



# Wahnapitae First Nation Community Newsletter

Inside this issue:

July 2022

## P5: Pow-Wow Planning



Be sure to save the date for WFN's Annual Pow-Wow, Aug. 20-21, 2022!

## P8: Father's Memories



Members came out to celebrate their dads at our fantastic Father's Day event.

## P10: WFN Open House



Members came out to learn about WFN's programs and services on June 11.

## P20: National Celebra-



National Indigenous Peoples Day was celebrated across the region on June 21.



## A Message to Members

Ah, summer! This time of year brings feelings of joy and freedom to many. For our youth, school and routine are on hiatus and kids are very much out and about, riding their bikes (with helmets!) and swimming and making memories with their friends and families. Please remember to drive with caution and watch out for our little ones.

Chi-miigwetch to all our bus drivers including Molly, Miles, Caroline, and others who ensured that our little ones got to school safely throughout the year. Your care means they'll be able to enjoy these summer months.

Naturally, with warmer weather, we will be drawn to the water. With more of us frequenting our area's lakes and rivers, please be careful: remember to wear life jackets, have a whistle and a fire extinguisher handy on your watercraft, and don't drink and drive.

June was an unbelievably busy month at WFN. We held our first Open House in over four years, allowing the community meet staff, learn about upcoming projects, and see our accomplishments. Then we had a fantastic Father's Day BBQ and fun day that was a big hit with the kids and dads! For National Indigenous Peoples Day, the Education and Health departments put on a lovely day of learning and crafting with George Couchie and a delicious lunch.

Chi-miigwetch to Sierra, Natalie, Tammy, Cinnamon, Heather, and Wendy who donated their own time to run the Father's Day BBQ. And miigwetch to all who attended WFN's events in June – we hope you had as good a time as we did.

Miigwetch,  
Chief Larry Roque

# CHIEF AND COUNCIL



## Chief and Council Regular Meeting

Tuesday, July 26, 2022  
6 P.M.  
In-person and via Zoom

Members wishing to attend via Zoom must register at:  
[wahnapiataefn.tiny.us/ysjsfs3w](https://wahnapiataefn.tiny.us/ysjsfs3w)

The deadline to register for the web version is July 19.  
No registration is required for those wishing to attend in person.

Registration only open to WFN members, who must also be over the age of 18. Virtual attendees must use their real names when signing in.

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

### Stay Connected

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](http://www.wahnapiataefirstnation.com)



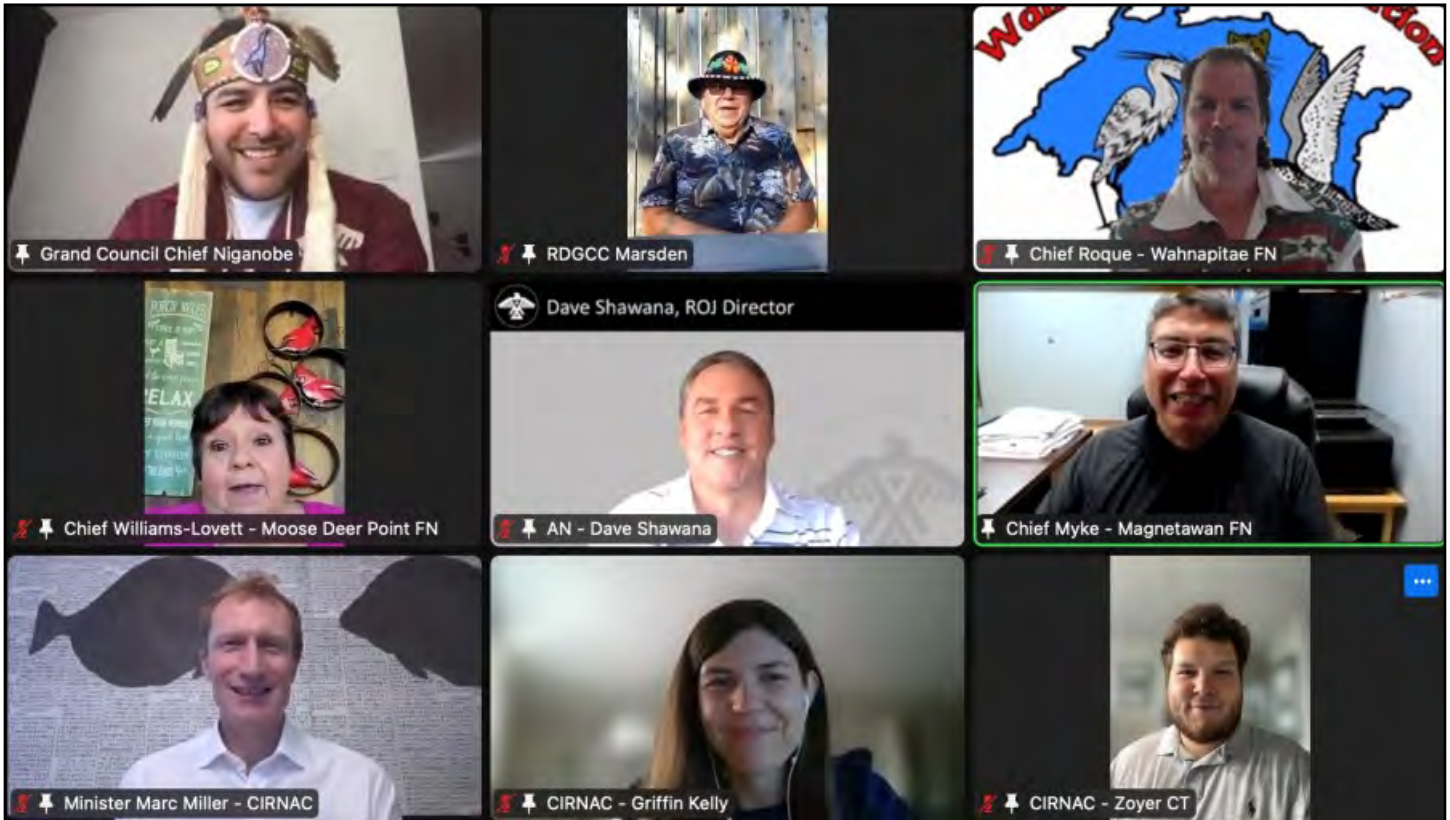
**MAIN PAGE:** [www.fb.me/wahnapiataefirstnation](https://www.fb.me/wahnapiataefirstnation)



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

# SELF-GOVERNANCE UPDATE

## Anishinabek Nation Governance Agreement Act Becomes Law



Canada has now officially passed the Anishinabek Nation Governance Agreement (ANGA) Act into law, bringing Wahnapitae First Nation one step closer to achieving self-governance.

While members of WFN and other communities ratified the ANGA recent years, Canada had to enact a law for it to come into effect.

This legislation went before the House of Commons on June 17 for its first reading and received unanimous consent for approval on June 22. It has since received Royal Assent; it is now law and will come into effect in Oct. 2022.

“Reclamation of culture, language, and Anishinaabe worldviews are avenues to wellness for Anishinaabe people,” said Wahnapitae First Nation Chief Larry Roque.

“The Anishinabek Nation Governance Agreement Act provides a method to make some progress in that regard.”

The ANGA itself outlines four areas of jurisdiction: Leadership Selection, Citizenship, Language and Culture, and Operation and Management of Government.

With the passage of the ANGA Act, these sections of the *Indian Act*. Will no longer be applicable to WFN and other signatories to the ANGA. This allow First Nations to invest and promote the revitalization of fundamental governance principles in their communities that prioritizes identity, culture, and language.

The Anishinabek Nation urges Canada to quickly implement this new law so that WFN and other signatory communities have their funding agreements by October 2022.

# WFN POW-WOW



## POW-WOW VENDOR CALL

**AUGUST 20 & 21**

Vendors are needed for food and craft booths  
at this year's pow-wow

Contact:

Melissa Boissoneau, WFN Pow-wow Coordinator  
to request an application form  
[melissa.boissoneau@wahnapikefn.com](mailto:melissa.boissoneau@wahnapikefn.com)

**APPLICATION DEADLINE: JULY 15, 2022**

VENDORS WILL NEED TO PROVIDE THEIR OWN TENTS/TABLES/CHAIRS

# WFN POW-WOW



27th Annual Pow-Wow

# Maamowi Maawjidiying Miiwaa

COMING TOGETHER  
AGAIN



**MC:**

Paul Owl

**Host Drum:**

Good Time Ojibwe

**Arena Director:**

Robert Stonepoint

**Head Male Elder:**

Tony Tyson

**Head Female Elder:**

Wendy Tyson

6 am Sunrise Ceremonies  
Thursday | Friday | Saturday | Sunday  
at the Sacred Fire

**Saturday**

12 pm Grand Entry

Dance Specials

Food and Crafts Booths

Fireworks show  
by Dream Catcher Fireworks

**Sunday**

12 pm Grand Entry

4 pm Closing & Giveaways

**August 20 & 21, 2022**  
**WFN Pow-Wow Grounds**

# COMMUNITY UPDATES



## *Father's Day* MEMORIES

**Chi-miigwetch to Sierra, Natalie, Tammy, Cinnamon, Heather, and Wendy who donated their own time to run this event**



# COMMUNITY UPDATES



# COMMUNITY UPDATES

## On Wellness Wednesdays, We...

On June 15, Anna Marie Recollet taught gathered members the Ojibwe language. Chi-miigwetch, Anna Marie!



Stay tuned for more from our Wellness Wednesdays sessions



# COMMUNITY EVENTS



## WELLNESS WEDNESDAYS @ *Maan Doosh Gamig*

These sessions will focus on a number of health and wellness topics. Participants will gain new skills and learn prevention strategies to implement in their daily lives.

### **July 6**

1 P.M. to 3 P.M.

This session will feature a dental hygiene presentation with Jessica

.....

### **July 13**

3 P.M. to 5:30 P.M.

This session will focus on making Medicines with the youth group

.....

### **July 27**

3 P.M. to 5:30 P.M.

This session will focus on language development in children with HBHC Worker Natalie Goring

If you are interested in attending any of these sessions, please RSVP to Line Baillargeon @ (705)858-7700

*Coping with Stress*

*Positive Motivation*

*Understanding Emotions*

*Supportive Relationships*

*Confidence and Identity*

*Resilience*

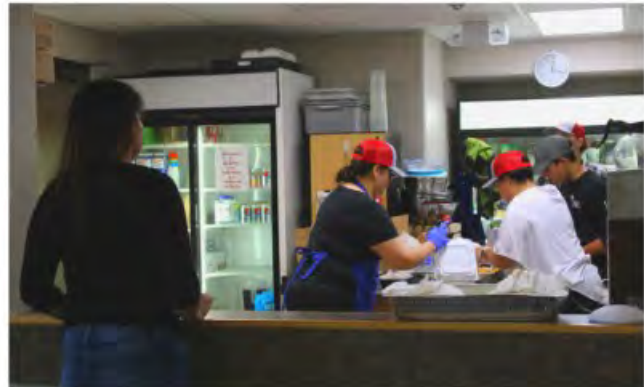
*Faith and Spiritual Wellbeing*

# COMMUNITY UPDATES

JUNE 11, 2022

## WFN OPEN HOUSE

Miigwetch to all who attended! And congratulations to Kcy Roque, winner of the grand prize!



# **SCHOLARSHIPS AND BURSARIES**

for Wahnapiatae First Nations students



For a full listing of available scholarships  
and bursaries, visit  
[wahnapiataefirstnation.com/education](http://wahnapiataefirstnation.com/education)

# LANDS & RESOURCES UPDATES

## Summer Home Maintenance Checklist

Summer is the perfect time for home maintenance.

These are just 10 items you should check to maintain and prevent problems this summer season.

1. Make sure you remember to put the downspout extensions back on if you happen to remove them to cut the grass.
2. It's important to divert rainwater away from your home's foundation. If you have any catch basins, make sure they are clear of debris.
3. As outdoor humidity levels rise, try to maintain indoor humidity levels between 35% and 50% to help prevent excessive drywall cracks and nail pops in your home.

A dehumidifier may be required to accomplish this.

4. Your HRV dehumidifier will NOT assist in bringing down your indoor humidity level during the summer months.

It brings in fresh air so "the air that is outside is what it is bringing inside."

5. You do not want to be bringing in more humidity if the level outside is higher than inside. It is still recommended that you run your HRV during showers or while



cooking to exhaust any excess humidity you create during these times.

6. If you like to BBQ and have vinyl siding, ensure your BBQ is placed far enough away from the wall so the heat does not damage the siding.
7. Clean the lint and debris from your dryer and HRV intake hoods to maintain proper operation.
8. Test carbon monoxide/smoke detectors.
9. Test and reset GFI receptacles outside, in the kitchen, and in bathrooms.
10. Clean the range hood filter.
11. Set your dehumidifier for 50%.
12. Clean the foam filters in your HRV (four times a year).



## What to know about Mosquito Yard Spray

Mosquito Yard Spray/fogging machine (insecticides) can be very dangerous to the environment - please be extremely cautious about when and where you use them.

**They affect more than just mosquitos.** They harm other bugs, moths, butterflies, animals, fish, and bees.

FROM A STUDY BY THE UNITED STATES ENVIRONMENTAL PROTECTION AGENCY

According to the USEPA, when insecticides were sprayed, multiple other species other wildlife were harmed and/or killed.

**They can harm humans too.** Examples of acute health effects include stinging eyes, rashes, blisters, blindness, nausea, dizziness, diarrhea, etc.



Wahnapiitae First Nation



# LANDS & RESOURCES UPDATES

LANDS AND RESOURCES DEPARTMENT



## Elders and Land Users

Aanii, hello! We are looking for elders and land users in the community who are willing to take part in future community outreach initiatives with the Lands and Resources Department

Please contact  
**Sarah Janson**  
if you'd like to participate

MIIGWETCH

More information :

📞 705-858-0610    🌐 [sarah.janson@wahnapitaefn.com](mailto:sarah.janson@wahnapitaefn.com)

# HEALTH UPDATES

## July Monthly Mental Wellness Tips

By Bradley Steele, HBISW, RSW  
WFN Mental Health and Addictions  
Counsellor

**A**niin! Did you know that July 24 is International Self-care Day?

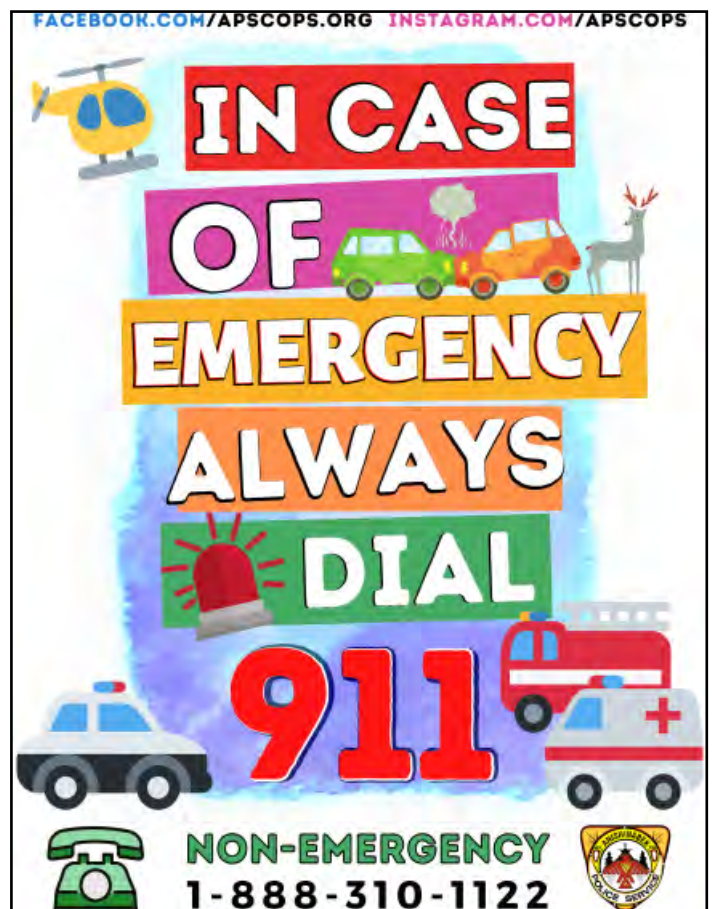
Self-care is the ability to take care of oneself by using healthy techniques that promote mental, physical, emotional, social, and spiritual wellness!

Self-care has been clinically proven to reduce anxiety and depression, improve energy and increase happiness!

Here are some self-care techniques to help you out when you are feeling stressed:

- Get the proper amount of sleep;
- Go for walks;
- Write in a journal;
- Practice mindfulness;
- Visit with friends and family;
- Smudge; and
- Be in nature.

This is not the limit to the list and there are so many more things you can do to practice optimal self-care!



# COMMUNITY PROGRAMS



## MONTHLY SHUTTLE SERVICE

to Capreol's Bread & Roses Food Bank  
Third Thursday of Each Month

### How it works:

On-reserve members must book their spot on the shuttle with Heather. Registered participants will be picked up at their homes, starting at 9:30 a.m. The shuttle will then head to Capreol. Participants will be returned to their homes via the shuttle.

Reserve your spot with Heather  
705-858-7700 x226 | [heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com)



JULY RUN  
THURSDAY, JULY 21, 2022



# COMMUNITY PROGRAMS



## WFN EARLY YEARS PROGRAM JULY CALENDAR



Who's excited for summer? The WFN Early Year's program will have activities throughout the summer. Here is what we have planned for July:

Tuesday, July 12

9:00 A.M. to 12:00 P.M.  
and  
1:00 P.M. to 3:00 P.M.  
Jam session & Music  
Wall

Tuesday, July 19

9:00 A.M. to 3:00 P.M.  
Splash pad :  
Capreol & Pinic

Tuesday, July 26

9:00 A.M. to 3:00 P.M.  
Odemin Picking  
(Playground & Pizza)

### Note

Parents/Guardian must be present to participate in the Early Year's activities.  
Please register with Natalie Goring, HBHC at [natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com) or  
705-920-9106

## TASTE TEST CHALLENGE

Send in your favourite recipe to Natalie (HBHC) & BlueCheese.  
They'll make it and post a video of them doing a taste test.  
**The recipes sent will be collected into a recipe book that  
will be handed out at the end of the summer!**

Send your recipe to [natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com).  
**This will be an ongoing challenge throughout the summer.**  
Your name will be entered in a draw!

# COMMUNITY PROGRAMS

WFN Early Years Program

## Summer Bubble Kits

Who loves bubbles? We sure do!  
If you would like to receive a bubble kit  
and have loads of bubbling fun

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Contact Natalie Goring at  
[natalie.goring@wahnapietaefn.com](mailto:natalie.goring@wahnapietaefn.com)  
or 705-920-9106.

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### NOTE:

You can receive 1 kit for July and 1 kit August (they will be different) but if you need more bubble solution, contact Natalie.

# WFN SUMMER CAMP

## SUMMER CAMP PROGRAM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 <b>Summer Camp Registration Day</b> 2:30-5:30PM @ Gazebo	6	7	8	9
10 <b>Music/Dance Week</b>	11 <b>Make Music, Move Your Body &amp; Concert</b> Ages 7-11	12 <b>Jam Session and Music Wall</b> Early Years & Ages 7-11	13 <b>Sound Wall Music Video &amp; Making Medicines with Line</b> Ages 12-15	14 <b>Lip Sync Battle Day</b> Ages 12-15 <u>Battle Begins @ 2pm in MDG Hall</u>	15	16
17 <b>Sports/Outdoors Week</b>	18 <b>Environmental Day with Sara</b> Ages 7-11	19 <b>Sports &amp; Capreol Splash Pad &amp; Picnic</b> Early Years & Ages 7-11	20 <b>HIV/STD Workshop with Health Department &amp; Swimming @ Powwow Grounds</b> Ages 12-15	21 <b>Hike @ Laurentian Trails with Bradley</b> Ages 12-15	22	23
24 <b>Cultural Week</b>	25 <b>Proud to Be Indigenous Day</b> Ages 7-11	26 <b>Ode'min Picking &amp; Playground &amp; Pizza</b> Early Years & Ages 7-11	27 <b>Cedar Bath Teachings &amp; Foot Soaks with Wendy &amp; Traditional Cooking</b> Ages 12-15	28 <b>Cultural Teachings with Ann-Marie</b> Ages 12-15	29	30

### Summer Camp Schedule:

Monday (ages 7-11) | Tuesday (Early Years + ages 7-11) | Wednesday & Thursday (ages 12-15)

- 9:00am-12:00pm → 1:00-3:00pm

# COMMUNITY UPDATES

## Community Support Driver

### Community Drive Days

- Mondays & Wednesdays
- Pick up @ 10 A.M.
- Departure from Sudbury @ 1 P.M. (returning to WFN)
- 3 clients per day
- Max 2 stops (i.e. Walmart & Food Basics).
- MUST BE BOOKED 48 HOURS IN ADVANCE

### Contact For Booking

Heather Roy

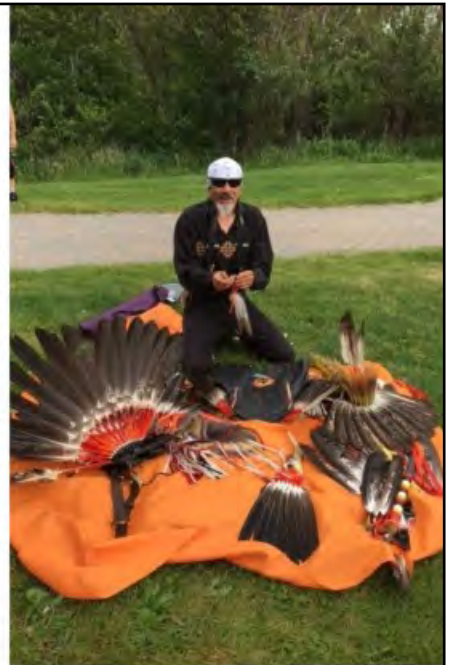
[heather.roy@wahnapitaefn.com](mailto:heather.roy@wahnapitaefn.com)

705-858-7700 x226

Wendy Tyson

[wendy.tyson@wahnapitaefn.com](mailto:wendy.tyson@wahnapitaefn.com)

705-858-7700 x226



## *National Indigenous Peoples Day*

Chi-miigwetch Chief Roque for capturing these beautiful photos at N'Swakamok Native Friendship Centre's Mini Pow Wow at Bell Park on June 21.



**ATIKAMEKSHENG ANISHNAWBEK  
35TH ANNUAL JINGTAMOK**

*Coming Together Again*

**JULY 23 AND 24, 2022**

**GRAND ENTRY**

**SATURDAY 12PM AND 6PM**

**SUNDAY 12PM**

**HEAD ELDER  
ART PETAHTEGOOSE**

**HEAD FIREKEEPER  
SHELDON MAISONOQUAISHKANG**

**HOST DRUM  
BLACK BULL MOOSE**

**HEAD VETERAN  
WILL MORIN**



**SPECIAL GUEST  
INDIGENOUS SOCIAL MEDIA  
INFLUENCER  
SHERRY MCKAY  
@sherrymckay**



**MC  
STEPHANIE PANGOWISH**



**HEAD DANCERS  
AJ ELLIOTT  
REBECCA GONAWABI  
THEO GONAWABI  
AIYANNA GONAWABI**

**ALL ARE WELCOME  
NO DRUGS, ALCOHOL OR PETS  
FOR ALL INQUIRIES CONTACT  
DENNIS CROPPER OFFICE.MANAGER@WLEN.COM 705.690.1867**

# PARTNER EVENTS

TAKE CONTROL OF YOUR FINANCES FOR A BETTER TOMORROW

# PERSONAL FINANCE WORKSHOP

Wednesday July 20, 2022 from 5pm - 9pm  
Wahnapiatae Band Office

## YOU WILL LEARN

- \* WHAT IS A GOOD CREDIT SCORE
- \* HOW TO CHECK CREDIT SCORE
- \* HOW TO REPAIR BAD CREDIT
- \* HOW TO BUDGET
- \* HOUSING FINANCE

**SUPPER  
PROVIDED**

**APPROVED**

For more information please contact Tammy Chevrette at (705)  
920-9488 or email [tammy.chevrette@wahnapiataefn.com](mailto:tammy.chevrette@wahnapiataefn.com)



**First Nations**  
Market Housing Fund

# PARTNER EVENTS

DO YOU DREAM OF A HOME OF YOUR OWN?

## PERSONAL FINANCIAL COUNSELLING

THURSDAY JULY 21, 2022 FROM 9AM TO 5PM  
WAHNAPITAE BAND OFFICE

 **BUILD**

 **PURCHASE**

 **RENOVATE**

Contact our housing department to book an individual one on one meeting with a financial consultant from the First Nations Market Housing Fund. Together you will review your personal financial situation and create a personalized homeownership strategy so you can build, buy, or renovate a home of your own.



**A GOOD CREDIT RATING IS THE KEY TO ACHIEVING YOUR HOMEOWNERSHIP GOALS.**

If you don't qualify for a loan, we can help you repair your credit. Take our Debt Management Workshop! Call Housing or keep an eye out for our posters.



For more information contact **Tammy Chevrette** at (705) 920-9488 or email [tammy.chevrette@wahnapiitae.com](mailto:tammy.chevrette@wahnapiitae.com)



First Nations  
Market Housing Fund

# COMMUNITY EVENTS



**TUESDAY, JULY 19**  
**4 P.M. - 6 P.M.**

Please let Rochelle or Line know if you will not be participating this month to help us avoid waste.

**PICK-UP: 259 TAIGHWENINI TRAIL RD**  
**BRING YOUR OWN BAGS!**





**NORMAN RECOLLET  
HEALTH CENTRE**

DENTAL CLINIC



**NEXT CLINIC DAY IS JULY 25**

NRHC's dental team is now scheduling patients.

**No Insurance? No problem  
All patients scheduled for July will  
enter to win a teeth whitening kit.**

Call the health centre to book your  
appointment:

**(705) 858-7700**

# COMMUNITY EVENTS

## WORLD HEPATITIS DAY

Every 30 seconds, someone dies from a viral hepatitis related illness. However, with the existing prevention, testing and treatment services that are available every hepatitis related death is preventable.

Hepatitis can affect anyone, but it has a disproportionate affect on the people and communities most underserved by health systems.

**JULY 28**  
**1 P.M. TO 3 P.M.**  
**MAAN DOOSH GAMIG**

**PRESENTATION BY RESEAU ACCESS  
FOLLOWED BY MEDICINE POUCH MAKING**

**REGISTER BY JULY 25 WITH HEATHER**  
**705-858-7700 X226**  
**HEATHER.ROY@WAHNAPITAEFN.COM**



HEPATITIS IS AN INFLAMMATION OF THE LIVER, MOST COMMONLY CAUSED BY A VIRAL INFECTION. THERE ARE FIVE MAIN HEPATITIS VIRUSES, REFERRED TO AS TYPES A, B, C, D AND E. THESE FIVE TYPES ARE OF GREATEST CONCERN BECAUSE OF THE BURDEN OF ILLNESS AND DEATH THEY CAUSE AND THE POTENTIAL FOR OUTBREAKS AND EPIDEMIC SPREAD.



Wahnapiatae First Nation  
Education Department

## BOYS' DRUM GROUP

BRANDON PETAHTEGOOSE  
WILL BE TEACHING

TUESDAY NIGHTS  
6 TO 8 PM  
@ THE GAZEBO



IF YOU WOULD LIKE TO  
TAKE PART, CONTACT  
MARILYN OR BEATRICE  
AT THE  
ADMINISTRATION  
OFFICE OR BY CALLING  
705-858-0610

The logo for the Good Food Box, featuring a black bear silhouette with a red heart inside its chest, set against a blue circular background with the text 'NOKSIKIN FLOOLLET' and 'HEALTH CENTRE'. The logo is surrounded by fresh green vegetables like lettuce and broccoli.

Small Box: \$10 | Large Box: \$19

## GOOD FOOD BOX

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

**JULY ORDER DATE:  
JULY 4, 2022**

**JULY DELIVERY DATE:  
JULY 14, 2022**

# COMMUNITY EVENTS



Small Box: \$10 | Large Box: \$19

## GOOD FOOD BOX

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

**AUGUST ORDER DATE:  
AUGUST 1, 2022**

**AUGUST DELIVERY DATE:  
AUGUST 11, 2022**



## SOUP'S ON!

**TUESDAYS**

Call by 11 P.M. | Pick up by 12 P.M.  
Call Heather to place order:  
(705)858-7700



## CONGREGATE DINING

ELDERS 55+

**THURSDAY JULY 7  
& THURSDAY AUGUST 4  
BETWEEN 5 P.M. - 6 P.M.**

*To Join in-person or via delivery*  
CALL WENDY OR HEATHER TO  
RESERVE YOUR MEAL: (705) 858-7700

## NUTRITION BINGO



**Call Wendy or Heather  
to reserve your spot:  
(705) 858-7700**

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

**Thursday July 7 and  
Thursday July 21**

# WFN EVENT CALENDAR - JUNE 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
					1	2
3	4 Community Support Driver (CSD)	5 SOUP'S ON BOYS DRUM	6 WELLNESS WEDNESDAY CSD	7 FOOD SAFETY COURSE Nutrition Bingo Congregate Dining	8 CLOSED	9
10	11 CSD	12 SOUP'S ON BOYS DRUM	13 WELLNESS WEDNESDAY CSD	14 Good Food Box Pickup	15 CLOSED	16
17	18 CSD	19 SOUP'S ON Recipe of the Month BOYS DRUM	20 Safer Sex Presentation CSD	21 Nutrition Bingo Bread & Roses Food Bank	22 CLOSED	23
24	25 CSD	26 SOUP'S ON BOYS DRUM	27 WELLNESS WEDNESDAY CSD	28 World Hepatitis Day	29 CLOSED	30
31						

Sue Chartrand will be here for footcare and massages per the calendar.  
If interested, contact Line @ 705-858-7700 ext 218.