



# Wahnapitae First Nation Community Newsletter

Inside this issue:

October 2021

## P6: Orange Shirt Day at WFN



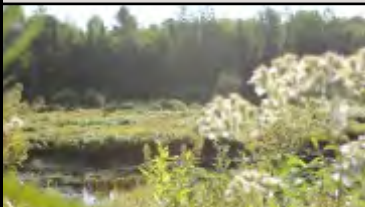
Rain couldn't keep WFN members from gathering for Orange Shirt Day on Sept. 25.

## P10: More Pow-Wow Pics



Revisit more fun and photos from August's 2021 Pow-Wow.

## P12: Land Trust Update



Members continue to provide their thoughts and feedback to help create the community Trust.

## P17: Traditional Teachings



Known for its many calming properties, lavender can also help heal burns, scrapes, acne, and dry skin.



## A Message to Members

**O**range. To many people, the word means so much more than just the name of a colour or fruit. It feels energetic, symbolizes strength, acts as a warning, and is very much entwined with the month of October thanks to the changing colours of the leaves, ripe pumpkins, and Hallowe'en.

Here at Wahnapitae First Nation, the colour orange has very different, important roles.

For our hunters, it's the colour of safety. Everyone who participates in any hunting activity is required to wear safety gear, especially bright orange clothing (hats, vests, pants, etc). As the hunting season starts, please practice all safety measures as regulated by the province. And please make sure family and friends know where you are headed and when to expect you to return.

For all our members, Orange Shirt Day is just as important. This year's gathering on Sept. 25 (as seen in the photo above, and on P6-7) was a day of reflection, remembrance, and joy — despite the rain. Chi-miigwech to all who volunteered: your efforts did not go unnoticed.

Miigwech,  
Chief Larry Roque

# COVID-19 UPDATES

## COVID-19 Statistics

(as of August 31, 2021)

### Sudbury District:

**Total Tests:** 293,214  
**Confirmed Cases:** 2,440  
**Resolved:** 2,394  
**Deaths:** 31  
**Fully vaxxed:** 119,057

### Ontario:

**Total Tests:** 18,197,490  
**Total Cases:** 588,612  
**Resolved:** 573,854  
**Deaths:** 9,754  
**Hospitalized:** 146  
**In ICU:** 159  
**Fully vaxxed:** 10,596,732

### Canada:

**Total Tests:** 43,456,188  
**Total Cases:** 1,629,142  
**Active Cases:** 44,691  
**Recovered:** 1,56,530  
**Deaths:** 27,921  
**Fully vaxxed:** 26,851,680

For up-to-date figures, check:

Sudbury:  
[tlnyurl.com/phsdcdata](https://tlnyurl.com/phsdcdata)

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

Canada:  
[tlnyurl.com/canada/covid19](https://tlnyurl.com/canada/covid19)

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

Wahnapiitae First Nation  
 259 Taighwenini Trail Road  
 Capreol, Ontario | P0M 1H0  
 Phone: (705) 858-0610

# INDIGENOUS WELLBEING in the Times of COVID-19: Four Directions Virtual Support Hub



**Four Directions Concept Application**  
 Banakonda Kennedy  
 Kish (Bell),  
 ShoShona Kish

**Overall Collaboration**  
 Diane Campbell, Dr. Cheryl Smith-Smythies,  
 Lisa Lutz, Lindsey Seiring, Tracy Robinson,  
 Bianca Stambro-Grook, Sonja Miller,  
 Ngina O'Neil (Graphic Design)



## Stay Connected, Stay Safe

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



**WEBSITE:** [www.wahnapiitaefirstnation.com](http://www.wahnapiitaefirstnation.com)



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



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



# COMMUNITY UPDATE

## Flag Raising for Orange Shirt Day

A special flag ceremony was held at WFN on Sept. 29, 2021 to prepare for National Truth and Reconciliation Day.

The ceremony included prayers and smudging in advance of the Sept 30 event, and was conducted by WFN Chief Larry

Roque, Healthy Baby Healthy Child Worker Natalie Goring, and Family Wellbeing Worker Tammy Chevrette.

This flag will fly at half-mast for a limited time.





# COMMUNITY NOTICES

## DID YOU KNOW?

Wahnapiatae  
First Nation  
hosts a job board  
on its website

[wahnapiataefirstnation.com/  
external-job-opportunities/](http://wahnapiataefirstnation.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!



**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@wahnapiataefn.com](mailto:monica.dorion@wahnapiataefn.com)



**WHAT  
CAN WE  
DO FOR  
YOU?**

## DID YOU KNOW

Wahnapiatae First Nation's Administration team can  
help you with the following?

- New member registrations
- SCIS applications
- Genealogy requests
- OLGR Recreation and Sports funding (members only)
- OLG LNHL funding (members only)
- Funeral grants (members only)

Wahnapiatae First Nation's Administration team  
should be notified of the following?

- Name changes due to marriage, divorce, & other  
legal purposes
- Address, email, and phone number changes
- Member deaths

Contact Leila or Emily at 705-858-0610 to update  
your membership records or request help.



# COMMUNITY NOTICES

## Leash & Scoop



Help keep  
Wahnapiatae First Nation  
clean and friendly.

## DIABETES circle

peer support  
management strategies  
healthy recipes  
take charge of your health



every wednesday  
1 to 3 pm  
norman recollet  
health centre

## 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](http://WWW.TINYURL.COM/WFN-EMAIL)**

*If you have any thoughts or questions, please let us know at [manieq.dorlon@wahnapitaefn.com](mailto:manieq.dorlon@wahnapitaefn.com)*



# COMMUNITY EVENTS

## Honouring the Children on Orange Shirt Day

Wahnapitae First Nation members came out on the community's 2021 Orange Shirt Day event to remember and recognize that every child matters.

Held on Saturday, Sept. 25, the event honoured the binooji who were lost to residential schools — and those who survived. Despite the drizzle, it was a great day.

WFN thanks the volunteers who helped to make Orange Shirt Day a success: Tammy Chevrette, Jessica Baillargeon, Madyson

Baillargeon, Trista Baillargeon, Wendy Tyson, Heather Roy, Rochelle Tyson, Evelyn Williams, Line Baillargeon, Joan and Paul Recollet, Natalie Goring, Marilyn Nicholls, Taylor Nicholls, Dave Nicholls, Ed Tyson, Monica Dorion, Samantha Tyson, Shannon Skelliter, and Marc Landry.

WFN also offers chi-miigwech to Fire Keeper Tony Tyson and Elder Sandra Corbiere.





# COMMUNITY EVENTS

## Orange Shirt Day (cont'd from P6)



# COMMUNITY NOTICES

WAHNAPITAE  
FIRST NATION



## Kids' Art Contest

WFN needs festive artwork  
for its 2021 holiday cards.

THEME: EVERY CHILD MATTERS  
OPEN TO: WFN members ages 0-18

**\$100 PRIZE!**

DEADLINE TO SUBMIT:  
**THURSDAY, OCTOBER 14**  
**AT 5 PM**

Submit artwork to Leila at the Centre of  
Excellence or via email to  
[leila.roque@wahnapitaefn.com](mailto:leila.roque@wahnapitaefn.com)



# HEALTH DEPT UPDATE

## Meet the new Healthy Baby, Healthy Child

Aanii! My name is Natalie Goring, and I am the new Healthy Baby Healthy Child Worker for the Norman Recollet Health Centre. My tribe is Wikwemikoong but if you were to ask me where I am from, we might need to sit down and discuss this over a coffee.

I am a military child, so I have lived in many provinces and in Europe, but Killarney and North Bay have always been my home. I met my husband in Sudbury and we have two amazing boys. We are a family of hunters and fishermen, so I will be always eager to listen to your stories.

I have a degree in Psychology from Laurentian University, a degree in Education from Nipissing University, and a diploma in Early Childhood Education from Cambrian College. I worked at a childcare facility in Minnow Lake and Coniston for seven years. I was the Registered Early Childhood Educator for the preschool room and the before/after school program. Later, I became a site supervisor where I helped children, parents and my teammates with child development, programming, and provided support as



needed.

I am very honored to work for the Norman Recollet Health Centre. I hope that we can learn from each other, continue our traditions, our language and create programs that allows us to support our children, our families, and our community.

Miigwetch.



Please contact  
[natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com) for  
more information

## Meet Your Family & Children Team

*spaghetti dinner*

**Tuesday, October 12**  
**4:30 to 7:00 PM**  
**Maan Doosh Gamig**

Bring your family to meet WFN's new Healthy Babies Healthy Children Worker Natalie Goring and our existing Family Wellbeing Worker Tammy Chevrette.

The team is seeking input from our WFN families regarding future programming. Please come share your thoughts and ideas.



# COMMUNITY UPDATE

## Remembering the 2021 Pow-Wow

There were so many great photos from WFN's 2021 Pow-Wow on Aug. 14-15 that we needed to share more as follow. Chi-miigwech to all who organized, danced, sang, volunteered, and attended this memorable event.





# COMMUNITY UPDATE

## Pow-Wow 2021 (cont'd from P10)





# LAND TRUST UPDATE

## WFN Moving Ahead With Community Trust

Throughout September, Wahnapiitae First Nation (WFN) members passionately shared their thoughts on how to structure the Trust for the community's boundary claim settlement agreement with Canada.

This included feedback provided through in-person and virtual community information sessions hosted by WFN on Sept. 7-9, 2021. Held on-reserve and in Killarney and Sudbury, as well as online, these events saw many members come out to share their views and to hear from WFN's financial and legal partners on the work done to date.

The feedback received at these sessions will be combined with the results of surveys provided to all members via physical mail, and will help to form the basis of a draft agreement with Canada.

This is important, as the Trust must reflect the will of the members. Your feedback is crucial in shaping the future for everyone: the claim is about the long-term benefit of WFN as a whole across generations.

### What's the History of the Claim?

This claim arises from a measurement dispute that dates back to the 1800s, and was brought forward by Wahnapiitae First Nation over 25 years ago. Significant progress has since been made, and WFN and its partners are proceeding with the next steps required to resolve this matter.

The first negotiating table was established and started in 2002. An offer was subsequently put forward by Canada in 2012 that was not considered to be in WFN's best interests, and included provisions that were

deemed unacceptable.

Claim negotiations were re-opened in 2016, and Canada has now put forward a new negotiated settlement, with much greater terms and opportunities to recognize historic injustices and to protect WFN's long-term, collective interests.

To that end, Chief and Council have been hard at work negotiating the boundary claim with the Government of Canada, and working with community members and corporate partners to establish a Trust to manage the settlement agreement.

### What's Next?

The feedback from these sessions and surveys will be used to create a draft version of the Trust agreement with Canada. More detailed surveys will be issued to all members shortly to provide additional feedback for this draft.

This agreement will then be presented to members for their information and review in advance of a vote, along with many opportunities to better understand exactly what's being proposed. This will include full community meetings both on- and off-reserve, as well as online sessions, and with materials such as plain-language versions of the agreement and various question-and-answer documents.

From there, members will be able to vote on ratification of the draft agreement.

Members will receive all updates around new dates, information, and feedback once they are made available in the coming weeks and months.

## WANT TO KNOW MORE?

If you have any questions about the settlement agreement negotiations / Trust, want to sign up for email updates, or would like to view the recordings of the May 26, 2021 or Sept. 9, 2021 Community Trust Information Session, please send an email to [trustinfo@wahnapiitaeFN.com](mailto:trustinfo@wahnapiitaeFN.com)



# LANDS DEPT UPDATE



**REDUCE**  
**REUSE**  
**RECYCLE**



## KNOW WHAT ITEMS YOU CAN RECYCLE

### CANS

Please rinse first.



### PLASTICS

Please rinse first.  
Plastics 3 & 7 are NOT recyclable.



### PAPER

Please remove strings and plastic handles or lids first.



### GLASS

Please rinse first.  
Do not include broken pieces.



### CARDBOARD

Please break down large pieces to approx. 30"x30"



### NOT RECYCLABLE



**UNSURE? CHECK [GREATERSUDBURY.CA/WASTEWISSE](http://GREATERSUDBURY.CA/WASTEWISSE)**

# COMMUNITY UPDATE

## Building a Comprehensive Community Plan

We are happy to announce that Wahnapiitae First Nation (WFN) is taking the first steps in developing a Comprehensive Community Plan -- a member-driven, long-term vision for the future.

The Comprehensive Community Plan (CCP) will represent members' shared dreams for how WFN will develop and grow in the years to come.

It will outline the community's core values and top priorities -- from culture, education, the economy, and more -- which in turn will provide clear direction for WFN leadership and staff. In short, the CCP is about making sure the community's priorities are at the heart of all the work being done for the benefit of WFN.

As this project progresses, we will also be doing numerous engagement sessions and we hope to hear from everyone on and off reserve so that we can plan for a better future.

### What is Comprehensive Community Planning?

Comprehensive community planning is a process involving participation from all members, including Elders, youth, and family representatives.

This approach is important because it ensures that community projects and programs are thought through, and are the best use of resources, and integrates and links all other plans the community has produced.

### What does the Comprehensive Community Planning do for the community?

**Empowers the community.** The community becomes more self-aware, creates its own future, and can respond to change.

**Coordinates future development.** The planning process identifies the community's priorities for the use of its land base and territory, anticipates future infrastructure and development needs, and helps to prevent conflicting developments.

**Protects resources.** The community can identify and protect vulnerable or valuable areas, traditions, or cultural values and practices.

**Celebrates traditions and culture.** The cultural aspects of the community may be a focus of the planning process.

**Promotes healing and reconciliation.** Planning helps the community to work together to proactively address negative or painful community issues.

**Creates economic opportunities.** Examining and identifying sustainable economic opportunities is essential in a CCP. Having a plan in place will also help to attract investment.

### What to expect in the coming months?

In the coming months, WFN will be requesting volunteers for an advisory committee to support and guide the planning team with this initiative. Stay tuned for details.

If you have any initial comments, questions, or concerns, please contact WFN's planning team at [ccp@wahnapiitaefn.com](mailto:ccp@wahnapiitaefn.com).





## SCHOOL BUS SAFETY

### PARENTS ARE WELCOME

- PLEASE, MEET YOUR CHILD AT GAZEBO @ 4:00PM
- CAROLYN WILL BUS YOUTH HOME AFTER PRESENTATION



ALL CHILDREN WILL RECEIVE A CERTIFICATE OF COMPLETION, AS WELL AS A MCDONALDS GIFT CARD!  
\*DON'T FORGET TO BRING A MASK\*

\*intended for youth on Carolyn's bus route\*

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE EDUCATION DEPARTMENT

MIIGWETCH

## Early Years/Tiny Tots Program Update

In September, the Early Years and Tiny Tots program was moved back under the purview of WFN's Health department. With the hiring of a new Healthy Baby Healthy Child Worker, this change will allow for more cohesive programming with the Community and Family Wellbeing programs.

Natalie Goring is the new Healthy Baby Healthy Child worker. Members will be able to meet her at a spaghetti dinner event on October 12. If you would like to connect with her, you can email her at [natalie.goring@wahnapietaefn.com](mailto:natalie.goring@wahnapietaefn.com).

# COMMUNITY WELLBEING

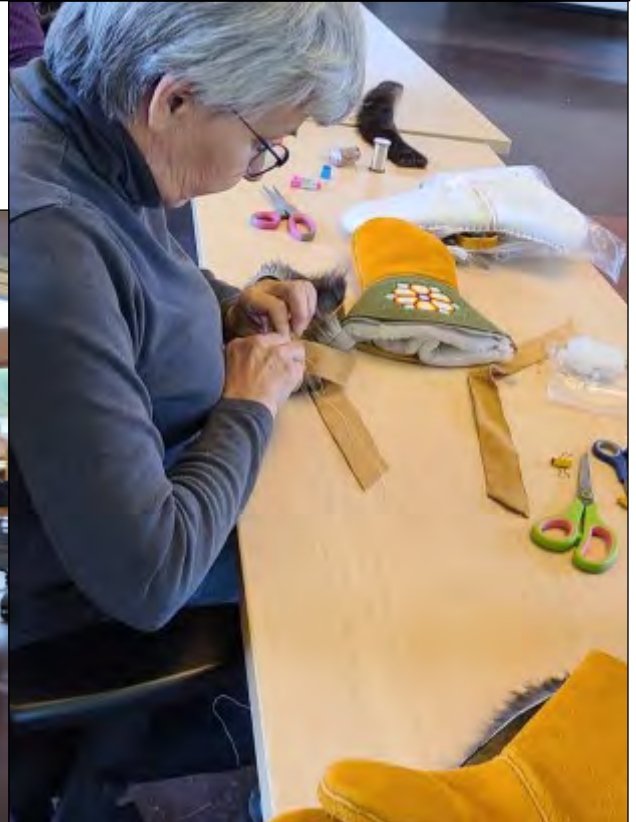
## Mitt Making Workshop Series a Success

Over the course of three Thursdays in September, WFN members took part in HIV Awareness sessions and traditional mitt making workshops.

Organized by the Community Wellbeing

program, the workshops were held at WFN's Maan Doosh Gamig, and led by Laura Liberty of Anishinabek Nation via Zoom.

Miigwech to all who participated in this event series.





# TRADITIONAL TEACHINGS

## Making Lavender Salve

Learning together and sharing knowledge has always been a goal for the Community Wellbeing team at WFN. On Wednesday, Sept. 15, the Diabetes Circle participants came together to learn about and make lavender salve.

Scientific studies show that lavender is anti-inflammatory, antibacterial, anti-fungal, antioxidant and has the ability to relieve pain. It can also repair damaged skin and heal wounds. This makes it a powerful aid in healing rashes, bites, burns, acne, scrapes, eczema, stings, scars and more.

This lavender salve is great for rubbing on restless legs, tired muscles, and to massage on the temples and the back of the neck if you have a headache. It can also be used as a skin conditioner help moisturize any dry skin spots you may have.

Lavender is renowned for its ability to create a relaxing atmosphere. In fact, one of the main benefits of lavender is that it can calm without sedating. More than simply generating a serene state of mind, lavender can reduce anxiety by affecting the body's fight-or-flight response.

**Please note: A small quantity of lavender salve is available to pick up at the Norman Recollet Health Centre. All we ask is a tobacco offering for the medicines.**



# COMMUNITY EVENTS

WAHNAPITAE FIRST NATION

## PUMPKIN CARVING CONTEST

Get your knives ready!

We're supplying the pumpkins, you supply  
the creativity and photos of your family  
carving your masterpieces!

Member Pumpkin Pickup  
@ WFN Centre of Excellence  
October 18-19-20

Photo Submission Deadline  
Monday, November 1  
to Family Wellbeing Worker Tammy  
[tammy.chevrette@wahnapitaefn.com](mailto:tammy.chevrette@wahnapitaefn.com)

LET'S GET SPOOKED!

## HALLOWEEN COSTUME CONTEST

ALL AGES WELCOME

TO ENTER:

Trick or treat at the Centre of Excellence  
and get your photo taken

PRIZES FOR BEST COSTUMES

Come get your treats!

Oct. 31 | 4-7 pm | WFN Centre of Excellence





# DRUM & DRUM STICK WORKSHOPS

LIMITED SPOTS AVAILABLE

## DRUM STICK WORKSHOP

SUNDAY, OCTOBER 17 AND  
SUNDAY, OCTOBER 24

10 AM to 2 PM @ Maan Doosh Gamig  
Light lunch included  
Must attend both sessions

## DRUM WORKSHOP

SUNDAY, NOVEMBER 6  
TEACHINGS BY DAVID WHITE

12:30 to 5 PM @ Maan Doosh Gamig



To register, contact:  
Tammy Chevrette, Family Well-being  
[tammy.chevrette@wahnapiitaefn.com](mailto:tammy.chevrette@wahnapiitaefn.com)

A Birthing Ceremony will be scheduled  
at a later date when drums are complete



## COMMUNITY EVENTS

# KARAOKE VIDEO CONTEST

## Gambling Awareness Edition



We want your best Lady Gaga or Kenny Rogers impressions. Or maybe you're a Rolling Stones or Eagles fan?

Send us a video of you singing your favourite song about gambling and its risks and you could win a prize!

### Categories

Littles - 18 and under

Bigs - 19 to 55

Elders - 55+

### Prizes

First place - Cash

Second place - Your pick

Third place - Your pick

**SUBMISSION DEADLINE: OCTOBER 29**

SEND YOUR VIDEO TO [MONICA.DORION@WAHNAPITAEFN.COM](mailto:MONICA.DORION@WAHNAPITAEFN.COM)

## HEALTHY RECIPE OF THE MONTH



**WEDNESDAY, OCTOBER 20, 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!



# COMMUNITY EVENTS



## NUTRITION BINGO VIRTUAL OR IN-PERSON

5:30 P.M.

THURSDAY  
OCT 7

THURSDAY  
OCT 21

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**



## 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**

## 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**

## CONGREGATE DINING

(MUST BE 55+)

**THURSDAY, OCT 7, 2021**



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

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

# AFTER SCHOOL PROGRAM



## WAHNAPITAE FIRST NATION'S AFTER SCHOOL AND YOUTH LEADERSHIP PROGRAM UPDATE

It's that time of year again!

WFN's After School and Youth Leadership program is back for in-person programming starting on October 12<sup>th</sup>, 2021!

**Registration day** will be held at the Gazebo from 5:30-7:00PM on Tuesday October 5<sup>th</sup>, 2021.

This will give parents/ guardians the chance to voice any questions, concerns and/or ideas for this year's programming.

If you are unable to attend, contact Cinnamon for your registration forms.

We are looking forward to hearing from you!

Miigwetch



Contact Cinnamon at 249-878-5673 or by email at [cinnamon.cvr@wahnapiitaeFN.com](mailto:cinnamon.cvr@wahnapiitaeFN.com) if you have any questions!



# AFTER SCHOOL PROGRAM

## October

## 2021

### After School and Youth Leadership Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	4	5 <b>Registration Day!</b> 5:30-7:00PM @ The Gazebo	6	7	8	9
	11	12 <b>ASP</b> First day! Introductions and group games 3:30-6:00PM	13 <b>ASP</b> Mystery Hunt 3:30-6:00PM	14 <b>YLP</b> First day! Introductions and group games 3:30-6:30PM	15	16
	18	19 <b>ASP</b> Halloween Activities 3:30-6:00PM	20 <b>ASP</b> Halloween movie night-in! 3:30-6:00PM	21 <b>YLP</b> Halloween activities and movie night-in! 3:30-6:30 PM	22	23
	25	26-27 <b>Right to Play Fall Training- No Program</b>			29	30

Schedule: ASP Tuesday and Wednesday 3:30-6:00PM | YLP Thursday 3:30- 6:30PM

Location: Gazebo

# WFN EVENT CALENDAR - OCT 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 <b>CLOSED</b>	2
3	4	5 Soup's On Sue Chartrand Boys Drum Group	6 Diabetes Circle Good Food Order deadline Sue Chartrand	7 Virtual Nutrition Bingo Congregate Dining	8 <b>CLOSED</b>	9
10	11 <b>CLOSED</b>	12 Soup's On Boys Drum Group	13 Diabetes Circle Good Food Delivery Day	14	15 <b>CLOSED</b>	16
17	18	19 Soup's On Sue Chartrand Boys Drum Group	20 Diabetes Circle Sue Chartrand Healthy Recipe of the Month	21 Virtual Nutrition Bingo	22 <b>CLOSED</b>	23
24	25	26 Soup's On Boys Drum Group	27 Diabetes Circle	28	29 <b>CLOSED</b>	30
31						

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.