



Wahnapiitae First Nation



COMMUNITY NEWSLETTER

April 2024 • Ishkigamizige Giizis Sap Boiling Moon



RHT Annuities Settlement Hybrid Community Conversation

SATURDAY, APRIL 20

📍 MAAN DOOSH GAMIG 🕒 11:30 AM

TO REGISTER FOR ONLINE ATTENDANCE PLEASE VISIT:

🌐 WWW.WAHNAPITAEFIRSTNATION.COM/MEMBERSLOGIN

LIGHT LUNCH INCLUDED. FOR WAHNAPI'TAE FIRST NATION MEMBERS ONLY.

Soup's On!



TUESDAY'S

APRIL 2, 9, 16, 23 & 30

RSVP BY 11:00 AM • PICK-UP 12:00 PM

📍 MAAN DOOSH GAMIG ☎ (705) 353-7700

Healthy Snacks

BLUE BIN PROGRAM



April

UPDATED

BIN RETURN BY: TUESDAY, APRIL 2

PICK-UP: THURSDAY, APRIL 4

May

BIN RETURN BY: MONDAY, MAY 6

PICK-UP: TUESDAY, MAY 7

June

BIN RETURN BY: MONDAY, JUNE 3

PICK-UP: TUESDAY, JUNE 4

📍 FAMILY WELLNESS CENTRE (178 LOONWAY ROAD)

🕒 3:00 PM TO 6:00 PM



Please contact Natalie to RSVP or for more information:

📧 Natalie.Goring@wahnapi'taefn.com

☎ (705) 858-7700

Winner

March 30, 2024

Toronto Maple Leafs VS Buffalo Sabres

Congratulations, Erin Roque!

Chii Miigwetch Erin, who has donated all winnings back to the Christopher Roque Memorial Fund.

We are still looking for the winner of the Montreal vs. Carolina game (3-0 Carolina). Please check your tickets.

Please contact Marilyn to claim or for more information:
📧 Marilyn.Nicholls@wahnapitaefn.com 📞 (705) 858-0610 Ext. 209

Christopher Roque Memorial Fund



HOCKEY POOL

**DETROIT RED WINGS AT TORONTO MAPLE LEAFS
SATURDAY, APRIL 13**

\$5.00 PER TICKET | PLEASE CONTACT OR VISIT MARILYN TO PURCHASE
📧 Marilyn.Nicholls@wahnapitaefn.com 📞 (705) 858-0610
📍 Centre of Excellence, 259 Taighwenini Trail Road
**** PLEASE KEEP TICKET TO CLAIM PRIZE ****

A message from Wahnapiatae First Nation

We are thrilled to extend our warmest congratulations to all the incredible players who participated in the recent LNHL event! Your dedication, passion, and sportsmanship have truly shone brightly, making this event a resounding success. Each game played was a testament to your talent and commitment, and we applaud your outstanding performance on the ice.

We would also like to take this moment to express our heartfelt gratitude to the diligent individuals who worked tirelessly behind the scenes to organize and ensure the smooth execution of the LNHL event. Your hard work, perseverance, and attention to detail have not gone unnoticed. It is because of your unwavering dedication that we were able to witness such an unforgettable display of athleticism and camaraderie.

The RHT annuities settlement is currently underway, marking a significant milestone for our community. We encourage all members to attend the Community Conversation event on April 20 at MDG Hall. Also, visit the website and register your accounts to gain access to the latest information, notices, and events regarding the settlement process. Your participation and engagement are invaluable as we navigate through this important phase together.

As we transition into the spring season, we want to remind everyone about the importance of water safety, especially during the spring run-off months. With melting snow and increased water flow, rivers and streams can become hazardous. Please exercise caution and ensure that proper safety measures are taken when enjoying outdoor activities near water.

Together, we continue to build a strong and vibrant community that thrives on shared achievements, mutual support, and community well-being.

Miigwetch,

Ogimaa Larry Roque



For the most up to date community information, notices, events and updates, register or visit us online.

Register for a members account:

 www.wahnapiataefirstnation.com

Sign up for email notices and updates:

 www.tinyurl.com/wfn-email

See what we're up to:

 [@WahnapiataeFirstNation](https://www.facebook.com/WahnapiataeFirstNation)

Wahnapiatae First Nation
Centre of Excellence
259 Taighwenini Trail Road
Capreol, Ontario P0M 1H0
Phone: (705) 858-0610
Fax: (705) 858-5570

Hours of operation:
Monday 8:00 AM - 4:30 PM
Tuesday 8:00 AM - 5:30 PM
Wednesday 8:00 AM - 5:30 PM
Thursday 8:00 AM - 5:30 PM

Do you have questions, comments or suggestions?

Please contact Communications Officer, Monica Dorion:

 Monica.Dorion@wahnapiataefn.com  Ext: 250

The Wahnapiatae First Nation Community Newsletter is published on the first Wednesday of every month.

Select photos courtesy of WFN files, Shutterstock.com and Canva.com.

Created by Breanne Addison, Communication & Events Assistant



Chief & Council

REGULAR MEETING • APRIL 2024



TUESDAY, APRIL 30 6:00 PM

📍 MAAN DOOSH GAMIG & VIA ZOOM

Members wishing to attend via Zoom can find the link to register at

 **wahnapiataefirstnation.com/members-login**

- The deadline to register for the web version of this meeting is **Tuesday, April 23.**
- Registration is only open to WFN members who are over 18.
Virtual attendees must use their legal name when joining the meeting.
- Once registered, prior to meeting, you will receive a confirmation email with information about joining the Zoom Meeting.



SCAN HERE
TO OPEN LINK





Gather • Laugh • Sing • Learn

Drumming Circle

Monday, April 8 & 22

📍 Maan Doosh Gamig 🕒 6:00 PM to 8:00 PM

Traditional drumming and songs. Light dinner and refreshments provided.

For more information please contact:

✉ Tammy.Chevrette@wahnapiataefn.com ☎ (705) 920-9488



Traditional MUSHROOM TINCTURES

Learn about the great health benefits of mushrooms and tinctures from Line, Shining Turtle and experts from the Ugly Barn Farm.

Sunday, April 14

📍 Maan Doosh Gamig 🕒 10:00 AM - 3:00 PM

Please RSVP by Thursday, April 4.

✉ Line.Baillargeon@wahnapiataefn.com ☎ (705) 858-7700

BENEFITS OF TURKEY TAIL

- ✓ Potent immune system support
- ✓ Rich in antioxidants
- ✓ Promotes gut health
- ✓ May help combat cancer
- ✓ Supports healthy liver function



BENEFITS OF LIONS MANE

- Improves cognitive function and health ✓
- Supports healthy mood and stress levels ✓
- Beneficial for skin and immune system ✓



Natures Gift

WAHNAPIITAE BIRCH SYRUP

JOIN US FOR A FUN-FILLED DAY OF
TEACHINGS & CONNECTION

SUNDAY, APRIL 7

📍 Across from Community Jiingtamok Grounds

🕒 **UPDATED** 10:00 AM - 3:00 PM

Event is subject to change due to weather conditions.
Please dress accordingly.

For more information please contact:

✉️ Tammy.Chevrette@wahnapiitaefn.com

✉️ Natalie.Goring@wahnapiitaefn.com

☎️ 705-920-9488

☎️ 705-920-9106



www.wahnapiitaefirstnation.com



Teen Talk

Games and fun with snacks and refreshments!

Friday, April 12

📍 Maan Doosh Gamig 🕒 6:00 PM - 8:00 PM

RSVP BY Tuesday, April 9

To RSVP or for more informaton:

✉️ Heather.Roy@wahnapiataefn.com

☎️ (705) 858-7700



Work on it Wednesdays

Got some unfinished crafts, sewing or beading projects at home?
Come and go as you please for some snacks and social crafting time!

April 24, May 15 & June 12

📍 Family Wellness Centre

🕒 9:00 AM-4:00 PM

For more information:

✉️ Natalie.Goring@wahnapiataefn.com

☎️ 705-920-9106



BOY'S & MEN'S
GWIS DRUM TEACHINGS
with Elder Harvey Bell

Thursday, April 11

📍 Maan Doosh Gamig 🕒 3:30 PM to 5:00 PM

Dinner provided. For more information please contact:

✉️ Marilyn.Nicholls@wahnapitaefn.com 📞 (705) 858-0610

TIE-DYEING FOR TUMMIES

IRRITABLE BOWEL SYNDROME (IBS) INFOSESSION & ACTIVITY

WEDNESDAY, APRIL 17

📍 Maan Doosh Gamig 🕒 1:00 PM - 3:00 PM

Light refreshments provided. RSVP with Heather or Natalie by Friday, April 12.



✉️ Heather.Roy@wahnapitaefn.com

📞 (705) 858-7700

✉️ Natalie.Goring@wahnapitaefn.com

📞 (705) 858-7700

The Ultimate Guide to Information Management Law: Everything You Need to Know

Written by: Taylor Bertrim, Governance Research Specialist



A new information management law is underway at WFN! This is an important step in WFN's journey to self-governance through the Anishinabek Nation Governance Agreement. Members are encouraged to read the following information to enhance your knowledge of information management. *Stay tuned for community engagement sessions this summer.*

What is information management?

Information management is the way an organization handles, stores, and controls people's personal information. It encompasses all the rules, regulations, legislation, standards, and policies an organization needs to comply with when it creates, shares, and uses information.

What does it cover?

1. Access to Information (to create ways to ensure member access to data)
2. Protection of Privacy (to protect members' data from misuse)
3. Registry of all Council decisions, policies, and laws (to guarantee members clear access to public information)
4. Archives (to protect important cultural and historical items for future generations)

How does this affect members?

While the First Nations Financial Transparency Act requires that financial statements be public, there remains confusion regarding whether the protections from Canada's Access to Information Act (AIA) applies to First Nations. Having a made-in-WFN Information Management Law will give members the same rights and protections as the AIA gives to non-Indigenous communities.

How does this benefit members?

- Protects your data – and WFN's -- from misuse by other organizations and people with ill intentions.
- Allows you to have more control over your personal information.
- Gives members a say in what information WFN can collect and use about you – and how.

Why is it important?

Without an information management law, WFN and its members only have internal policies to protect them, which may not be sufficient in court. Without its own law, WFN will have to rely on current laws set by the Government of Canada.


By building its own law, WFN's members can build their own system to ensure their personal data is protected, and in a way that most benefits them.

What are the next steps?

1. Community Engagement (Summer 2024)
2. Legal Review of the Law (Fall 2024)
3. Community Ratification Vote for the Law (Winter 2024/Spring 2025)

For more information please contact Taylor Bertrim, Governance Research Specialist.

 Taylor.Bertrim@wahnapietaefn.com

 (705) 858-0610 Ext. 254

Senior Activity kits

APRIL DELIVERY



Kit #9 Dance Whistle

Please sign-up by Monday, April 8

March Lanyard kits will be delivered on March 14.
*Must be a senior and be signed up to receive an activity kit.



Please contact Heather to sign-up or for more information:

 Heather.Roy@wahnapiataefn.com  (705) 858-7700






RSVP by Thursday, April 11

Pick-up day: Wednesday, April 17

Bring your bags to Maan Doosh Gamig from 4:00 PM to 6:00 PM

Please contact Rochelle or Line to RSVP or for more information:

 Rochelle.Tyson@wahnapiataefn.com  Line.Baillargeon@wahnapiataefn.com

 (705) 858-7700





Traditional Craft Night

with Cultural Coordinator Tammy

Drum Bags Wednesday, April 24

📍 Maan Doosh Gamig

🕒 6:00 PM to 8:30 PM

Please RSVP by Wednesday, April 17.

📧 Tammy.Chevrette@wahnapitaefn.com 📞 (705) 920-9488



GOOD FOOD BOX

APRIL

ORDER BY THURSDAY, APRIL 4
PICK-UP ON THURSDAY, APRIL 11

MAY

ORDER BY THURSDAY, MAY 2
PICK-UP ON THURSDAY, MAY 9

SMALL BOX \$10 LARGE BOX \$21

To order or for more information:
📧 Heather.Roy@wahnapitaefn.com
📞 (705) 858-7700



CONGREGATE DINING

ELDERS 55+

THURSDAY, APRIL 4
RSVP BY WEDNESDAY, APRIL 3

THURSDAY, MAY 2
RSVP BY WEDNESDAY, MAY 1

📍 Maan Doosh Gamig

🕒 4:30 PM - 5:00 PM

In person or pick-up only. Seniors are welcome to socialize afterward with a game of cards or chatting.

To RSVP or for more information:
📧 Heather.Roy@wahnapitaefn.com 📞 705-858-7700



EARTH DAY CLEAN UP CHALLENGE

Monday, April 22

📍 The Gazebo 🕒 3:30 PM - 5:00 PM

Join us for a BBQ! Prize for the most trash cleaned up!



For more information please contact:

📧 Heather.Roy@wahnapitaefn.com 📞 (705) 858-7700

Nutrition BINGO

Thursday, April 18

📍 Maan Doosh Gamig 🕒 5:00 PM to 7:30 PM

RSVP by Monday, April 15. Dinner and refreshments provided.

To RSVP or for more information:

📧 Heather.Roy@wahnapitaefn.com 📞 (705) 858-7700





WAY TO GO!





Parade & Celebration

Saturday, April 13

11:00 AM

Parade from Loonway Rd. to Centre of Excellence

12:00 PM

BBQ Lunch at Maan Doosh Gamig



Full Moon Ceremony

Sunday, April 21

📍 FIRE KEEPERS LODGE - JINGTAMOK GROUNDS 🕒 4:00 PM
POTLUCK DINNER.

Please contact Cultural Coordinator Tammy Chevrette for more information:

✉️ Tammy.Chevrette@wahnapitaefn.com 📞 (705) 920-9488



Lesbian Visibility Day

Infosession & Rainbow Sand Terrarium Activity

Wednesday, April 24

📍 Maan Doosh Gamig 🕒 10:00 AM - 12:00 PM

Light refreshments provided. Please RSVP by Thursday, April 18.



For more information please contact:

✉️ Heather.Roy@wahnapitaefn.com 📞 (705) 858-7700

A message from the Land-based program,

As we reflect on the past few months, we have experienced unseasonable weather. The three winter months—December, January, and February—were the warmest ever recorded in Canada's history, dating back 77 years! The El Niño phenomenon combined with other factors to give Sudbury its warmest winter on record. From the late snowfall after Christmas to a warmer and shorter winter, our plans for land-based activities required adjustments to accommodate these conditions. Despite these unpredictable weather conditions, we continue to connect with the land and with each other.

One such adaptation was the shift from maple sap harvesting to gathering birch sap due to the unseasonably warm weather. We have also been proactive in collecting poplar buds for making Anishinaabe salve, recognizing that the warmer temperatures will cause the buds to open sooner than expected. This proactive approach ensures that we can utilize the medicinal properties of the buds for our traditional medicines.

In March, our community proudly took part in the Little Native Hockey League (LNHL) 50th Anniversary tournament in Markham, ON. Four Wanbedah Flying Cranes hockey teams and our free agents, totaling fifty-one youth, represented Wahnapiatae, showcasing not only their athletic skills but also the values instilled by our families and community. Congratulations to all involved in this milestone event, and we eagerly anticipate planning for the 51st Annual Little Native Hockey League tournament.

On March 19, we welcomed spring with a ceremony at MDG, honouring Mii-Nook-mii (spring) as our Anishinaabe New Year. The ceremony, marked by the lighting of the sacred fire and drum songs led by singers, served as a time for thankfulness and reflection. Following the ceremony, a communal feast brought us together to celebrate the renewal of the land, water, and family bonds within our community.



Engagement with our youth remains a priority, as demonstrated by our ongoing meetings with the youth leadership group. Their insights into land-based activities are invaluable, shaping our programming to better serve their interests and needs. We extend our appreciation to the youth leadership group for their active participation and meaningful contributions to the Land-based program.

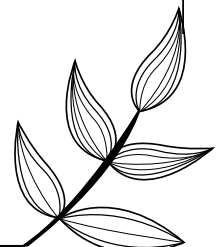
Looking ahead to Ishkigamizige Giizis (sap-boiling moon) April, we have exciting opportunities planned. Weather permitting, we will be harvesting birch sap on April 6th and exploring the process of making birch syrup. Additionally, later in April, we are hosting guests to discuss mushroom growing for both culinary and medicinal purposes. We encourage all community members to join us for this informative session. We will also be on the land collecting medicines provided by the forest (Noopiming).

As we transition into warmer weather, this is a fantastic opportunity to reconnect with the land (Aki). Whether through traditional activities or exploring new ventures, let us continue to honor our cultural and spiritual well-being by utilizing the amazing gifts from the land.

Chi Miigwetch to each and every one of you.

Shining Turtle,

Sturgeon Clan, Anishinawbek Nation



Mental Health Week Community Activities @ MDG



MONDAY, APRIL 29

- Opening Prayer 9:00 AM
- Community Pancake Breakfast 9:30 AM
- Learning Self Defense - Brazillian Ju Juitsu & Muay Thai 10:00 AM
- Break for Lunch 12:00 PM
- PTSD Awareness with Veteran Les Hebert & Service Dog 'Lady' ... 1:00 PM

TUESDAY, APRIL 30

- Yoga - Metamorphosis Studio 10:00 AM
- Stress Reduction Workshop 11:00 AM
- Break for Lunch 12:00 PM
- Art Therapy with Ruby 1:00 PM

WEDNESDAY, MAY 1

- Self Harm Infosession 10:00 AM
- Mini Teepee Crafting 11:00 AM
- Break for Lunch 12:00 PM
- Naloxone Training with Reseau Access Network 1:00 PM
- Addictions Memorial Walk 10:00 AM

THURSDAY, MAY 2

- MMIWG Memorial Walk (RIBBON SKIRTS & DRUMS WELCOME) 10:00 AM
- Break for Lunch 12:00 PM
- Beading Red Dress Earrings with Shannon 1:00 PM
- Closing Prayer & Ceremony 3:00 PM

Name entry ballots for each workshop. Participate for your chance to win!

For more information please contact:  Heather.Roy@wahnapietaefn.com  (705) 858-7700





Mental Health Week

COMMUNITY SCAVENGER HUNT

Monday, April 29 - Thursday, May 2

Win a movie night & dinner for the whole family!



Visit Betty-Kay at The Centre of Excellence on Monday for your first clue!
Once complete, bring all items in. Winner will be announced on Thursday, May 2!

Youth Mental Health Kits

Register by Friday, April 26 - Pick up on Wednesday, May 1.

📍 Centre of Excellence ⌚ 3:30 PM - 5:30 PM

✉ Natalie.Goring@wahnapietaefn.com ☎ (705) 920-9106



Mii-nook-mii Noogom **It's Springtime**

An equinox occurs when the position of the Sun is exactly over the Equator. When this happens, the hours of daylight and the hours of darkness are about equal almost everywhere on Earth. Equinoxes take place twice a year. In the Northern Hemisphere (where Wahnapiatae First Nation is located), the March or Spring equinox is also called the vernal equinox, because it signals the beginning of spring (vernal means fresh or new like the spring). The September equinox is called the autumnal equinox, because it marks the first day of fall (autumn).

Spring equinox is associated with rebirth and renewal. As the coldness of the winter months begins to abate, it makes way for spring to begin again, signifying not only worldly renewal but also personal renewal. There are also two Solstices: Summer (June 21) and Winter (December 21). Each has a unique characteristic – summer has a longer day and winter has a shorter day.

Did you know Mother Earth is tilted at an angle of 23.4 degrees? Because the sun shines on different latitudes at different angles throughout the year, we experience the four seasons of winter, spring, summer, and fall. It is warmer in the summer because of two things: 1. The Northern Hemisphere receives more daylight, roughly about 16 hours; and 2. The sun's rays are more direct and concentrated on Turtle Island and the rest of the Northern Hemisphere.



In spring, we see a lot of precipitation, rising river levels, melting of snow to water, and more water in the ditches, creeks, and swamps. The water table also rises with the increase of water caused by snow melt. This arrival of all this water is first, and then new life comes in the form of plants, animals, birds, insects, fish, and all other living organisms. So, life begins after the arrival of water. Many of us have heard the phrase “April showers bring May flowers,” and we know it to be true for all living things.

With the arrival of spring, we also see the restoration of medicines, starting with maple and birch sap. Our connection to the land is reaffirmed as we begin to grow from our time of winter rest to a season of renewal and springing forward to all that we are hopeful will occur in the coming year. This is the time we do the ceremony offering a sacred fire, tobacco, food, cloth, songs, and pipe smoking to acknowledge and appease the spirits and to bring forward all the gifts for the coming year. This annual ceremony brings our community and families together as we make maple syrup and birch syrup.



Sleep Tips for Youngsters with Mama Coach

Thursday, June 13

📍 Maan Doosh Gamig 🌐 Zoom

🕒 11:00 AM-1:00 PM

Lunch provided. Limited seats available.
Please RSVP by Wednesday, June 10.

✉️ Natalie.Goring@wahnapiataefn.com 📞 705-920-9106

Register for Zoom meeting at www.wahnapiataefirstnation.com/notices/events/sleeptips



BOATING LICENCE COURSE



FRIDAY, JUNE 14

📍 MAAN DOOSH GAMIG 🕒 4:30 PM - 10:00 PM

Please RSVP by Wednesday, May 1. Event requires 25 participants to run.
Dinner provided. Participants must be 12+ years old.



For registered members only. To RSVP and for more information:

✉️ Marilyn.Nicholls@wahnapiataefn.com 📞 (705) 858-0610

FIND THE JOKER

Fundraiser for the Christopher Roque Memorial Fund



\$5.00 PER CARD

CASH ONLY | VISIT HEATHER OR BETTY-KAY TO PICK

📍 259 TAIGHWENINI TRAIL ROAD 🕒 MONDAY TO THURSDAY

HALF OF PROCEEDS TO WINNER AND HALF TO CRMF

APRIL

AFTER SCHOOL PROGRAM & YOUTH LEADERSHIP PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 EASTER MONDAY NO PROGRAMMING	2 YLP MASTER CHEF TRAINING	3 ASP AUTISM AWARENESS PROGRAM @ MDG	4	5	6
7	8 PD DAY NO PROGRAMMING	9 YLP PLAZA BOWL & BOSTON PIZZA	10 ASP TEACHINGS WITH SHINING TURTLE TBD	11	12	13
14	15 ASP CINEPLEX MOVIES & BOSTON PIZZA	16 YLP EXPLORING OUR HIDDEN TALENTS & ABILITIES	17 ASP INDOOR GARDENING & PLANTER POT PAINTING	18	19	20
21	22 ASP EARTH DAY CLEAN UP CHALLENGE & BBQ	23 YLP ARC ROCK CLIMBING & DINNER	24 ASP TRADITIONAL CRAFTS WITH TAMMY TBD	25	26	27
28	29 ASP DENTAL HYGIENE WITH JESSICA TBD	30 YLP ESCAPE ROOM GAZEBO EDITION - TEAM BUILDING	PLEASE NOTE: ALL SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER OR UNFORESEEN CIRCUMSTANCES. PARENTAL RESPONSIBILITY TO HAVE OTHER ARRANGEMENTS IN PLACE IF CHILDCARE IS REQUIRED. AFTER SCHOOL PROGRAM AGES 4-11 - YOUTH LEADERSHIP PROGRAM AGES 12-14			

NOTICE:

Please be advised that as of April 1, 2024 the age to attend After School Program (ASP) is 4 - 11 years old.

Registration forms are available for pick up at The Gazebo.

For more information or to request a registration form, please contact:


 Nancy.Debassige@wahnapitaefn.com  (705) 822-1952


 Cinnamon.Cyr@wahnapitaefn.com  (705) 858-0610



Traditional HERBAL MEDICINES & TEAS

Drop-in teachings with Line

 **Monday - Wednesday**

 **NRHC Primary Care Clinic, 190 Loonway Road**

 **9:00 AM - 4:00 PM (Closed 12:00 PM - 1:00 PM)**

Please contact Line for more information:

 Line.Baillargeon@wahnapietaefn.com  (705) 858-7700



Traditional HERBAL MEDICINES & TEAS

Cedar Tea

HEALTH BENEFITS: VITAMIN C & MORE

Labrador Tea

HEALTH BENEFITS: SORE THROAT, COUGH, RESPIRATORY & MORE

Tamarack Tea

HEALTH BENEFITS: COLDS, UPSET STOMACH, HEADACHES & MORE

Dandelion Tea

HEALTH BENEFITS: LIVER, BLOODSUGARS & MORE

Ginger Tea

HEALTH BENEFITS: ANTI-INFLAMMATORY, NAUSEA & MORE


Mushroom Tinctures

HEALTH BENEFITS: CANCER, HEART, BLOOD PRESSURE, ENERGY & MORE

& so many more

Drop-in teachings of traditional medicines and teas.

 Line.Baillargeon@wahnapietaefn.com  (705) 858-7700

 NRHC Primary Care Clinic, 190 Loonway Road



MMIWG Memorial Red Dresses Needed

Please contact Heather, Community Wellness Coordinator,
for more information or to drop off your donation.

 Heather.Roy@wahnapietaefn.com  (705) 858-7700



Stay Informed and Safe with the New Emergency Alert Program

Dear Wahnapiatae First Nation,

We are excited to introduce the new Emergency Alert Program, an initiative aimed at increasing the safety and well-being of Wahnapiatae First Nation members and its community, whether residing on- or off- reserve.

Launching on Wednesday, October 18, this program is facilitated by the Emergency Management Coordinator, utilizing the well-established application, Everbridge, to streamline communication during critical times and ensure that every community member is kept informed and safe during emergencies.

Who is it for?

This program is tailored to Wahnapiatae First Nation members and community members, including those living off-reserve. Its sole purpose is to alert members and community promptly in the event of emergencies.

Who is managing it?

The Emergency Alert System is managed by WFN administration, leveraging the advanced functionalities of the Everbridge application to ensure seamless communication during emergency events.

Why are we launching this program?

A significant part of the overall plan to enhance safety and foster better communication during emergency events, the introduction of this program is a step towards safeguarding our community members. It comes with an assurance of timely and efficient notification, helping everyone to stay informed of necessary actions and precautions during emergencies.

What triggers an alert?

An alert will be triggered under circumstances that require immediate attention and collective action from the community, such as natural disasters, severe weather conditions, evacuations, or other emergency situations that warrant community alertness and responsiveness.

How does it work?

Emergency alerts can be sent/received as electronic calls, texts, or emails. When you sign up for the program, you will be able to select the communication method that works best for you. This feature ensures that everyone gets emergency alerts at the same time in their preferred format.

Register here:

cutt.ly/WFN_EmergencyAlertSystem_SignUp , and we encourage everyone to actively participate and help foster a community where everyone is alert, informed, connected and safe.





Your **Voice.** Your **Vision.**
#YourHSN #YourHSNRI

Votre **Voix.** Votre **Vision.**
#VotreHSN #VotreRHSN

Electronic Brainstorming Sessions

HAVE YOUR SAY!

Join us in Lecture Rooms A, B, & C at Ramsey Lake Health Centre for one of our Electronic Brainstorming Sessions. These sessions are open to all and provide an opportunity to contribute to the 2025-2030 Strategic Plan for HSN and HSNRI.

Sessions are 2 hours in length and have limited seating available.
Reserve your seat today!

TUESDAY, APRIL 9

5:00 p.m. (bilingual session)

WEDNESDAY, APRIL 10

10:30 a.m., 5:00 p.m.

THURSDAY, APRIL 11

11:30 a.m.



SCAN THE QR CODE TO RESERVE YOUR SEAT!

Solar Eclipse Safety

April 8, 2024

As the moon aligns perfectly between Earth and the Sun, parts of Ontario will experience temporary darkness. Use the advice below to stay safe during the eclipse.



Warning!

Looking directly at the uncovered Sun without protection can cause retinal burns, blurred vision, or loss of eyesight. There are no pain sensors in your retinas to tell you that your eyes are being damaged. Once symptoms begin, the damage is usually too late to reverse.

Quick facts

- 1 The eclipse is expected to start just after 2:00 p.m. EDT with a full eclipse from approximately 3:20 p.m. and move eastward. The specific time and duration of the eclipse will depend on your location. Areas outside the path of totality will observe a partial solar eclipse.
- 2 Historically, eclipses have prompted mass movements of people to prime viewing areas.
- 3 Check your municipality's website for service changes and local closures.
- 4 For more information about viewing the eclipse in Ontario, visit [Destination Ontario's website](#).

Travel tips

- 1 While driving, avoid looking at the eclipse. Keep your eyes on the road to safely operate your vehicle and avoid collisions.
- 2 Follow local directives and road signage as you travel on April 8. While travelling on highways, do not stop, take pictures, or get out of your car to view the eclipse.
- 3 Stay updated on road conditions before, during, and after the eclipse by visiting 511on.ca.
- 4 Expect increases in traffic and road congestion. Plan ahead, fill your gas tank, and have snacks, water, entertainment, and first-aid supplies on hand.
- 5 If travelling to view the eclipse, plan to arrive at your destination 24 to 48 hours ahead of time.

Eye safety



- 1 **It is not safe to look at the Sun without eye protection.** Looking at even a small sliver before or after the eclipse without eye protection can be harmful to your vision. Health impacts may include retinal burns, blurred vision, and loss of eyesight (immediate or delayed onset).
- 2 Glasses with specialized filters adhering to the **ISO 12312-2** international standard can be worn to prevent eye damage. Glasses should be inspected for wrinkles or scratches ahead of use and should not be used if damaged.
- 3 If appropriate eye protection is not available, alternative viewing strategies should be considered, such as an [eclipse box](#) or a live stream.

Visit the [Canadian Space Agency's website](#) for more information.



Ontario

ServiceOntario

TRAILER SCHEDULE:

WAHNAPITAE FIRST NATION



MONDAY, APRIL 13
MONDAY, MAY 13
MONDAY, JUNE 10

Time: 10:00 am - 3:00 pm
259 Taighwenini Trail Rd

Contact: info@niigaaniin.com

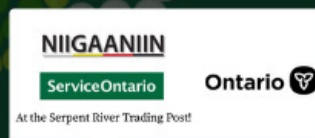
ATTENTION COMMUNITY MEMBERS!

NIIGAANIIN



Please bring the following:

- One piece of government ID
- Your expired health card/drivers license



Mobile Service

Renew your health card, drivers license
and benefit from our new MTO services
at Niigaaniin Services Mobile
ServiceOntario Trailer.



Hammer

LIVE ON STAGE
PREMIER COMEDY HYPNOTIST

FERNANDEZ

HYPNOTIST
MENTALIST
PARANORMALIST

A MIND-BOGGLING PRESENTATION WHERE MEMBERS OF THE AUDIENCE VOLUNTEER
TO CREATE THE MOST AMAZING AND HILARIOUS STAGE SHOW YOU WILL EVER SEE.

AS SEEN ON: CBC | CTV | MUCH MUSIC | NBC | ABC

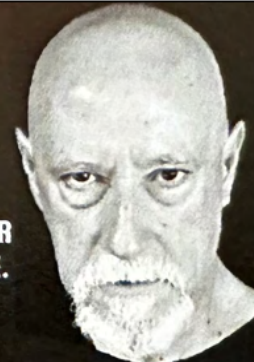
Saturday May 25th, 2024

\$60

Cocktails: 7:00pm - Buffet: 7:30pm - Show: 9:30pm

FEATURING A SPOOF ON THE JERRY SPRINGER SHOW

[FERNANDEZHYPNOTIST.COM](http://fernandezhypnotist.com)



Proceeds to the Christopher Roque Memorial Fund



Canine Foundations Inc.
PO BOX 29029, Barrie, ON, L4N 7W7
www.CanineFoundations.com
info@caninefoundations.com
(705) 835 – 3177

SHELLEY INGRASSIA SCHOLARSHIP APPLICATION - 2024-2025

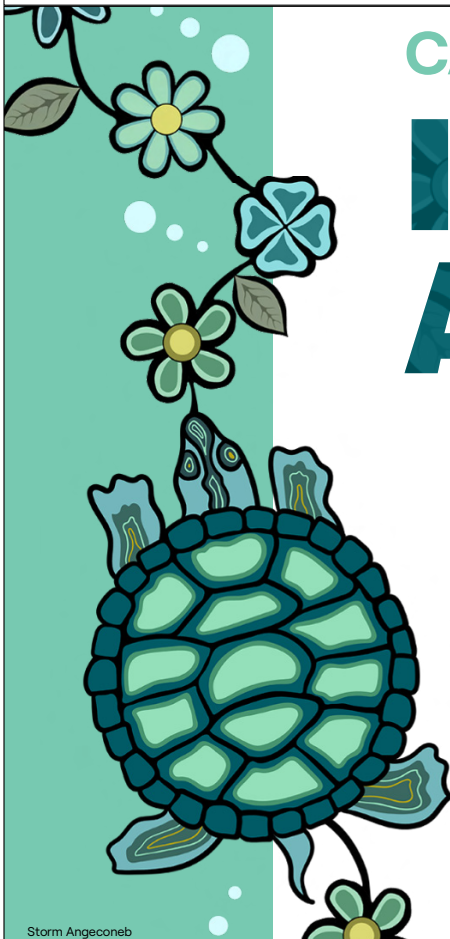
The Shelley Ingrassia Scholarship is in memory of a dear friend and fellow dog lover, who lost her valiant battle with cancer. Shelley was a member of the Moose Deer Point First Nations with a deep desire to see businesses flourish within her community and provide sustainable employment opportunities for all members. Canine Foundations is proud to honor the memory of this beautiful soul through the Shelley Ingrassia Scholarship.

This scholarship follows Shelley's heart by empowering Indigenous women to pursue their educational goals in the field of dog training. A successful candidate will receive free enrollment to the Canine Foundations' Training Academy through Georgian College.

Eligibility Requirements:

- Must be a member of a First Nation, Métis or Inuit Community.
- Citizen of Canada
- Priority given to students committed to improving economic growth and independence of Indigenous communities.
- The Scholarship is intended for an Indigenous woman, gender diverse, or Two-Spirit person
- The Scholarship is open to individuals the age of 16 years and up.
- Individuals must have their High School diploma or GED equivalent as of 2024
- Individuals should have a desire to work in the Field of Dog Training within their communities.

Application deadline: May 31, 2024. Visit www.wahnapitaeFirstNation.com/administration/education for full scholarship application.



CALLING ALL



Indigenous Artists

Hydro One is interested in sourcing creative works from Indigenous artists across the province.

WE ARE LOOKING FOR INDIGENOUS:

- artists
- photographers
- illustrators
- and other visual creators

If you are Indigenous and would like to learn more about this opportunity, please contact:

Stephanie Lang
Stephanie.Lang@hydroone.com



DON'T KILL THE BUZZ



What's in Mosquito Sprays?

- Mosquito and tick control yard services spray pyrethroids, which are synthetic derivatives of pyrethrins (naturally occurring insecticides from Chrysanthemum flowers);
- Pyrethroids last longer than pyrethrins because they do not break down as quickly from sunlight;
- They are adulticides: they kill most adult insects including bees and other pollinators, by disrupting their nervous system.

Impact on environment

In your backyard and garden

- They are highly toxic to insects, including native pollinators you may be attracting to your pollinator garden, or that may be pollinating your fruit trees or vegetable garden;
- Insects are part of the base of the food web, without which other wildlife cannot survive, including many species of backyard birds;
- Cats are very sensitive to pyrethroid exposure.



Near water

- Highly toxic to aquatic animals like fish and shellfish;
- Pyrethroids should never be sprayed near lakes, rivers or wetlands.



Mosquitoes themselves play an ecological role, serving as pollinators and as a food source for other wildlife.



There is essentially no way for companies to spray these insecticides without killing the other insects they come in contact with.

liveablesudbury.org/buzz



SCAN ME



Gaagiizom Nibi Zagaswe'iwē Reconciliation Water Ceremony

Please join us for a special ceremony and feast recognizing the shared history of OPG & WFN and honouring the progress made to forge a strong, open, and respectful relationship for the future.

- WFN O'Giimaa Roque & OPG President Ken Hartwick

Saturday, May 25

Nibi Zagaswe'iwē (Water Ceremony)

📍 *Jiingtamok Grounds Shoreline* ⌚ *10:00 AM*

Closing Ceremony & Feast

📍 *Maan Doosh Gamig* ⌚ *11:30 AM*

ONTARIO **POWER**
GENERATION

WAHNAPITAE FIRST NATION

April 2024 • Ishkigamizige Giizis Community Events Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 12:00 PM • Soup's ON!	3 3:00 PM • Healthy Snacks Bin RSVP <i>RSVP Deadline Apr 2.</i> 10:00 AM • World Autism Day @ MDG <i>RSVP Deadline Apr 2.</i>	4 5:00 PM • Congregate Dining <i>RSVP Deadline Mar 28.</i>	5	6
7 10:00 AM • Birch Syrup Workshop	8 6:00 PM • MDG Drumming Circle	9 12:00 PM • Soup's ON!	10	11 Good Food Box Deliveries <i>RSVP Deadline Apr 4.</i>	12 6:00 PM Teen Talk & Games <i>RSVP Deadline Apr 9.</i>	13
14 10:00 AM Traditional Mushroom Tinctures	15 10:00 AM • Service Ontario Mobile Visit	16 12:00 PM • Soup's ON!	17 1:00 PM • Tie-Dyeing for Tummies - IBS Info & Activity <i>RSVP Deadline Apr 12.</i> 4:00 PM • Healthy Recipe OTM <i>RSVP Deadline Apr 11.</i>	18 5:00 PM • Nutrition Bingo <i>RSVP Deadline Apr 15.</i>	19	20 11:30 AM @ MDG: RHT Settlement Community Conversation
21 4:00 PM • Full Moon Ceremony	22 10:00 AM Lesbian Visibility Day Info & Activity <i>RSVP Deadline Apr 18.</i> 6:00 PM • Earth Day Clean-Up Challenge 6:00 PM • MDG Drumming Circle	23 12:00 PM • Soup's ON!	24 9:00 AM Work on it Wednesdays 6:00 PM • Traditional Craft Night: Drum Bags <i>RSVP Deadline Apr 17.</i>	25	26	27
28	29	30	1	2	3	4
Mental Health Week Activities						
		12:00 PM • Soup's ON! 6:00 PM • C & C Regular Meeting <i>WEB RSVP Deadline Apr 23.</i>	Youth Mental Health Kits Delivery <i>RSVP Deadline Apr 26.</i>	5:00 PM • Congregate Dining <i>RSVP Deadline May 1.</i> • Boaters Licence Course <i>June RSVP Deadline</i>		
5	6	7 3:00 PM • Healthy Snacks Bin Pick-Up <i>RSVP Deadline May 6.</i>	8	9 Good Food Box Deliveries <i>RSVP Deadline May 2.</i>	10	11

Please visit www.wahnapiitaeirstnation.com for all up-to-date community event information, news and notices.