabek Nation Governance Agreement* will see Canada finally recognizing our unceded jurisdiction in the areas of culture and language, election process and citizenship.

The *Anishinabek Nation Governance Agreement* and the *Anishinabek Nation Fiscal Agreement* were negotiated with direction from Chiefs, citizens and the Governance Working Group over the years. The Agreement doesn't take away from our inherent or treaty rights.

I encourage all Anishinabek Nation citizens to get informed and be engaged in the process. Go to a First Nation Open House or attend a regional information session and ask any question you may have. Visit www.governancevote.ca for detailed information. Find out about the fiscal offer for your First Nation. Tell your family that lives away from home. Visit our booths on the pow-wow trail, check out the news stories on www.anishinabeknews.ca, and stay connected to us on Facebook, Twitter and Instagram.

It is important that your First Nation has your current mailing address to send information and notices for the community approval vote starting in August.

Electronic voting for the *Anishinabek Nation Governance Agreement* will take place between August 1 and November 30. Find out from your First Nation for times to vote in person or by mail-in ballot.

For far too long we have heard that we need to get out from under the *Indian Act*. This is our opportunity to do just that! Again. Just as we succeeded in education, we can again demonstrate that our leadership election processes, our law-making authorities as guided by our Chi'Naaknigewin, our language and our culture will thrive under our authorities as each community determines. A very critical element of this agreement is determining our own citizens – we know we are bringing babies into our world who do not meet Canada's criteria of being a member of our community – these babies need to belong to us; status or not. We can determine who our people are and we will.

I encourage every Anishinabek Nation citizen to take the time to understand what the *Anishinabek Nation Governance Agreement* can mean to you, your family and your community now, and well into those seven generations ahead that we must always be mindful of. It's *your* vote for *your* future! Let's make this happen! Nishin.

Glen Hare (Gwiingos)
Grand Council Chief Anishinabek Nation

HEAD OFFICE: NIPISSING FIRST NATION

1 Migizii Miikan, P.O. Box 711 | North Bay, ON P1B 8J8 | Ph: 705-497-9127 | Fax: 705-497-9135 | 1-877-702-5200
info@anishinabek.ca | www.anishinabek.ca | Anishinabek Nation | @AnishNation



Anishinabek Nation Governance Agreement OVERVIEW

NEGOTIATIONS HISTORY

- Anishinabek Nation Grand Council Resolution signed in 1995 to authorize Governance negotiations.
- Framework Agreement signed in 1998.
- Agreement-in-Principle signed in 2007.

WHAT DOES GOVERNANCE MEAN?

- “Governance” simply means the structures and processes used to “govern”, for example, the “structure” is the Chief and Council itself who make decisions on behalf of their citizens/electors.
- The “processes” simply refers to how Chiefs and Councils make decisions such as its law-making procedures.

WHY IS GOVERNANCE IMPORTANT?

- Helps ensure better decision-making and outcomes for the community through stability of processes and structures.
- Shows potential business partners stability and certainty when it comes to investment decisions with First Nations.

LAWS RECOGNIZED IN THE AGREEMENT

- **Leadership Selection:** The right to pass election laws that reflect the way citizens want to select their leaders.
- **Language and Culture:** The recognition of the right to pass laws to promote and protect the use of the Anishinaabe language and the practice of ceremonial opening and conduct of meetings.
- **Citizenship:** The right to choose who citizens are and what rights, privileges and responsibilities come with that citizenship.
- **The Management and Operations of Government:** Recognition of the right to develop laws such as Financial Management Acts.

IMPORTANT POINTS

- The Governance Agreement opens the door to future discussion/negotiations on lands, health, justice etc., as determined by the First Nations who ratify the Agreement if they so choose.
- Section 87 (tax exemption) under the *Indian Act* will remain.
- The *Anishinabek Nation Governance Agreement* recognizes the inherent right of our First Nations to govern themselves in relation to matters integral to their unique culture, identity, traditions, languages and institutions with respect to their special relationship to the lands and resources.

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Anishinabek Nation Governance Agreement OVERVIEW

INTERGOVERNMENTAL FORUM

- The Governance Agreement establishes a new "Intergovernmental Forum" between the Anishinabek First Nations who ratify and the Government of Canada. The Forum will provide direct access to the Prime Minister and the Cabinet on matters of concern to our First Nations. No other self-government agreement has this provision.

GOVERNMENT STRUCTURE

- The *Anishinabek Nation Governance Agreement* will recognize the Anishinabek Nation and Anishinabek First Nations as governments, with the same legal status and capacities of other Governments. Under the *Indian Act*, there is no mention of legal status of First Nations (Indian Bands) and the capacity to enter into contracts and hold land in their own names.
- The Anishinabek Nation Government will be made up of the First Nations who ratify the Governance Agreement. They will decide what laws to pass at the Anishinabek Nation level. First Nation laws will take precedence over laws passed at the Anishinabek Nation level. The corporate body, The Union of Ontario Indians, *will not* be the government.
- Collective priorities of the member First Nations who make up the Anishinabek Nation Government will determine its direction.

RATIFICATION VOTE

The voting period for ratification of the *Anishinabek Nation Governance Agreement* is between August 1, 2019 and November 30, 2019. Options for voting:

- E-voting
- Mail-in ballots
- In-person voting

NEW FISCAL FRAMEWORK

- Funding Agreements will contain substantially more money for governance-related functions. The funding agreements will be for longer terms, five years with renewals.
- The additional money can be used to offset costs related to elections, government operations, citizenship laws and community engagement.

OWN SOURCE REVENUE

- Own Source Revenue is in a moratorium (suspended) until further notice as stated by Crown-Indigenous Relations Minister Carolyn Bennett in November 2018.

For more information please visit: governancevote.ca



Anishinabek Nation Governance Agreement **BENEFITS**

By approving the Anishinabek Nation Governance Agreement:

First Nations can incorporate **more Anishinaabe language and cultural practices** into self-governance.

First Nations can **determine who their citizens are** and their **related responsibilities**.

First Nations will be legally recognized as **governments** that have the power to **pass their own governance laws**.

First Nations can set **longer terms in office** for Chiefs and Councils.

First Nations can **determine who can run** in elections and **establish candidates' qualifications**.

First Nations can **pass their own finance management laws**, making them accountable to their citizens **on their own terms**.

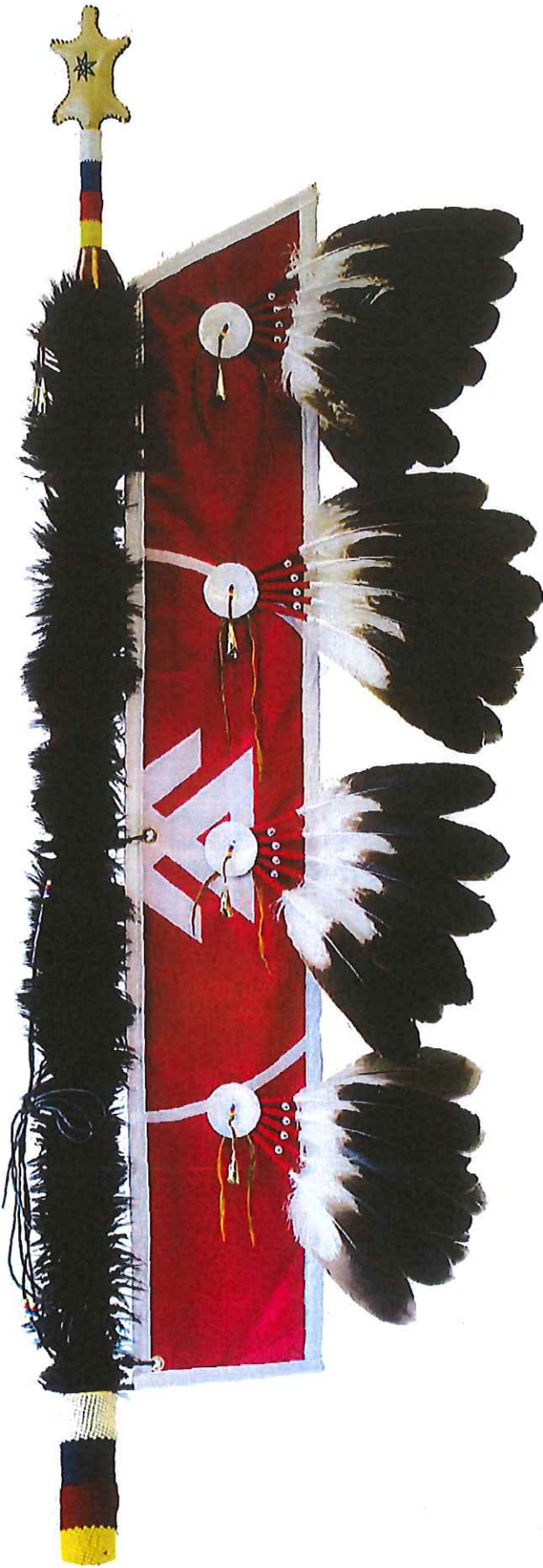
First Nations will receive **an increase in funding** provided by Canada for governance functions.

First Nations will be **removed from parts of the *Indian Act* that cover** band lists, elections for Chief and Councils, council meeting procedures.

The Anishinabek Nation (on behalf of First Nations who ratify) and Canada will **form an intergovernmental forum** to discuss matters of importance to First Nations.

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Anishinaabe Chi-Naaknigewin-Amended May 1st, 2018



**ANISHINAABE
CHI-NAAKNIGEWIN**



Anishinaabe Chi-Naaknigewin
Anishinabek Nation Constitution

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Preamble

Ngo Dwe Waangizid Anishinaabe

One Anishinaabe Family

(Preamble to the Anishinaabe Chi-Naaknigewin –as adopted by the Grand Council in June 2011)

**Debenjiged gii'saan anishinaaben akiing giibi dgwon gaadeni
mnidoo waadiziwin.**

**Shkode, nibi, aki, noodin, giibi dgosdoonan wii naagdowendmang
maanpii shkagmigaang.**

**Debenjiged gii miinaan gechtwaa wendaagog Anishinaaben waa
naagdoonjin ninda niizhwaaswi kino maadwinan.**

**Zaagidwin, Debwewin, Mnaadendmowin, Nbwaakaawin,
Dbaadendiziwin, Gwekwaadziwin miinwa Aakedhewin.**

Debenjiged kiimiingona dedbinwe wi naagdowendiwin.

**Ka mnaadendanaa gaabi zhiwebag miinwaa nango megwaa
ezhwebag, miinwa geyaabi waa ni zhiwebag.**

Ngo Dwe Waangizid Anishinaabe

The Anishinaabe Chi-Naaknigewin is founded on Ngo Dwe Waangizid Anishinaabe and forms the Traditional Government of the Anishinabek Nation, within the Inherent, Traditional, Treaty, and Unceded Lands of Our Territories.

The Anishinabek Chi-Naaknigewin is proclaimed by the Peoples identifying as the Anishinabek Nation, who in exercising their Sovereign, Inherent, and Treaty Rights, now establish and empower the Anishinabek Nation Government as their Traditional Government.

Article 1 – Interpretation; In this Law

- 1.1 “Anishinaabemowin” refers inclusively to all languages of the Peoples belonging to the Anishinabek Nation.
- 1.2 “Anishinabek Nation” refers to those First Nations who together have proclaimed and signed this Anishinaabe Chi-Naaknigewin and includes “Our Territories”
- 1.3 “Chi-Naaknigewin” refers to the written constitution of the Anishinabek Nation.
- 1.4 “Dodemaag” refers to the traditional Anishinaabe clan system of governing which is based on the Seven Sacred Gifts and informs the roles and responsibilities of the Dodemaag represented by: Deer, Eagle, Crane, Turtle, Loon, Bear, and Marten.
- 1.5 “E’Dbendaagzijig” refers to the citizens of the Anishinabek Nation, which are those people who are recognized as E’Dbendaagzijig by the Anishinabek First Nations or the Grand Council. In English, E’Dbendaagzijig translates to those who belong.
- 1.6 “Grand Council” refers to the law-making authority of the Anishinabek Nation and is comprised of a Grand Council Ogiimah, Deputy Grand Council Ogiimah(k) and a representative of each First Nation of the Anishinabek Nation, all of whom must be citizens of the Anishinabek Nation.
- 1.7 “Ngo Dwe Waangizid Anishinaabe” refers to the preamble of the Anishinabek Nation. In English, Ngo Dwe Waangizid Anishinaabe translates to *One Anishinaabe Family*.
- 1.8 “Our Territories” refers to the fire, water, earth, and wind of the inherent, traditional, treaty, and unceded lands of those First Nations identifying as the Anishinabek Nation.
- 1.9 “First Nation Resolution” refers to an official decision made by the Chief and Council of an individual First Nation.

Article 2 – Official Languages of the Anishinabek Nation

- 2.1 Our Language is Anishinaabemowin and English is a secondary language.

Article 3 – Citizenship of the Anishinabek Nation

- 3.1 Every person recognized as an E'Dbendaagzijig of an Anishinabek First Nation, or recognized, as E'Dbendaagzijig by the Grand Council, is an E'Dbendaagzijig of the Anishinabek Nation.

Article 4 – Principles of Government Structure of the Anishinabek Nation

- 4.1 The Anishinabek Nation Government shall be guided by the principles and way of life of the Seven Sacred Gifts given to Anishinaabe, namely: Love, Truth, Respect, Wisdom, Humility, Honesty, and Bravery.

Government Structure

- 4.1 The Anishinabek Nation Government shall be based on the Dodemaag system of governance.
- 4.2 The Anishinabek Nation Government will include the law-making authority, the Grand Council, and an Elders' Council, a Women's Council, and a Youth Council, to advise the Grand Council.
- 4.3 The Anishinabek Nation Government will fulfill the roles and responsibilities of the Dodemaag, including the administration of the day-to-day operations of government and the administration of a system of justice.

Article 5 – The Anishinabek Nation Law-Making Powers

- 5.1 The Anishinabek Nation has the inherent right bestowed by the Creator to enact any laws necessary in order to protect and preserve Anishinaabe culture, languages, customs, traditions, and practices for the betterment of the Anishinabek.
- 5.2 The Grand Council shall enact Rules of Procedure to govern the Grand Council.

Article 6 – Anishinabek Nation E'Dbendaagzijig Participation and Consultation

- 6.1 The Anishinabek Nation Government will establish processes to ensure E'Dbendaagzijig participation and consultation in its law-making and policy procedures.

Article 7 – Institutions of the Anishinabek Nation Government

- 7.1 Through a decision of the Grand Council, the Anishinabek Nation Government has the authority to establish institutions for the administration of government.

Article 8 – Relationship of Laws

- 8.1 Anishinabek Nation laws and Anishinabek First Nation laws are equally operative; however, First Nation laws will take precedence.

Article 9 – Constitutional Amendment

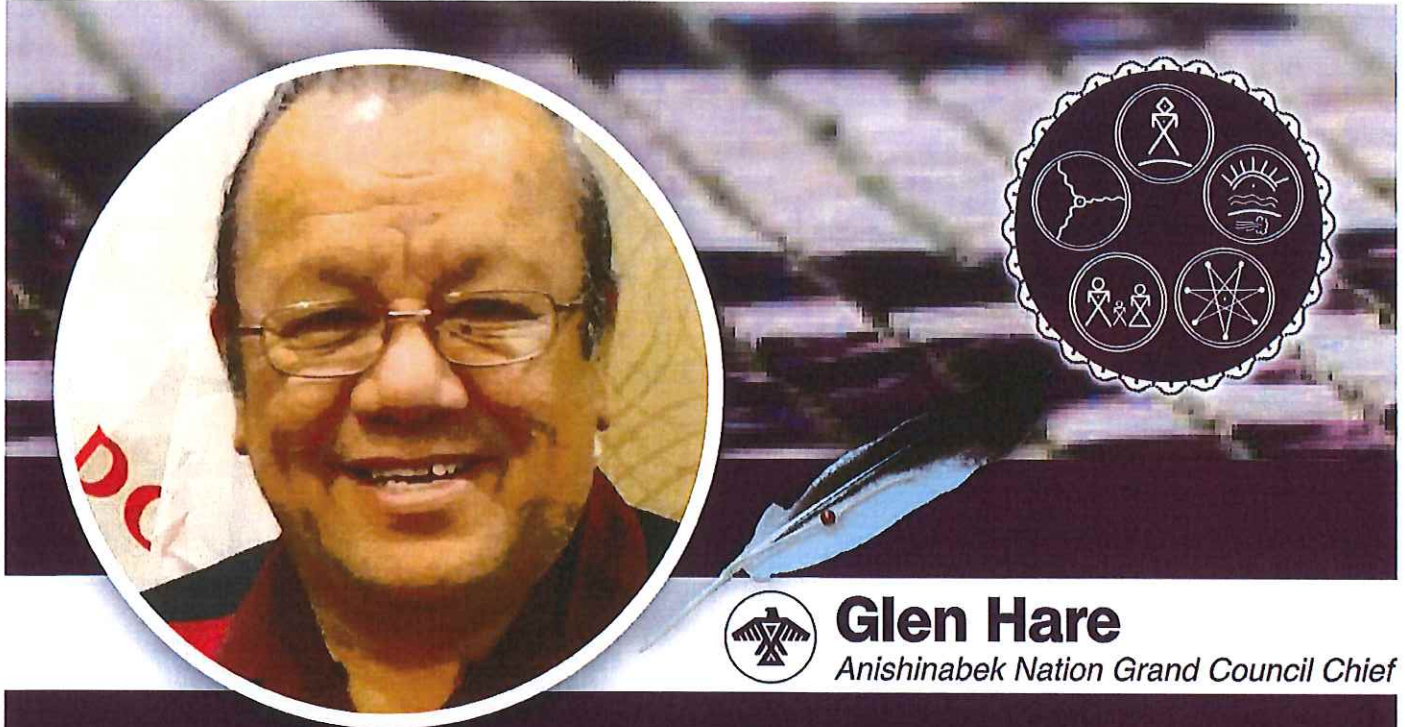
- 9.1 The Anishinabek Nation Grand Council may propose an amendment by a majority decision and any proposed amendment(s) must be forwarded to the Elders', Women's and Youth Councils within 30 days.
- 9.2 After review by the Elders', Women's and Youth Councils, the Grand Council will consider the comments of the Elders', Women's and Youth Councils and decide whether to amend, withdraw or submit the proposed amendment to each Anishinabek First Nation community for approval.
- 9.3 If the Grand Council decides to proceed and submit the proposed amendment to each Anishinabek First Nation for approval, the Grand Council must obtain at least a majority approval by First Nation Council Resolution from the Anishinabek First Nations, in consultation with their citizens.

Article 10 – Admission of First Nations to the Anishinabek Nation

- 10.1 A First Nation may be admitted to the Anishinabek Nation by a decision of the Grand Council confirming the addition.

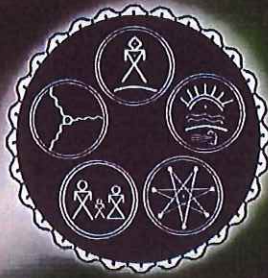
Article 11 – Withdrawing of First Nations from the Anishinabek Nation

- 11.1 A First Nation may withdraw from the Anishinabek Nation by way of a First Nation Resolution notifying Grand Council to the withdrawal.



On the Anishinabek Nation Governance Agreement:

“We move forward to the day when we govern ourselves in our own way.”



For More Information

Toll-free line - 1-833-297-9850



Anishinabek Nation



@AnishNation



@anishinabeknation



Anishinabek Nation

Restoration of Jurisdiction Department
Anishinabek Nation

1 Migizii Miikan,
P.O. Box 711
North Bay, ON P1B 8J8
Main phone: 705-497-9127

governancevote.ca



Wahnapiatae First Nation

259 TAIGHWENINI TRAIL ROAD
CAPREOL ONTARIO P0M 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570

www.wahnapiataefirstnation.com

JOB POSTING

Reporting to Wahnapiatae First Nation Education Director and Executive Director, the School Transportation Driver will be responsible for the safety and transportation of the community students to and from their respective schools. Wahnapiatae First Nation is seeking a qualified individual for the position of School Transportation Driver.

Position: School Bus Driver (Contract Position)
Term: (Sept 3, 2019 – Last day of school in 2020) Contract Position
Location: Wahnapiatae First Nation
Salary: Commensurate with experience, knowledge and skills

Key Activities:

- Coordinate school transportation for students living on the Wahnapiatae First Nation reserve;
- Drive student to primary and/or secondary schools, within, Capreol, Val Caron, and Hanmer
- Coordinate school bus maintenance;
- Maintain Appropriate certification for Position (B licence);
- Always Obey all Highway traffic Act Regulations
- Mail and package pick ups and drop offs

• Minimum Qualifications:

- Must possess a valid Ontario Driver's License
- B Designation to operate a school bus;
- Possess strong interpersonal skills;
- Excellent communication skills both verbal and written;
- Have knowledge of Microsoft office;
- Criminal Record Check based on Canadian Police Information Centre (CPIC) along with a Venerable sector Check. (VSC) ON A YEARLY BASIS.
- First Aid/CPR

Closing Date: August 7, 2019 at 4pm

Please send a cover letter and resume along with three (3) work and education related references to the attention of:

WAHNAPITAE FIRST NATION
259 TAIGHWENINI TRAIL ROAD CAPREOL ON P0M 1H0
Email to: leila.roque@wahnapiataefn.com

YOUTH WELLNESS RETREAT: LAND-BASED INITIATIVE

Sponsored by the
69/400 Mental Wellness & Crisis Response Team
in support of Wasauksing, Henvey Inlet, Magnetawan, Wahnapiitae,
Dokis & Nipissing First Nation



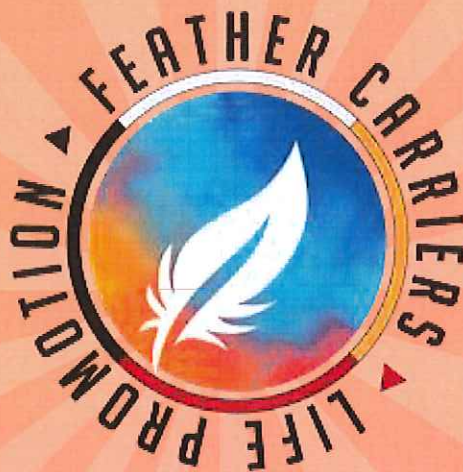
August 20th & 21st, 2019
Location: Dokis First Nation

Two AGE GROUPS: 8-13 yrs AND 14-17 yrs old
Meals will be provided, and we invite any participants who have a feast
bundle (reusable plate, cutlery and cup) to bring them.

Please register for this session by July 29, 2019 by contacting Fawn Pettifer:
pettiferfawn@gmail.com

FEATHER CARRIERS: LEADERSHIP FOR LIFE PROMOTION

Presents Training Opportunity in partnership with:
69/400 Mental Wellness & Crisis Response Team



Day 1 – August 14, 2019

Day 2 – August 15, 2019

Day 3 – November 14, 2019

Day 4 – February 4, 2020

Day 5 – June 4, 2020

Training Location: Nipissing First Nation Gym
36 Semo Rd. Sturgeon Falls, ON

Lunch and snacks will be provided, and we invite any participants who have a feast bundle (reusable plate, cutlery and cup) to bring them.

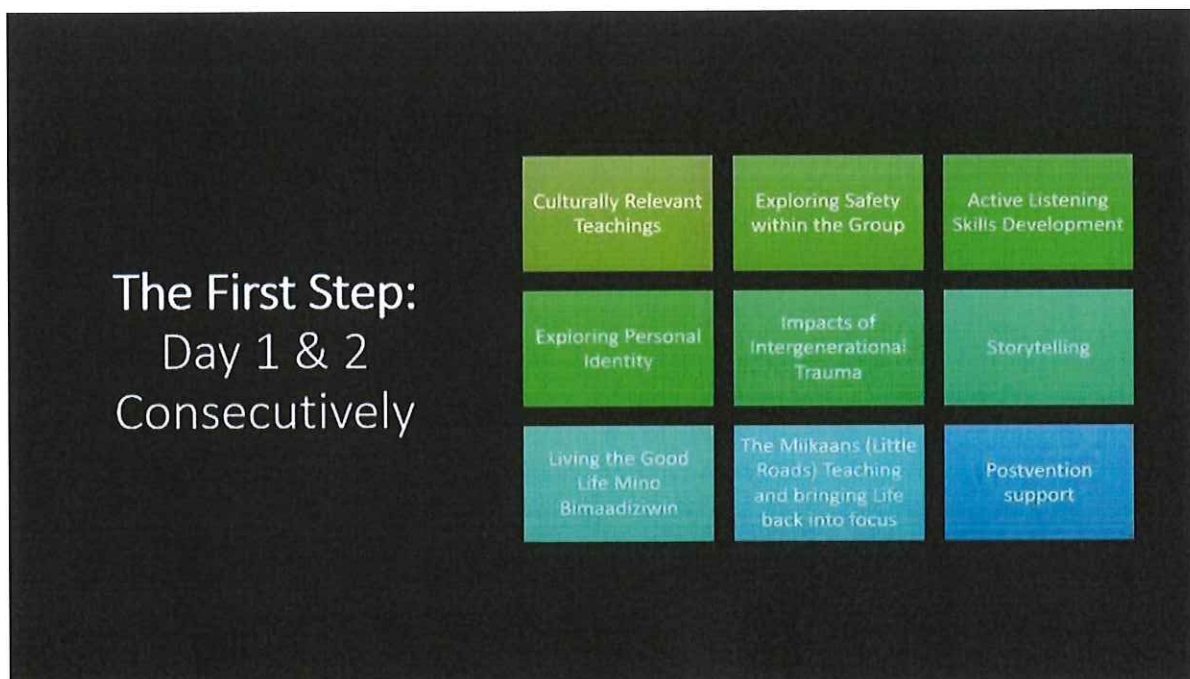
To register for this session, please contact our Caroline Recollet:
recolletcaroline@gmail.com.

Feather Carriers- Five Day Training

PARADIGM SHIFT: Suicide Prevention to Life Promotion

The inaugural Feather Carriers: Leadership for Life Promotion initiative encompasses a community mobilization strategy and collaborative life promotion training approach. The initiative was founded in the North Simcoe and Muskoka regions in 2015, by Dr. Ed Connors, John Rice and Dr. Debby Wilson Danard. The vision for this initiative came out of a relationship to the land, and requests from FNMI communities in this region, who were looking for additional supports and resources related to suicide prevention. As a result the year-long Feather Carriers: Leadership for Life Promotion training was developed by our Founders, with support from local Indigenous communities, and Indigenous organizations, such as the Bamaadisiwin Mental Health and Addictions Planning Circle, Barrie Area Native Advisory Circle and Enahtig Outreach Mental Health Team.

Collectively, the training is an approach that speaks to the heart and minds of people working with First Nations, Métis and Inuit (FNMI) individuals and families who are at risk of premature death, as well as supporting loss survivors. Gathered from all directions, Feather Carriers brings the knowledge and experience of the whole community into practice. It builds on the values and belief that in this present time, life is worth living. As such, the training aspect of the initiative supports the development of community leaders through Indigenous knowledge and cultural understandings of life promotion, so they can continue to promote life and prevent premature death (i.e. suicide) in our communities.



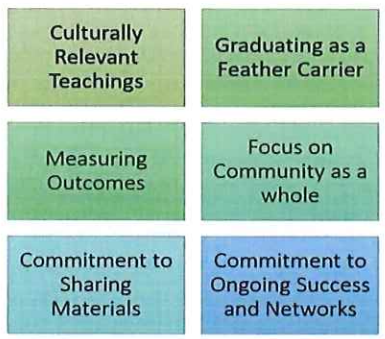
The Second Step:
Day 3
3 Months Later



The Third Step:
Day 4
6 Months Later



The Fourth Step:
Day 5
1 Year Later



Feather Carriers Life Promoter Registration Form



The Feather Carriers: Leadership for Life Promotion training is a year-long training that takes place over the course of five days. The training is grounded in Indigenous knowledge and cultural understandings of life promotion, as a way to develop Indigenous perspectives regarding unnatural premature deaths (i.e. suicide) and support loss survivors in our communities. The training is geared towards those who are seen as natural leaders or life promoters in our communities, and it focuses on supporting these individuals through the development of life promotion knowledge and skills and a network of support.

The Feather Carriers: Leadership for Life Promotion training has been provided since 2015, to First Nations, Métis and Inuit (FNMI) peoples from a variety of fields and disciplines, as well as to FNMI community members living in the in the North Simcoe County and Muskoka regions. The training cohorts are 15 to 20 people in size, and registration in the training sessions is required. We invite those who are committed to attending all five days of training to register. The training will be starting on **Wednesday, August 14 (Day 1) and Thursday, August 15 (Day 2)**. If you have any questions or to submit your registration form, please contact Caroline Recollet: recolletcaroline@gmail.com

PARTICIPANT INFORMATION:

First Name: Last Name:

Address: City:

Province : Postal Code:

Email: Phone Number :

Are you requesting to attend this training as part of your work? Yes No

Workplace:

How are you planning to utilize this training and continue promoting life upon completion of the training?

INDIGENOUS AFFILIATION: The year-long training has been designed specifically for individuals who have a strong understanding of Indigenous history, cultures, and knowledge, which is typically gained through lived experience as an Indigenous person or through developing and sustaining long-term relationships working with Indigenous people and communities. If you are non-Indigenous and are unsure if this training would be appropriate for you, please contact us.

First Nations Métis Inuk/Inuit Non-Indigenous Prefer not to answer

TRAINING INFORMATION: The five training days have been scheduled as follows:

Summer - Day 1 August 14, 2019 **and** Day 2 August 15, 2019

Fall - Day 3 November 14, 2019

Winter - Day 4 February 4, 2020

Spring - Day 4 June 4, 2020

Are you willing and able to commit to attending all five (5) days of training? Yes No Unsure

HOW DID YOU HEAR ABOUT US?

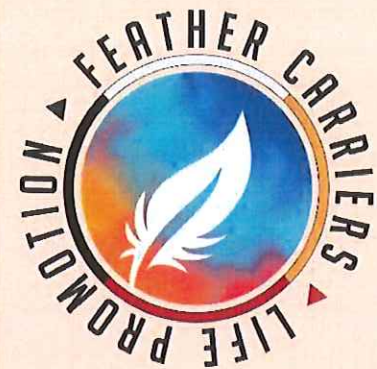
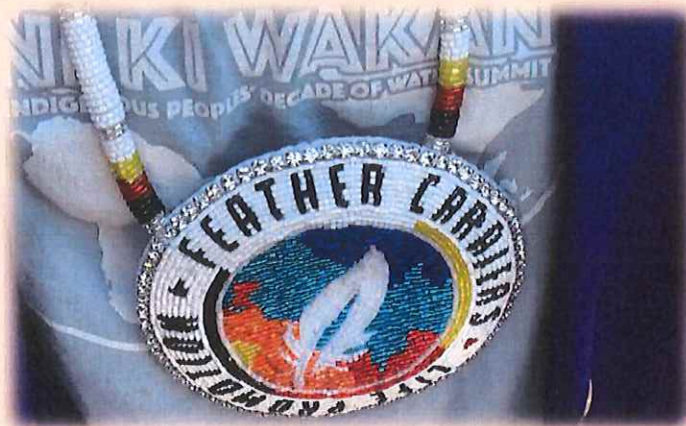
In an effort to better understand how information about our initiative is being shared, we would appreciate it if you could let us know how you learned about us (please check all that apply):

Community Event Organization Network Social Media (Facebook, Twitter, Instagram)

Word of Mouth Feather Carriers Website Other

FEATHER CARRIERS: LEADERSHIP FOR LIFE PROMOTION NEWSLETTER

ISSUE 4 | JUNE 2019 | 1ST QUARTER - SPRING



CURRENT & UPCOMING EVENTS

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MESSAGES FROM PARTICIPANTS

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WHAT'S NEW

PAGE 4

A MESSAGE FROM THE FCLLP STAFF

Aanii Kena Weyal

Spring began busy for both the FCLLP Advisory Board and Staff as we moved into a planning and development stage during our April Board Retreat. With snow still dusting the landscape, we took this time to assess our individual values, beliefs and practices that we want to pick up and carry as part of life promotion. Part of this work was to provide us with a foundation in understanding "where do we come from?".

In building on individual values, we focused on creating the collective values of Feather Carriers: Leadership for Life Promotion, and how we plan to put these values

into practice (operationalizing our values). This work will provide us with the foundation in understanding "who are we?", collectively as an organization.

The values will be our guide as we shift into articulating our collective vision (dream), which will help us to envision a pathway forward, and begin to answer the question "where are we going?".

Finally, we worked on developing our organizational purpose. This way we can ensure our purpose and organizational activities remain rooted in our

foundation, which are our collective values.

Our hope is that this process will help provide some clarity regarding "why are we here?".

After the retreat we began moving forward with the understanding this is an opportunity for growth and change, as we move towards bridging the gap and transitioning into our next stage of life as an organization.

Miigwetch,

Tiffany McCue,
Community Life Promoter
&
Meghan Young
Life Promotion Director

CURRENT HAPPENINGS FOR FCLLP

We welcome our student, Linda Minduik, from Georgian College, Indigenous Community and Social Development Program, as she completes her first year co-op with us this summer.

Training continues in the NSM LHIN area. Cohort 5 in Rama, Georgina Island and Cohort 6 in partnership with Wasauksing First Nation and B'Saanibamaadsiwin enter Day 3 of their training this Summer.

The Cohort for the York Region District School Board and Cohort 4 will graduate in the fall.

Cohort 7 has dates set for September and a call for participants will be released early this summer.

The Training of Trainers process has been named The Ozhiitaajik – Those who are getting ready to pick up their gifts – by John Rice. The name

remains in tune with one of the foundations of our training, the Miikaans – Little Roads – teaching.

The second Ozhiitaajik Training will take place November 25-28 and finish on Dec. 19. An official call for registration will be released this summer. If you are interested in attending this training, please contact Tiffany McCue at clp@banac.on.ca.

CALANDER AT A GLANCE

JULY 4

Feather Carriers Training, Cohort 5, Day 3 of training at the Mnjikaning Arena Sports Ki (MASK).

JULY 10

Feather Carriers Ozhiitaajig Training, final day of the first group to complete the Ozhiitaajig training.

JULY 11

Feather Carriers Training, Cohort 6, Day 3 of training in Wasausking First Nation.

JULY 24

Feather Carriers will have an information booth at the Beausoliel First Nation Health Fair.

AUGUST 1

Feather Carriers Training, Georgina Island Cohort, Day 3 of training located on the Island.

AUGUST 14 & 15

Feather Carriers will be delivering training in partnership with the 400/69 Corridor Mental Wellness Crisis Response Teams.





Old American Photos



Like This Page · May 13 · 🌐

The ancient face of John Smith (Ga-Be-Nah-Gewn-Wonce), a Chippewa Indian who lived in Minnesota, and was reputed to have been 137 years old at his death in about 1920. He often recalled the days when he was a scout for the Chippewas in the wars with the Sioux and also remembered events of the War of 1812. Photo taken in c.1912 when he was 128 or 129.

Shared on Social Media by Shane Tabononung:

"In the Program Feather Carriers we share and learn about how we used to live to see Hailey's Comet three times. Our people lived long lives with many stages. This is a reminder of that truth."

Photo Credit from Facebook Page:

Old American Photos

https://www.facebook.com/Old-American-Photos-1729349357319134/?tn=k*F&tn-str=k*F

QUOTE FROM OUR PARTICIPANTS!

"Feather Carriers helped me to find my voice. Prior to this training you wouldn't hear me share much more than my name and position and you would've heard even less from me outside of those circles. The past four sessions spent working with other people sharing our goals and passions for promoting life and culture within our community's has given me knowledge, new skills and a renewed perspective of my culture and my work. It's been a privilege being a part of this group and surrounded by so many passionate, driven individuals. I now acknowledge my voice as one of my gifts and use it to promote life, healing and culture through my work and my community."

Miigwetch,

Bronson Black

Kizhaay Anishinaabe Niin (I am a Kind Man) Coordinator

Georgian Bay Native Friendship Centre

WHAT'S NEW

- Meghan Young, FCLLP Director continues to represent FCLLP at the AHC meetings, and is also sitting on the LHIN Sub-Regional Committee for Couchiching
- Plans for Cohort 7 have begun. The dates have been set for September 23 & 24, 2019. An official call will be sent out early this as-summer. If you are interested in attending please contact Tiffany McCue at clp@banac.on.ca or fill out a request on our feather carriers website at www.feathercarriers.com.
- The advisory board is set to meet on the first working Monday of each month. If you are interested in becoming a member or be part of any planning committees, please do not hesitate to contact us.
- We are looking to establish a funding committee that will commit to finding sources of funding for Feather Carriers as we propel into the future.
- The Way Finding Committee continues to focus on bringing forward the strategic visioning and plans for the growth and development of Feather Carriers.
- The development of the partnership between FCLLP and Lakehead University continues as the team works toward developing an Indigenous focused program evaluation tool that embodies an Indigenous Research paradigm.
- Do not forget to check out Feather Carriers as featured on the Wise Practices for Life Promotion webpage. The webpage features important life promotion work being done across Canada! Check out that work at ... www.wisepractices.ca

COMPLETED YOUTH PROJECT

We would like to thank Kendra Keetch, the National Youth Coordinator, for her role in developing a youth curriculum and rolling out the training for youth across our area.

We would also like to thank the partners that assisted Kendra throughout the year.

We extend a special acknowledgement to the Thunderbird Partnership Foundation for their partnership in the funding and Johnson & Johnson for funding this project.

Gchi-Miigwetch!



Pow-wow Glossary and Etiquette

ARBOUR – central area of the Pow-wow grounds where the drums and singers are situated.

BEADWORK – the beautiful designs created by sewing beads onto a particular piece of regalia. Beads were originally made from conch shells.

BREASTPLATE – made from thin hollowed-out bones or long beads which are strung together to cover the dancer's chest from the shoulders down to waist or knees.

BUSTLES – made from feathers which are arranged together in a radial manner. They were originally worn by only a few honoured men, but now they are usually worn by men's traditional and fancy feather dancers. Fancy feather dancers use turkey, hawk or Eagle feathers, while men's traditional dancers almost always use Eagle feathers.

CONTESTS – a competition for prizes and recognition against other dancers. Dance styles and age determine the categories of competition. Age groups usually are tiny tots, 0-5; little boys and girls, 5-12; junior boys and girls, 12-16; and seniors, 16-plus. Depending on the pow-wow and the category, prizes may reach \$1500.

GIVEAWAYS – a universal custom among the peoples of Turtle Island. Turtle Island societies believe that a person who is being honoured should provide gifts to other members of the society. Giveaways are appropriate for the big events in a person's life, such as being the head dancer or entering the dance area in regalia for the first time. Giveaways by people being honoured or in honour of someone else are common at pow-wows.

GRAND ENTRY – the parade of dancers which opens each pow-wow session. The Eagle Staffs are carried first into the circle, followed by the national flag and any other flag, usually carried by Veterans. The head dancers, along with any princesses or princes in attendance, and invited dignitaries are next in order. The men's dancers follow next, then the women's

dancers, then the junior boys and junior girls, with the little boys and girls last. After the Grand Entry, there is a Flag Song and then a prayer by an Elder in his/her language. The Eagle Staffs and the flags are then placed by the arbour.

HONOUR SONGS – requested to honour a person for almost any reason, including a deceased person. People are requested to stand during honour songs.

INTER-TRIBALS – songs which belong to no particular nation. Most inter-tribals are sung with vocables instead of words. They have become very popular because anyone can dance to these songs, which results in more people dancing.

ROACH – type of headdress made from porcupine and deer hair. These are usually several rows of hair tied to a woven base, which allows the hair to stand up and move gracefully as the dancer moves. It is attached by a roach pin to a braid of hair or to strings tied around the head. Longer roaches are now in style, varying from 18 to 22 inches in length. Two feathers are usually attached to the roach.

ROUND DANCE – usually held at the beginning of a pow-wow session. The dancers form a large circle in the dance area, with each dance style remaining together. A song is sung with a heavy 1-2-1 pattern and the dancers move laterally around the dance area. The faster styles dance closer to the arbour, and the slower styles dance farther away. Round dances are usually sung in sets of three or four songs.

TWO-STEP – the head men's dancer and the head women's dancer dance together and lead a long string of paired dancers. The women usually ask the men to dance, and the men must dance when asked. The two-step can become very intricate, with the pairs splitting apart for a time and then rejoining later. People usually end up laughing as they do the two-step.

Pow-Wows are fun events, but they are also sacred events. Ceremonial songs and dances, which are sacred, are performed from time to time throughout the pow-wow.

People should stand during all ceremonial songs and dances. These include the Grand Entry, Flag Songs, Veteran Songs, Honour Songs and any other songs that the M.C. designates as ceremonial songs.

Do not take any photos or video or sound recordings of ceremonies without asking permission from the person or group you are recording. Some areas of Turtle Island do not allow the recording of ceremonies, period.

People should listen to the M.C. because he will announce the different songs and will also let people know when they can dance and when they cannot. He will also give out other information and news.

Respect the Elders, drummers, singers, dancers, and the pow-wow staff and committee.

The dancers wear regalia while they are dancing, not "costumes." People should not touch the regalia.

Appropriate dress and behaviours are required in the dance area.

People should take good care of their children at pow-wows.

Do not hold children while dancing the dance area. The child may be construed as a gift to the Creator.

Do not run around the dance area. Always walk in a clockwise direction when you are in the dance area. Horseplay is not tolerated.

Do not bring alcohol or drugs to a pow-wow. Do not come to a pow-wow while you are intoxicated.

Dogs are not allowed around the pow-wow area.

Bring your own chairs. Do not sit on someone else's chair unless you have their permission.

Remember you are a guest. Have fun, ask questions and meet people.

There are 15 different animals hiding on this page.
Try to find them all by circling each one.





Capreol Days



CAPREOL DAYS 2019 PROGRAMME

Come out to our town's festival to celebrate Capreol! Meet your neighbours and make new friends.

CAPREOL DAYS CELEBRATIONS

Fri. Aug.2nd Softball Mixed Tournament - runs all weekend at Centennial Field
The Valley's Got Talent 2.0 - Talent Competition Finalists, Capreol Arena - Upstairs
Watch the talented finalists perform to battle it out for prizes of \$500, \$300 and \$200
Be amazed by our local talent!

Tickets are \$10 - available at Lynn's Place, M & R Grill, Metro Val Caron, Pharmasave (Hanmer Mall)

Sat. Aug.3rd Capreol Days outdoor Festival Young St. 9 to 5

STREET VENDORS - variety of products from woodworking, sewing, jewellery, clothes, stained glass, knives, artwork, fishing tackle, beauty products, dog apparel, health products, books, homemade products, food products, skin care and soaps, home decor, Capreol Centennial garden flags, tattoos & much more.

FOOD VENDORS - pizza, BBQ, ice cream, desserts, lemonade

INFORMATION BOOTHS

LOCAL BOOK AUTHORS Mathew DelPapa, Bonnie Mathieu

LEARN ABOUT SCIENCE - Children's display of experiments, etc. sponsored by Lions Club
ESCAPE ROOM hosted by The Express-9:30 am to 3:00 pm in The Express office at 19 Young St. - \$5 per person, teams of 4

Clowns, balloon artist, bouncy houses, electronic basketball games, young children's games, fishing pond, Jumper the Clown (sponsored by Lalonde's Pharmacy)

FACE PAINTING with Wanda

FIRE FIGHTERS' DUNK TANK

PIE-EATING CONTEST-11am, hosted by M&R Grill. Entry fee \$10-half to winner, half to local food bank.

BICYCLE DECORATING PARADE and CONTEST-12 noon. Prizes! All participants entered in draw for one of two new bicycles donated by Canadian Tire (Hanmer). Register at info tent in front of old CIBC building.

CHILDREN'S SCAVENGER HUNT-1pm. Must sign up at Young St. info booth.

CHAIN SAW Exhibit - Museum Annex on Young Street

LITTLE OBIE - 10:00-4:00 - FREE rides - board at the Museum House parking lot

ANIMAL PETTING ZOO with Willow Lane Farms - **PONY RIDES** with Whinneying in Life

Northern Ontario Agri-Food Cow Demonstration. Hey, you can MILK A COW! - in parking lot beside Railroad Museum on Bloor Street

LION'S CLUB BARBEQUE at Foodland 10-2 - **Duckie Race** at Vermillion River-2pm

Music all day in Legion Parking Lot - Food (11-5), BBQ (6-9) and Beer Garden at Capreol Legion

12:30-3:00-Low Key (sponsored by Capreol Days)

5:00-7:00-Mr. Rock n' Roll

8:00-1:00 am-White Noiz (sponsored by Capreol Legion)

Sun. Aug.4th

10:00 Cricket Match with Nickel City Cricket Club at Centennial Field - FREE - Bring a lawn chair!

10:00 LITTLE OBIE - FREE rides - board at the Museum House parking lot

5:00 pm Pasta Dinner - \$20, children 10 & under - \$10.

Our Lady of Peace Catholic Church. Call 705-858-1866 for tickets.

Hosted by Catholic Women's League & Knights of Columbus

9:00 pm Fireworks on Capreol Lake, sponsored by Capreol Lake residents and Capreol Days. View from the park. Everyone welcome!

Please join us for a fun-filled weekend to celebrate Capreol.

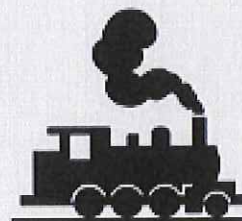
Visit the Northern Ontario Railway Museum, and enjoy some good ol' fashioned fun!

PRE-TEEN & TEEN MASQUERADE PARTY

7:00-10:00 at Lion's Den (thank you to Capreol Lions) sponsored by Capreol Days

Ages 9 to 16. Cost \$2.

This is Saturday & tickets must be purchased by calling Kimberly at (705)923-4144 - Participants have a chance to win a bike donated by



MY CAPREOL

Where anytime is train time

VITAMIN C DEFICIENCY

Signs and symptoms



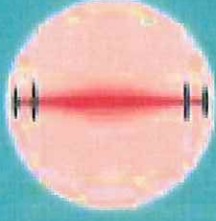
EASY BRUISING



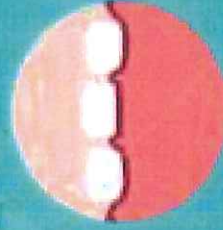
NOSEBLEEDS



DIGESTIVE DISORDERS



SLOW WOUND HEALING



GINGIVITIS



IMMUNE IMPAIRMENT



DRY/SPLITTING HAIR



DRY SKIN



JOINT PAIN

TOP 10

VITAMIN C FOODS



184



228



120



93



81



59



62



75



59

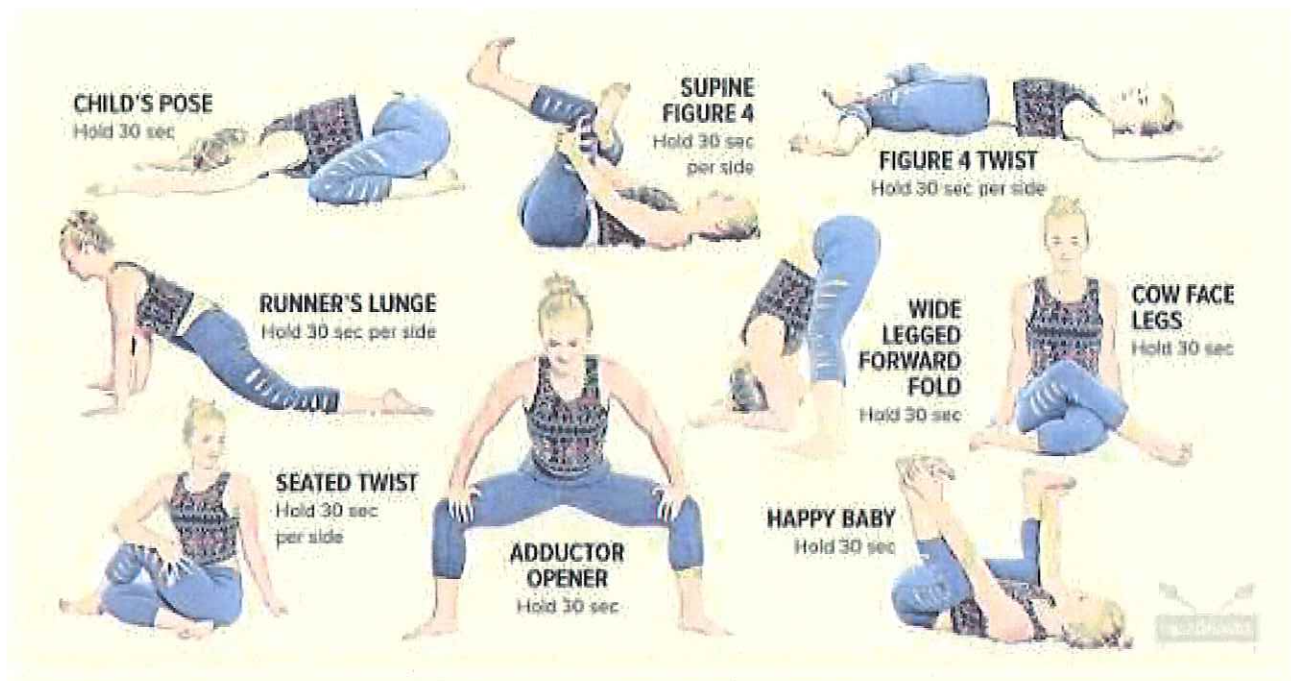
DOUG-ROSE CONTAINS 20 TIMES MORE VITAMIN C THAN AN ORANGE



School Supply List

Don't Forget
Back To
School
Supply
List!

- | | |
|------------------------|-------------------------|
| ___ Notebook Paper | ___ Glue Sticks |
| ___ No. 2 Pencils | ___ Elmer's School Glue |
| ___ Pencil Sharpener | ___ 1 inch binders |
| ___ Colored Pencils | ___ 1 1/2 inch binders |
| ___ Pens | ___ 2 inch binders |
| ___ Highlighters | ___ Hand-sanitizer |
| ___ Markers | ___ Clorox Wipes |
| ___ Pencil Top Erasers | ___ Paper Towels |
| ___ Pink Erasers | ___ Kleenex Tissue |
| ___ Ruler | ___ Back-pack |
| ___ Scissors | ___ Lunch Kit |
| ___ Pencil Bag/Box | _____ |
| ___ Brad Folders | _____ |
| ___ Dividers | _____ |
| ___ Crayons | _____ |
| _____ | _____ |









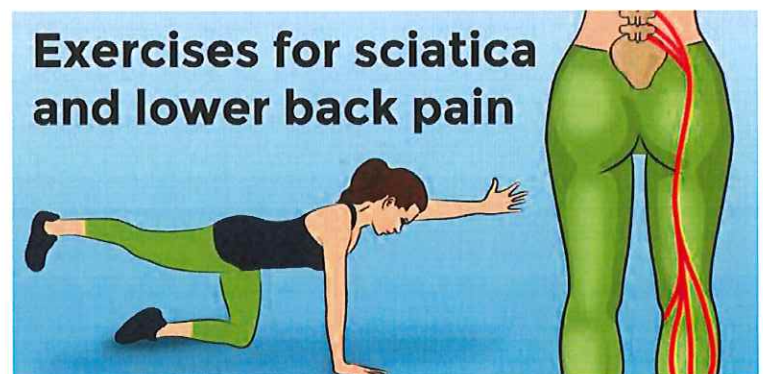
9 Easy Stretches to Release Lower Back and Hip Pain

🕒 January 26, 2019 | 📁 Exercises, Health Tips | 🗨️ 0 | 👤 hfhadmin

Lower back pain affects more than 26 million Americans between the ages of 20 and 64, so it is a serious problem that needs to be properly addressed. Modern lifestyles are generally sedentary, and this causes tightness and pain in the shoulders and weakens the lower back, abdominals, and glutes.

The psoas is the deepest flexor in the body, which is directly linked to the lumbar spine, and if tight, it causes stiffness, aches, and hip pain. Fortunately, you can relieve hip and lower back pain in a completely natural way, by using the beneficial effects of stretching.

20-30 Sec. Side Planks 	8-10 Extension Exercises 	10-15 Cat & Camels 
10 Quadruped Arm/Leg Raises (Each Side) 	<h3>Sciatica Back Pain Exercises</h3> <p>Perform 2-3 Sets</p>	
10-30 Sec. Standing Hamstring Stretches (Each leg) 	 <h3>5-8 Gluteal Stretches</h3> <p>The Science of Eating.com</p>	



EARLY YEARS PROGRAMMING August 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5 CIVIC HOLIDAY	6	7	8 LANGUAGE CAMP @ HALL 9AM - 3PM	9	10	11
12	13	14	15 SCIENCE NORTH @ HALL 9AM -	16	17	18 WAHNAPIAE POW-WOW WEEKEND
19	20 MAGIC SHOW IN HALL @ 9AM - NOON	21	22 CHILLING AND TUBING IN CHELMSFORD 11AM	23	24	25
26	27	28	29	30	31	

August 2019

Please note all events have a poster

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chief and Council meeting @ 6:00pm @ Maan Doosh Gamig Congregate Dining @ 5:30pm @ Rockies	2	3
4	5 Closed	6 Soups ON!!	7	8	9	10 Continuation of Regalia Workshop 10am-4pm
11 Continuation of Regalia Workshop 10am-4pm	12 Monthly Recipe 4pm-6pm	13 Soups ON!!	14 Order Good Food Box Deadline	15 Nutrition Bingo @ 5:30pm-8pm Full Moon Ceremony @ 8:30pm	16	17
18	19	20 Soups ON!!	21 Pick-up Good Food Box The Norman Recollet Health Centre Learning Series 10am-3pm	22	23	24
25	26	27 Soups ON!!	28	29	30	31

Wahnapietaw Pow-Wow Weekends
16th to the 18th

