



Wahnapiatae First Nation Community Newsletter

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March 2022

P4: Serving Up Soup's On



WFN's Wendy Tyson has been feeding members since 2013.

P9: WFN's Fire Heroes



Take a moment to thank WFN's hard-working Fire Department.

P12: Family Day Fun



Check out some fun photos from our Family Day event on Feb. 21.

P14: Pink Shirt Day



Members wore pink on Feb. 23 to take a stand against bullying.

A Message to Members



The month of March will bring many changes in our lives. As restrictions within the province are lifting, we still must be aware of our surroundings and be safe. Some of us can and will still get sick, so we must do our best to protect ourselves and each other.

We don't know yet if March will come in like a lion or a lamb, but it approaches with promises that spring is not far behind. With nicer weather, we feel drawn to the great outdoors and the gifts of Mother Earth. Cold weather will be here for a while yet and I want to remind our community to be cautious when venturing out, especially on the ice. With the March Break approaching, kids will be home from school, and out and about; please take caution when driving and watch out for them.

I'd also like to recognize the hard work of many who have supported the community in recent weeks. Chi-miigwech to those members who donated their time and efforts to build an outdoor ice rink for the kids. This is a great addition to our community and has already been put to good use. I'd also like to thank Tammy, Nat, Joan, and Paul for all their hard work with the Family Day activities, which were very much enjoyed by those who attended.

And last, but not least, I offer a big thanks to our Health Department for all their hard work during this pandemic. Your efforts are not going unnoticed and have made a great difference in keeping us all safe.

Miigwetch,
Chief Larry Roque

COVID-19 UPDATES

COVID-19 Statistics

(as of February 28, 2022)

Sudbury District:

Total Tests: 398,714
Confirmed Cases: 11,456
Resolved: 10,939
Deaths: 108
Fully vaxxed: 182,678

Ontario:

Total Tests: 22,813,125
Total Cases: 1,091,526
Resolved: 1,060,530
Deaths: 12,306
Hospitalized: 1,066
In ICU: 302
Fully vaxxed: 11,983,625

Canada:

Total Tests: 57,831,597
Total Cases: 3,261,911
Active Cases: 116,513
Recovered: 3,109,144
Deaths: 36,254
Fully vaxxed: 30, 569, 102

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

Did You Know?

Easing of COVID-19 Vaccine Restrictions Edition



Starting

March 1 2022:

Ontario will end the use of the COVID-19 vaccine passport system. However, businesses may still choose to require vaccination proof.

Recently, Ontario also announced that booster shots are now available for youth aged 12 - 17 years old.



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



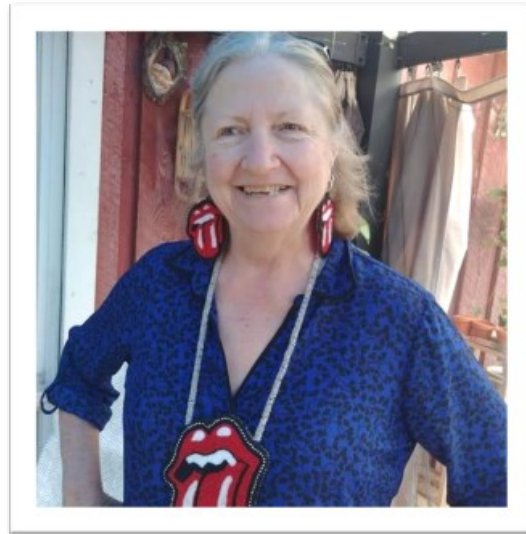
YOUTH PAGE: www.fb.me/WFNYouthPage

COMMUNITY PROGRAMS

Soup's On with Wendy Tyson

Few WFN programs are as well known and loved as Soup's On, a delicious opportunity every Tuesday to feed your soul and help the community.

Soup's On asks only for a donation of your choosing in exchange for some delicious food — but the real secret ingredient for the program's success is Wendy Tyson, Community Wellness Worker with WFN.



Wendy is the heart and soul of Soup's On, organizing and preparing the food for the community. She was kind enough to answer the following questions to explain more about this wonderful program:

What is Soup's On?

Soup's On is a comfort food that is aimed at feeding the soul and palate at a price that is chosen by the people themselves.

How did Soup's On come to be?

Soup's On started in 2013 as a collaboration between myself (the Community Wellness Worker) and the Executive Director at the time.

Why do you do this?

I do this out of love of food and to nourish our people and visitors.

How much does it cost? Why?

I use what I have on hand. The cost is very minimal.

What is done with the donations?

The donations go to capital fundraising, the WFN Pow Wow, and honorariums for

our boys' drum group. I have helped purchase things such as cedar gazebos, greenhouses, playground swings, a barbeque, and outside furniture. I have also helped to purchase some garden boxes for the community.

What's your favourite soup to make?

I love all soups, but I must say tomato tortellini is quite tasty.

Are there any funny stories to share?

On one of the Soup's On days, I made cream of potato soup. I use creamed corn and corn niblets — and I accidentally poured in a can of pineapple chunks (which I mistook for the niblets). Once it was poured into the pot, I realized what I'd done and tried to get the chunks out.

Still, it tasted fine, and everyone said the soup was great. I felt comfortable enough to let them in on what had happened; they said they found a pineapple chunk and just thought that it was one of my secret ingredients.

Do you take requests?

I certainly do.

Thank you Miigwetch to Wendy for taking the time to answer these questions. If you're interested in ordering Soup's On for your next Tuesday lunch hour, please contact Heather at heather.roy@wahnapitaefn.com.

HEALTH DEPARTMENT

Health Committee Members Needed

Wahnapiatae First Nation is seeking members for its Health Committee.

The committee acts in an advisory capacity and is to provide support and direction to the Norman Recollet Health Centre, located in Wahnapiatae First Nation, on behalf of the members and the community.

It will be comprised of nine members, including: one elder, one youth aged 18 to 25, one on-reserve member, one patient/community representative, one lands knowledge representative, one off-reserve member, one health portfolio holder, one health director and one health assistant.

The Health Committee will make recommendations to staff regarding vision, objectives, programming, and public safety for WFN members.

These recommendations will be brought forward to Chief and Council and the Executive Director for implementation in accordance with the WFN and NRHC policies, WFN governance policies and operational procedures to ensure sustainable health services.

The Role of the Health Committee:

- Adhering to the vision of the Norman Recollet Health Center, committee members will ensure implementation of the vision and mission statements.
- Develop and support implementation of the strategic plan for the Norman Recollet Health Center including:



- Providing support with the accreditation process;
- Processing and setting short term and long term goals;
- Conducting policy review;
- Reviewing the annual evaluation of the strategic plan; and
- On an annual basis, reviewing the terms of reference.

The Health Committee is currently looking for members to fulfill the following positions:

- 1 Youth Representative, aged 18 to 25 and living on reserve, to be the voice of our youth and new modern ideas;
- 1 Patient/Community Representative: an on-reserve Elder who can be the voice of patient and community needs;
- 1 Lands Knowledge Representative: an on-reserve resident with knowledge of WFN lands for environmental proposes.

If you would like to be a part of the Health Committee, write a letter outlining why you'd like to participate and which portfolio you would like to fill, and send it to the following email:

jessica.baillargeon@wahnapiataefn.com

Miigwetch.

HEALTH DEPARTMENT

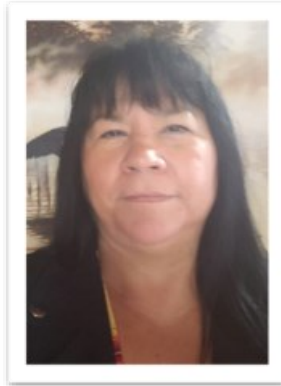
Meet Ann-Marie Recollet at Ntam Nishnabeg Jiibiig

Anii, my name is Ann-Marie Recollet, and I am a member of Wahnapiatae First Nation.

I am pleased to say that I have recently accepted the position as a Mental Wellness and Crisis Response Navigator North for the Ntam Nishnabeg Jiibiig - First Nations Mental Wellness Team (serving: Wasauksing, Magnetawan, Henvey Inlet, Nipissing, Dokis and Wahnapiatae).

I am fluent in my language and I bring with me my traditions and culture.

My greatest passion is bringing healing to people who have been through a traumatic stressful experience. As a new



member of the regional Mental Wellness team, I will provide mental wellness services and implement cultural supports that will help Anishinabek communities to find healthy perceptions of themselves and strengthen their relationships so they can know themselves as peaceful, complete, whole and

safe.

With my teachings and many years of experience as a Healing and Wellness/ Translation worker gives me the opportunity to develop, build, coordinate and navigate for Anishinabek communities.

Chi-Miigwetch!

March's Mental Health Message

By Bradley Steele
WFN Mental Health and Addictions
Counsellor

Hi everyone! This month's mental health message is about teen dating violence.

Teen dating violence is when either partner in a relationship exhibits behaviours that are aggressive, threatening and or manipulative.

Twenty percent of Canadian teens report being victimized by physical dating violence, 9% report sexual violence, 35% report emotional and psychological violence, and 10-30% of Canadian teens report being victimized by cyber dating violence.

This behaviour has long-term negative effects for teens and can lead to drug use, depression, anxiety, and suicidality. The best way to combat Teen Dating Violence is to know the signs and get the appropriate help!

Some signs you might see in your partner are invasion of privacy, controlling tendencies, taunting or bullying, false accusations, threatening or causing violence, and excessive jealousy or insecurity.

If you believe you are in a violent dating situation, reach out to a friend, a family member, or a trusted adult. Other resources are the police, crisis services, sheltersafe.ca, or Kids Help Phone (1-800-668-6868.)

COMMUNITY WELLNESS

Ogimaawabiitong (Kenora Chiefs Advisory) Presents: The Journey Home

A new documentary short is outlining the harms faced by Anishinaabe in Northern Ontario through residential schools and foster care, and how some are finding room to heal.

Made by the Kenora Chiefs Advisory, **The Journey Home** is a documentary that explores the dark history First Nations people and communities in the North continue to face even today.

This brief but meaningful 12-minute documentary focuses on the systemic changes that need to happen, and what those changes look like to help stop ongoing inequities in First Nations communities.



Filmed in Kenora in the later part of 2021, this documentary was made in collaboration with the Chiefs, Elders, Youth, Knowledge Keepers, and Kenora Chiefs Advisory staff.

You can watch this short documentary at the following link: www.tinyurl.com/u699vfbb

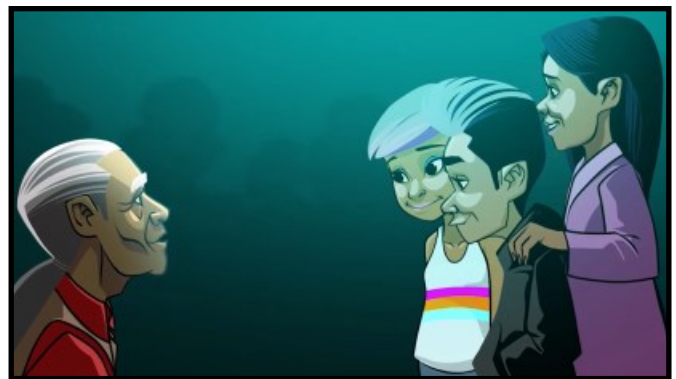
Respecting Tobacco: Traditional vs. Commercial Use

A new animated video is helping to explain the difference between harmful commercial tobacco and the positive cultural power of traditional tobacco.

In January 2022, the First Nations Health Authority put out an animated video to explain the difference between the two, and the value of traditional teachings in supporting our path to wellness.

Entitled “Respecting Tobacco: Traditional vs. Commercial Use,” this video follows a brother and sister as they learn about the traditional medicines from an elder.

The video was made in partnership with Indigenous Story Studio, with the



guidance from elders at Tsoow-Tun-Le-Lum Society and youth from around British Columbia.

To watch the video, visit the First Nations Health Authority website directly at www.tinyurl.com/mpy5bsy or on First Nations Health Authority’s YouTube channel by looking for Respecting Tobacco: Traditional vs. Commercial Use.

COMMUNITY WELLNESS

Traditional Tea Teachings

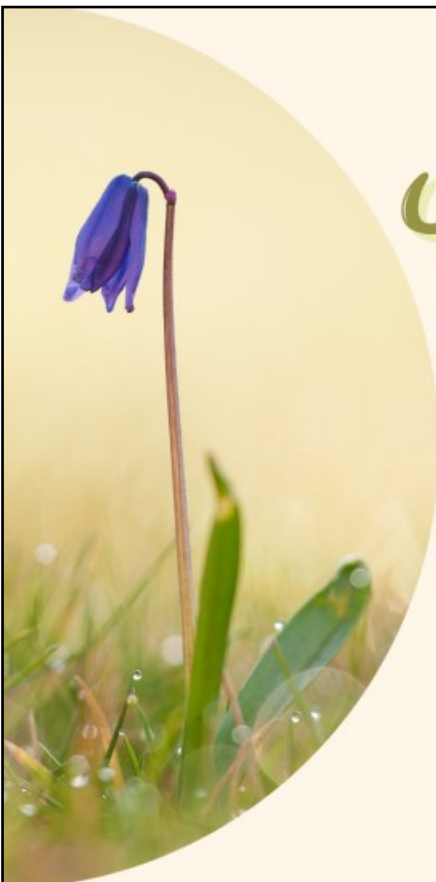


USING PLANTS AS TEA WITH PERRY MCLEOD-SHABOGESIC

**THURSDAY, MARCH 31, 2022
6 P.M. TO 8 P.M. VIA ZOOM**

ALL REGISTERED ATTENDEES WILL RECEIVE A
BUNDLE OF TEA AND A TEA-INFUSED MUG.

CONTACT LINE BY MARCH 24 TO REGISTER
VIA EMAIL LINE.BAILLARGEON@WAHNAPITAEFN.COM OR CALL 705-858-7700



Spring Solstice

CEREMONY

Sunday, March 20, 2022
7 to 9 P.M.

Centre of Excellence Tipi

Conducted by
Julie & Frank Ozawagosh

Women, please wear your skirts.

Bring your feast bags.

COMMUNITY NOTICES



WAHNAPI'TAE FIRST NATION

Landfill Site Operating Hours

Sundays 12:00pm - 4:00pm

Mondays Closed

Wednesdays Closed

If special arrangements need to be made, contact Sara Lehman (sara.lehman@wahnapi'taefn.com), or speak with Paul MacDonald.
No last-minute drop-offs will be accommodated.

Garbage and Recycling Pick-Up

Tuesdays and Thursdays (regular schedule)

Changes are temporary and normal service will resume on April 4, 2022.

We apologize for any inconvenience.

COMMUNITY NOTICES



**THANK YOU TO ALL OUR AMAZING
FIREFIGHTERS FOR ALL YOUR HARD
WORK!**

From left to right: Deputy Marc Landry, Firefighter Molly Boucher, Firefighter Lindsey Boudreault, and Fire Chief Tom Recollet.

Missing from the photo: Deputy Ed Tyson, Captain Tyler Recollet, Paul Recollet, Bill Roque, and Lori Corbiere.

PARTNER EVENTS

LIVE VIRTUAL EVENT



TAKING STEPS TOGETHER



Free live virtual community event with throat singing, presentations, & stories of personal cancer journies.

**MARCH 22, 2022
10AM - 3PM
VIA ZOOM AND
FACEBOOK LIVE**

**CONTACT FELICIA TO SIGN-UP
AT FADELAJA@TIONTARIO.CA**

PARTNER EVENTS

VIRTUAL WOMEN'S HAND DRUM CIRCLE

Feb 09 ♦ 6-7pm
 Feb 10 ♦ 3-4pm
 Mar 02 ♦ 6-7pm
 Mar 17 ♦ 1-2pm

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To all residents and members of
 Wasauksing, Magnetawan, Henvey Inlet
 Dokis, Nipissing & Wahnapiatae First Nations

Facilitator:

Lisa Osawamick MSW, RSW
 Zaagidwin Counselling &
 Consulting Wiikwemkoong

All participants

will be entered into a
 draw for a chance to
 win a gift card

Contact to Register for Zoom

Debbie Lemieux
 nichikwe@gmail.com

Or

Ann Marie Recollet
 amrecollet@hotmail.com
 Mental Wellness Navigator North



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Mental Wellness Team
 Ntam Nishnaabeg Jigbiig
 "People by the Water"



Health
Canada

Santé
Canada

COMMUNITY UPDATES



FAMILY DAY FUN

Miigwetch to all who came out to our Family Day Fun event on February 21. It was wonderful to see everyone's friendly faces. Please enjoy these photos, courtesy of Natalie Goring and Tammy Chevrette.



COMMUNITY UPDATES



COMMUNITY UPDATES

PINK SHIRT DAY



Miigwetch to all who participated in Pink Shirt Day on February 23, 2022. You all looked mah-velous!

Photos of 'Bear' Bearette, Becca, Kiki, Abigail, Eileen, Kirkland and Kohen.

COMMUNITY UPDATES



kindness

is one size fits all



COMMUNITY EVENTS

PROBLEM GAMBLING WORKSHOP

Wednesday, March 16, 2022

11 A.M. to 3 P.M.

Maan Doosh Gamig

This workshop will focus on the harms, types, and signs of problem gambling.

Register by March 7 by 5 P.M.

If interested, please contact Heather Roy at

Email: heather.roy@wahnapitaefn.com

Phone: 705-858-7700



COMMUNITY EVENTS

NEED TO CHANGE UP YOUR
GAME NIGHT?

TRY A GAME FROM OUR TEAM!



Contact:
Natalie Goring, Healthy Babies Healthy Children Worker
at natalie.goring@wahnapitaefn.com
or
Tammy Chevrette, Family Wellness Worker at
tammy.chevrette@wahnapitaefn.com



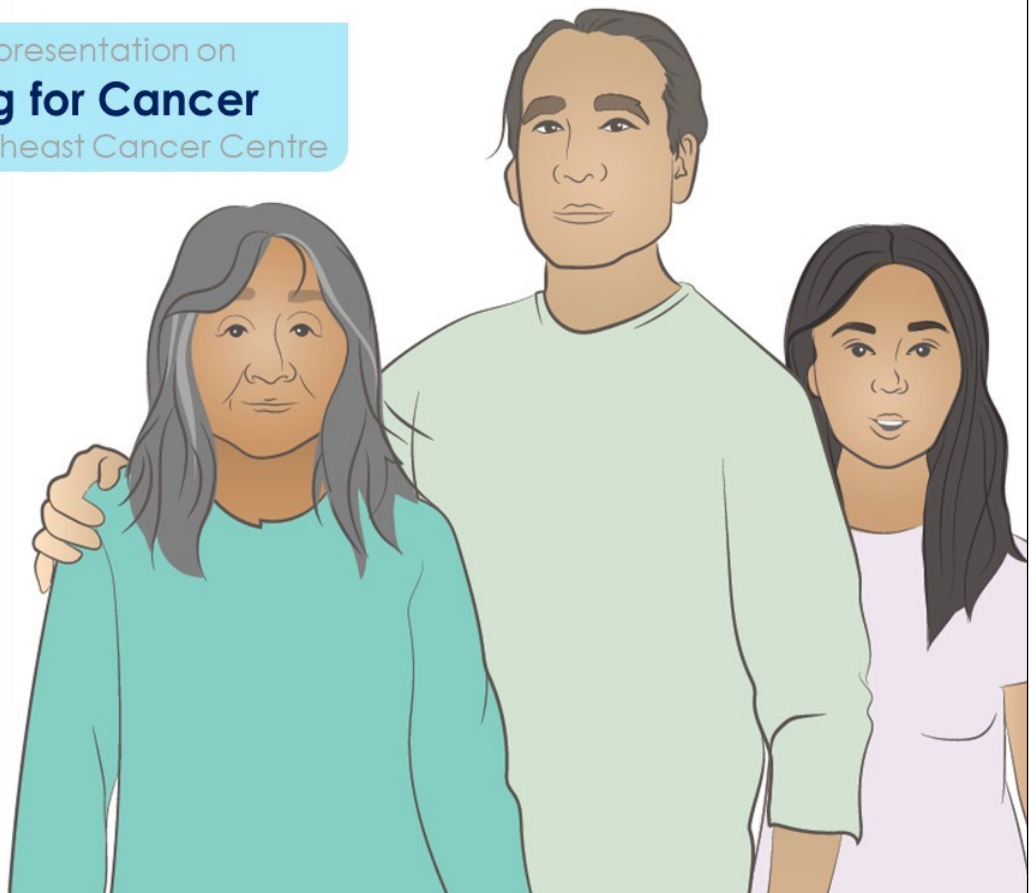
Join us for a presentation on
Screening for Cancer
with the Northeast Cancer Centre

Wednesday March 23rd
on ZOOM
from 1:00 to 2:00 p.m.

To register, contact Line at
the Norman Recollet
Health Centre
705-858-7700
line.baillargeon@wahnapitaefn.com



Northeast Cancer Centre
Health Sciences North
a Cancer Care Ontario partner
Centre de cancérologie du Nord-Est
Horizon Santé-Nord
un partenaire d'Action Cancer Ontario



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.

Extended till March 25!

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



SPAGHETTI AND
MEATBALL CUPS

COOKING WITH DAD

Extended till March 25!

Contact: Natalie Goring HBHC
Worker

Phone: 705-920-9106

Email:

Natalie.goring@wahnapitaefn.com

You will be contacted when the kits are
ready for pick up or delivery.
Send pictures by March 25.

NAABIDIN GIIZIS - SNOW CRUST MOON

March Activity Kit

REGISTRATION DEADLINE: MARCH 20

Register to receive an activity kit with three activities sure to keep you cool!

EMAIL NATALIE GORING,
HEALTHY BABIES, HEALTHY CHILDREN WORKER

NATALIE.GORING@WAHNAPIAEFN.COM

NALOXONE TRAINING

Learn how to recognize the signs of an opioid overdose and take the proper steps to save a life.

Thursday March 24, 2022

Maan Doosh Gamig



***Training provided by Reseau Access Network.
Participants will be receiving a naloxone kit to take home.***

In 2017, approximately 11 lives were lost each day because of opioid overdoses. Increased naloxone (Narcan) access and training is a key tool for preventing overdose deaths.

**Register by March 22 by 5 P.M. by calling Heather
at (705) 858-7700**

COMMUNITY EVENTS



HEALTHY RECIPE OF THE MONTH

WEDNESDAY, MARCH 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!



DIABETES CIRCLE

March Schedule

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



Norman Recollet Health Centre



Wahnapiitae 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

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



AFTER-SCHOOL PROGRAM

— MONDAYS
&
TUESDAYS

4:00 P.M.-5:30 PM

We meet virtually on zoom.

CONTACT US:

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

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

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.



Youth Leadership Program

Schedule

Youth Leadership Program
Wednesday/Thursday from
3:30-5:00PM.

We meet virtually on zoom.

Youth Leadership Program is ages 12-18. Youth participate in activities and games that focus on and incorporate the themes: health and building healthy relationships.



Calling AES Youth!



AES YOUTH COUNCIL

Are you passionate about your community and education? If so, we have an opportunity for you! The Kinooamaadziwin 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**

WAHNAPI'TAE FIRST NATION

HOMEWORK 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.



COMMUNITY EVENTS

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



Curbside Only
SOUP'S ON!

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



CONGREGATE DINING

ELDERS 55+

March 3, 2022



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

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, March 3
& Thursday, March 17**

WFN EVENT CALENDAR - MAR. 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 Boys Drum Group	2 Diabetes Circle	3 Nutrition Bingo Congregate Dining	4 Closed	5
6	7	8 Soup's On Sue Chartrand Boys Drum Group	9 Diabetes Circle Sue Chartrand	10 Good Food Box Pick up	11 Closed	12
13 Clocks spring forward	14	15 Soup's On Boys Drum Group	16 Diabetes Circle Healthy Recipe of the Month Problem Gambling	17 Nutrition Bingo	18 Closed	19
20	21	22 Soup's On Sue Chartrand Boys Drum Group	23 Diabetes Circle	24 Naloxone Training	25 Closed	26
27	28	29 Soup's On Boys Drum Group	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 pm - 3 pm.