



Wahnapiatae First Nation Community Newsletter

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AUGUST 2021

P3: School's Back!



The province has issued its guidelines for returning to the classroom - and yes, masks are still required.

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Get to know Councillor Adam Roque.

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Time to brush up on your pow-wow do's and don'ts.

P19: Pow-Wow Glossary



Do you know your roach from your bustle?



A Message to Members

August – the last month of summer heat and summer fun. As the days full of sunshine start to wind down, we start to prepare for the next season. With that in mind, it's time for a few friendly reminders.

RETURNING TO "NORMAL"

After more than 18 months of "lockdown," the world is returning to a wary sense of normal. Of course, we must still be cautious – COVID-19 has not disappeared. Physical distancing, wearing masks, getting vaccinated, and hand washing are still needed to ensure our community remains a healthy and happy place for residents and visitors. Please, be safe and stay healthy.

Here in Wahnapiatae First Nation, the return to our "normal" starts with our 2021 Pow-Wow. Scheduled for August 14-15, it will feel so good to see everyone again and to share our traditions and culture as a community. COVID-19 protocols will be in place, of course, but we will still gather to show and share our Anishinaabe way.

BICYCLE SAFETY

Riding a bicycle can be truly thrilling for members young and old. Please remember: it is the law to wear a helmet when operating a bicycle if under the age of 18. Parents, please ensure your children are practicing good cycling habits when out on our roads, including wearing their helmets.

TO BE CONTINUED

This summer has seen a new chapter of the long, difficult journey to reconciling and uncovering the truths of Canada's Indigenous history. The ground-penetrating radar work being done across this country has uncovered more than 1,300 little ones who were sent to residential school but never returned home.

By no means is this work done. We know there is more to come. This will require strength, patience, and courage. It will also require prayers to the Creator for those found, for those still to be found, and for those affected by these events. Because every child matters.

As always, WFN calls on its members and neighbours to learn about Anishinaabe history, language and culture as these injustices continue to be brought to light.

Miigwech,
Chief Larry Roque

ADMINISTRATION UPDATE

Updated Contact List

Administration

Executive Director – Julie Fontaine
Phone: 705.858.0610 EXT. 202

Executive Assistant – Jody Donivan
Phone: 705.858.0610 EXT. 203

Finance Director – Ed Tyson
Phone: 705.858.0610 EXT. 206

Human Resources Director – Meghan Donivan
Phone: 705.858.0610 EXT. 213

Administrative Professional – Leila Roque
Phone: 705.858.0610 EXT. 200

Infrastructure & Development

Director, Infrastructure & Development – Randy Roy
Phone: 705.858.0610 EXT. 215

Infrastructure & Development Assistant – Samantha Corbiere
Phone: 705.858.0610 EXT. 229

Public Works

Heavy Equipment Operator – Tom Recollet
Phone: 705.858.0610

Maintenance

Procurement & Housing Labourer – Clayton Pichette
Phone: 705.858.0610

Asset & Procurement

Asset Management & Procurement – Vince Roque
Phone: 705.858.0610 EXT. 217

Housing

Housing Coordinator – Terry Roque
Phone: 705.858.0610 EXT. 210

Lands

Lands Director – Anthony Laforge
Phone: 705.858.0610 EXT. 231

Lands Administrative Assistant – Mélanie Sabourin
Phone: 705.858.0610 EXT. 225

Environmental

Environmental Coordinator – Sara Lehman
Phone: 705.858.0610 EXT. 204

Lead Environmental Field Technician – Brianne Gauvreau
Phone: 705.858.0610 EXT. 208

Natural Resources

Natural Resource Development Coordinator – Glen Bateman
Phone: 705.858.0610 EXT. 205

Health Administration

Health Director – Lydia Iserhoff
Phone: 705.858.7700 EXT. 222

Medical Secretary – Line Baillargeon
Phone: 705.858.7700 EXT. 218

Nurse Practitioner – Rebecca Foresheiw
Phone: 705.858.7700 EXT. 224

Mental Health and Addictions Clinician – Christine Wilson
Phone: 705.858.7700

Community Wellness Worker – Wendy Tyson
Phone: 705.858.7700 EXT. 219

Community Wellness Worker – Heather Roy
Phone: 705.858.7700 EXT. 226

Personal Support Worker – Rochelle Tyson
Phone: 705.858.7700

Family Well Being Worker – Tammy Chevrette
Cell: 705.920.9488

Wahnapitae Band Rep – April Cardinal
Phone: 705.770.2477

Wahnapitae Band Rep – Grant Peltier
Cell: 705.920.9106

Health Administrative Assistant – Jessica Baillargeon
Phone: 705.858.7700 EXT. 220

Education

Education Director – Marilyn Nicholls
Phone: 705.858.0610 EXT. 209

Education Assistant – Beatrice Debassige
Phone: 705.858.0610 EXT. 227

Economic Development

Economic Development Director – Anthony Laforge
Phone: 705.858.0610 EXT. 231

Economic Development Officer – Leah Stack
Phone: 705.858.0610 EXT. 211

Economic Development Intern – Austin Armstrong
Phone: 705.858.0610 EXT. 230

Communications and Governance

Communications Director – Nick Stewart
Phone: 705.858.0610 EXT. 221

Communications Assistant – Monica Dorion
Phone: 705.858.0610

COVID-19 UPDATES

COVID-19 Statistics

(as of August 3, 2021)

Sudbury District:

Total Tests: 269,249

Confirmed Cases: 2,184

Resolved: 2,179

Deaths: 31

Ontario:

Total Tests: 16,607,853

Total Cases: 539,986

Resolved: 539,920

Deaths: 9,349

Hospitalized: 71

In ICU: 106

Canada:

Total Tests: 38,466,792

Total Cases: 1,430,483

Active Cases: 6,440

Recovered: 1,397,451

Deaths: 26,592

For up-to-date figures, be sure to check the following websites:

Sudbury:

tinyurl.com/phsddata

Ontario:

covid-19.ontario.ca/data

Canada:

tinyurl.com/canadacvd19

The Wahnapiatae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapiatae First Nation
259 Taighwenini Trail Road
Capreol, Ontario | P0M 1H0

Phone: (705) 858-0610

Provincial Return to School Notes

- Non-medical masks will be required for students Grade 1 to 12 and must be worn in hallways, classrooms, and school vehicles.
- Remote learning will remain an option for parents and students who don't feel comfortable returning to the classroom.
- Masks will be mandatory for all students between Grade 1 and Grade 12, and will remain optional – but recommended – for children in kindergarten. They are not required outdoors.
- Students in kindergarten through to Grade 8 will remain in one cohort for the full day with one teacher.
- Members of different cohorts will be allowed to interact outside, with distancing encouraged, or inside with distancing and masks
- Elementary school students will be allowed to use common spaces like libraries and cafeterias.
- Secondary students will be return to the classroom for the full duration of the day but with no more than two courses at a time for the fall semester.
- Exceptions to the two-course rule may be made for small schools where contacts can be limited by cohorting grades, the government says.
- There will be five instructional hours per day for secondary students.
- Masks may only be temporarily removed when taking part in low-contact physical activity or when consuming food and drink. Students from other cohorts may eat lunch together without distancing outdoors, but must remain two metres from other cohorts while indoors.
- Students are not required to wear masks outdoors.
- All staff and students will be required to self-screen each day for symptoms before arriving at school. Anyone experiencing symptoms of COVID-19 must not attend school and must get tested.
- School sports and clubs are allowed to resume in September. Cohorts can interact with each other, with physical distancing encouraged, during these times.
- For inter-school sports, high-contact activities are only allowed outdoors and masking is not required.

Stay Connected, Stay Safe

For the most up-to-date information and updates about Wahnapiatae First Nation, including safety measures, check us out online as below:



WEBSITE: www.wahnapiataefirstnation.com



MAIN PAGE: www.fb.me/wahnapiataefirstnation



YOUTH PAGE: www.fb.me/WFNYouthPage

PRE-IMPLEMENTATION UPDATE

Self-Governance at WFN: ANGA Pre-Implementation



With members having voted to ratify the Anishinabek Nation Governance Agreement (ANGA) in 2021, Wahnapiatae First Nation is now on the path to taking back some areas of jurisdiction from the Indian Act in recognition of its inherent rights.

This means that, once the ANGA comes into effect in 2022, the community will be able to create its own laws on different topics. Members will be able to control their own priorities and their own fate in eight key areas, including citizenship, language and culture, and more.

However, preparations must be made so that WFN will be ready. The Pre-Implementation Project was part of that preparation by gathering some broad, initial thoughts from the community.

SELF-GOVERNANCE PROJECT TIMELINES

FEB. 2020

RATIFICATION OF THE ANGA

Wahnapiatae First Nation is one of the very first Anishinabek Nation members to ratify the Governance Agreement.

NOV. 2020

PRE-IMPLEMENTATION BEGINS

WFN Chief and Council assemble a project team and begin mapping out the pre-implementation project.

DEC. 2021

KNOWLEDGE-GATHERING BEGINS

The project team meets with leaders, elders, and community members to learn how WFN's current policies and bylaws came to pass -- and how the community has changed over time.

FEB. 2021

COMPLETION OF LEGAL WORK

WFN obtains full legal analyses of what the community can and can't do when it comes to passing related laws.

MAR. 2021

ENGAGEMENT BEGINS

Members who agreed to participate in focus groups provide feedback on the eight project areas via surveys, Zoom, and more.

JUNE 2021

PRE-IMPLEMENTATION FINISHES

With feedback in hand and reports composed, the Pre-Implementation Project is complete. (Some of the findings are available on the next page.)

From here, Wahnapiatae First Nation Chief and Council will work with staff and the community to continue to prepare for when the ANGA takes effect in 2022.

All members will be contacted directly once this work begins -- a process that will take years as the community carefully considers how to build and ratify its new laws.

PRE-IMPLEMENTATION UPDATE

Pre-Implementation Project Project Findings



All Wahnapitae First Nation members were asked to participate in the ANGA Pre-Implementation Project via mail, email, social media, and the newsletter. A brief synopsis of that feedback is below.

Please note that this information is solely to help WFN gauge the community's interests as it prepares to implement the ANGA; this data will not be the sole basis for future laws. Development of laws will depend on future, extensive community engagement. Members will have many opportunities over many years to have their say on how these laws will be made.

However, this will help WFN to determine what "priority areas" to focus on as it moves ahead.

Leadership Selection

Participants showed their support for:

- Online voting;
- Nomination fee / vulnerable sector checks for candidates;
- Additional councillors.

Language and Culture

Participants showed their support for:

- Solutions made by and for the community;
- Some support from the Anishinabek Nation government;
- Greater language use / training.

Registry and Archives

Participants showed their support for:

- Managing historical/cultural archives at WFN, rather than having them managed by the Anishinabek Nation government;
- A public archive of WFN laws, policies, and decisions.

Fiscal Arrangements

Participants showed their support for:

- First Nations Financial Management Board certification;
- More opportunities for community revenues;
- Ongoing fiscal transparency.

Citizenship

Participants showed their support for:

- Protection of Wahnapitae citizenship as an inherent right;
- A system that is equitable and inclusive;
- Community oversight.

Operation and Management of Government

Participants showed their support for:

- Continued transparency;
- Business attraction;
- Educational opportunities;
- New departments as needed to meet growth.

Access to Information and Privacy

Participants showed their support for:

- Protection of member information;
- Transparency for members.

Enforcement and Adjudication

Participants showed their support for:

- Third-party adjudication system to hear citizens' appeals of government decisions;
- More work on community enforcement.

Other Project Achievements

- Assembly of a strong WFN governance project team;
- Collection of historical knowledge;
- New ways to connect members with the Band Office, including mass email, Zoom, and other tools;
- Development of legal knowledge of how WFN can build laws on the above eight areas;
- Building and sharing knowledge within the community;
- Preparation for the community to move forward.

CHIEF AND COUNCIL

Meet Councillor Adam Roque

I moved to Wahnapiatae First Nation in 2004. I was 21 years old and just starting my career in the mining industry. I lived with my brother and his wife for three years before moving into my own home with my girlfriend, only a few doors down (ok, like eight houses, but who's counting anyway). Fast-forward 14 years, we are still here and have three children, ages 12, 4 and 21 months.

I decided to run for councillor because I wanted to be part of the advancement and growth of the community. I am focused on the development of our community and hope that through my efforts we can become more united.

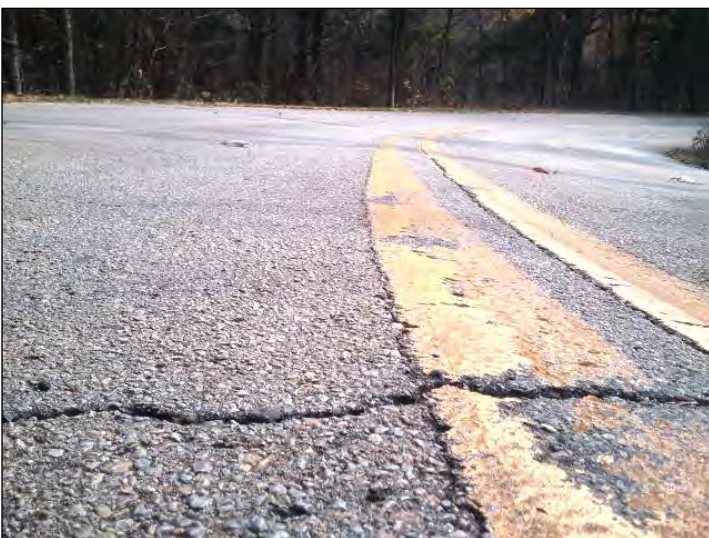
My portfolio includes the Health Department and Fire Department and I am looking forward to working with both. I intend to learn what is needed by both departments and will do everything I can to make sure those needs are met. Ensuring that the needs of our elders are being met is another one of my commitments.

I am grateful for this opportunity and am thankful to be part of such a great team.



Should anyone have any questions or concerns, please send me an e-mail (adam.roque@wahnapiataefn.com) and I will do my best to respond in a timely manner.

Roads Committee Members Needed



Wahnapiatae First Nation is looking for two community members to sit on the Roads Committee.

Interested parties should send an email or letter stating why they would like to join the committee and if they have any expertise or background they can bring to the committee to Julie Fontaine, Executive Director, at julie.fontaine@wahnapiataefn.com.

The deadline for submitting applications is August 20.

COMMUNITY UPDATE

WAHNAPITAE FIRST NATION MEMBERS ONLY

POW-WOW 2021

mnaadendimeng dinoweninowaa gdi-
binoojiinmnaanig geyaabi enoondaagaa sigwaa

honouring the lost voices of our
children

AUGUST 14-15

WFN POW-WOW GROUNDS

Saturday Events

12 PM Grand Entry

7 PM Grand Entry

Fireworks Display

Sunday Events

12 PM Grand Entry

Please follow all COVID-19
protocols and stay home if not
feeling well.



COMMUNITY UPDATE



Welcoming CEREMONY

For new additions to our families, including babies, children or any member that has not been part of past ceremonies.

Saturday, September 25, 2021

Pow-Wow Grounds

Conducted by Julie & Frank Ozawagosh

Fire Keeper Tony Tyson

Feast to follow

This is special day for all community members to unite together in welcoming Wahnapiatae First Nation's newest members.

We recognize this ceremony is traditionally held in the spring but the global pandemic required us to reschedule this ceremony.

RSVP to Tammy Chevette - Family Well-Being Worker
tammy.chevette@wahnapiataefn.com or 705-920-9488

COMMUNITY UPDATE

WAHNAPITAE FIRST NATION

WANTS TO CONNECT
WITH YOU

Stay up to date on what's happening at WFN by signing up for email communications, using the link below.

This will let you receive the newsletter digitally, provide more timely feedback on important community projects and receive links to virtual community engagement sessions.

WWW.TINYURL.COM/WFN-EMAIL

If you have any thoughts or questions, please let us know at monica.dorion@wahnapitaefn.com



WANT TO BE A GREAT NEIGHBOUR?

Fireworks are a lively and exciting way to celebrate and have a good time.

Let your neighbours know you intend to set off fireworks.

Be aware of noise and fireworks bylaws and their implications.

Be safe and ensure the safety of those in attendance.

Enjoy responsibly.

DIABETES circle

peer support
management strategies
healthy recipes
take charge of your health



every wednesday
1 to 3 pm
norman recollet
health centre

COMMUNITY UPDATE

Pow-Wow Etiquette

It should be noted that every pow-wow is different so the first rule is the most important. The key is respect, and many first timers don't have access to the life-long teachings that we take for granted.

Be Respectful

Listen to the Master of Ceremonies

He will announce who is to dance and when.

Be on time

The committee is doing everything possible to ensure that activities begin and run smoothly. Please cooperate in this regard.

Dress appropriately

Appropriate dress and behavior are required in the arena. Anyone unwilling to abide by this rule will be asked to leave by the Arena Director. (If you are going to dance, try to wear dance clothes.)

Don't sit on benches for dancers

Arena benches are reserved for dancers. Dancers wishing to reserve a space on the bench should place a blanket in that space before the dance begins. Please do not sit on someone else's blanket unless invited. Uncovered benches are considered unreserved.



Respect the position of the Head Man and Head Woman Dancers

Their role entitles them to start each song or set of songs. Please wait until they have started to dance before you join in.

Dance as long and as hard as you can

When not dancing, be quiet and respect the arena.

Remember these dances are more than the word dance can convey. They are a ceremony and a prayer which all life encompasses and produce many emotional and spiritual

reactions. Some dances are old, some are brand new. Our culture continues to live and evolve. If you are asked to dance by an elder, do so. It is rude and disrespectful to say "I don't know how."

Show respect

The Flag Song, or the Indigenous equivalent of the national anthem, is sung when the Canadian flag is raised or lowered. Please stand and remove hats during the singing of this song. It is not a song for dancing. Also stand during "special" songs. Stand in place until the sponsors of the song have danced a complete circle and have come around you, and then join in. If you are not dancing, continue to stand quietly until the song is completed. Show respect to all Elders, drummers, singers, dancers, and the pow-wow staff and committee.

Ask permission

Do not touch anyone's dance regalia without their permission. These clothes are not costumes and yes we use modern things like safety pins and such because we are a living culture, our regalia is subject to change.



COMMUNITY UPDATE

Pow-Wow Etiquette

Clean up

It's funny how much trash we as people drop. Make an extra effort to walk to the trash can. Respect Mother Earth.

Be aware of your surroundings

Someone standing behind you may not be able to see over you. Make room, step aside, sit, or kneel if someone is behind you.

No alcohol or drugs are allowed at pow-wows

Do not come to a pow-wow while you are intoxicated.

Observe and Learn

Follow event protocols

While dancing at any pow-wow, honour the protocol of the sponsoring group.

Observe and learn

Some songs require that you dance only if you are familiar with the routine or are eligible to participate. Trot dances, Snake, Buffalo, etc., require particular steps or routines. If you are not familiar with these dances, observe and learn. Watch the head dancers to learn the procedures. Only veterans are permitted to dance some veteran's songs, unless otherwise



stated; listen to the MC for instructions. If you are not wearing traditional regalia, you may dance only on social songs (like Two-Step, Blanket Dance, Honoring Songs, Circle, etc.).

Sometimes a

blanket dance is held to gather money. You may enter the circle to donate.



Be generous

Pow-wows are usually not-for-profit events. The organizing committee depends upon donations, raffles, blanket dances, etc. for support.

Donations are encouraged as a way to honor someone. Any participant can drop money onto the blanket to aid in the pow-wow expenses.

Be grateful

Giveaways, attributes of Indian generosity, are held at many dances. They acknowledge appreciation to recipients for honour given. When receiving a gift, the recipient thanks everyone involved in the giving. Note: all specials and giveaways must be coordinated with the Master of Ceremonies.

Please remember that it is traditional to make a monetary contribution to the drum for this request – clear this through the MC.

Bring a chair

Most powwows will not have seating for the public or enough seating for everyone. Also remember that the benches in the arena are for dancers only.

Have fun

Buy something from the vendors. Donate if you can. Most of all, don't be uptight: relax. The whole universe comes together this day to celebrate. You are invited to join in.

COMMUNITY UPDATE

Pow-Wow Etiquette

Ask Questions

Ask for help

If at any time you are uncertain of procedure or etiquette, please check with the MC, Arena Director, or head singer. They will be glad to help you with your questions.

Remember that in each area you travel to and visit, things can and will be slightly different than your area. Different groups have different customs and methods of doing things. Different is not wrong, just different. Be respectful of the uniqueness of each area.

About Photography

When photographing a pow-wow, it is **important to be respectful and not take photos at inappropriate moments.** For example, don't take photos during prayers, flag songs or other ceremonies or when the

Master of Ceremonies has forbidden the taking of photos. Also, always ask a dancer for permission before you take a photo of their regalia. Under no circumstances may you enter the arena to take photos. Put your camera down for all memorial dances. Group photographs are usually alright to take, but you might want to ask the committee first.

About Children

Please do not permit your children to enter the dance circle unless they are dancing.

Do not carry children when you are in the dance area. It is like you are holding something to offer to the spirits (or an Elder).

Please remember, these are general rules when there is no other ground work to proceed from.



TRADITIONAL TEACHINGS

Pow-Wow Glossary

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.

CONTESTS - a competition for prizes and recognition against other dancers. Dance styles and age determine the categories of competition. Age groups are usually 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.



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.

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 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, which 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.



“Paint Your Paddle” Participants

Wahnapiatae First Nation, we asked you to show us your creative side and you did not disappoint!

The talent in our community is both impressive and awe-inspiring. All members who submitted photos of their completed paddles were entered into a draw.

Chi-miigwech to all who participated and congratulations to the winners:

- Samantha Tyson,
- Marilyn Roque and
- Maureen Boucher.

We hope you showcase your artwork in a place of honour in your home.



EDUCATION UPDATE

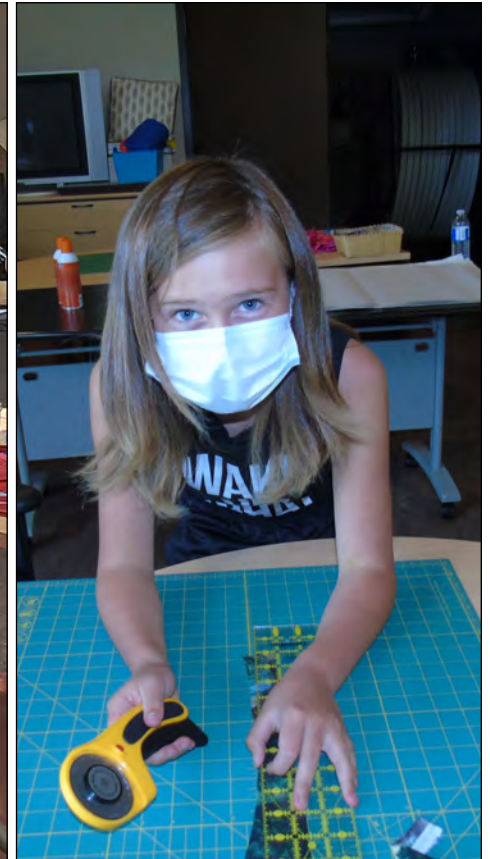
Sewing and Safety at Maan Doosh Gamig

Sunday, July 19 was a busy but fun day of community protection and progress for Wahnapiatae First Nation.

First, Public Health Sudbury & District brought their mobile vaccination clinic to the Centre of Excellence for a few hours. A number of members took advantage of the easy-to-access vaccine clinic and rolled up their sleeves.

Members then got busy preparing their regalia for the 2021 Wahnapiatae First Nation Pow-Wow.

With access to experienced sewers and all the tools needed to create personalized regalia, members got busy measuring, cutting, pinning, ironing, and fitting. We can't wait to see the finished pieces!



ROCKY'S UPDATE



ENJOY THESE DISCOUNTS TODAY!

705-858-0500 | OPEN 11-8 THURSDAY-SUNDAY

**BOGO 50%
SLUSHIES**

AUGUST 2021

BUY ONE MEDIUM SLUSHIE, GET THE
SECOND HALF OFF



**10% OFF
WAFLE
POUTINE**

AUGUST 2021

ESCARGOT IS BACK!

**FREE DESSERT
WITH PURCHASE
OF 2 ENTREES**

AUGUST 2021

PURCHASE ANY TWO ENTREES AND GET
A FREE DESSERT

**ONE FREE
ICE CREAM
CONE**

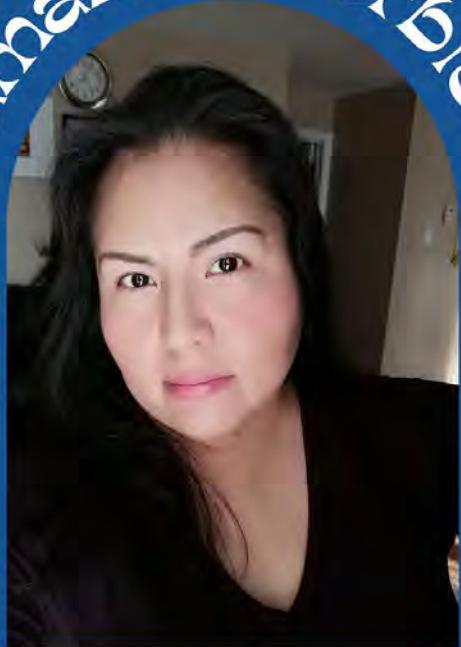
AUGUST 2021

SINGLE SCOOP

MUST PROVIDE COUPON TO SERVER OR GAS BAR ATTENDANT
FOR DISCOUNTS!

EMPLOYEE SPOTLIGHT

Samantha Corbiere



Please help us congratulate Samantha on her recent promotion to Assistant of the *new* Infrastructure & Development department!

Prior to her promotion, Samantha was previously working as the Executive Assistant. In order to ensure the new department is successful, WFN knew a strong, knowledgeable and dedicated candidate was required.

Congratulations Samantha and thank you for your ongoing commitment to the betterment of Wahnapiatae First Nation!

JOB WELL DONE



Terry Roque

Terry was faced with some major obstacles this past year with COVID-19! His ability to problem-solve along with his adaptability and interpersonal skills allowed him to persevere and get the job done!

Terry's most recent priority project was the planning and implementation of new housing units. We now have 4 new buildings and 8 units in total, thanks to Terry!

CONGRATULATIONS & THANK YOU



LEAH STACK

Leah has been part of our team for about 2.5 years! We are extremely fortunate and grateful for Leah, her knowledge of economic development as well as her persistence and dedication. Leah's most recent priority project was the Wahnapiatae First Nation Cannabis Law. The law has been passed (first law) and Leah has continued to assist members with their on-reserve businesses!

Please join us in thanking Leah and congratulating her on the passing of our first law, the cannabis law and assisting with two local businesses in receiving their cannabis licenses.

EMPLOYEE SPOTLIGHT

Rocky's
LAKE WAHNAPITAE

NEW
Management



MIRANDA DUMAIS

Hi, my name is Miranda Dumais. I grew up in Elliot Lake and moved to Sudbury in 2017. A year and a half ago, I moved to the Wahnapiatae First Nation and have been a proud community member since. I have been working at Rocky's for over three years and have developed an immense passion for the establishment. Being a part of Rocky's has brought me closer to this wonderful community and the abundance of opportunities it brings. I look forward to continuing my journey and expanding my knowledge with Rocky's and Wahnapiatae First Nation.

Q&A

Q: Before your new management role, what did you do at Rocky's?

A: I've pretty much worked in all areas and positions now, just never officially worked in the kitchen. I've jumped in there many times to assist ...cutting potatoes, washing dishes and sometimes even plating food!

Q: What's your favourite memory from working at Rocky's?

A: Busy winter weekends! The atmosphere in the winter is different... it's cozy! It's still busy though, which is the other part I love - the busy hustle & bustle of people!

Q: What do you recommend from the menu? What's your go-to favourite item?

A: Definitely the chicken quesadilla!

Please join us in congratulating Miranda on her new and well deserved promotion!



Rocky's

Valid August 1-31, 2021

FREE ORDER
DEEP FRIED
CHEESE CURDS
WITH MIN.
ORDER OF \$25.00

COMMUNITY NOTICES



hurt your helmet, not your head

The bike helmet law in Ontario requires every cyclist under the age of 18 to wear an approved bicycle helmet. If you are a parent of a child younger than 16 years of age, responsibility falls to you to ensure they are equipped.

E-bike laws require that all e-bike operators must be 16 years of age or older and all must wear an approved bicycle helmet that fits properly.

All passengers must be wearing helmets on both ATVs and in side-by-sides, must be wearing seat belts in side-by-sides, and be over the age of 8.



call for submissions

WFN MEMBERS

Are you a carver or weaver? A photographer or painter? Perhaps you are a poet or a seamstress making beautiful ceremonial clothing?

If so, we want to showcase your talents!

Send your submissions to Monica @ monica.dorion@wahnapietaefn.com

Leash & Scoop



Help keep
Wahnapietae First Nation
clean and friendly.

DID YOU KNOW?

Wahnapietae
First Nation
hosts a job board
on its website

[wahnapietaefirstnation.com/
external-job-opportunities/](http://wahnapietaefirstnation.com/external-job-opportunities/)

On this page, you'll find off-reserve job offerings, training courses, and internships

Check out the rest of the website while you're there!

FAMILY WELL-BEING UPDATES

Sewing Circle - All Welcome

Got a regalia to get ready for pow-wow? Come on out and get some extra sewing time and help from experienced sewers and seniors.

When: Wednesday, August 4 and 11, 2021

1 pm – 4 pm

Where: Maan Doosh Gamig

259 Taighwenini Trail Road

For more information and to sign up, call the Norman Recollet Health Centre at 705-858-7700 and ask for Heather.



HEALTHY RECIPE OF THE MONTH



**WEDNESDAY, AUGUST 18, 2021
4 P.M. - 6 P.M.**

PLEASE NOTE: The address for pick-up has changed to the following:

259 Taighwenini Trail Rd.

Bring your own bags!

EVENT UPDATES

CONGREGATE DINING

(MUST BE 55+)

THURSDAY, AUGUST 5, 2021



DELIVERY BETWEEN
5 P.M. - 6 P.M.

CALL WENDY OR HEATHER
FOR MEAL DELIVERY:
(705) 858-7700

Good Food Boxes



Order by 2nd Wed. each month
Delivered 3rd Wed. each month
Small Box: \$10 | Large Box: \$19

Call Wendy or Heather to order:
(705) 858-7700



VIRTUAL NUTRITION BINGO

5:30 P.M.

**THURSDAY
AUGUST 5**

**THURSDAY
AUGUST 19**

PRIZES ARE THE SAME. CARDS WILL BE BAGGED
FOR PICKUP.
PAYMENT DUE ON PICKUP.

CALL WENDY OR HEATHER TO
RESERVE YOUR SPOT:
(705) 858-7700



SOUP'S ON!

CURBSIDE ONLY

EVERY TUESDAY

CALL BY 12 P.M. | PICK UP BY 1 P.M.

CALL HEATHER TO PLACE ORDER: (705) 858-7700

EARLY YEARS PROGRAMS - JULY 2021



Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CIVIC HOLIDAY	3	4	5	6	7
8	9 Healthy snack day!	10 	11	12	13	14
15	16 Science Experiments!	17 	18	19	20	21
22	23 Arts and Crafts	24 	25	26	27	28
29	30 Sensory bins!	31 	<p>Location: At home</p> <p>Please note: Weekly activities are posted on the WFN Tiny Tots and Early Years Facebook group. Monthly package deliveries with the required materials will be dropped off at the address provided on registration forms.</p>			



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CIVIC HOLIDAY NO CAMP TODAY	3 Swimming at the pow-wow grounds 1-3:30 PM	4 Building day	5 Canoeing at the pow-wow grounds 1-3:30 PM	6	7
8	9 Theatre day	10 HAPP with Christine	11 HAPP with Christine	12 Arts and Crafts	13	14
15	16 Scavenger hunt day	17 Minute-to-Win-it! Day	18 Summer Camp Olympics	19 Fun in the Sun day	20	21
22	23	24	25	26	27	28
STEM PATH @ SCIENCE NORTH						
29	30	31	Location: Gazebo Ages: 7-15 Monday to Thursday Time: 9:00- 12:00 1:00-3:30 (Youth will go home for lunch from 12:00-1:00PM) Please note: This calendar is subject to change according to COVID-19 restrictions.			

WFN EVENT CALENDAR - AUGUST 2021

Please be sure to use this calendar as your official reminder for these events, and to help plan your month.

August 14 & 15 - Wahnapiatae First Nation Pow-Wow (for members only)

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3 Soup's On	4 Diabetes Circle	5 Virtual Nutrition Bingo Congregate Dining	6 CLOSED	7
8	9	10 Soup's On	11 Good Food Order deadline Diabetes Circle	12	13 CLOSED	14
15	16	17 Soup's On	18 Good Food Delivery Day Diabetes Circle Healthy Recipe of	19 Virtual Nutrition Bingo	20 CLOSED	21
22	23	24 Soup's On	25 Sue Chartrand Diabetes Circle	26	27 CLOSED	28
29	30	31 Soup's On				

Sue Chartrand will be here for footcare and massages per the calendar. If interested, contact Line @ 705-858-7700 ext 218. Please call 708-858-7700 to order your Good Food Box, to register for Congregate Dining, or to register for Nutrition Bingo. Diabetes Circle: Every Wednesday, 1 to 3 pm.