



Wahnapitae First Nation Community Newsletter

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February 2022

P4: Community Fun



Check out the results of WFN's holiday activities, including gingerbread house decoration.

P8: Family Day Activities

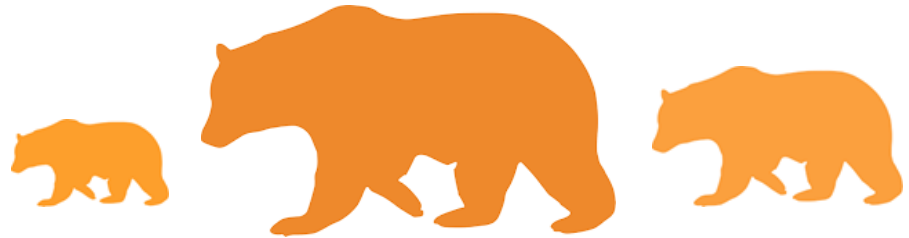


Come to the sliding hill with your loved ones on Feb. 21 for some Family Day fun!

PT1: After-School Programs



WFN staff continue to host after-school programs remotely through the pandemic.



A Message to Members

As we all know, winters in northern Ontario are not for the faint of heart.

Our Public Works team has already handled a number of tough situations this winter, so please join me in thanking them for doing a great job in helping to keep us safe by maintaining our roads.

As Anishinaabe, we feel drawn to the great outdoors, even in very cold temperatures. Now that we have lots of ice and snow, I want to remind our community to be cautious when venturing out. Whether you're going to ice fish, skidoo, or walk, please let someone know of your planned route and what time you will be back. This small act could prevent tragedy should you get lost or if something breaks down.

The same care must be taken about the community spread of COVID-19, especially as some restrictions lift and we start to gather again. This virus is continuing to change very quickly in Ontario, requiring a different public health approach everywhere, including First Nation communities.

We must remember to continue to keep wearing our masks, washing our hands, sanitizing surfaces, and isolating when necessary. We cannot prevent all COVID-19 infections, but we can limit and slow community spread. This will help mitigate the risk of overwhelming the health care system.

After dealing with this pandemic for so long, it can be very easy to let go and forget about the safety protocols. However, we must not forget some individuals will still become very sick from COVID-19, especially if they are not vaccinated. The Norman Recollet Health Centre continues to offer vaccine clinics so that our members can receive first, second, and booster shots. Please call 705-858-7700 to book your appointment.

Let us care for one another and be safe this winter.

Miigwetch,
Chief Larry Roque

COVID-19 UPDATES

COVID-19 Statistics

(as of February 1, 2022)

Sudbury District:

Total Tests: 379,451

Active Cases: 579

Resolved: 8,788

Deaths: 80

Fully vaxxed: 196 071

Ontario:

Total Tests: 18,981,582

Total Cases: 1,039,825

Resolved: 986,715

Deaths: 11,576

Hospitalized: 2,939

In ICU: 555

Fully vaxxed: 11,756,159

Canada:

Total Tests: 56,389,990

Total Cases: 3,066,903

Active Cases: 203,763

Recovered: 2,829,107

Deaths: 34,033

Fully vaxxed: 28,876,064

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

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
Fax: (705) 858-5570

Connecting With Others During COVID-19

Keep in touch

- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or condo message board.



Think of others

- If you are well, connect with people who may find this time especially stressful, such as:
 - Older adults and those with chronic health conditions who are at increased risk of COVID-19
 - People who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
 - People who have mobility challenges or few social supports



Talk to your kids

- Empower your kids by teaching them the most effective ways to prevent COVID-19:
 - Washing their hands
 - Coughing or sneezing into their elbows, and
 - Physical distancing
- Children may feel anxious or stressed due to the uncertainty surrounding COVID-19. Reassure them that their feelings are valid.
- Encourage your children to ask questions. Use plain language to explain what's happening.
- Establish a routine that gives your kids structure while they're indoors.



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

COMMUNITY UPDATES

Advancing Community Policing at WFN

Chief and Council are working to improve policing at Wahnapiatae First Nation by building bridges with police services.

As part of this work, Chief Larry Roque and Councillor Bob Pitfield met with new Greater Sudbury Police Service (GSPS) and Ontario Provincial Police (OPP) recruits on Jan. 14, 2022 to introduce them to Wahnapiatae First Nation.

During the roundtable discussion, Chief Roque invited both police services to visit the community at any time and to add WFN as a regular part of their patrols. Anishinabek Police Services (APS) were scheduled to attend the meeting but were called away

shortly before the meeting began. Chief Roque called attention to this as a way to highlight the need for the three police services to work together to uphold a positive community policing presence.

During the meeting, GSPS recruits asked questions regarding local events, the need to notify APS in the event of OPP/GSPS responding to an emergency, and the state of police/WFN relations.

Chief Roque and Councillor Pitfield ended the discussion by welcoming any of the recruits to return to the community at any of our events. Chief also indicated a future meeting with APS is in the works.

Who to Call in an Emergency

In the event of an emergency incident, follow these guidelines to determine who to call, according to APS:

Is the incident life-threatening?

- Yes: Call 9-1-1
- No: Call APS at 1-888-310-1122

Is this a car accident with human injuries?

- Yes, people are injured: Call 9-1-1
- No, there are no injuries: Call APS at 1-888-310-1122.



When in doubt, please call 9-1-1. Dispatchers and the three policing services work together to get all calls taken care of as soon as possible.

COMMUNITY UPDATES



Gingerbread Family Activity

THESE PHOTOS WERE SUBMITTED BY MEMBERS WHO PARTICIPATED
IN OUR GINGERBREAD BUILD ACTIVITY OVER THE HOLIDAY.
CHI-MIIGWETCH TO ALL WHO PARTICIPATED.



In Need of PPE?

The NRHC has brought in Personal Protective Equipment to distribute to WFN members.

Members must contact the NRHC to reserve the supplies they need.
PICK UP ONLY.

Supplies Available

- 3-ply Mask
- Gloves
- Hand sanitizer



**Norman Recollet
Health Centre**
(705) 858-7700



COMMUNITY UPDATES

Meet the New Staff at WFN

Bradley Steele - Mental Health and Addictions Counsellor

Hi, Aaniin, Boozhoo. I'm Bradley Steele (He/Him), and I am registered social worker and graduate of Laurentian University's Indigenous Social Work Program as of April 2021.

My role as the Mental Health and Addictions Counsellor at the Norman Recollect Health Centre will be to help you along on your healing journey.

Through one-to-one counselling, we will work together to understand your core beliefs and create coping strategies and mindfulness techniques so that you can live your happiest life possible.

Mental health is extremely important but is unfortunately pushed aside by many people living with mental illness due



to stigma or fear, but in my office, you will have a safe space to speak and learn about yourself.

Make sure you are nurturing every part of yourself, whether it's physical, mental, emotional, or spiritual health.

Here are some mental health strategies to help you on the right path:

- 1. Talk about your feelings**
- 2. Keep active**
- 3. Stay connected with family**
- 4. Ask for help**
- 5. Understand that you, and your emotions are valid.**

HOMWORK TUTORING SERVICES

We have a tutor that is willing to assist students with homework during their **1 hour session**.

Please call to book an appointment.
Call 705-858-0610

AVAILABLE MONDAY TO THURSDAY AFTER 3 P.M.

Parents are responsible for picking up and dropping off their child.



hurt your helmet, not your head



If venturing out onto the ice this winter make sure you wear the appropriate helmet to prevent injury.

Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. A bicycle helmet, for example, is designed to protect against head injuries should a fall occur while riding a bicycle.

COMMUNITY NOTICES

Kweji-kinoomaagzidaa! "Lets learn"

BEAR MOON WITH PETER BEAUCAGE



Bi-psindwaadaa a Peter Beaucage megwaa
gkinoomwinang mkwa-dbik-glizis dash

"lets come and listen to Peter Beaucage while he
teaches us about the bear moon"

DATE: FEBRUARY 17TH, 2022

TIME: 9:30AM TO 11AM

ALL WELCOME!

THIS IS A FREE AND VIRTUAL EVENT.



REGISTER BY SCANNING THE QR CODE
OR CLICKING ON THE FOLLOWING LINK:
[HTTPS://ZOOM.US/MEETING/REGISTER/TJUP
DOOUPJMPGNBPYZ6WMZCDTRFV4_OTWELI](https://zoom.us/join/joinmeeting/register/tjupdooupjmpgnbpyz6wmzcdtrfv4_otweli)



COMMUNITY NOTICES

Calling AES Youth!



AES YOUTH COUNCIL

Are you passionate about your community and education? If so, we have an opportunity for you! The Kinooaadziwin Education Body is looking for motivated students to help us build the Anishinabek Education System Youth Council.

We want to hear from you!

Who?

AES youth
in elementary,
high school or
post-secondary

What?

Help us develop a
council of youth who
will share ideas with
the Anishinabek
Education System.

When?

We ask that you
get in touch by **Friday,
February 11, 2022**
However, if you miss this
deadline, don't hesitate to
reach out to Joshua or
Jessica to express your
interest.

Help make a difference in your community!

Our first council meeting will take place
in late February. See you there!

Contact

Joshua: joshua.leclair@a-e-s.ca
(807-356-5648)

Jessica: jessica.fellin@a-e-s.ca
(705-348-0768)



**ANISHINABEK
EDUCATION SYSTEM**

COMMUNITY EVENTS

FAMILY DAY SLIDING PARTY

MONDAY, FEBRUARY 21, 2022
12 P.M. TO 4 P.M.

SLIDING HILL ON
TAIGHWENINI TRAIL
(JUST OUTSIDE THE RESERVE)

JOIN US FOR SLIDING, A BONFIRE, HOT
CHOCOLATE, AND HOTDOGS!

FOR MORE INFORMATION, CONTACT:
TAMMY CHEVRETTE, FAMILY WELLBEING WORKER,
TAMMY.CHEVRETTE@WAHNAPITAEFN.COM
705-920-9488
OR
NATALIE GORING, HEALTHY BABIES HEALTHY CHILDREN
WORKER,
NATALIE.GORING@WAHNAPITAEFN.COM
705-920-9106



DISCLAIMER: All events are subject to last minute cancellation due to fluctuating COVID-19 safety protocols.

COMMUNITY EVENTS

HIV WORKSHOP

via Zoom on February 24

This presentation will be on HIV disclosure followed
by craft geared towards HIV

To attend, please email Heather at
heather.roy@wahnapitaefn.com

PLEASE REGISTER BY FEBRUARY 21
A TIME WILL BE PROVIDED UPON REGISTRATION



FEBRUARY 23 IS

PINK SHIRT DAY

STAND UP AGAINST BULLYING

TAKE A SELFIE IN A PINK SHIRT AND SEND IT
TO FAMILY WELLBEING WORKER **TAMMY
CHEVRETTE**
(TAMMY.CHEVRETTE@WAHNAPIAEFN.COM)
TO ENTER YOUR NAME INTO A DRAW FOR
AN **AMAZON GIFT CARD**,

**PROUDLY WEAR YOUR PINK SHIRTS TO SHOW THAT YOU
STAND UP AGAINST BULLYING!**

For more info on bullying, visit Pinkshirtday.ca/support-for-youth

TINY TOTS AND EARLY YEARS ACTIVITIES

Spilt Milk Picasso Challenge

Did you know you can use milk to paint?
Try this month's Spilt Milk Challenge Kit.

Please call Natalie at 705-920-9106
or by email natalie.goring@wahnapitaefn.com

Register by February 18
Send picture by February 25 to put your
name in a draw.



SPAGHETTI AND
MEATBALL CUPS

COOKING WITH DAD

Register by February 25
You will be contacted when
the kits are ready for pick up
or delivery.
Send a picture in by March 1

Contact: Natalie Goring HBHC Worker
Phone: 705-920-9106
Email: Natalie.goring@wahnapitaefn.com

FEBRUARY ACTIVITY KIT

February - Makwa Giizis (Bear Moon)

Activities for Makwa Giizis include create you're own
**smudge bowl, calming jar, and learn about bear
hibernation.**

TO RESERVE YOUR KIT

Call Natalie at 705-920-9106 or email at
natalie.goring@wahnapitaefn.com

RESERVE BY FEBRUARY 11

AFTER-SCHOOL PROGRAMS



AFTER-SCHOOL PROGRAM

MONDAYS & TUESDAYS
4:00 P.M. - 5:30 P.M.

We meet virtually on zoom

ABOUT US

Run by the WFN Education Department, this program promotes learning of various skills such as communication, problem solving, relationship building, etc. through art, math, science, culture and group games.

CONTACT US:

Sierra Larocque, B.Ed., B.A.
Child & Youth Worker
CPI Certified Instructor

Tel: (705) 858-3457
Cell: (705) 988-1461

Schedule

Youth Leadership Program
Wednesday/Thursday
3:30 P.M. - 5:00 P.M.

We meet virtually on zoom

Contact: Sierra Larocque
sierra.larocque@wahnapiitaefn.com



COMMUNITY EVENTS

WINTER ACTIVITIES BOOKLET

Did you see the Winter Activities Booklet that was included with your monthly newsletter?
It's got a whole bunch of ideas and activities for healthy, family-centered activities for staying at home.

SNEAK PEEK AT SOME OF THE ACTIVITIES



SNOWSHOEING

Snow shoes are available for sign-out from the Wellness Centre (178 Loonway Rd). All snowshoes will be sanitized prior to and after each use.

FAMILY PAINT NIGHT

Interested families should contact Tammy or Natalie to reserve a custom-sized paint kit.



FAMILY GAME NIGHT

Time to dig out the old game boards, cards, and interactive games!



For more information, please contact:

Tammy Chevette,
Family Well-Being Worker
tammy.chevette@wahnapitaefn.com

Natalie Goring,
Healthy Babies Healthy Children Worker
natalie.goring@wahnapitaefn.com

60 DAYS CHALLENGE



START: JANUARY 17, 2022
END: MARCH 17, 2022

CHALLENGE RULES

- **PARTICIPANTS MUST SEND WENDY OR HEATHER A PICTURE/VIDEO OF EACH COMPLETED CHALLENGE SO THEY CAN KEEP TRACK OF WHAT YOU HAVE COMPLETED.**
- **YOU DO NOT HAVE TO DO THE CHALLENGES IN ORDER THEY CAN BE DONE HOWEVER YOU WANT.**
- **ALL PARTICIPANTS WILL BE EMAILED ALL INFO ABOUT THE CHALLENGES.**
- **WHICHEVER TEAM COMPLETES THE MOST CHALLENGES IN THE 60 DAYS WILL RECEIVE A PRIZE.**

Email Wendy at wendy.tyson@wahnapitaefn.com or Heather at heather.roy@wahnapitaefn.com to sign up.

COMMUNITY EVENTS



HEALTHY RECIPE OF THE MONTH

WEDNESDAY, FEBRUARY 16, 2022
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!

Curbside Only

SOUP'S ON!

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



DIABETES CIRCLE

February Schedule

Every Wednesday
From 1 p.m. to 3 p.m.
In the Maan Doosh Gamig Hall

DISCLAIMER: All events are subject to last minute cancellation due to fluctuating COVID-19 safety protocols.



Norman Recollet Health Centre

COMMUNITY EVENTS

February Good Food Boxes

Order by January 31
Delivered February 10
Small Box: \$10 | Large Box: \$19

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



March Good Food Boxes

Order by February 28, 2022
Delivered March 10, 2022
Small Box: \$10 | Large Box: \$19

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



CONGREGATE DINING

Delivery between
5P.M. - 6P.M.
February 3, 2022

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



Prizes are the same. Cards will be bagged for pickup. Payment due on pickup.

NUTRITION BINGO

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

**Thursday, February 3
& Thursday, February 17**

WFN EVENT CALENDAR - FEB. 2022

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
26	27	1 Soup's On	2 Diabetes Circle	3 Nutrition Bin-go Congregate Dining	4 Closed	5
6	7	8 Soup's On	9 Diabetes Circle	10 Good Food Box Pick up	11 Closed	12
13	14	15 Soup's On	16 Diabetes Circle Healthy Recipe of the Month	17 Nutrition Bin-go	18 Closed	19
20 Fireworks show	21 Family Day Event	22 Soup's On Sue Chartrand	23 Diabetes Circle Pink Shirt Day	24 HIV Workshop (Zoom)	25 Closed	26
27	28 Good Food Box Order (March)					

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 p.m. - 3 p.m.