



# Wahnapiatae First Nation Community Newsletter

**Inside this**

**January 2023**

**P2: First Responders**



Miigwetch to all the community members who are now trained first responders.

**P6: Christmas Hampers**



WFN's Christmas Hampers were much appreciated by the community.

**P14-15: Sharing Circles**

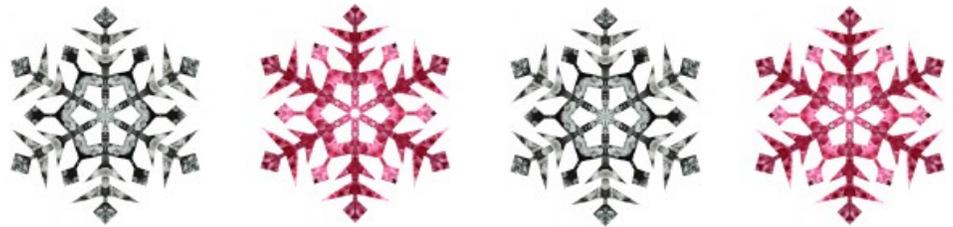


WFN now has men's and women's Sharing Circles available.

**P17: Anishinaabemowin**



Language classes are being offered at WFN through March 2023.



## A Message to Members

With the holidays behind us, it's time to look forward now to the year ahead. I'd like to wish everyone a happy new year, and I hope you all had a happy and healthy holiday season.

However, winter is still upon us, and I'd like to remind everyone about water safety while out on the ice this season. Please remember to take all necessary safety precautions when out near lakes and rivers.

I'd also like to thank some of our community members for receiving the Ministry of Health, Emergency First Response training. These first responders will be able to assist our community with any emergency medical assistance until paramedics arrive. This is one step closer to ensuring out the safety of our community members. Chii-miigwetch for your service; you are greatly appreciated.

I'd to thank our WFN and NRHC staff for all their hard work and their efforts throughout the year and especially the holiday season. Our Santa Claus parade and Lunch with Santa were a great success, and well received by all. Sacrificing your personal time to assist with the community has not gone unnoticed. Chii-miigwetch to all of you, you are all very much appreciated.

One last miigwetch to Mr. and Mrs. Claus for taking time out of their busy schedule to have lunch with us.

Miigwetch,  
Chief Larry Roque

# COMMUNITY NOTICE



## WFN'S COMMUNITY FIRST RESPONDERS

Ten Wahnapiatae First Nation members recently completed the Ministry of Health's Emergency First Response training.

After calling 911, a WFN First Responder will be paged to the location of the emergency to provide medical assistance until paramedics arrive.

Please do not call  
WFN First Responders directly.

**CALL 911 IN ALL EMERGENCY  
SITUATIONS.**

WFN First Responders will be dispatched  
by the 911 Call Centre.



**CHI-MIIGWETCH TO OUR FIRST RESPONDERS**

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](http://www.fb.me/wahnapiataefirstnation)



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



## Chief and Council Regular Meeting

Monday, January 30, 2023  
6 P.M.  
In-person and via Zoom

Members wishing to attend via Zoom must register at:

[https://cutt.ly/WFN\\_CouncilMeeting\\_Jan2023](https://cutt.ly/WFN_CouncilMeeting_Jan2023)

The deadline to register for the web version is January 23, 2023.

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.

# COMMUNITY NOTICES

## Members Needed for Cannabis Advisory Committee

Wahnapiatae First Nation is seeking members for its Cannabis Advisory Committee.

The committee will be a working group established by Chief and Council to assist with the development and review of our cannabis law and regulations.

The committee will consist of the Lands and Resources Director, Projects and Funding Officer, Chief, 1 Councillor, and 2-4 volunteer members with previous relevant business or legal experience.

Selections will be made to ensure that the committee possesses the necessary skills to complete its mandate.

The goals and responsibilities of the Cannabis Advisory Committee are as follows:

### Goals of the Cannabis Advisory Committee:

- Create objectives to guide planning and land use decisions
- Set policies to achieve objectives
- Ensure that the Cannabis Law and Regulations are developed for the benefit of the community
- Create a baseline from which to measure progress
- Establish measurement tools that are effective in measuring progress year after year



### Responsibilities of the Cannabis Advisory Committee:

- Assist with the development and review of the cannabis law and regulations
- Work collaboratively with Chief and Council and the project team throughout the project
- Uphold a high level of respect and professionalism throughout the project
- Advertise and communicate project events and opportunities for members to participate
- Participate in community meetings (where feasible) and gather input and feedback from members
- Meet with community staff members and Chief and Council to understand community priorities
- Review project deliverables and provide comments to the project team

If you would like to be a part of the Cannabis Advisory Committee, write a letter outlining why you'd like to participate and which groups you feel that you would represent, and send it to the following email:

[austin.armstrong@wahnapiataefn.com](mailto:austin.armstrong@wahnapiataefn.com)

Miigwetch.

# SAVE THE DATE

**SATURDAY,  
FEBRUARY 18**

## **WFN Land Code Community Consultation**

Join us for a presentation on the work done to date on WFN's Land Code.

## WAHNAPITAE FIRST NATION **COMMUNITY NOTICE**

Members that have a Spectrum account and have not had their connections completed by January 2023 are to contact Spectrum as soon as possible.

### **Sudbury Head Office**

505 Froid Road, Sudbury, ON P3C 5A2

Phone: 1-866-417-2346

Email: [sudbury@spectrumtelecom.ca](mailto:sudbury@spectrumtelecom.ca)



# COMMUNITY UPDATES

## CHRISTMAS HAMPERS

MIIGWETCH TO ALL WHO HELPED WITH OUR CHRISTMAS HAMPERS. WFN COMMUNITY APPRECIATES YOU.



# COMMUNITY UPDATES



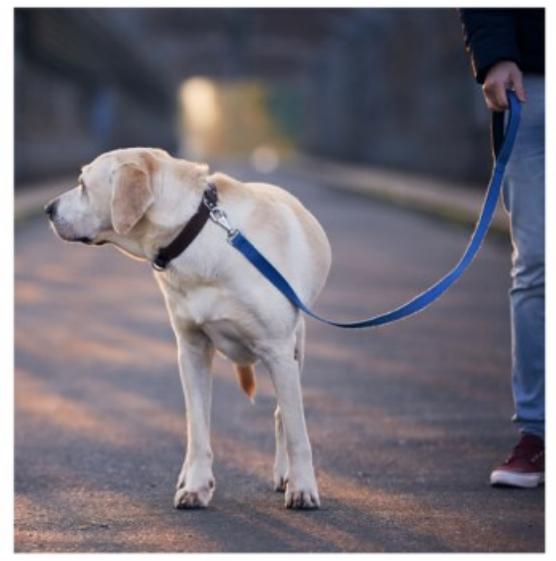
If you're not receiving monthly communications from us, your address may not be up to date in our system.

## WE NEED YOUR CONTACT INFO

CALL OR EMAIL TO LET US KNOW

✉ [leila.roque@wahnapietaefn.com](mailto:leila.roque@wahnapietaefn.com)

☎ 705-858-0610



## Keep Your Pets Safe

Please respect your neighbours and remember to

- keep your animals in your yard
- keep them leashed on walks
- "poop and scoop"
- avoid letting them bark for long periods of time

For stray or loose dogs, please call:

Stray or nuisance dogs and cats and dogs and cats for adoption.

Call: 705-673-DOGS(3647)  
or  
Toll Free: 1-800-836-6661

411 St. Agnes St. West  
Box 640  
Azilda ON  
POM 1B0

**Rainbow District**  
Animal Control  
and Shelter Services

[www.rdshelter.ca](http://www.rdshelter.ca)

# COMMUNITY PARTNER—GLENCORE

## Glencore Update - December 2022

### The Joint WFN/Glencore Environmental Working Group (EWG) wants you to know:

All mining sites within Ontario are required to have a Closure Plan in place under the Ontario Mining Act, 1990 and Ontario Regulation 240/00.

The Glencore Sudbury INO's Nickel Rim South Mine Closure Plan is currently going through an update in order to provide more detail to the Ministry of the Mines.

The update includes the following:

- Change to the closure plan boundary to include the potable and process water pipelines.
- Updated figure of underground mine workings.
- Additional detail on buildings and infrastructure including septic system, fire control, material handling and pipelines.
- Updated water quality data and addition of cyanide to sampling parameters.
- Update to financial assurance provided for removal of ore/waste rock, pipelines, rehabilitation of roadways, removal of backfill.



### THANK YOU!



Glencore wishes to thank Wahnapiatae First Nation's team for hosting a Cultural Mindfulness Awareness Session with Mr. George Couhie on December 12, 2022. The event was attended by 26 members of Glencore's Critical Incident Stress Management Team and Employee Assistance Program Resource Members. Special thank you to Chief Larry Roque for welcoming participants to the session, and to Marilyn Nicholls and Beatrice Debassige for coordinating the venue.

### CONGRATULATIONS to the WFN/Glencore's 2022 /2023 Scholarship recipients:

1. **Lily Plante** – 2<sup>nd</sup> year student, Computer Science/Actuarial Science, Laurentian University. Recipient of a Mining Related Scholarship.
2. **Benjamin Roque** – 2<sup>nd</sup> year student - Electrical, Cambrian College. Recipient of a Mining Related Scholarship.
3. **Hannah Gray** – 1<sup>st</sup> year Master degree for Public Health (Field Indigenous Health, University of Toronto) – Bachelor degree in Nursing. Recipient of a Mining Support Scholarship.
4. **Taylor Nicholls** – Registered full time in Masters of Science, Field – Biology, Laurentian University. Recipient of a Mining Support Scholarship.

# COMMUNITY PARTNER—GLENCORE



## We are hiring!

Encourage friends and family to register for career alerts on [www.glencore.com/careers](http://www.glencore.com/careers)

**We are currently recruiting for the following roles:**

Casual First Aid/Security Attendant  
Occupational Hygiene  
Equipment Reliability Technologist  
Maintenance Planner- Mobile  
Maintenance Planner – Fixed Plant  
Millwright  
Heavy Duty Equipment Mechanic  
Electrician  
Smelter Labourer  
Senior Process Engineer  
Mine Engineer  
Mobile Maintenance Supervisor  
Safety and Training Process Administrator  
Electrical Supervisor  
Projects Control Manager  
Safety Coordinator  
Regulatory Compliance Coordinator  
Superintendent Business Development and Strategy  
Mine Shift Boss



**For additional information, please contact:**

Christina.Leader@glencore.ca or 705 693 2761, #3154 – OCT and Staff Recruitment

Danielle.Stewart@glencore.ca or 705 693 2761, #3151 – Trades, Labourers and Staff Recruitment



Updated December 08, 2022

# COMMUNITY UPDATE

## WAHNAPITAE FIRST NATION

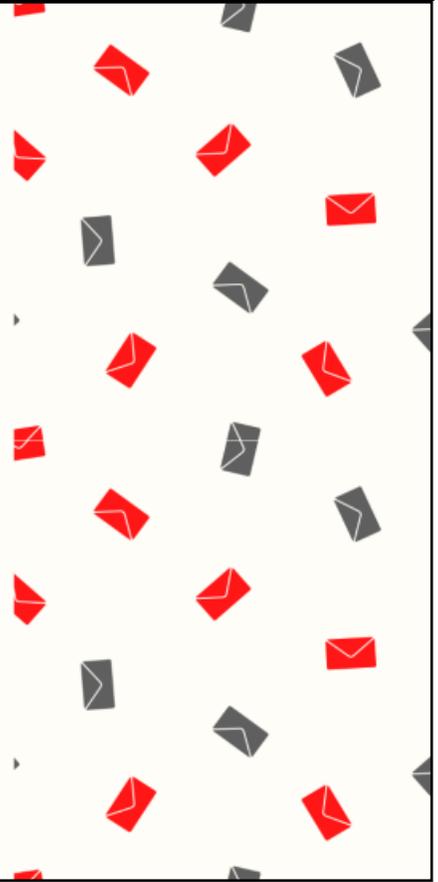
WANTS TO CONNECT  
WITH YOU

now members can stay up to date on what's happening at WFN by signing up for email communications, using the link below.

This will let members 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 [monica.dorion@wahnapietaefn.com](mailto:monica.dorion@wahnapietaefn.com)*



ATTN: WFN CATERERS

## WFN Caterers!

We would like to create a database of WFN caterers able to provide catering services for Chief and Council meetings, Directors meetings, Department meetings, special events, community events, etc.

### We will need the following:

- Contact information
- Copy of Smart Food Handling certificate
- Sample menus



Please deliver packages to:  
WFN Administration Office  
259 Taighwenini Trail Road  
Capreol, ON P0M 1H0



# COMMUNITY EVENTS



## cooking with Nokomis

Saturday, January 21  
11 A.M. to 1 P.M.  
Maan Doosh Gamig

All kids and grandmothers  
welcome!

This workshop will also include a  
13 moons teaching.

RSVP by January 12 to Heather  
705-858-7700

WFN ELDERS 55+

## LET'S GET SOCIAL!

ELDERS 55+ ONLY

Come drop-in to have  
some tea and coffee,  
play cards or games and  
socialize.

For more information, contact  
Heather at 705-858-7700 or  
[heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com)



**MONDAYS**

1 TO 3 PM

MAAN DOOSH  
GAMIG

# COMMUNITY EVENTS

Connect  
Be Heard

RedPath

Share  
Heal



## Addiction Treatment Information Session

MDG January 16 5:30-6:30pm

Group or Individual Programming

The program will benefit people who have problems with: alcohol, smoking, crystal meth, cocaine, crack cocaine, prescription medication (oxycontin, percocet etc.) marijuana, ecstasy gambling, over eating, shop lifting etc.

### Participants will learn

- Socialization
- Conflict resolution
- Empathy
- Communication skills
- To identify, understand, distinguish and label emotions
- How emotions change in various stages of relationships
- Recognize emotions in self and others
- Learn responsibilities
- Gain the ability to tolerate stress and control impulses

### SNACKS AND DRINKS PROVIDED

Register with Norman Recollet Health Centre

7058587700 or

Bradley Steele

[Bradley.steele@wahnapietaefn.com](mailto:Bradley.steele@wahnapietaefn.com)

Let us know if you would like a zoom link instead!

Registration not mandatory to attend information session!



# COMMUNITY EVENTS

Wahnapiatae First Nation

# *Beading Workshop*



THURSDAY, JANUARY 5  
4 - 7 P.M.  
MAAN DOOSH GAMIG

In this workshop, participants will make beaded earrings and key holders. This workshop is for adults with activities for children.

Please contact Linda for more information at  
705-858-0610

# COMMUNITY EVENTS

## SHARING WOMEN'S CIRCLE

WITH TAMMY CHEVRETTE

### 2023 SCHEDULE

#### **JANUARY**

TUESDAY, JANUARY 24

#### **FEBRUARY**

TUESDAY, FEBRUARY 21

#### **MARCH**

TUESDAY, MARCH 21

#### **APRIL**

TUESDAY, APRIL 18

#### **MAY**

TUESDAY, MAY 23

**Each month will focus around a different activity during circle.**

QUESTIONS? CONTACT  
TAMMY.CHEVRETTE@WAHNAPITAEFN.COM

## SHARING MEN'S CIRCLE

WITH BRAD STEELE

### 2023 SCHEDULE

#### JANUARY

THURSDAY, JANUARY 26

#### FEBRUARY

THURSDAY, FEBRUARY 23

#### MARCH

THURSDAY, MARCH 23

#### APRIL

THURSDAY, APRIL 20

#### MAY

THURSDAY, MAY 25

QUESTIONS? CONTACT  
[BRADLEY.STEELE@WAHNAPITAEFN.COM](mailto:BRADLEY.STEELE@WAHNAPITAEFN.COM)

# COMMUNITY EVENTS



## *Baking Bannock*

WITH JORDAN'S PRINCIPLE WORKER  
& FAMILY WELLBEING WORKER

**Tuesday, January 10  
4 P.M. -7 P.M.  
Maan Doosh Gamig**

**RSVP Deadline:  
3 P.M. on January 5 to Linda  
705-858-0610**

**Looking to get some fry bread? Come out and bake some bannock.**

### **FIRE SAFETY TIPS FOR YOUR HOME**

#### **Fire detectors save lives**

Keep smoke and carbon monoxide detectors installed and remember to change the batteries yearly.

#### **Create an escape plan**

Ensure all members of the family know the emergency exits at home in case of fire.

#### **Don't be a hero**

If your home catches on fire, DO NOT try and save possessions, pets, people. Leave that to the professionals. Call the fire department from outside your home

#### **Stop, Drop, and Roll**

If you catch on fire STOP DROP AND ROLL, smother the fire to extinguish it ASAP.



### **Meet & Greet**

JORDAN'S PRINCIPLE  
NAVIGATOR  
Priscilla Parent



Join us online for a meet and greet open to all community members - find out more about WFN's Jordan's Principle Program and the plans for 2023.

#### **DETAILS**

When: January 17, 2023  
Where: Zoom platform  
Time: 5 PM to 7 PM

**RSVP by January 10**  
705-858-0610

# EDUCATION DEPARTMENT

## Indigenous Trades Classroom

On November 10, Chief Roque and WFN Staff attended the opening of the new Indigenous trades classroom at Cambrian College. This classroom is beside the Wabnode Centre. This space was designed and donated by Anmar Electrical. After the opening WFN had the opportunity to meet with Post Secondary Students Zoe Duhaime and Ben Roque



### WFN'S ANISHNABEMOWIN CLASSES

Classes are  
Wednesdays from 6-8 P.M.  
and

Saturdays Dec 17, Jan 28, Feb 25, March 25  
from 9 A.M. to 12 noon

During Saturday classes, the first hour will be  
dedicated to one-on-one time for students.

**IT'S NEVER TOO LATE TO JOIN!  
CALL TODAY 708-858-0610**

# EARLY YEARS

## Anishinaabemowin Language Kits

Natalie Goring (HBHC) has prepared a kit containing a language booklet.

She has also prepared some videos and links to help with practicing. They can be found on her *Nat HBHC* Facebook profile.

**Register By January 31, 2023**

[natalie.goring@wahnapietaefn.com](mailto:natalie.goring@wahnapietaefn.com) | 705-858-7700

Natalie will contact you when they are ready.

Hello

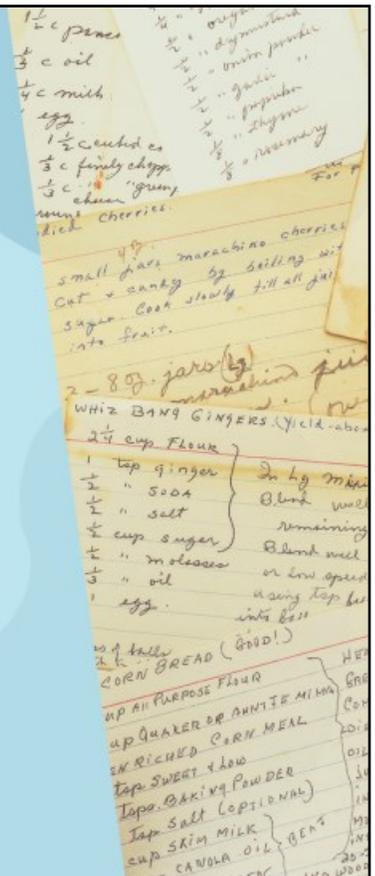
Aanii

Bon jour

## Blue Cheese's Recipe of the Month

If you would like to order one for the month of February, please contact Natalie Goring at [natalie.goring@wahnapietaefn.com](mailto:natalie.goring@wahnapietaefn.com)

**REGISTRATION DEADLINE IS  
JANUARY 27**



# EARLY YEARS

## EARLY YEARS PROGRAM JANUARY SCHEDULE

**MONDAY, JANUARY 9  
SEVEN GRANDFATHER TEACHINGS**

**MONDAY, JANUARY 23  
SNOW GLOBES**

**WEDNESDAY, JANUARY 11  
SEVEN GRANDFATHER TEACHINGS**

**WEDNESDAY, JANUARY 25  
WEIRD SCIENCE**

**MONDAY, JANUARY 30  
TISSUE PAPER STAINED GLASS ART**

EVERY MONDAY & WEDNESDAY AT THE GAZEBO  
PARENTS/GUARDIANS MUST BE PRESENT  
3:30 P.M. TO 5:30 P.M.

**FOR QUESTIONS, CONTACT NATALIE GORING  
[NATALIE.GORING@WAHNAPITAEFN.COM](mailto:NATALIE.GORING@WAHNAPITAEFN.COM) | 705-858-7700**

## EARLY YEARS ACTIVITY KITS

(FOR AGES 0 TO 6)

**MASKWA GIIZIS - BEAR MOON - FEBRUARY  
NAABIDIN - SNOW CRUST MOON - MARCH**

EACH ACTIVITY KIT CONTAINS 3 TO 4 ACTIVITIES.  
IF YOU WOULD LIKE MORE INFORMATION OR WANT TO REQUEST THE  
FEBRUARY AND/OR THE MARCH ACTIVITY KIT,

PLEASE CONTACT NATALIE GORING AT  
[NATALIE.GORING@WAHNAPITAEFN.COM](mailto:NATALIE.GORING@WAHNAPITAEFN.COM).



Natalie will contact you when the kits are ready for delivery.

# HEALTH DEPARTMENT



*Workshop*

## WOMEN'S HEALTH

JANUARY 25

1 P.M. to 3:30 P.M.

Maan Doosh Gamig

Join Nurse Practitioner Lisa for a presentation on women's health topics, including:

- cancer screening,
- sexual health,
- body changes, and
- menopause.

Attendees will be able to participate in a sharing circle afterwards. Information packets will be available to bring home.

Refreshments!

Door Prize!

RSVP by January 23 to  
705-858-7700



**NORMAN RECOLLET  
HEALTH CENTRE**

DENTAL CLINIC



**NEXT CLINIC DAY IS JANUARY 16**

NRHC's dental team is now scheduling patients for COHI and dental hygiene appointments.

Call the health centre to book your appointment:

**(705) 858-7700**

# HEALTH DEPARTMENT

## HIV EDUCATION PRESENTATION

WEDNESDAY, JANUARY 31  
5 TO 8:30 P.M.  
MAAN DOOSH GAMIG



Join us for an HIV presentation with Nurse Practitioner Lisa Parise. Following the presentation, ? will lead a moccasin making workshop.

RSVP BY JANUARY 23 TO HEATHER  
705-858-7700 or [heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com)

## Healthy Baking for Diabetes

via Zoom

Thursday, January 12  
6 to 9:30 P.M.

Looking to get some new baking ideas? Join us for new recipes and tips and tricks for making your baking healthier with Jenna and Linda.

RSVP to Jenna by  
January 9, 2023  
705-858-7700  
to get the Zoom link





## HIV & AIDS

PRESENTATION

JANUARY 10

1 P.M. TO 3 P.M.

### RESCHEDULED DATE

Join us for a HIV Presentation with Nurse Practitioner Lisa Parise.

**RSVP BY JANUARY 5 WITH HEATHER**

**705-858-7700**



## Scrapbook Night

Looking to get some of that scrapbooking done?  
Come out to our scrapbook night.

Just bring your photos! Heather and Linda will be on  
hand to help and offer tips.

**Monday, January 23**

**5 - 7 P.M.**

**Maan Doosh Gamig**



## COMMUNITY EVENTS

# Stroke & Aneurysm Presentation

11 January 2023

1 P.M. to 3:30 P.M.  
Maan Doosh Gamig

Learn about warning signs, symptoms, and preventative strategies of strokes and aneurysms with Nurse Practitioner Lisa.



RSVP by January 9, 2023  
705-858-7700

Snacks will be provided  
and prizes can be won!

# MOVEMENT MONDAYS

WITH HEATHER & JENNA  
11 A.M. TO 12 P.M.  
JANUARY 9, 23, 30

**LOOKING TO GET MOVING AND ADD SOME  
EXERCISE INTO YOUR DAILY ROUTINE?**

Join us in  
Maan Doosh Gamig

# COMMUNITY EVENTS



**WEDNESDAY, JANUARY 25**  
**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!**

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

## **GOOD FOOD BOX**

CALL HEATHER TO ORDER:  
(705) 858-7700

**JANUARY 2023**  
**ORDER: JANUARY 5**  
**DELIVERY: JANUARY 12**

The advertisement features a background of fresh vegetables like lettuce, broccoli, and an avocado. At the top center is the Norman Rockwell Health Centre logo, which includes a bear silhouette and the text 'NORMAN ROCKWELL HEALTH CENTRE'.

# **CONGREGATE DINING**

ELDERS 55+

**THURSDAY, JANUARY 5**  
**BETWEEN 5 P.M. - 6 P.M.**  
*in-person and delivery available*

*To join us in person, RSVP by January 1*  
**CALL HEATHER TO RESERVE YOUR MEAL: (705) 858-7700**

The advertisement features a background of a set dining table with a white plate, silverware, and a glass. The text is overlaid on this background.

# COMMUNITY EVENTS



**SOUP'S ON!**  
**JANUARY**

January 3, 10, 24 & 31  
Call by 11 A.M. | Pick up by 12 P.M.  
Call Heather to place order:  
(705) 858-7700

## NUTRITION BINGO



**Thursday, January 12**  
**5:30 P.M.**

In-person and Zoom

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

Call Heather  
to reserve your spot:

(705) 858-7700

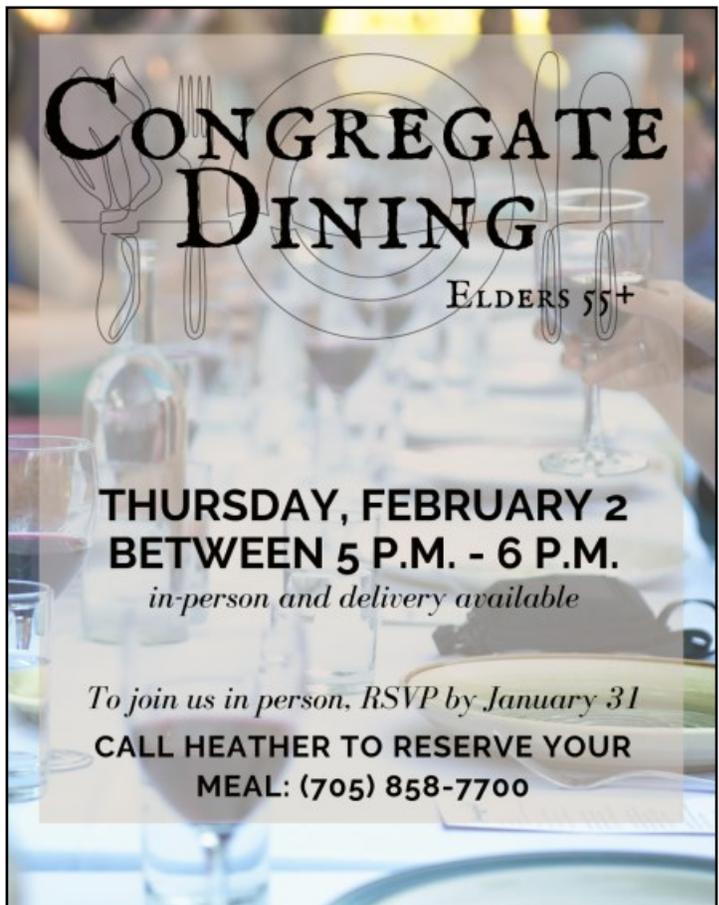


Small Box: \$10 | Large Box: \$19

## GOOD FOOD BOX

CALL HEATHER TO ORDER:  
(705) 858-7700

**FEBRUARY 2023**  
**ORDER: FEBRUARY 2**  
**DELIVERY: FEBRUARY 9**



## CONGREGATE DINING

ELDERS 55+

**THURSDAY, FEBRUARY 2**  
**BETWEEN 5 P.M. - 6 P.M.**  
*in-person and delivery available*

*To join us in person, RSVP by January 31*  
CALL HEATHER TO RESERVE YOUR MEAL: (705) 858-7700

# WFN EVENT CALENDAR - JAN 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Soup's On	4	5 Beading Workshop Congregate Dining GFB Order	6 CLOSED	7
8	9 Elder's Social Movement Monday	10 Soup's On Baking Bannock HIV/Aids Presentation Sue Chartrand	11 Stroke Presentation	12 Healthy Baking	13 CLOSED	14
15	16 Elder's Social Addictions Presentation Dental Clinic	17 JPW Meet & Greet	18	19	20 CLOSED	21 Cooking with Nokomis
22	23 Elder's Social Movement Monday	24 Soup's On Women's Sharing Circle Sue Chartrand	25 Women's Health Workshop HROTM	26 Men's Sharing Circle	27 CLOSED	28 Scrapbook Night
29	30 Elder's Social Movement Monday Chief & Council	31 Soup's On HIV Presentation	1 FEBRUARY	2 Congregate Dining GFB Order	3 CLOSED	4
5	6	7 Soup's On Sue Chartrand	8	9 GFB Pickup	10 CLOSED	11

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