



# Wahnapiatae First Nation Community Newsletter

Inside this issue:

December 2021

## P4: Holiday Memories



Start the season right with a festive poem submitted by a WFN member.

## P5: Honour on the Ice



WFN member Abby Roque is heating up the ice as an international hockey star.

## P6: Drumming of Your Heart



Drumming is tied to wellbeing, as members learned in recent workshops.

## P17: Event Calendars



There will be no January 2022 newsletter, so check out all upcoming events in these two-month calendars.



## A Message to Members

Winter is now in full swing and the festive season is fast approaching, which means our lives are busier than ever.

While it's easy to get caught up in the holiday fun, we must still remember to be safe this year. COVID-19 is still very active in our area, and with new variants still emerging, it's more important than ever that we remain cautious and follow all public health safety protocols. This will help keep our community healthy and vibrant well into the new year.

Please also note that as of Dec. 20, the Wahnapiatae First Nation Centre of Excellence will close for two weeks for the annual Christmas and New Year break.

Before we part ways for the season, however, I want to convey our warmest holiday wishes to each of you. On behalf of Council, may your break be safe and restful, no matter how you plan to spend your time.

Have a very happy holidays, a merry Christmas, and joyous New Year.

Minoganawaamdig Niibaanaamaang miinwaa Nimkoodaading.

Miigwetch,  
Chief Larry Roque

# COVID-19 UPDATES

## COVID-19 Statistics

(as of November 29, 2021)

### Sudbury District:

**Total Tests:** 325,035  
**Confirmed Cases:** 3,719  
**Resolved:** 3,431  
**Deaths:** 38  
**Fully vaxxed:** 125,798

### Ontario:

**Total Tests:** 18,981,582  
**Total Cases:** 617,015  
**Resolved:** 600,537  
**Deaths:** 9,994  
**Hospitalized:** 134  
**In ICU:** 135  
**Fully vaxxed:** 11,250,989

### Canada:

**Total Tests:** 48,485,509  
**Total Cases:** 1,782,171  
**Active Cases:** 25,027  
**Recovered:** 1,727,526  
**Deaths:** 29,618  
**Fully vaxxed:** 28,876,064

For up-to-date figures, be sure to check:

Sudbury:  
[tinyurl.com/phsddata](https://tinyurl.com/phsddata)

Ontario:  
[covid-19.ontario.ca/data](https://covid-19.ontario.ca/data)

Canada:  
[tinyurl.com/canadacvd19](https://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  
Fax: (705) 858-5570



## NORMAN RECOLLET HEALTH CENTRE WANTS TO KNOW

Dear Members;  
Would you like to receive a COVID-19 shot or booster?

If interested please contact Line Baillargeon by email to [line.baillargeon@wahnapitaefn.com](mailto:line.baillargeon@wahnapitaefn.com) or phone at 705-858-7700 x218.



### Eligibility:

- Individuals 70 years of age and older (born in 1951 or earlier) who received their second dose of COVID-19 vaccine at least 6 months ago.
- First Nations, Inuit, and Métis adults 16 years of age and older including non-Indigenous household members, who received their second dose of COVID-19 vaccine at least 6 months ago.
- Health care workers 16 years of age and older who received their second dose of COVID-19 vaccine at least 6 months ago.
- Individuals who received 2 doses of the AstraZeneca/COVISHIELD COVID-19 vaccine at least 6 months ago.
- Individuals who received 1 dose of the Janssen/Johnson & Johnson COVID-19 vaccine at least 6 months ago.
- Vulnerable older adults in congregate settings who received their second dose of COVID-19 vaccine at least 6 months ago.
- Children aged 5 to 11.

## 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.wahnapitaefirstnation.com](http://www.wahnapitaefirstnation.com)



**MAIN PAGE:** [www.fb.me/wahnapitaefirstnation](https://www.fb.me/wahnapitaefirstnation)



**YOUTH PAGE:** [www.fb.me/WFNYouthPage](https://www.fb.me/WFNYouthPage)



# COMMUNITY NOTICES



We wish you a

*Minganaawandig  
Niibaanaamaang*

*minwaa*

*Nimkodaaading*

*(Merry Christmas and a happy New Year)*

.....

**Wahnapiitae First Nation offices will be closed from  
December 17, 2021 to January 3, 2022.**

Please note: garbage and recycling pick-ups will remain as scheduled.

# MEMBER SUBMISSION

## I Remember When

By Marlene Roque

Christmas was the time my mother loved best  
The bickering paused and she got a rest  
"Santa knows if you've been naughty or nice.  
You'd better be good," was her sound advice.

The Sears catalogue lay tattered and worn  
With pages missing, and some that were torn  
From eight kids who'd spent the last month or two  
Saying, "I want that and this, oh and that too."

I remember the joy on Christmas eve  
When innocence allowed me to believe  
That Santa Claus would bring us lots of toys  
But only if we'd been good girls and boys

The smell of pine from the tree filled the air  
The magic of Christmas was everywhere  
We hung the biggest stockings we could find  
From Dad's drawer, you know, the thick grey kind

We knew that he knew, the next time mom washed  
There'd be more than a few missing or lost  
At this time of year, he'd let most things go  
He'd turn a blind eye or pretend not to know

The kids gathered before bedtime that night  
And plan to be up before sun's first light  
It would take forever to fall asleep  
Nothing would work, not even counting sheep.

Morning would dawn and us kids would all meet  
And sneak down the stairs, trying to be discreet  
Our excited giggles would wake mom and dad  
These were the best times I have ever had

Mom by the tree, handing out all the gifts  
Dad smiling tiredly, from all the night shifts  
And us, tearing paper, oblivious  
Of sacrifices made to give this to us

As we gathered to eat, we'd all say grace  
Those memories, one can never replace  
Where did that time go, it all went so fast  
This year I wish I could have Christmas past.



# COMMUNITY UPDATES

## Hockey and Heart Set Abby Apart

A Wahnapiatae First Nation member was national news on Nov. 17, when Abby Roque's success in women's hockey was the talk of The Today Show.

Abby is the daughter of Jim and Julia Roque, the niece of Chief Larry Roque, and a member of Wahnapiatae First Nation (WFN). Her incredible success in women's hockey led her to being featured on The Today Show on NBC, where they interviewed Abby and her story as an Indigenous woman in her chosen sport.

The television segment covered Roque's childhood in Sault Ste. Marie, Michigan, her being a member of WFN, and her accomplishments as a member of the Professional Women's Hockey Player Association (PWHPA).

In the interview, Abby described how she grew up in Indigenous culture and how diversity is important, especially as there are too few Indigenous hockey players in the elite leagues.

Abby has had a very successful career so far playing for the University of Wisconsin and has won numerous prestigious awards; she was also a member of the U.S. Under-18 Women's National Team, and has participated in two International Ice Hockey Federation

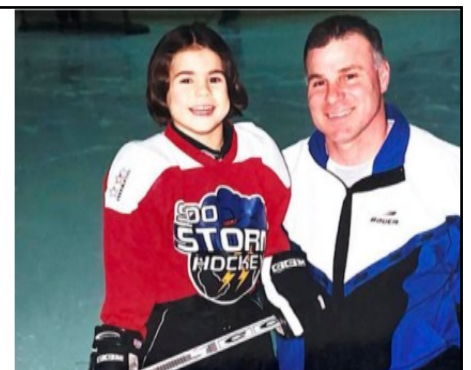


Under-18 Women's World Championships (gold-2015; silver-2014).

Abby is currently looking to secure a spot to represent Team USA in the 2022 Beijing Winter Olympics.

WFN is very proud of Abby and all her accomplishments as a professional hockey player. She honours Wahnapiatae First Nation with her humility and skill.

We will be cheering for you, Abby!



To view Abby's Today Show interview, visit:  
[www.tinyurl.com/abbyroquetodayshow](http://www.tinyurl.com/abbyroquetodayshow)

# CULTURAL UPDATE

## Lighting the Tree of Hope

**W**ahnapiatae First Nation Chief Larry Roque helped light the way for remembrance of our missing and murdered Indigenous women (MMIWG2S) at a special event in downtown Sudbury on Nov. 14.

Held at the Greater Sudbury Police Service building (190 Brady Street), the event saw the lighting of the Tree of Hope, where Chief Roque was an honoured dignitary.

The Tree of Hope campaign began with the Thunder Bay Police Service in 2019, and adorning the tree in red represents the red dress — so closely associated with MMIWG2S.

The tree itself is topped by an orange eight-point star built by students of St. Charles College.

The colour of the star represents the Every Child Matters campaign, reflecting the need to recognize and honour those children lost to the residential school system, and those who survived.

The tree will remain lit until the New Year.



## The Drumming of Your Heart

**By Tammy Chevrette**

*WFN Family Wellbeing Worker*

**D**rumming has been an integral part of Indigenous cultures since time immemorial, as the drumbeat represents the heartbeat of Mother Earth.

Many of us also believe our traditional ways will improve our health and well-being. Thus, to the Ojibway people, health promotion is simply another term for Mino-Bimaadiziwin, or “Good Life.”

Living a “Good Life” requires us to find our physical, mental, spiritual and emotional balance. Hand drumming practices support our physical, mental, spiritual and



emotional wellbeing, while helping to strengthen our ties to traditional cultural practices.

Chi-Miigwetch to all who attended the Drumstick and Drum Workshops, and the Drum Birthing Ceremony on Nov. 15.

It was a pleasure to be part of the creation of these drums with the community, from the little ones pulling their own hide for the lacing to the sounds of awakening their drums.

May these drums awaken your spirits and connect you to the Creator.

Miigwetch.



# HUMAN RESOURCES UPDATE

## Meet Marlene Roque, Heritage Research Worker

**A**anii, my name is Marlene Roque and I am the daughter of Albert Roque.

My father was born in Killarney to Marie Labelle and Louis Roque. He left home at a young age to join the Air Force, married a wonderful woman, had eight children, and spent most of his years transferring to and from several bases across Canada.

For me, moving to Wahnapiatae First Nation felt like I was coming home. I have always felt a certain yearning to come back to my roots and have found the WFN community more than welcoming.

I have a Bachelor of Arts with a concentration in English and I also have my teaching certificate. I have acquired the job of Researcher for a project pertaining to not only the history of Wahnapiatae First Nation, but the progress made, as well as the challenges faced,



and the future hopes for this wonderful community.

If anyone has information, historical documents and photos, memories, or a story they would like to share with me, I would be more than happy to meet in person or have a conversation on the telephone. Please note I will also be reaching out to community members directly to complete this project.

Your input is what will help people from all walks of life understand who we are, where we came from and where we hope to go.

I can be reached via email at [marlene.roque@wahnapiataefn.com](mailto:marlene.roque@wahnapiataefn.com) or on my cell at 613-282-7615. I hope to hear from you soon.

Miigwetch.



**Nurse Practitioner's Week 2021**  
NOVEMBER 7 - 13

WAHNAPITAE FIRST NATION AND THE  
NORMAN RECOLLET HEALTH CENTRE

RECOGNIZE

REBECCA FORESHEW  
BSCN, RN, MSCN, PHC-NP

as an essential member of the health care team  
at Wahnapiatae First Nation. Her passion for  
helping others and genuine affection for our  
community make her an undeniable asset.

Thank you, Rebecca, for all you do for the members of WFN.

# COMMUNITY NOTICES

## Community Penny Table

The Norman Recollet Health Centre is holding its annual community penny table.

Table viewing will be open from December 1 to 14.  
Draw for items will be on December 15



## 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.



## TUTORS NEEDED

The Wahnapiitae First Nation Education Department is looking to build a pool of community members interested in tutoring students in Grades 1 - 12, across a variety of subjects as needed.

If you're interested serving as a tutor on a specific subject, please reach out per the contact information below to discuss your area of expertise.

**CONTACT MARILYN NICHOLLS AT (705) 858-0610**



# COMMUNITY EVENTS

## *Elders' Christmas Dinner* *Sunday, December 5*



Meal delivery will begin at 5 pm

## INTRODUCTION TO BEADING & MOCCASINS SERIES

Teachings by Julia Pegahmagabow

### Workshops:

6 PM to 8:30 PM

Maan Doosh Gamig

Wednesday, December 1 & 8

Wednesday, January 12, 19, & 26

Wednesday, February 2

Please join us for an introductory beading and moccasin workshop. Participants will complete a pair of moccasins with beading by the end of the series.

Participants must attend all workshops to learn different beading techniques and complete their moccasins. Recommended for ages 16+.

Registration required by November 5, 2021 to ensure adequate supplies. Please contact Tammy Chevette to register via email at [tammy.chevette@wahnapietaefn.com](mailto:tammy.chevette@wahnapietaefn.com) or by phone at 705-920-9488.

*only 6 classes left*





# COMMUNITY EVENTS

Wahnapiatae First Nation presents



S U P P E R & S T O R Y T E L L I N G

TUESDAY

**14**  
DEC

All WFN youth are invited to an intergenerational night of traditional and modern storytelling between grandparents and grandchildren from 5PM-7PM. Supper will be provided.

PLEASE RSVP BY DECEMBER 6 TO SECURE SPOTS.

EMAIL CYW SIERRA AT [SIERRA.CROOKS@WAHNAPITAEFN.COM](mailto:SIERRA.CROOKS@WAHNAPITAEFN.COM)





## *Traditional Ornament Workshop*

**When: Thursday, December 16**

**Where: Maan Doosh Gamig**

**Time: 6 p.m. to 9 p.m.**

Light refreshments will be provided

**MUST RSVP BY DEC 8TH, 2021**

To RSVP, contact F.W.B. Worker Tammy Chevrette  
@ 705-920-9488 or [tammy.chevrette@wahnapietaefn.com](mailto:tammy.chevrette@wahnapietaefn.com)

LIMITED SPACE AVAILABLE DUE TO COVID-19 RESTRICTIONS

# COMMUNITY EVENTS



## TINY TOTS AND EARLY YEARS HOLIDAY PROGRAMMING

Join us at the Gazebo



### Tiny Tots Program Schedule

9:30 a.m. - 11:30 a.m.

December 7: Christmas Decorations

December 14: Christmas Celebration

January 11: Let's play with Snow

January 18 : Sensory Bottles

January 25 : Bingo

### Early Years Program Schedule

3:30 p.m. - 5:30 p.m.

December 7: Christmas Snow globes

December 14: Christmas Celebration

January 11: Seven Grandfather Teachings - Truth

January 18 : Let's Melt a Snowman

January 25 : Anishinaabemowin Bingo



*We are closed December 20 to December 31.  
We will start up again January 11.*

For questions contact  
Natalie Goring, Healthy Babies Healthy Children Worker,  
at [natalie.goring@wahnapiataefn.com](mailto:natalie.goring@wahnapiataefn.com).





# COMMUNITY EVENTS

## DIABETES CIRCLE

### December Holiday Schedule

Wednesday, December 1 and 8

From 1 p.m. to 3 p.m.

We return to regular scheduling on  
January 5, 2022

In the Maan Doosh Gamig Hall



Norman Recollet Health Centre

## GINGERBREAD HOUSE FAMILY ACTIVITY

WITH KITS AVAILABLE

REGISTER BY DECEMBER 6

### Contact

Natalie Goring, Healthy Babies Healthy Children  
Worker at [natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)

or

Tammy Chevrette, Family Well Being worker at  
[Tammy.Chevrette@wahnapitaefn.com](mailto:Tammy.Chevrette@wahnapitaefn.com)  
for kits and photo submission

PICK UP AND DROP OFF AVAILABLE  
SUBMIT PHOTOS BY JANUARY 1 TO BE ENTERED  
IN A DRAW

*Curbside Only*

## SOUP'S ON!

December 7 and 14

Call by 12p.m. | Pick up by 1p.m.

Call Heather to place order:

(705) 858-7700



MAAN DOOSH GAMIG

## Nutrition Bingo

December 9

PRIZES ARE THE SAME. CARDS  
WILL BE BAGGED FOR PICKUP.

PAYMENT DUE ON PICKUP.

CALL WENDY OR HEATHER TO RESERVE YOUR  
SPOT. PLEASE INDICATE VIRTUAL OR IN-  
PERSON ATTENDANCE:

(705) 858-7700

*Virtual or In-Person*

# COMMUNITY EVENTS

## January Good Food Boxes

Order by December 15, 2021  
Delivered January 6, 2022  
Small Box: \$10 | Large Box: \$19

CALL WENDY OR HEATHER  
TO ORDER: (705) 858-7700



## NUTRITION BINGO

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

CALL WENDY OR HEATHER TO RESERVE YOUR SPOT. PLEASE INDICATE VIRTUAL OR IN-PERSON ATTENDANCE: (705) 858-7700

**JANUARY 3 AND 17**

## CONGREGATE DINING

Delivery between  
5P.M. - 6P.M.  
January 6

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



*Curbside Only*

## SOUP'S ON!

JANUARY

*Every Tuesday*  
Call by 12p.m. / Pick up by 1p.m.  
Call Heather to place order:  
(705) 858-7700





# COMMUNITY EVENTS



## COOKING WITH DAD

**LET'S MAKE SOME BANNOCK!  
SEND US A PICTURE OF YOUR DELICIOUS  
BANNOCK.**

For children aged 0 to 6.

Register by Friday, January 7.

Natalie will email when the kits are ready for pick up or drop off.

Contact

Natalie Goring, Healthy Babies Healthy Children Worker  
at [natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)



*WATCH FOR A VIDEO ON THE WFN TINY TOTS AND EARLY YEARS  
FACEBOOK PAGE FOR INSPIRATION!*

## SPILT MILK CHALLENGE

**Submission Deadline:  
Friday, January 14**

To get your kit, contact Natalie Goring,  
Healthy Babies Healthy Children Worker  
by email at  
[natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)

Please note: WFN will be sharing submitted  
photos via print and social media.

**Open to all members!**



# COMMUNITY EVENTS



## Ribbon Skirt Workshops

with teachings by Vera Coulombe

for ages 16+

### When:

Mondays

January 10, 2022

January 17, 2022

January 24, 2022

### Where:

Maan Doosh Gamig

### Session Time:

6pm - 9 pm

Light refreshments will be available

Limited space available, please RSVP by January 5, 2022 to  
F.W.B Tammy Chevrette @ 705-920-9488 or  
[tammy.chevrette@wahnapiatfn.com](mailto:tammy.chevrette@wahnapiatfn.com)

(Younger girls Skirt workshop will follow in February)



# AFTER SCHOOL PROGRAM - DEC. 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Water Teaching & Infusing Recipes 3:30-5:30pm	2 YLP The Gift of Giving and Group Planning 3:30pm-5:30pm	3	4 Breakfast with Santa 8-11am  Brunch with Santa 12-3pm
5	6 ASP Winter Olympics (Dress Accordingly) 3:30-5:30pm	7	8 ASP & YLP Outing to Sudbury BJJ 3:30-7:00pm	9 YLP Chicken Pot Pies & Gender Bread Decorating 3:30-5:30pm	10	11 Community Christmas Parade 4PM
12	13 ASP No-Bake Christmas Treats & Crafts 3:30-5:30pm	14 Supper & Storytelling MDG Hall 5 pm—7pm	15 ASP Christmas Party 3:30-6:00pm	16 YLP Christmas Celebration 3:30-6:00pm	17 <b>NO WEEKLY CHALLENGES Program extended 30 mins on Wednesday and Thursday</b>	18
19	20	21	22	23	24	25
<b>Closed For Holidays</b>						
26	27	28	29	30	31	
<b>Closed For Holidays</b>						

# AFTER SCHOOL PROGRAM - JAN. 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
Closed For Holidays						
2	3	4	5	6	7	8
No Program						
9	10 ASP New Year, New Me Setting Goals 3:30pm-5:30pm	11	12 ASP Games Experiments and Science, Oh my! 3:30-5:30pm	13 YLP Group Planning: YLI & Financial Budgeting 3:30pm-5:30pm	14	15
16	17 ASP Healthy Alternatives Cooking 3:30 pm—5:30pm	18	19 ASP Parents VS. Kids Family Feud Night 3:30pm-5:30pm	20 YLP Grocery Shopping Challenge 3:30-5:30pm	21	22 Winter Carnival 10 AM to 3 PM
23	24 ASP Outdoor Winter Games 3:30pm-5:30pm	25 Family Fitness Night with Orange Theory Fitness 5:30pm—6:30pm	26 ASP DIY Taco Day 3:30pm-5:30pm	27 YLP Cooking Challenge 3:30pm-5:30pm	28	29
30	31					



# WFN EVENT CALENDAR - DEC. 2021

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Diabetes Circle Penny Table Viewing Opens	2 Good Food Box (pickup)	3 <b>Closed</b>	4 Breakfast with Santa  Brunch with Santa
5 Elders' Dinner	6	7 <b>Soups On</b> <b>Tiny Tots</b> <b>EYP</b> <b>Boys Drum Group</b>	8 <b>Diabetes Circle</b>	9 Nutrition Bingo (double)	10 <b>Closed</b>	11 <b>Christmas Parade</b>
12	13	14 Supper and Story- telling Sue Chartrand <b>Soups On</b> Penny Table Viewing Closes <b>Tiny Tots</b> <b>EYP</b> <b>Boys Drum Group</b>	15 <b>Food Hampers and Gift Baskets</b> Penny Table Draw <b>Good Food Box (Order for Jan)</b>	16	17 <b>Closed</b>	18
19	20	21	22	23	24	25
<b>Closed For Holidays</b>						
26	27	28	29	30	31	
<b>Closed For Holidays</b>						

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.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
<b>Closed For Holidays</b>						
2	3 Nutrition Bingo	4 <b>Sue Chartrand</b> Soup's On <b>Boys Drum Group</b>	5 Diabetes Circle	6 Congregate Dining Food Box (pick up)	7 Closed	8
9	10	11 Soup's On Tiny Tots EYP <b>Boys Drum Group</b> Sue Chartrand	12 Diabetes Circle	13	14 Closed	15
16	17 Nutrition Bingo	18 Soup's On Tiny Tots EYP <b>Boys Drum Group</b>	19 Diabetes Circle	20	21 Closed	22
23	24	25 Soup's On Tiny Tots EYP <b>Boys Drum Group</b> Sue Chartrand	26 Diabetes Circle	27	28 Closed	29
30	31					

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