



5/1/2019

Have a safe and happy
Mother's Day from the
Wahnapitae First Nation
Staff

WFN Newsletter



Wahnapiatae First Nation Heavy Equipment & Aggregate Policy

Amended by **Band Council Motion 19/20-04-21**
At Chief and Council Meeting of: **April 30, 2019**

Amended by **Band Council Motion 19/20-04-06**
At Chief and Council Meeting of: **April 21, 2019**

Amended by **Band Council Motion: #08/05**
At Chief and Council Meeting of: **January 14th, 2008**

Amended by **Band Council Motion: #04/68**
At Chief and Council Meeting of: **September 20th, 2004**

Amended by **Band Council Motion: #02/63**
At Chief and Council Meeting of: **October 7, 2002**

Adopted by **Band Council Motion: # 02/38**
At Chief and Council Meeting of: **June 17, 2002**

1.0 DEFINITIONS

- Equipment: Defined for this policy applies only to the heavy equipment owned by Wahnapiatae First Nation including but not limited to the excavator, backhoe, bull dozer, grader, dump truck, and vehicles normally used by the road crew during routine operations.
- Member: Defined for this policy statement only, means a person who is a registered member with the Wahnapiatae First Nation or is the spouse or child acting in writing on behalf of a member of Wahnapiatae First Nation and is the full 18 years of age or older.
- Exterior Contract: Defined for this policy statement only, means a person or company who is not registered with the Wahnapiatae First Nation, and is at least 18 years or age.
- Public Works: Defined for this policy statement only, means persons responsible for the maintenance and upkeep of the Band's Property and who are the sole operators of the band's heavy equipment.

2.0 EQUIPMENT

- 2.1 NO MEMBERS can operate the equipment or have access to the Public Works Garage, regardless of the circumstances. For the purpose of equipment life, Public Works employees are to be the sole operators of the equipment and the Public Works Garage.
- 2.2 Equipment bookings are to be made at the band office with a minimum of two (2) weeks advance notice. Arrangements are to be made with the Director of the Public Works Department of Wahnapiitae First Nation in order to secure an operator for the equipment.
- 2.3 The operator of the equipment will be available during regular office hours (8:30 am – 4:30 pm), however seasonal hours may vary. If equipment is needed during other times, arrangements must be made with the Supervisor of Public Works Department.
- 2.4 *Heavy Equipment is not to be used after 9:00 p.m. unless the equipment is required for the maintenance of the roads or in emergency purposes.*
- 2.5 The equipment could be used for a variety of activities such as landscaping, field beds, snow plowing, basements, and driveways which are all subject to the service fee.
- 2.6 A service fee will be applied to all people requesting heavy equipment usage. Charges may vary according to the type of equipment being utilized. For all members who have not used the equipment prior to the development of this policy will have a free forty (40) hour entitlement to heavy equipment usage in order to assist with development of property. For all existing members, fees will be implemented and followed according to the regulations section of this policy. The Director of Public Works will be responsible for determining number of hours used, as well as keeping a record on each individual regarding their equipment usage hours.
- 2.7 Maintenance of the equipment will be the sole responsibility of the Public Works Department.
- 2.8 Upon completion of a project requested by a customer, the Public Works employee is to obtain a signature from the customer to ensure acknowledgement of a job, and quality of work.

3.0 RATES

3.1 Service Fee Rates for Equipment plus Operator labour rates are per hour:

EQUIPMENT	FN MEMBER	ON RESERVE BUSINESS &/OR FN PROJECT	EXTERIOR CONTRACT
Excavator/hour	\$ 65.00	\$ 90.00	\$ 120.00
Back Hoe/hour	\$ 50.00	\$ 75.00	\$ 95.00
Bull Dozer/hour	\$ 50.00	\$ 70.00	\$ 110.00
Grader/hour	\$ 60.00	\$ 80.00	\$ 110.00
Dump Truck/hour	\$ 45.00	\$ 70.00	\$ 85.00
Float Move	\$ 80.00	\$ 100.00	\$ 150.00 +kms
Plate Tamper/day	\$ 40.00	\$ 60.00	\$ 80.00
Welder/day	\$ 40.00	\$ 80.00	\$ 100.00
4x4 Truck/hour	\$ 40.00	\$ 70.00	n/a
Pit Run/load	\$ 60.00	\$ 90.00	\$ 125.00
Pit Top Soil/load	\$ 150.00	\$ 200.00	\$ 250.00
A' Gravel/load	\$ 150.00	\$ 200.00	\$ 250.00
Labour/hour	\$ 35.00	\$ 35.00	\$ 40.00
Kilometers (Kms) /1			\$ 1.00

3.2 Service fee rates for specific jobs will be considered, i.e. jobs that require several pieces of equipment such as basements, tile beds etc.

3.3 Service fee rates will also be considered for full jobs.

3.4 Late Charge Rate per day.

4.0 AMENDMENTS

4.1 This policy may be amended, from time to time, by Chief and Council.

Chief LR

Ontario Lottery Gaming Revenues (OLGR) Recreation and Sports POLICY

Amended by Chief and Council of Wahnapiatae First Nation BCM 19/20- 04-05

Amended by the Chief and Council of Wahnapiatae First Nation BCM 11/12 # 178

Amended by the Chief and Council of Wahnapiatae First Nation BCM 11/12 #131

Adopted by the Chief and Council of Wahnapiatae First Nation BCM 11/12 #18

This policy can be amended at the pleasure of the Chief and Council of the
Wahnapiatae First Nation (WFN).

1.0 PURPOSE

To ensure the implementation of the Ontario Lottery Gaming (OLG) Revenue Training fund in a fair and equitable manner for the benefit of the Wahnapiatae First Nation (WFN) minor aged membership.

This allocation is intended to enhance the lives of our membership, and provide them with opportunity to expand their horizons, develop new skills, and explore areas of interest that may not normally be accessible to them. It is hoped that this allocation of funds will enable our minor aged children to join and participate in local activities, which may include but are not limited to music lessons, various sports as well as other activities that meet the outlined criteria.

2.0 ELIGIBILITY:

Wahnapiatae First Nation band Members not in arrears with other OLGR funded programs and between ages of 5-18 yrs.

3.0 ELIGIBLE ACTIVITIES:

The following are some examples of eligible activities: Minor Hockey Registration costs, baseball, basketball registration costs, kickboxing, karate and taekwondo also Girl Guides, Brownies, Cubs/Scouts and enrollment in Modeling Agencies. Examples of eligible expenses include registration fees only, and necessary clothing and equipment will be the responsibility of the applicant.

4.0 ALLOCATION

Annual allocations will be in accordance with the on-going plan for the OLG Revenues and accessing funds will be on a first-come first-served basis annually.

The Council will allocate \$25,000.00 for an annual budget. Members may access the fund to a maximum of \$650.00 for each fiscal year.

Initial contact with the WFN receptionist is required to ensure that funds are available and that the activity is eligible under this policy. Requests for funding for lessons or training from immediate family members will be dealt with on a case to case basis. The following criteria will be used to determine accessibility.

WFN members must complete/provide the application/agreement form and any relevant documentation such as proof of registration costs and information on the activity at least 20 days prior to the date required. To ensure the funds are well utilized, applicants may be asked to complete a questionnaire and or submit a certificate or other type of verification of activity enrollment/completion. The completed application will then be sent to council for processing.

Any requests from individuals who have not enrolled/completed an activity that has been paid by the OLG Revenues fund will be declined until the registration fee/cost has been repaid.

5.0 FUNDING

- Eligible Activity Any registration fee or participation cost for full-time student/youth 18 yrs. and younger.
- Travel Travel will not be covered.
- Meals Meals will not be covered.
- Accommodations Accommodations will not be covered.
- Equipment/Supplies Equipment/Supplies will not be covered.

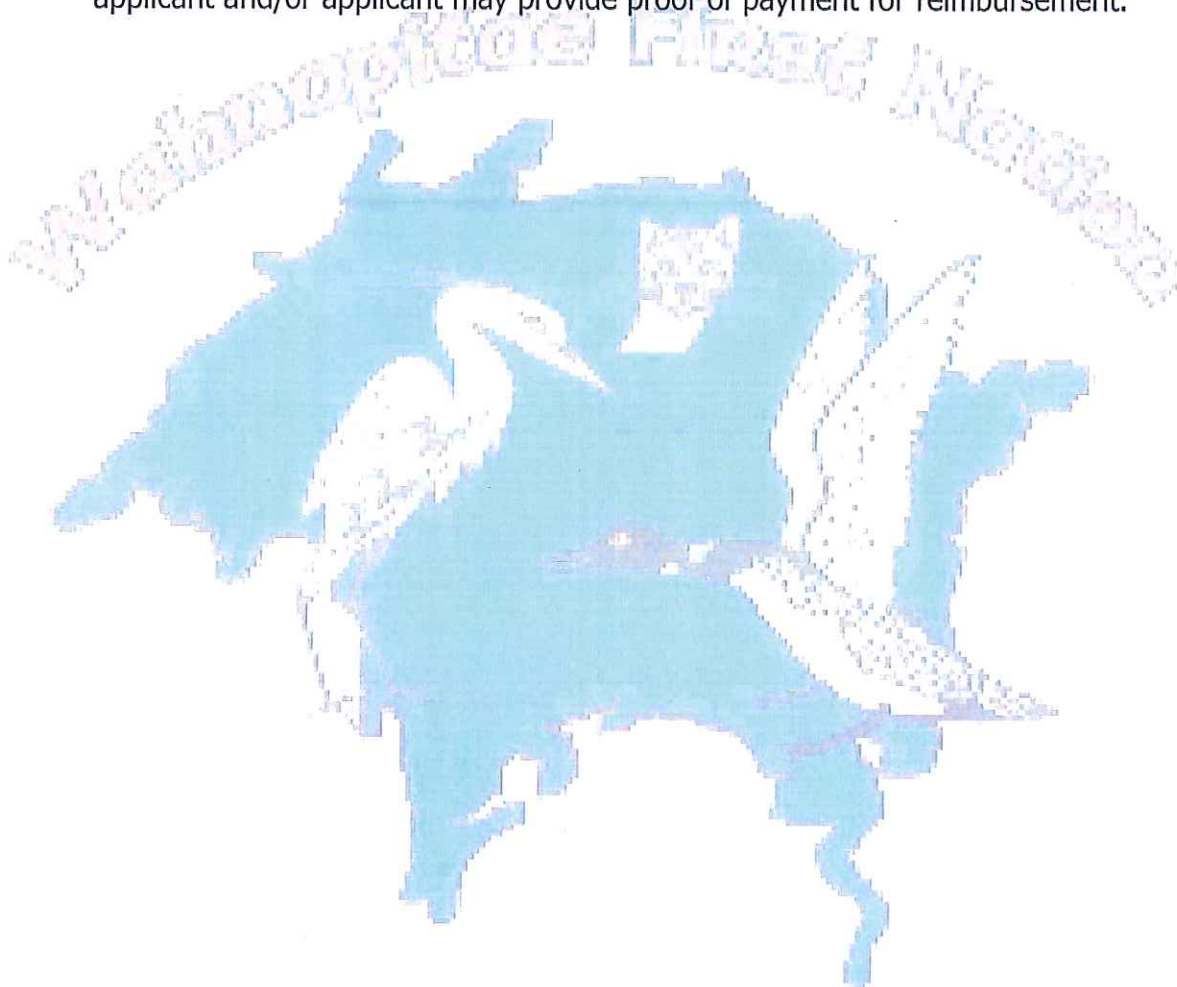
It is the individual's responsibilities to provide their own accommodations, meals, and required equipment

6.0 ESSAY REQUIREMENT:

Using the outline provided, described the applicant's participation and the benefits of participation in sports and recreational activities.

7.0 PAYMENT

Payment for approved requests will be made directly to organization on behalf of applicant and/or applicant may provide proof of payment for reimbursement.



APPLICATION FORM FOR RECREATION AND SPORTS ACTIVITY

Personal Information:

Name: _____ Status Number: _____

Address: _____ Birthdate: _____

City: _____ Phone No. (____) _____

Postal Code: _____ Fax No. (____) _____

Activity/Registration Information:

Description of Activity/Registration _____

Cost of Activity/Registration _____

Start Date: _____ Completion Date: _____

Offered By: _____ Phone No. (____) _____

Contact Person: _____ Phone No. (____) _____

Address: _____

City: _____

Postal Code: _____

Release:

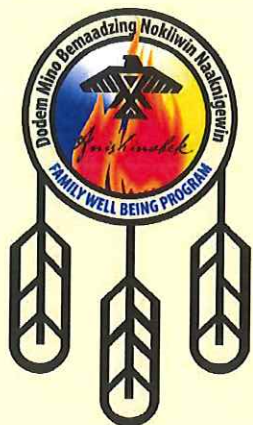
By signing below, I/We give permission to WFN to contact the person listed above to verify any participation in the activity described.

Agreement:

By signing below, I/We agree that if I (or my/our child) does not participate nor complete the above listed activity, I will return the funds paid on my/our behalf by the WFN OLG Revenue.

Applicant Signature

Date



Family Well-Being Lead Program Ann-Marie Recollet – Coordinator

Aanii Kina goyaa

Wow it has already been a year, as the Family Wellbeing Lead worker I have had the opportunity to meet children, youth and families and get to know those better who I've crossed paths with in the past.

In the past year the Family Well-Being program has provided cultural activities, events and teachings, traditional ceremonies and Ojibway Language to our children.

Cultural teachings and traditions were implemented in a holistic community approach through educational workshops, parent classes and life skills to increase awareness for families to live free from violence and youth involved in justice systems.

The Family Wellbeing program has provided families with many opportunities to come together and learn about culture and take part in ceremonies, together we can build a strong community.

I look forward to meeting and servicing more children, youth and families and I look forward to seeing and helping those I know while I walk the path as the Family Wellbeing Lead worker.

Family Well-Being Program continues to offer as follows:

We believe in giving every opportunity for our youth to thrive. We encourage our parents to register their child/youth in extra-curricular activities in mainstream community programming. We provide support through gas vouchers, and Driving Our Youth 12 + Parent Relief program.

Gas Vouchers Relief Driving for Child/Youth (7-11 and 12yrs. Plus)

- Parents can apply for a gas voucher (for you or your designate) to bring your child to an extra-curricular organized group activity in Capreol, Hanmer, Val Caron or Sudbury (approved events only) during any week day (Monday to Friday). Weekend events/tournaments are the responsibility of the parents.

Youth (12+) Relief Driving w/o parent

- Parents can apply for a driver/van to transport their 12yrs + youth to an organized activity in Capreol, Hanmer, and ValCaron and in exceptional group activity in Sudbury.
- Youth are encouraged to attend extra-curricular after school, or other community group organized activities which include but are not limited to: (i.e. baseball, basketball, gymnastics, football, music, cadets, girl guides, tae kwon do, etc.

- Please Note: If your child attends hockey please submit your schedule monthly and retrieve your gas voucher bi-weekly.



Hello, my name is Cinnamon Cyr, I am a proud member of Wahnapiatae First Nation and a first year Child and Youth Care student at Cambrian College. I will be completing my placement within Wahnapiatae First Nation working alongside the Child and Youth Worker and the Child Wellness Worker in the community to plan, organize and participate in various activities in the after-school program, the youth leadership program and the early years program. I am very excited to expand my knowledge by gaining hands on experience in the Child and Youth Care Field and I am looking forward to meeting all of the children/youth and their families within the community, Miigwech.

NUTRITION BINGO UPDATE FOR APRIL 2019

Prizes were doubled at the nutrition bingo in April because of the bingo cancellation in March 2019.

Fun was had by all attendees which included men, women and children.

The turkey special was won by Sandra Corbiere.

Myles Tyson won 2 - \$50. gift card specials

Jade Prentice won a \$50. gift card special

Autumn Skelliter won the \$200. gift card Jackpot

Ed Roque won the Easter umbrella fill with goodies.

Miigwetch to Line for calling bingo and keeping everyone on their toes

Miigwetch to Joan for all of your help during and after bingo.

You gals rock!

Wendy Tyson—CWW

Soups On! Update

Every Tuesday there is soup, sandwiches etc; for a donation. This is a good time to mingle and get together as a community.

Thank you to everyone who has come out to join us and help us fund-raise.

For the last fiscal year we raised \$6,218.60

Purchased a 6 Burner BBQ, propane tanks,, Outdoor Table & Chairs, Cement & other items.

Remaining balance is approximately \$4,200.

CHI MIIGWETCH! EVERYONE!

Wendy Tyson—CWW

CONGREGATE DINING

Thursday May 2, 2019

@ 5:30pm

MAAN DOOSH GAMIG

RSVP BY: Tuesday May 30, 2019

SPRING SALAD

SPINACH & FETA STUFFED PORK CHOPS

MASHED POTATOES

GREEN BEANS

STRAWBERRY SHORTCAKE

Please book your spot with Wendy at
(705)858-7700 ext.: 219

NUTRITION BINGO

Thursday, May 16th, 2019

5:30 GAMES START

12 regular games – win \$10.00

3 specials – win \$25.00 gift card

1 Jackpot – win \$100.00 gift card

Progressive Toonie Pot

Starting at \$60.00

EVERYONE WELCOME

GOOD FOOD BOX

ORDER DEADLINE –

WEDNESDAY MAY 8, 2019

ORDER PICK UP DATE –

WEDNESDAY MAY 15, 2019

SMALL \$10.00

LARGE \$19.00

IF YOU WOULD LIKE TO
RECEIVE THE GOOD FOOD
BOX PLEASE CONTACT

WENDY @

(705)858-7700 EXT.:219



NEW EDUCATION CENTER

Community Engagement Session #1

It is with Great Pleasure to announce that Chief and Council has given approval to do a feasibility study and schematic design for a new Education Center:

After years of working with the Gazebo as our Education hub, and the struggles we have had accommodating all of our youth programming, tutoring and summer program, we will be working with Smoke Architecture to develop a feasibility study that includes a schematic design for a new education center. Smoke Architecture is an Anishinaabekwe owned and operated architecture firm — we also have one of our members Larissa Roque working on this project who is an intern architect with Smoke Architecture. This firm has worked in many First Nation Communities across Canada and they have the valuable ability to incorporate Anishinaabe culture and knowledge within the center if we would like.

Within the Education Center we are looking to facilitate:

After-school program

4 staff offices

Homework club, and individual tutoring

Informal daycare-like space

Learning kitchen

Group activity centers for different ages



The goal of the Feasibility Study will be to develop a schematic design for an education center that is both sustainable and culturally appropriate. It will also address:

- Lack of space
- Building being used now, structural problems
- Appropriate amount of space needed to house all our education programs
- Potential new location for the education center
- Other possible uses for the building

The process of the Feasibility Study is expected to take roughly 6 months. After the first session with Leadership, Elders, Youth, and Community, Smoke Architecture will use our feedback to develop a conceptual design, which will include illustrations of what our Education Center could look like. We will then have another community engagement session to get additional feedback on the plans and finalize the design. Once finalized, we will begin marketing it to potential funders. The process is designed to maximize community input towards the development of the Education Center. Your input is extremely valuable and we encourage you to attend community sessions as they arise.

**Our first session will be held at Maan Doosh Gamig on May 7, 2019 @ 5pm
Dinner Provided. We invite Elders, Parents, Youth, Community, and Chief and Council.**

If you have any questions, please contact Marilyn Nicholls at 705-858-0610 ext. 209





**SEATS ARE
LIMITED**

**WOMEN
IN WELDING**

Start your journey
to **become a Red
Seal certified
welder!**

Obtain your Level One welding
apprenticeship requirements plus
gain valuable work experience **for FREE!**

**To apply for this program, you must
first attend an information session
on May 1 or May 8 from 6 to 8 p.m.**

Please contact Jessica Ravenscroft today to
reserve your spot in one of our information sessions
by calling (705) 566-8101, extension 6421, or by
emailing jessica.ravenscroft@cambriancollege.ca.



*This training program is funded by
the Government of Ontario.*

For more details: cambriancollege.ca/training



MEDICINE CAMP!

**Wahnapitae First Nation is hosting a Medicine Camp
in Elliot Lake Ont.**

May 10 – 12, 2019 Friday to Sunday

**There are only 15 spots available to members of WFN.
Linda Toulouse will be our Facilitator for the weekend.**

**This camp involves outdoor activities, so please dress
appropriately. Ladies are reminded to bring their skirts for
ceremonies and teachings. Further, sleeping bags are
required for all attendees.**

**RSVP BY: May 2, 2019 Contact: Lori Corbiere Cultural
Coordinator of Wahnapitae First Nation to Register!**

(705)858-0610 ext. 213





The Monthly Recipe

Wahnapiatae First Nation's
Monthly Recipe/ Cooking

Date:

Tuesday May 13, 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

Wahpootai First Nation

Spring Full Moon Ceremony

Nmebine Giizis (Sucker Moon)

Ambe Kweok miinwa Kwezenak

(Let's go women and girls)
at WFN Centre of Excellence
Eastern Sacred Fire

Wenesh-Pii? Friday, May 17, 2019
@ 7:30pm



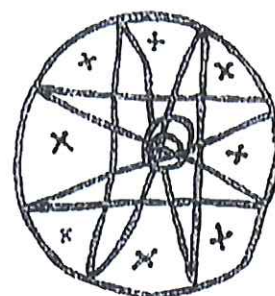
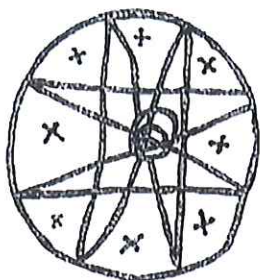
Please contact Lori Corbriere @ or (705)858-0610 ext. 213 or
Ann-Marie Recollet @ (705)858-7700 ext.221 for further information

Please save the date for upcoming seasonal Full Moon ceremonies. These ceremonies will be held
Aug. 15/2019, Nov. 12/2019 & February 9/2020 at the sacred fire of each of the four directions.



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 1

May 22/2019

10am – 3pm

1. 10am – 10:45(Life Stages – Mary Elliott)
2. 15-minute break
3. 11am – 11:45am (Traditional Food)
4. Lunch
5. 1pm-1:45pm (Traditional Medicines and Western Medicines)
6. 15-minute break
7. 2pm-2:45pm (Our Language)
8. 15-minutes questions and answers

Using the Medicine Wheel to understand balance!

WAABNOONG BEMJIWANG CHILD AND
FAMILY SERVICES



SEEKING ALTERNATIVE
CAREGIVERS!!

INFORMATION SESSION

Wahnapiatae First Nation

Maan Doosh Gaming Hall
Wednesday May 22nd @ 6pm

FOR FURTHER INFORMATION CONTACT: 1-705-223-0008

Rocky's Paint Social

Presents *Jessica Somers* for our first Paint Social!

WHEN: SATURDAY, 25 MAY

TIME: 6:30pm – 8:30pm

WHERE: 35 Loonway Rd, Capreol.

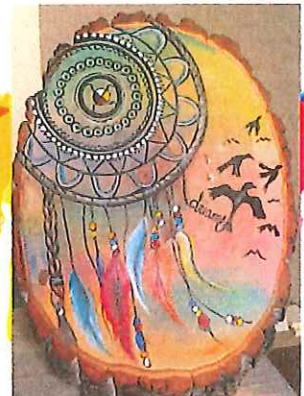
Wahnapiatae First Nation

COST: \$ 40 Per Person

RSVP: Heather 705.858.0500 OR

rockysmanager@wahnapiataefn.com

Sneak Peek!



Please be advised as of Monday, May 13th, 2019
landfill hours will resort back to summer hours.

LANDFILL HOURS:

Sunday: 12:00pm-4:00pm

Monday: 12:00pm-4:00pm

Tuesday: Closed (Recycling Pickup)

Wednesday: 12:00pm-4:00pm

Thursday: Upon Request (Garbage pickup)

Friday: Closed

Saturday: Closed

Any questions or concerns, please contact

DESIREE DUCHARME,

ENVIRONMENTAL COORDINATOR,

705-858-0610 ext 204.



Batteries!!



Reminder that batteries,
AAA, AA, C, D
6 & 9 volt
can be dropped off at the
Band Office.



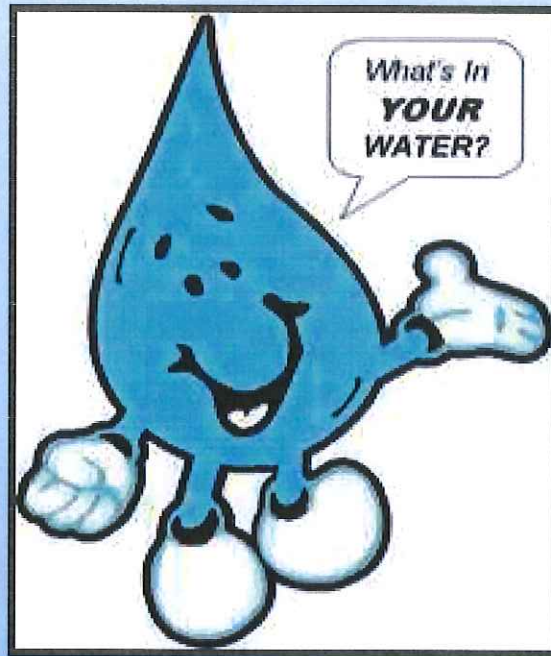
A collection bin
is now placed in
the entrance.

Let's all do our part to ensure these
don't end of in our landfill site!

For more information please contact Environmental Coordinator,
Desiree Ducharme 705-858-0610 ext 204.



Community Water Monitoring



Our Environmental Field Technicians will be doing weekly water sampling throughout the community to test for bacteria.

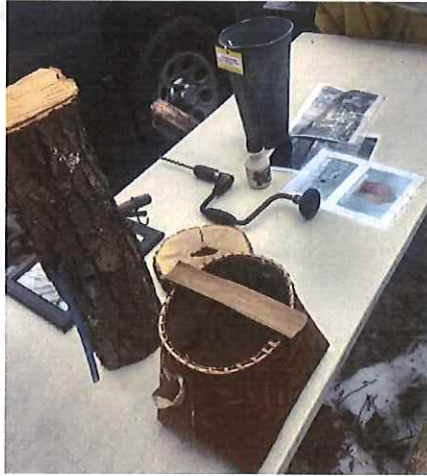
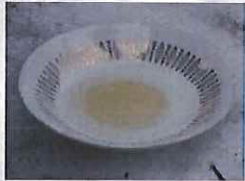
If you would like to have your water tested or have any questions, please contact:

Paige Manitowabi or Destinee Chevalier
Environmental Field Technicians
705-858-0610 ext. 208



The Youth planted seeds and learned more about the importance of protecting the Earth!

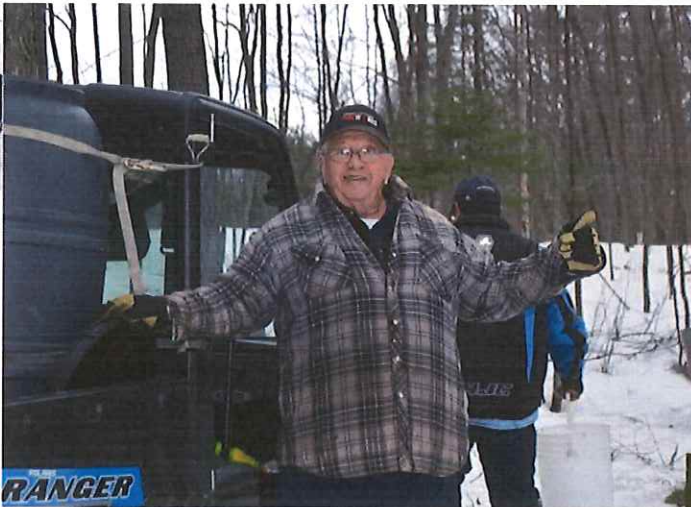
Sugar Bush Fun Time In Killarney



Full Day
Of
Great
Teachings!

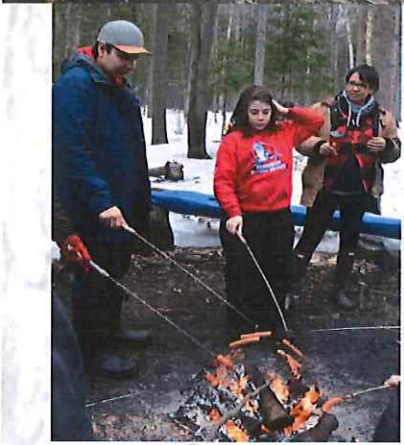






RANGER

We would like to thank Toad(Theodore) for having us! The Education Team for all the hard work and Ann-Marie for the opening prayer and the teachings

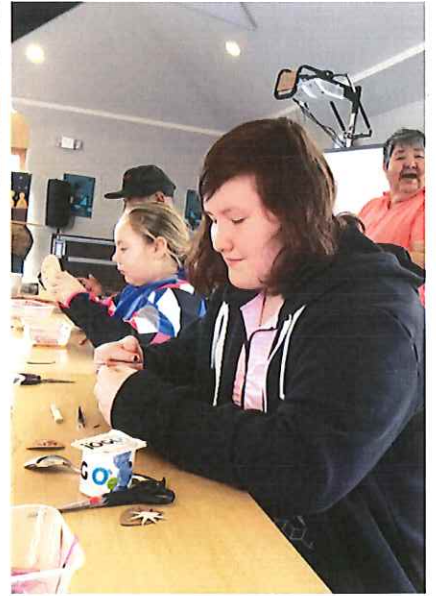




Porcupine Quill Earrings Workshop

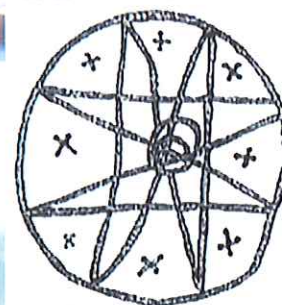


Gaag - Porcupine
Wiigwaas - Birchbark
Naadmoochin - Help.





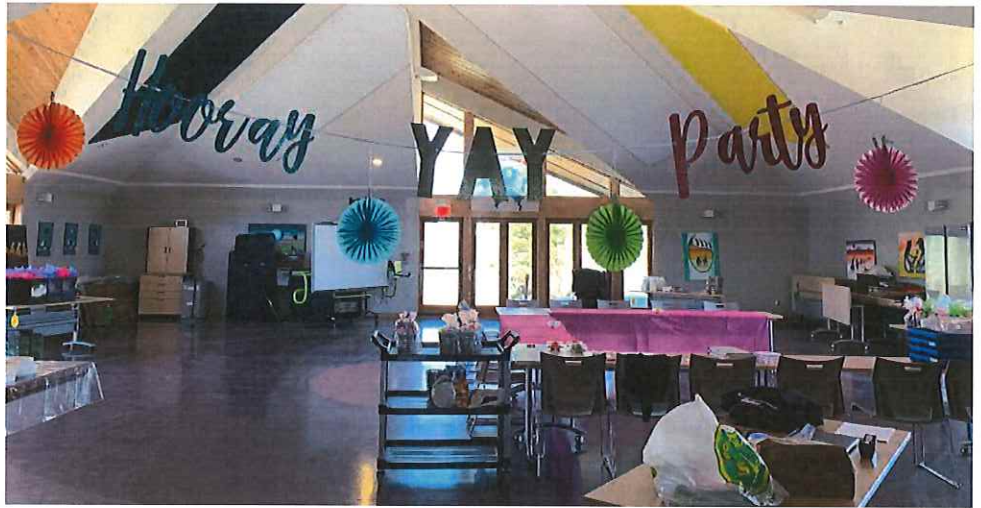
8 Pointed Star teaching



The 8-pointed Star, involves the seven grandfather teachings, with the eighth point being yourself. You will learn how the seven grandfather will effect you in the way you walk your path in life as an anishinaabek.



Fun was had
By all!



Self
Care!



Are you ready for a career on the front line?

Join us as a border services officer.

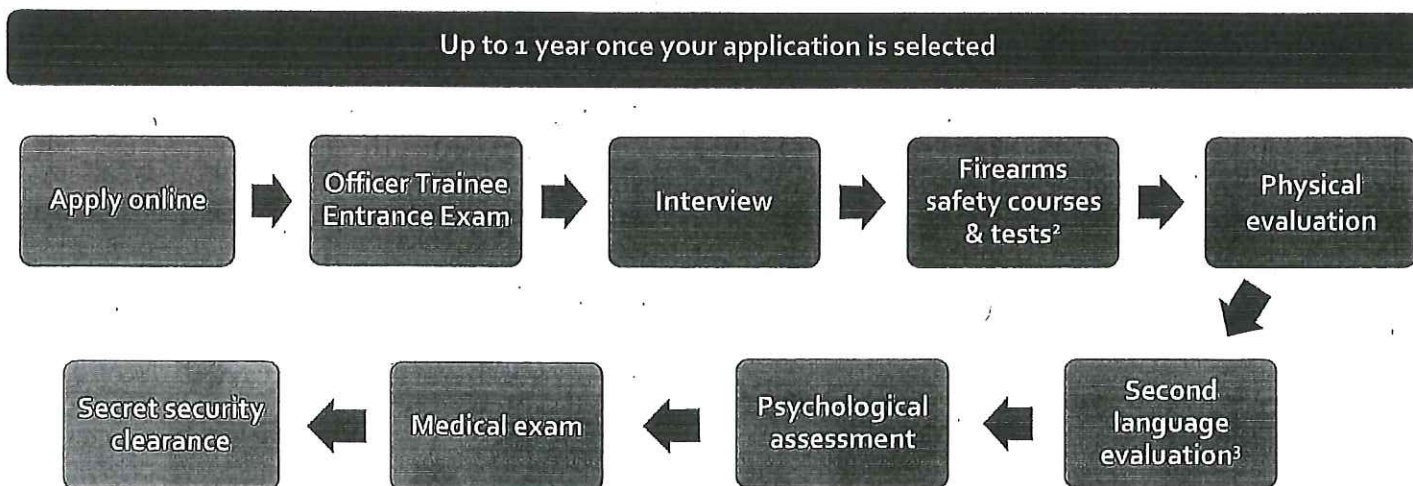
Border services officers keep Canadians safe by stopping weapons, drugs and inadmissible people from coming into Canada, while making legitimate trade and travel possible. They work at 1,100 points of service across the country, including highway, air, marine, rail ports, and postal facilities. They enforce laws that touch nearly every sector of Canadian society. Endless opportunities are what set us apart. Join us.

What you need before you apply

- ✓ High school diploma
- ✓ Valid driver's license
- ✓ Canadian citizenship or permanent residency¹

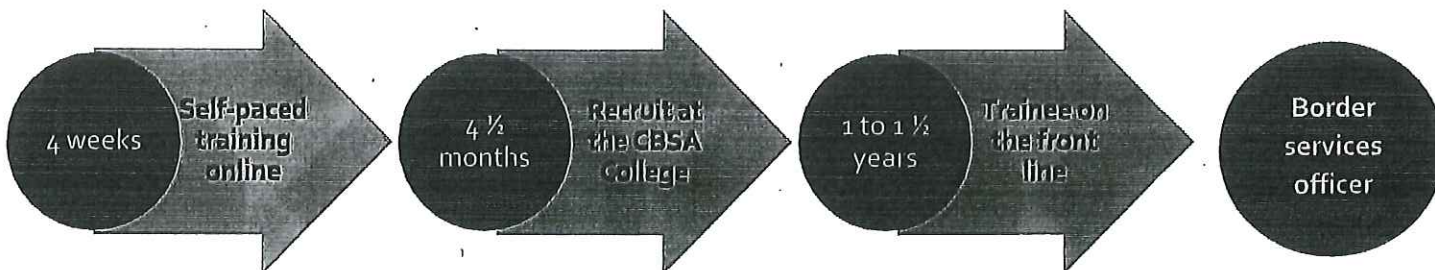
¹ Preference given to Canadian citizens.

Application process



² Canadian Firearms Safety Course (CFSC) and Canadian Restricted Firearms Safety Course (CRFSC). ³ For bilingual positions only.

Training





APPLICATION INFORMATION SHEET

As a CBSA Officer, you are the face of our country when visitors and goods arrive, and residents return home. You protect the security, safety, and health of our country in an ever-changing world. And best of all, the variety of opportunities and responsibilities mean that it's never the same day twice.

Pre-Application Requirements

Be a Canadian citizen or permanent resident. Preference is given to Canadian Citizens.

To apply for a Border Services Officer you must demonstrate

- Successful completion of a secondary school education
- Possession of a valid driver's license;

Note: Candidates with foreign credentials must provide proof of Canadian equivalency. Consult the Canadian Information Centre for International Credentials website at <http://www.cicic.ca/> for further information.

Note: Equivalencies granted by provincial and territorial authorities (e.g. General Education Development (GED) which is a secondary school equivalent) must always be accepted as equivalent to the respective education level.

Please note that you are responsible for all of the costs to meet these requirements and you may be asked to provide proof that you meet these requirements at any time during the assessment process.

The Canadian Firearms Safety courses (CFSC and CRFSC) are no longer required in order to apply. Now, you will have until the start of training to do the courses and pass the tests.

Application

Officer trainee (developmental) job openings are posted on the jobs.gc.ca website. To apply for any position, individuals must first create a profile in the system, which should only take about 10 minutes. Then, after ensuring you meet the basic requirements, scroll to the bottom of the poster for the officer trainee position and click on "Apply online."

Selection Process

- Officer trainee entrance exam (OTEE)
- Interview
- Firearms Safety Courses
- Physical Abilities Standard (P.A.R.E.)
- Secret Security Clearance Screening
- Meet and Maintain Psychological Requirements
- Medical Exam – Health Canada Category III
- Meet and Maintain Conditions of Employment

Training

Phase One – Online:

The first phase of training and development consists of an online orientation learning component that is self-paced with instructor support via the Internet that recruits complete at home before attending the CBSA College. To complete this phase, all recruits must have access to a computer with an Internet connection. Recruits have four weeks to complete the 50 hours of training.

Phase Two – CBSA College

The second phase of training and development is the in-residence training component at the CBSA College in Rigaud, Quebec. The second phase is completed over an 18-week period.

Allowance -During the in-residence phase of training and development, recruits will receive an allowance of \$125 per week plus accommodations and meals. We will cover the cost of one (1) round trip from your home residence to the CBSA College.

Phase Three – Officer Trainee

In the third phase of training and development, successful recruits become CBSA officer trainees and are posted to one of the CBSA's ports of entry across Canada, including rural and remote ports. The development program follows a clear and structured path and takes between 12 and 18 months to complete.

For more information please contact: National-Recruitment_recrutement-national@cbsa-asfc.gc.ca

****Disclaimer: The CBSA application process is subject to change. Please visit the CBSA's website for the most current information regarding the application process: cbsa-asfc.gc.ca.*



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Canada Border
Services Agency

Agence des services
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Canada

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Border services officers are the face of our country when visitors and goods arrive, and residents return home.

They protect the security, safety, and health of our country in an ever-changing world.

And best of all, the variety of opportunities and responsibilities mean that it's never the same day twice.

Find out more at www.cbsa.gc.ca/jobs and apply today!



Taco Tomatoes



YIELDS: 4 SERVINGS	PREP TIME: 0 HOURS 5 MINS	COOK TIME: 0 HOURS 20 MINS	TOTAL TIME: 0 HOURS 25 MINS
-------------------------------------	---	--	---

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 3/4 lb. ground beef
- 1 medium onion, chopped
- 1 (1-oz.) packet taco seasoning
- 4 large, ripe beefsteak tomatoes
- 1/2 c. shredded Mexican cheese blend
- 1/2 c. shredded iceberg lettuce
- 1/4 c. sour cream

DIRECTIONS

- 1** | In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add ground beef and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, 8 minutes. Drain fat.
- 2** | Flip over tomatoes so they're stem-side down and slice to make 6 wedges, being careful not to cut all the way through. Carefully spread open wedges.
- 3** | Divide taco meat among tomatoes, then top each with cheese, lettuce, and sour cream before serving.

Enjoy!

Make it Sacred

• Remembering the Spirit in Our Food •

The central collage is a circular arrangement of various food and nature images, framed by a decorative border. The images include: a fish, a duck, a deer, hands holding a seedling, a honey dipper, mushrooms, corn, raspberries, blackberries, and various vegetables. The collage is surrounded by four corner labels: 'Soil' (top-left), 'Sun' (top-right), 'Skin' (bottom-left), and 'Water' (bottom-right). The text 'Intention & Love' is at the top, 'Awareness & Gratitude' is on the right, and 'Optimal Ingredients' is at the bottom of the collage.

Where does our food really come from?

Why do you eat? This is a resource that is intended to remind people of their wellness, and to fall in love with themselves beginning with what is put into the body.



www.idhc.life

Make it Sacred

• Remembering the Spirit in Our Food •

The Turtle Shell Symbolism: Represents Turtle Island and the land/life that sustains us. In Haudenosaunee culture, the turtle shell is an example of a traditional calendar.

- ☛ On the back of the shell, there are 13 plates, 1 for each moon, each time the moon goes through each cycle (New, 1st Quarter, Full, Last Quarter) while the Earth travels around the sun (1 year).
 - Each picture represents some examples of food with spirit and life found on Turtle Island seasonally.
- ☛ Around the edge of the shell, are 28 tabs which represent the total amount of days within a full cycle of moon (month).
 - Each phase is approximately 7 days (New, 1st Quarter, Full, Last Quarter)
 - Keeping track of the cycles of the moon was important for planning future actions; hunting, gathering, planting, harvesting, feasting and meeting events.
 - Acknowledging the time to come was important for planning SEASONAL sustainability preparation.
- ☛ The activity is in the Winter Module of the 13 Grandmother Moon Guidelines.

Intention & Love: Creating an environment with love and positive intention increases flavour and goodness.

- ☛ Having a good mind is not only for working in the garden, but in the kitchen and handling food too.

Awareness & Gratitude: Understanding where your food comes from as well as that it is to nurture your body, mind and spirit is essential to your Health and Wellness.

- ☛ Being thankful for the food provided and being thankful that we are still able to nourish our bodies with the foods that the Creator has given us.

Optimal Ingredients: Be a conscious consumer; reading labels, shopping local, whole, organic and seasonal.

- ☛ Real food with spirit that was grown with the energy from the sun, natural water and nutrient rich soil.
- ☛ Staying aware of the “5 white” gifts, and using alternatives.

Preparation: There is more to cooking than boiling water and a microwave.

- ☛ Preparing a meal from scratch is time consuming but there are many benefits; knowing what ingredients are in your meal, you will have searched for these ingredients yourself, you will have used your very own hands to do any preparing needed and lastly, your love has been put into the meal.

The 4 Elements: Our 4 elements in which our food grows from; soil, water, sun, air. Without these elements how would our food grow from seed to plant and from embryo to infant? Everything is connected in this world and one without the other struggles to live and survive.

- ☛ **Sun:** when the sun rises it brings life into the start of each day. The sun helps all organisms grow.
- ☛ **Soil:** the sun touches the soil and nourishes it. Without soil how would our foods grow?
- ☛ **Water:** the water flows through the soil after rainfalls and along our rivers and streams providing nourishment to all life found in the soil. Water is very important for ALL life on earth.
- ☛ **Skin/Air:** Like human beings, plants and animals need air as well to live, to be strong and survive. The skin on our vegetables and fruits provide the most nutritional value to our bodies and our skin absorbs what it comes in contact with. Our skin absorbs the sun's rays and with our bare hands and bare feet we absorb the soil's smoothness.

Where does our food really come from? Over the centuries, decades and years we have ignorantly participated to move away from our own food sustainability. The result is that we have lost the connection to what we nourish our bodies with. These are some simple reminders to think about when providing your sustenance to self and family.

- ☛ Remembering there is spirit in the foods that come from Mother Earth (whole, organic, live and fresh foods) and what we put in our body influences our mind, body and spirit.
- ☛ What is the food's connection to earth? Be conscious of how it was grown or how it has eaten before it has come to you.



Animals & Numbers

Find the Ojibwe words hidden in the puzzle below

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

AMIK
ANIMOOSH
ASHI-BEZHIG
ASHI-NIIZH
BEZHIG
BINESHIINH
BIZHIKI
GINEBIG

MAINGAN
MAKWA
MIDAASWI
MIGIZI
MISKWAADESI
NAANAN
NIIWIN
NIIZH

NIIZHWAASWI
NINGODWAASWI
NISHWAASWI
NISWI
OMAKAKII
WAAWAASHKESHI
ZHAANGASWI
ZHIGAAG

Health Benefits Of Honey

The Health Benefits of Honey

Recipe: Honey Chia Pudding

- 2/3 C chia seeds
- 2 C unsweetened coconut milk
- 1/2 C organic raspberries
- 1 tbsp. raw honey

Mix the chia seeds with coconut milk. Let gel on your counter for about 15 minutes. Stir in the berries and drizzle with honey. Serve in a small bowl and enjoy.

- ❖ Has antibacterial and antifungal properties
- ❖ Helps relieve sore throats
- ❖ Contains flavonoids to prevent certain cancers and heart disease
- ❖ Keeps the immune system strong
- ❖ Gives the body an immediate boost of energy
- ❖ Has been used to promote the healing of wounds and burns
- ❖ Can aid in proper digestion
- ❖ Helps to clear up acne

Please Tag on Facebook: Authentic Self Wellness



Six Benefits of Honey

Remember no honey for infants!



Mosquito Bite Reliever

Honey's anti-inflammatory properties make it a good option to help reduce the itch and irritation of mosquito bites.

Athletic Performance

Honey is superior in maintaining glycogen levels and improving recovery time and has been known to enhance athletic performance.

Wounds & Burns

Honey can be used as a natural cure in first aid treatment for wounds, burns and cuts because its antibacterial properties prevent infection and function as an anti-inflammatory agent.

Immune Booster

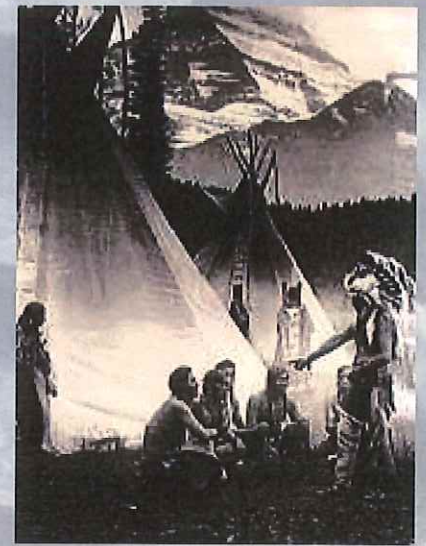
Honey is full of polyphenols, a type of antioxidant that helps to protect cells from free radical damage.

Ulcers

Recent research shows that honey may help disorders such as ulcers and bacterial gastroenteritis.

Sore Throat & Coughs

Recent studies show honey helps with coughs, especially buckwheat honey.



WASH YOUR FACE WITH HONEY

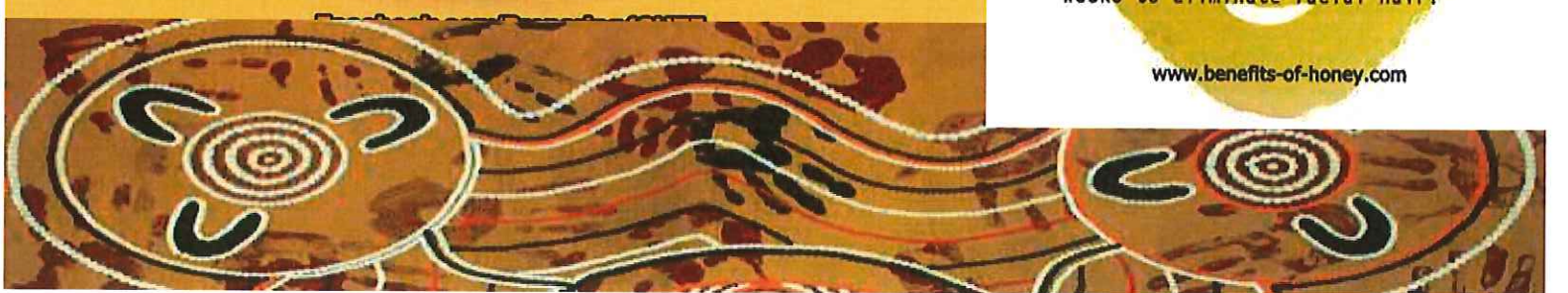
INDIANBEAUTYSPOT

prevents acne
fades scar
lessens fine lines
anti-aging
deep cleans pores
heals sunburn
moisturises skin
clear skin

Honey Lemon Facial Hair Removal

1. Mix 1 tbs honey, 1/2 tbs of ground oatmeal, and a few drops of fresh lemon juice.
2. Apply paste like a mask on the face.
3. Leave it on for about 15 minutes and then rinse off.
4. Repeat 2-3 times a week for 3-4 weeks to eliminate facial hair.

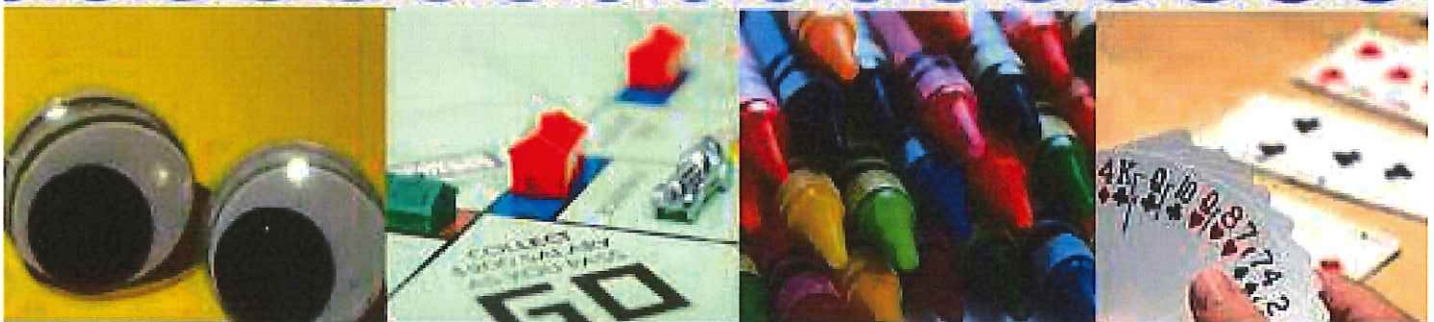
www.benefits-of-honey.com



50 FUN RAINY DAY ACTIVITIES FOR KIDS



1. Create a Town in a Cardboard Box
2. Build a Fort or Den
3. Visit the Library
4. Hold an Indoor Treasure Hunt
5. Make some Music
6. Tidy out the Playroom
7. Play board games
8. Make a home cinema
9. Make shadow shapes
10. Google "How to draw..."
11. Play cards
12. Do Some Baking
13. Create a Play/Show
14. Make Paper Aeroplanes
15. Write a Letter
16. Make a Family Magazine
17. Have a Read-a-thon
18. Decorate some Cupcakes
19. Have a tea-party/indoor picnic
20. Have a Lego-Building Contest
21. Have a Micro Treasure Hunt
22. Make a playlist and have a disco
23. Hold an Indoor Scavenger Hunt
24. Look at old Photos
25. Make a Collage
26. Make a Flippy Book
27. Play Dress Up
28. Make scrapbooks
29. Paint Faces
30. Get Crafty
31. Play Online Math Games
32. Go Camping Indoors
33. Create an Indoor Obstacle Course
34. Do Some Colouring
35. Have a Jigsaw afternoon
36. Make Jewellery
37. Make Sock Puppets
38. Make Play Dough
39. Make Tie-Dye Clothes
40. Make a Volcano in the Sink
41. Play Shop
42. Do some Marble Painting
43. Play Balloon Ping-Pong
44. Play Outdoor games, indoors!
45. Splash in Puddles
46. Measure Rainfall
47. Make Life Sized Drawings
48. Make Misfit Characters
49. Make Homemade Pizza
50. Make Chef's hats



HOW TO PROTECT AGAINST MOSQUITO BITES



Accessible Version: <https://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html>

Zika virus is spread to people mainly through the bite of an infected mosquito. Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night. The best way to prevent Zika is to protect yourself from mosquito bites.

Use insect repellent

Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. Always follow the product label instructions.



- When used as directed, these insect repellents are proven safe and effective even for women who are pregnant or breastfeeding.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first.
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.

If you have a baby or child

- Do not use insect repellent on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and any cut or irritated skin.
 - » Adults: Spray insect repellent onto your hands and then apply to a child's face.



Treat clothes and gear

- Treat items such as clothing and gear with permethrin or buy permethrin-treated clothes and gear.
 - » See product information to find out the number of washings or length of time the protection will last.
 - » If treating items yourself, follow the product instructions.
 - » Do not use permethrin products directly on skin.



Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using **EPA's search tool***.

* The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you



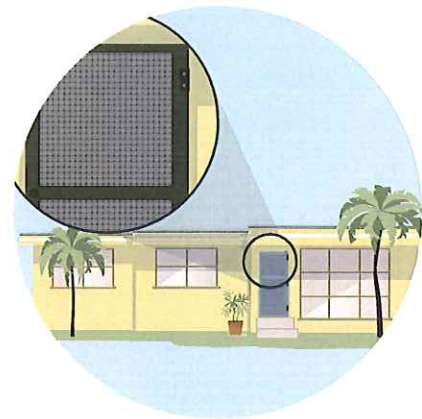


Control mosquitoes outside your home

- **Once a week**, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, and planters.
- Tightly cover water storage containers (buckets, rain barrels, etc.).
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- Use an outdoor flying insect spray in dark humid areas where mosquitoes rest, like under patio furniture, or in the carport or garage. When using insecticides, always follow label instructions.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes using wire mesh with holes smaller than an adult mosquito.

Control mosquitoes inside your home

- Keep windows and doors shut and use air conditioning when possible.
- Use, install, or repair window and door screens.
- **Once a week**, empty or throw out any items that hold water like vases and flowerpot saucers.
- Use an indoor flying insect fogger* or indoor insect spray* to kill mosquitoes and treat areas where they rest. These products work immediately, but may need to be reapplied. Always follow label directions.
- Only using insecticide will not keep your home free of mosquitoes.



Do-It-Yourself Products

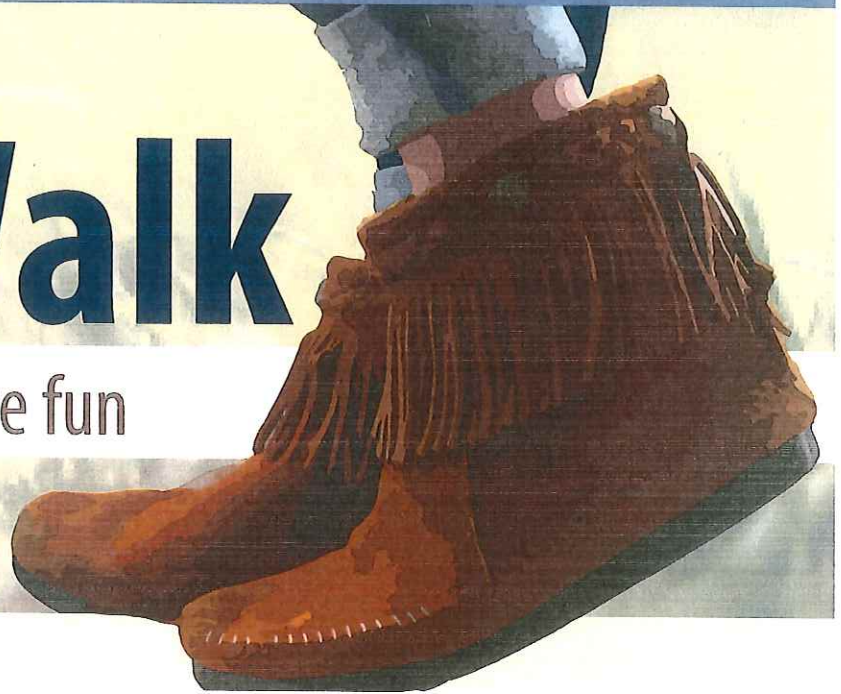
Product	Active ingredient	How long it works
Indoor flying insect spray	Imidacloprid, β -Cyfluthrin	7-10 days
Indoor flying insect fogger	Tetramethrin, Cypermethrin	Up to 6 weeks

www.cdc.gov/zika

HOW FAR CAN YOUR MOCCASIN'S WALK?

Mocc Walk

get active · get fit · have fun



WHO:

Everyone of all ages- women, men, youth, children, elders. Register as **Individuals** or gather your families, co-workers or friends and participate as in **Teams (4 per team)!**

WHEN:

Begins: May 1st

Ends: June 30th

Register Before: April 30th

WHERE:

All across Ontario. You can walk anywhere – on a treadmill, outside or at the mall.

REGISTRATION REQUIRED:

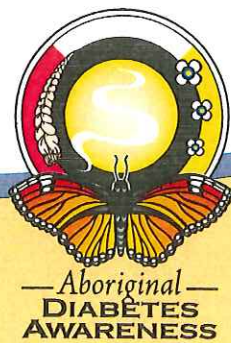
ENTER FOR A CHANCE TO WIN GREAT PRIZES!

To register, complete the registration form and e-mail, fax, or mail it to ONWA.

Available at: www.onwa.ca/mocccwalk

The Ontario Native Women's Association's Aboriginal Diabetes Program is challenging you to a Mocc Walk!

Join this **FREE** walking challenge intended to increase awareness about diabetes and to promote physical activity among Indigenous people across Ontario.



For more information, please contact:

Robert Fenton

Toll Free: 1-800-667-0816 | Tel: 807-623-3442

E-mail: diabetes@onwa.ca



www.onwa.ca



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2019

**Pow Wow
Schedule!**

GREAT SPIRIT CIRCLE TRAIL



**Manitoulin
Island-Sagamok
Region**

**Aundeck Omni Kaning First Nation
Traditional Pow Wow**
June 1 & 2

**Wikwemikong Unceded
Indian Reserve**
Rabbit Island Traditional Pow Wow
June 15 & 16

**Sheshegwaning First Nation
Traditional Pow Wow**
June 8 - 9

**Sheguiandah First Nation
Traditional Pow Wow**
July 5 - 7

**Sagamok Anishnawbek
Traditional Pow Wow**
July 12, 13 & 14

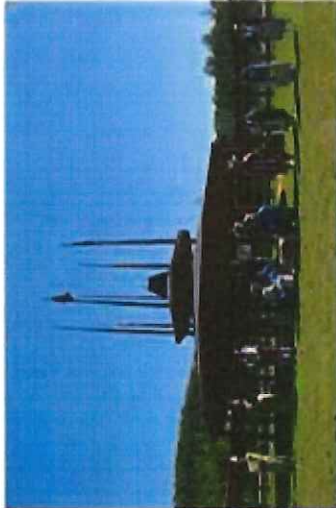
**Wikwemikong Unceded
Indian Reserve**
Cultural Festival and Pow Wow
August 3, 4 & 5

Contact: 705 859-2385
Toll Free: 1-877-859-2385

**Whitefish River First Nation
Traditional Pow Wow**
August 17 & 18

**Zhiibaahaasing First Nation
Traditional Pow Wow**
August 24 & 25

**M'Chigeeng First Nation
Traditional Pow Wow**
August 31 &
September 1



Great Spirit Circle Trail

P.O. Box 469, M'Chigeeng, Ontario, POP 1G0, Canada

Toll Free: 1-877-710-3211

Tel: 705-377-4404

Fax: 705-377-4425

Email: circletrailinfo@circletrail.com

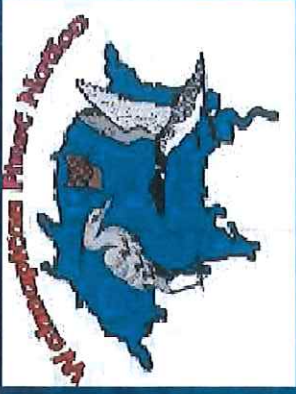
www.circletrail.com

May



2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Primary Colors with Squishy Bag Experiment 3:30-4:30	2	3	4	5
6	7 9-11am Planting Mother's Day Flowers 3:30-4:30	8 3:30-4:30 Mother's Day Cards	9	10	11	12 Happy Mother's Day!
13	14 3:30-4:30 Gross Motor Activities	15 Movie - 9am-1pm 3:30-4:30 Nature Walk	16	17	18	19
20 HOLIDAY VICTORIA DAY	21 9-11 am Feet and Hand Painting 3:30-4:30	22 3:30-4:30 Making Playdough	23	24	25	26
27	28 9-11am Making Recyclable Planters 3:30-4:30	29 3:30-4:30 Making mini Pizza	30	31		



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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.	1.

Note: After School Program is every Tuesday & Wednesday from 4:00pm to 6:00 PM,

Youth Leadership is every Thursday from 4:00PM – 8:00 PM

**Please have your child dress appropriately according to weather. **

Please note all events have a poster

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Congregate Dining @ 5:30pm	3	4
5	6	7 Soups ON!! Sue Chartrand 2:30pm-9:00pm New Education Center feedback session @ 5pm	8 Sue Chartrand 9am - 4:30pm Order Good Food Box Deadline	9	10 Medicine Camp in Elliot Lake with Lori Corbiere	11 Medicine Camp in Elliot Lake with Lori Corbiere
12 Medicine Camp in Elliot Lake with Lori Corbiere	13 Monthly Recipe 4pm-6pm	14 Soups ON!!	15 Pick-up Good Food Box	16 Nutrition Bingo @ 5:30pm-8pm	17 Full Moon Ceremony @ 7:30pm	18
19	20 Closed	21 Soups ON!! Sue Chartrand 2:30pm-9:00pm Chief and Council meeting @ 6:00pm @ Maan Doosh Garnig	22 Sue Chartrand 9am - 4:30pm The Norman Recollet Health Centre Learning Series 10am-3pm	23	24	25
26	27	28 Soups ON!!	29	30	31	

Please note

Sue Chartrand is our Footcare and Massage Therapist