

# GO CRANES GO!



**WANBEDEH**

Wahnapitae First Nation



**Community Newsletter**  
March 2025 • Onaabidin Giizis Snow Crust Moon

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# **NOTICE:**

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## **ELECTION APPEAL BOARD CALL OUT POSTPONED**

***The Election Appeal Board Call Out has been postponed until the Ratification Vote on the Amended Band Custom Election Code has been completed.***

***More information will be provided when available.***

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***For any questions please contact***

***Melissa Brideau, Senior Executive Assistant:***

**✉ [Melissa.Brideau@wahnapitaefn.com](mailto:Melissa.Brideau@wahnapitaefn.com) ☎ (705) 858-0610 x.203**







# UPCOMING RATIFICATION VOTES

- *Amended Band Custom Election Code*
- *Information Management Law*

**THURSDAY, MARCH 13, 2025**

🕒 Elders Lounge 📍 9am - 8pm

259 Taighwenini Trail Rd., Capreol ON

*Mail in, in person and electronic voting  
directions will be shared when available.*



# WAHNAPITAE FIRST NATION NOTICE OF RATIFICATION VOTE

Date: February 11, 2025

To: THE MEMBERS OF WAHNAPITAE FIRST NATION

**TAKE NOTICE** that two (2) Ratification Votes will be held on March 13, 2025, pursuant to the *Wahnapiatae First Nation Community Ratification Process*, to determine if the Voters of Wahnapiatae First Nation approve the proposed amendments to the **Band Custom Election Code** and the **Information Management Law**.

**The following two (2) Ballot Questions will be asked of the Voters of Wahnapiatae First Nation by secret ballot:**

As a Voter of the Wahnapiatae First Nation: Do you approve the amended Band Custom Election Code?

**AND**

As a Voter of the Wahnapiatae First Nation: Do you approve the amended Information Management Law?

**The Ratification Vote will take place:**

## VOTE ONLINE

**Starting March 6, 2025 at 9:00 AM and ending March 13, 2025 at 8:00 PM Eastern**

If you wish to vote online, visit the link below and then click the red button "Log In/Sign Up" or "Vote Now" and follow the instructions provided. You will be required to provide your Registry Number (this is your 10-digit Status card number - starting with "232..."), Date of Birth, and a personal email address. Visit the link below to get started:

[www.onefeather.ca/nations/wahnapiatae](http://www.onefeather.ca/nations/wahnapiatae)

Along with this Notice of Ratification Vote, the Information Package shall include everything needed to vote by Mail-in Ballot, instruction on how to vote Electronically, and summaries of the proposed amendments to the Band Custom Elections Code and the Information Management Law.

All relevant background documents, including full copies of the Ratification Documents, will be available in the band administration building, by request from the Ratification Officer, and at the following onling, members only, secure area: <https://wahnapiataefirstnation.com/members-login.html>

You are eligible to vote if you are 18 years of age by the last day of the Voting Period (March 13, 2025) and your name appears on the band list or you are entitled to have your name appear on the band list. You will be required to produce identification in order to vote. You may only vote once. To confirm that your name is on the List of Eligible contact the Ratification Officer using the information at the end of this Notice.

An Eligible Voter who wishes to vote will register by one of the following methods of registration:

- (a) by appearing in person at the polls and completing and signing a voter registration document.
- (b) by submitting a mail-in ballot and completing and signing the voter registration/declaration form as part of the mail-in ballot process.
- (c) by

**MARCH 13, 2025 – 9:00 AM TO 8:00 PM**

**Wahnapiatae First Nation Elders Lounge**  
259 Taighwenini Trail Road, Capreol, ON POM 1H0

Mail-in Ballot voting packages will be sent automatically to all voters for whom a mailing address is on record with the Wahnapiatae First Nation. To be eligible to be counted, a Mail-in Ballot must be recieved by the Ratification Officer before the close of the Voting Period. You may also request a mail-in ballot voting package from the Ratification Officer.

**Brett Bilyk, Ratification Officer**, this 11th day of February, 2025.

Email: [voterhelp@onefeather.ca](mailto:voterhelp@onefeather.ca)

Toll Free: 1-855-923-3006

209-852 Fort Street, Victoria, B.C., V8W 1H8

[www.onefeather.ca/nations/wahnapiatae](http://www.onefeather.ca/nations/wahnapiatae)

Brett Bilyk, OneFeather Ratification Officer



Wahnapiitae First Nation



FAMILY

# BINGO

SUN. MARCH 2

MDG 5:00P

WIN ME

META  
QUEST 3



SUPPER PROVIDED, BINGO STARTS AT 5:30 PM.

HEATHER.ROY@WAHNAPITAEFN.COM (705) 858-0610



# Wellness Wednesdays

📍 **Maan Doosh Gamig**

**March 5 • 10:00am - 12:00 pm**

*Women's Day Activities*

**March 12 • 10:00 am - 12:00 pm**

*STI Awareness & Turtle Shell Making*

**March 19 • 10:00 am - 3:00 pm**

*Family Violence Prevention Day (meals incl.)*

**March 26 • 1:00 pm - 3:00 pm**

*World Water Day Activities*

**Information sessions with light snacks and refreshments.**

**For more information and to RSVP please contact:**

✉ [Heather.Roy@wahnapitaefn.com](mailto:Heather.Roy@wahnapitaefn.com) ☎ (705) 858-7700







**SOUP'S ON!**



**TUESDAY'S  
MARCH 4, 11, 18 & 25**  
 MAAN DOOSH GAMIG  
 (705) 858-0610

**ORDER BY 11:00 AM - PICK-UP BY 12:00 PM**

ALL PROCEEDS OF SOUPS ON! CONTRIBUTE TO COMMUNITY PROJECTS & STUDENT BURSARIES



**GOOD FOOD**

**MARCH**  
 ORDER BY THURSDAY, MARCH 6  
 PICK-UP ON THURSDAY, MARCH 13

**APRIL**  
 ORDER BY THURSDAY, APRIL 3  
 PICK-UP ON THURSDAY, APRIL 10

**SMALL BOX \$10 LARGE BOX \$21**

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




**Healthy Babies Healthy Children**

*Drop In*

**NEW EVENT DATE**

**Thursday, March 20**

190 Loonway Road 1:00 PM - 5:00 PM

**First 5 families to sign up will receive a free gift!**

Join us to learn about child development and discover a fun activity to enjoy with your child! You'll also have the chance to complete clinic and vaccine registrations, review a child development checklist, and more.

For questions and more information please contact:  
 Natalie.Goring@wahnapiitaefn.com (705) 920-9106






# Transform Thursdays

March 6, 13, 20 & 27

📍 Maan Doosh Gamig ⌚ 11:00 AM

Everyone Welcome.  
Join Heather and Alison for exercise and activity.  
All exercises can be modified to meet mobility/physical needs.

For more information please contact:  
📧 Heather.Roy@wahnapitaefn.com ☎ (705) 858-7700  
📧 Alison.Sabzali@wahnapitaefn.com ☎ (705) 858-7700

## Nutrition

# BINGO

Thursday, March 20

📍 Maan Doosh Gamig ⌚ 5:00 PM

Dinner served at 5:00 PM followed by Bingo at 5:30 PM.

For questions or more information please contact:  
📧 Heather.Roy@wahnapitaefn.com ☎ (705) 858-7700

# Teen Talk

Games and fun with snacks and refreshments!

Saturday, March 15

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

RSVP by Tuesday, March 11.

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

# Healthy Snacks

BLUE BIN PROGRAM

**DROP OFF BINS BY**

**Monday, March 10**

**PICK UP**

**Tuesday, March 11**

📍 Family Wellness Centre (178 Loonway Road)

⌚ 3:00 PM to 6:00 PM

For questions and more information please contact:  
📧 April.Cardinal@wahnapitaefn.com ☎ (705) 770-2477







# SIGN MAKING



**Friday, March 14**

📍 Maan Doosh Gamig 🕒 6:30 PM

Limit of 25 participants. Please RSVP by March 12.

✉ Heather.Roy@wahnapiataefn.com 📞 705-858-7700



# Diabetes Day Event

**SATURDAY, MARCH 1**

 **11am-3pm**  **Maan Doosh Gamig**

**INFORMATION,  
HEALTHY FOOD,  
DISPLAY BOOTHS,  
MEET WITH PARTNERS,  
PRIZES,  
& MORE!**

**Cedar Soak  
Foot Baths**





## **Crafts are a lucky bet for St. Patrick's Day celebrations**

While it certainly can be fun to visit a pub and raise a pint in honor of St. Patrick's Day on March 17, such efforts are not necessarily a family-friendly way to commemorate the patron saint of the Emerald Isle. Thankfully, there are plenty of activities for children and adults that focus less on imbibing and more on hands-on fun so everyone can be involved equally. Crafting often fits that bill.

The following are some unique craft ideas to celebrate the spirit of St. Patrick's Day. Many of these projects include items you may already have around the house.

### **Shamrock key chain**

Find your favorite salt dough recipe and use a shamrock cookie cutter to cut out the shape of a lucky clover. Poke a hole at the top where you can connect a key ring. When the shamrock is dried and hardened, paint it in a vivid shade

of green. Attach keys, a school ID or anything else to the key ring, or simply hang it from a backpack.

### **Leprechaun hats**

With a little green paint, green card stock and construction paper in black and gold, anyone can create miniature leprechaun hats. Paint the toilet paper tube green, then wrap the bottom in a strip of black and place a gold "buckle" made out of a rectangle of gold or yellow paper. Glue the tube to a round of green card stock, and voila, you have a perfect leprechaun hat for decorating a room or table.

### **Easy rainbow craft**

Grab some fruity O-shaped cereal and let kids sort the colors into red, orange, yellow, green, and purple. Glue rows of these colored cereal rings onto a piece of white cardstock to make the rainbow. At the base of the rainbow, glue some cotton balls to serve as the clouds.

### **Beaded bracelets**

Visit a craft store and stock up on small green, white and gold beads,

as well as some bracelet wire or poly string. Spend a few hours making bracelets that everyone can wear with their green attire for St. Patrick's Day. The bracelets also can be given as gifts.

### **Shamrock slime**

Those who can find green glitter glue and shamrock confetti can turn their favorite slime recipe into one worthy of St. Patrick's Day.

### **Rainbow cereal bars**

Incorporate some of the marshmallows from a favorite "lucky" cereal brand into the mix of rice cereal treats to give them a rainbow-inspired upgrade.

### **Pots of gold**

If you have leftover plastic witches' cauldrons from Halloween, paint them gold and use them to store foil-wrapped chocolate coins. Otherwise, tie green helium-filled balloons to the cauldron to make a perfect centerpiece.

St. Patrick's Day crafts get the entire family in on the fun of celebrating the Emerald Isle.

**HEALTHY RECIPE OF THE MONTH**

**RSVP by Wednesday, March 12**  
**Pick-up day: Wednesday, March 19**  
**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@wahnapitaefn.com](mailto:Rochelle.Tyson@wahnapitaefn.com) ✉ [Line.Baillargeon@wahnapitaefn.com](mailto:Line.Baillargeon@wahnapitaefn.com)  
☎ (705) 858-7700

Wahnapitaefn Health Centre  
Wahnapitaefn First Nation



# Let's Bead!

**Monday, March 17**  
📍 **Elders Lounge** 🕒 **4-6pm**

Snacks and refreshments provided.  
Bring unfinished projects or start new ones!

For questions or more information please contact:  
✉️ [Natalie.Goring@wahnapietaefn.com](mailto:Natalie.Goring@wahnapietaefn.com) 📞 (705) 920-9106





## Mino Bimaadiziwin Living the good life




Ted and Leila Roque are among the many individuals who have benefited from our medicines. Ted, who served as a chief for many years, experienced firsthand the effectiveness of our treatments, including the 23 medicines we provided. Many others have also found relief using Minagin for rashes, which cleared up quickly. Watch for monthly features of the traditional medicines that the Norman Recollet Health Centre has ready to go!

 **Norman Recollet Health Centre**  
259 Taighwenini Trail Rd.

 **Primary Care Clinic**  
190 Loonway Rd.

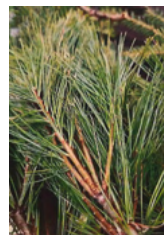
 **Line.Baillargeon@wahnapietaefn.com**

 **(705) 858-7700**

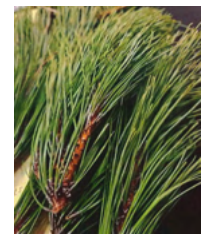
## 7 Pine Cough Medicine

White Pine, Red Pine, Jack Pine, Black Spruce, Tamarack, Hemlock, Ground Hemlock, Juniper, White Spruce, Balsam.

- Combine and boil all ingredients together in 2 pints of water for approx. one hour.
- Stir in 750 mg of Honey
- Strain and bake in oven at 200° for four hours.
- Process canning jars and store in a dark place.
- Take 2 tbsp daily as needed.



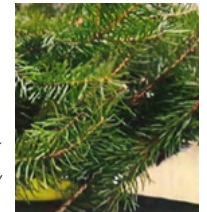
White Pine



Red Pine



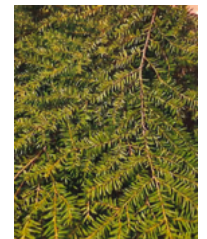
Jack Pine



Black Spruce



Balsam



Hemlock



Ground Hemlock



Juniper



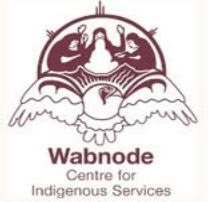
White Spruce



Tamarack



3RD ANNUAL  
NORTHERN ONTARIO INDIGENOUS



**BASKETBALL**  
TOURNAMENT

**2025**  
**MARCH 1-2**  
**CAMBRIAN COLLEGE**  
1400 BARRYDOWNE ROAD, SUDURY, ONTARIO

**DIVISIONS**

- MENS OPEN
- WOMENS OPEN
- U19 BOYS
- U19 GIRLS
- U12 BOYS
- U12 GIRLS



**ENTRY FEE**

\$200/TEAM  
\$40/INDIVIDUAL

**PRIZES**

PRIZE AMOUNTS  
WILL VARY  
BASED ON #  
REGISTRATIONS  
AWARDS &  
MERCH FOR  
YOUTH



**DEADLINE TO REGISTER:**  
**FEBRUARY 18 @ 5PM**

Scan QR code to register or visit:

[https://gformsapp.com/f/1\\_2Y-dPj-3yoEuREsV59VtmhFiZHJU98D\\_4LDeXGwTWs/en/](https://gformsapp.com/f/1_2Y-dPj-3yoEuREsV59VtmhFiZHJU98D_4LDeXGwTWs/en/)



Josh Carpenter



705-849-6329



MartensBasketball@gmail.com





## Online Job Board

Employment, Education and Training

[WWW.WAHNAPI'AEFIRSTNATION.COM](http://WWW.WAHNAPI'AEFIRSTNATION.COM)



## MEMBER SURVEY Community Sewing Club

**FEBRUARY 10 - MARCH 17**

[www.wahnapi'taeFIRSTNATION.com/members-login](http://www.wahnapi'taeFIRSTNATION.com/members-login)

For questions or more information please contact:

📧 [Natalie.Goring@wahnapi'taeFN.com](mailto:Natalie.Goring@wahnapi'taeFN.com) ☎️ (705) 920-9106



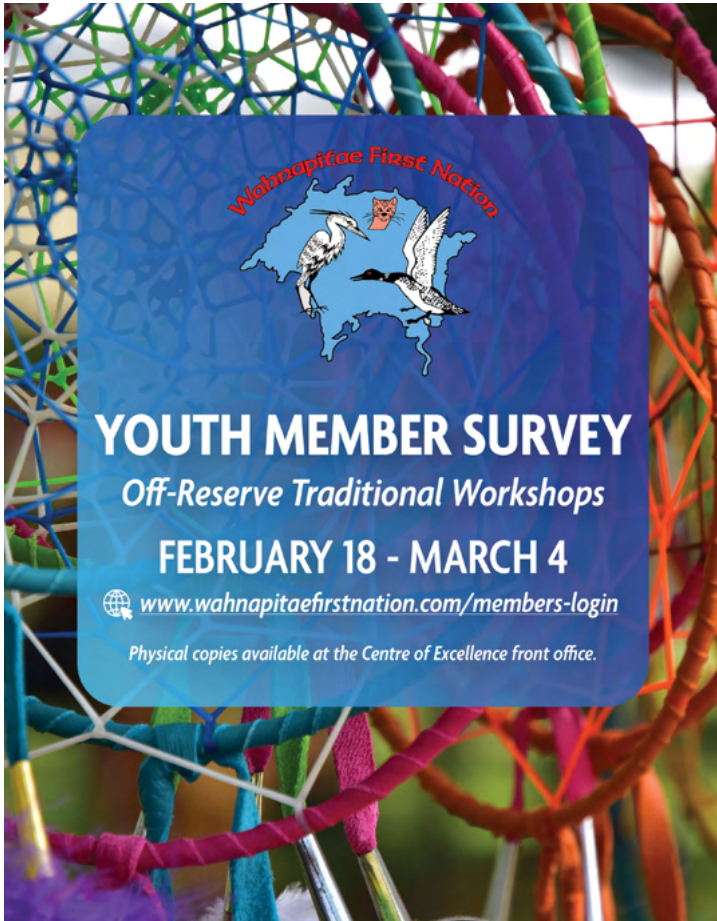
## YOUTH MEMBER SURVEY

*Off-Reserve Traditional Workshops*

**FEBRUARY 18 - MARCH 4**

[www.wahnapi'taeFIRSTNATION.com/members-login](http://www.wahnapi'taeFIRSTNATION.com/members-login)

Physical copies available at the Centre of Excellence front office.



## MEMBER SURVEY Economic Development Visions

**FEBRUARY 10 - MARCH 17**

[www.wahnapi'taeFIRSTNATION.com/members-login](http://www.wahnapi'taeFIRSTNATION.com/members-login)

Physical copies available at the Centre of Excellence front office.





*Christopher Roque Memorial Fund*  
**50/50 Raffle Tickets**



To purchase or for more information please contact:  
 📧 [Heather.Roy@wahnapitaefn.com](mailto:Heather.Roy@wahnapitaefn.com) ☎ (705) 858-7700  
 📧 [Betty-Kay.Hill@wahnapitaefn.com](mailto:Betty-Kay.Hill@wahnapitaefn.com) ☎ (705) 822-5690



**CHAIR  
 YOGA**

**March 3, 10, 17, 24 & 31**

📍 Metamorphosis Yoga Studio, Capreol 🕒 2:00 PM  
 Rides and passes provided, depart 1:30 PM from  
 Centre of Excellence. Please RSVP to:  
 📧 [Heather.Roy@wahnapitaefn.com](mailto:Heather.Roy@wahnapitaefn.com) ☎ (705) 858-7700



*Seniors*

**T.L.C.**

*Tuesdays*

**March 4, 11, 18 & 25**

📍 Centre of Excellence - Elders Lounge 🕒 3:00 PM  
 Cards, snacks and refreshments provided.

For more information and to RSVP please contact:  
 📧 [Heather.Roy@wahnapitaefn.com](mailto:Heather.Roy@wahnapitaefn.com) ☎ (705) 858-7700



ELDERS 55+

**MARCH 6**

RSVP BY MARCH 4

**APRIL 10**

RSVP BY APRIL 3

📍 Maan Doosh Gamig 🕒 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](mailto:Heather.Roy@wahnapitaefn.com) ☎ 705-858-7700





## Migizi (Eagle) Honour Song

Monthly Traditional Drumming Song provided  
by Lori Corbiere, Land-Based Worker

Start with honour beats then the chant with no drums,  
then start beating and proceed with Verse 1. Repeat chant  
after Verse 1-3 with drums. End song after Verse 4/5 with chant  
and no drums.

Chant:

Wey ya hey, wey ya hey,  
Wey ya hey, wey ya hey,  
Wey ya-ah hey, wey ya-ah hey,  
(4 honour beats)  
Wey ya-ah hey, wey ya-ah hey,

Verse 1:

Migizi ngii-noondwaa  
(I heard the eagle)  
Migizi ngii-noondwaa  
Ngii-noondwaa, Ngii-noondwaa  
Migizi ngii-noondwaa

Verse 2:

Migizi ngii-waabmaa  
(I saw the Eagle)  
Migizi ngii-waabmaa  
Ngii-waabmaa, Ngii-waabmaa  
Migizi ngii-waabmaa

Verse 3:

Migizi ngii-dkonaa  
(I held the Eagle)  
Migizi ngii-dkonaa  
Ngii-dkonaa, Ngii-dkonaa  
Migizi ngii-dkonaa

Verse 4:

Migizi ngii-naapnanaa  
(I followed the Eagle)  
Migizi ngii-naapnanaa  
Ngii-naapnanaa, Ngii-naapnanaa  
Migizi ngii-naapnanaa

Verse 5 (Optional):

Migizi ndoo-zaag'aa  
(I love the Eagle)  
Migizi ndoo-zaag'aa  
Ngii ndoo-zaag'aa, Ngii ndoo-zaag'aa  
Migizi ndoo-zaag'aa

## Did St. Patrick Chase Snakes?

Snakes feature prominently in the legend of St. Patrick, whose feast day is celebrated every year on March 17. As the legend goes, St. Patrick drove all snakes from Ireland. But scientists and historians note that St. Patrick, who lived in the mid-fifth to early-sixth century, likely came along too late to accomplish such a feat, as evidence suggests post-glacial Ireland never had any snakes. Indeed, the ocean waters surrounding the Emerald Isle are too cold to enable the migration of snakes from other locales, which suggests the snakes in the legend of St. Patrick are symbols and not meant to represent reptiles.



### Now You Know

Fun facts and conversation-starting snippets  
for curious minds of all ages!



**Ribbon Skirt**  
WORKSHOP

**Sunday, March 16**

📍 Maan Doosh Gamig 🕒 10am-4pm

Limited seats. Please RSVP by March 13.

✉️ Heather.Roy@wahnapitaefn.com  
✉️ Lori.Corbiere@wahnapitaefn.com

☎️ (705) 858-7700

# Family Drumming

**Monday, March 31**

🕒 1-3 PM 📍 Maan Doosh Gamig  
Snacks and refreshments provided.

For more information please contact:

✉️ [Natalie.Goring@wahnapitaefn.com](mailto:Natalie.Goring@wahnapitaefn.com) ☎️ (705) 920-9106

✉️ [Lori.Corbriere@wahnapitaefn.com](mailto:Lori.Corbriere@wahnapitaefn.com) ☎️ (705)858-0610 Ext. 253





Community

# Eagle Staff



**MEMBERS CALL  
FOR DESIGN TEAM**

To volunteer or for more information please contact:

✉ [Lori.Corbriere@wahnapitaefn.com](mailto:Lori.Corbriere@wahnapitaefn.com) ☎ (705) 858-0610

## Senior Activity Kits MARCH

### Flat Fan Kits

Please sign-up by Wednesday, March 5.

Delivery on Thursday, March 13.

\*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@wahnapitaefn.com](mailto:Heather.Roy@wahnapitaefn.com) ☎ (705) 858-7700





# 2 Spirit PRIDE

Presentation

## Thursday, March 20

📍 Maan Doosh Gamig 🕒 1:30-2:30pm

For more information please contact:  
✉️ [Heather.Roy@wahnapietaefn.com](mailto:Heather.Roy@wahnapietaefn.com)  
☎️ (705) 858-7700





# Indigenous HIV/AIDS Info Session

## Thursday, March 20

📍 Maan Doosh Gamig 🕒 9:30am-10:30am

To RSVP or for more information please contact:

✉️ [Heather.Roy@wahnapitaefn.com](mailto:Heather.Roy@wahnapitaefn.com) ☎️ (705) 858-0610



## Volunteer Call Infrastructure, Housing & Roads Committee

The WFN Infrastructure, Housing and roads committee will dedicate its efforts to improving the quality of public infrastructure and development for members while honouring our Seven Grandfather Teachings in all decision making processes.

For applications or more information please contact:

✉️ [Emily.Roque@wahnapitaefn.com](mailto:Emily.Roque@wahnapitaefn.com) ☎️ (705) 858-0610

LOVE • RESPECT • COURAGE • HONESTY • WISDOM • HUMILITY • TRUTH

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## A Look Into the Data of at Risk Indigenous Languages



In spirit of Indigenous Languages Day on March 31, 2025. We hope that the data below can help and encourage others to share in the learning and preservation of the many Indigenous Languages of our Anishinaabe people.

Approximately one in eight Indigenous people (237,420 people) reported they could speak one of 70 distinct Indigenous languages well enough to conduct a conversation in 2021, 10,750 fewer people compared with 2016, and the first decline since comparable data started being collected in 1991.

The decline in Indigenous language speakers was driven by fewer people learning an Indigenous language in childhood and retaining it (also known as a mother tongue). In 2021, 184,170 Indigenous people reported an Indigenous mother tongue, 14,120 fewer people compared with 2016.

Indigenous languages in Canada are considered at risk, with several classified as endangered. As documented by the Truth and Reconciliation Commission, this risk is the result of intergenerational impacts of cultural genocide and discriminatory colonial policies, most notably residential schools. Today, however, there are some signs of language revitalization, with the share of Indigenous people who reported learning an Indigenous language as their second language rising from 24.8% in 2016 to 27.7% in 2021.

Two-thirds of First Nations people who speak an Indigenous language live on reserve. Over two-thirds (67.8%) of the 183,790 First Nations people who reported they could speak an Indigenous language lived on reserve in 2021.

First Nations people living on reserve (39.8%) were almost five times more likely to speak an Indigenous language compared with those living off reserve (8.0%).

Inuit Nunangat is home to the vast majority of Inuktitut language speakers. Inuit Nunangat, the homeland of Inuit in Canada, comprises four regions: Nunatsiavut (Labrador), Nunavik (northern Quebec), Nunavut and the Inuvialuit Settlement Region (the Northwest Territories).

Inuit Nunangat is home to over two-thirds (69.0%) of Inuit and the vast majority (94.3%) of all Inuit Inuktitut speakers. Inuktitut, meaning “the Inuit language,” is a term that is inclusive of all Inuit language dialects, such as Inuktitut, Inuinnaqtun and Inuvialuktun.

### *Indigenous languages also spoken in big cities*

While you are most likely to hear Indigenous languages spoken on reserve and in the North, you will also hear them spoken in big cities. In 2021, 14 cities were home to over 1,000 residents who spoke an Indigenous language.

- Winnipeg was home to the largest community of people who could speak an Indigenous language, particularly First Nations people (4,710).
- Edmonton had the highest number of Métis who could speak an Indigenous language (620).
- Ottawa–Gatineau had the largest population of Inuit who could speak an Indigenous language (600), followed by Montréal (360).

### *Signs of Indigenous language revitalization across Canada*

While the number of Indigenous language speakers was down 4.3% from five years earlier in 2016, there are some signs of language revitalization and transmission across generations.



In Atlantic Canada, First Nations children aged 14 years and younger were more likely to be able to speak an Indigenous language (14.0%) than First Nations adults aged 65 years and older (12.3%) in 2021.

Mi'kmaq was the most spoken Indigenous language among First Nations people in Atlantic Canada, with 8,195 speakers in 2021, up 5.9% from 2016.

In Quebec, First Nations children 14 years of age or younger (39.4%) were almost three times more likely to speak an Indigenous language compared with First Nations adults aged 65 years and older (13.4%).

Just over two in five First Nations people in Ontario (40.7% or 10,895 people) who spoke an Indigenous language in 2021 learned it as a second language, up 18.9% from 2016 and the fastest pace of growth among second-language speakers nationally.

The Blackfoot language experienced the fastest growth among First Nations languages in the Prairie provinces, increasing by almost one-fifth (+18.9%) from 2016 to 2021 to 6,450 speakers.

Several endangered First Nation languages primarily spoken in British Columbia experienced a revival, such as Heiltsuk (+173.9% to 315 speakers) and Haisla (+57.1% to 275 speakers).

Michif is a uniquely Métis language that originated as a combination of Cree, Ojibway and French and borrows from English and other Indigenous languages. In 2021, 1,485 Métis reported being able to have a conversation in Michif, up 460 speakers, or 44.9%, from 2016.



# ARTIST CALL

Seeking artists for a collaboration project between Wahnapiatae, Sagamok and Atikameksheng to design a Thies Employee Patch for Indigenous Partnership.

Please submit your portfolios by  
Friday, March 14.

✉ [Elizabeth.Houle@wahnapiataefn.com](mailto:Elizabeth.Houle@wahnapiataefn.com)

☎ (705) 858-0610 Ext. 240



## THIESS 90





Is your family expecting?  
Child behaviour questions?  
Searching for mental health  
advice or supports?



***We are here to help.***

***Family Well-being & Healthy Babies Healthy  
Children Programming***

**✉ [Natalie.Goring@wahnapitaefn.com](mailto:Natalie.Goring@wahnapitaefn.com) ☎ (705) 920-9106**

***Community Health Nurse***

**✉ [Alison.Sabzali@wahnapitaefn.com](mailto:Alison.Sabzali@wahnapitaefn.com) ☎ (705) 858-7700**

**Please call to book appointments, individual and  
family sessions available.**







**SPRING FORWARD  
2025**

**ARE YOU INTERESTED IN POLICING?**



**APSCORPS.ORG  
APPLY TODAY**





# Work on it Wednesday

**NEW EVENT DATE**

Looking to start a new project, unfinished beadwork at home? Join us for dinner and social crafting time!

**Wednesday, April 2**

🕒 6-9 PM 📍 Maan Doosh Gamig

Please RSVP by Wednesday, March 26:

✉️ [Natalie.Goring@wahnapiitaefn.com](mailto:Natalie.Goring@wahnapiitaefn.com)

☎️ (705) 920-9106





# *Volunteer Call*

## Land Code Development Committee

One (1) seat has become vacant on the Land Code Development Committee. Wahnapi'tae First Nation will be developing a land code for ratification by the membership. The development process is anticipated to be completed by fall 2025.

Wahnapi'tae First Nation is establishing a Land Code Development Committee to develop the land code, hold community consultation meetings and develop the community ratification process document. The Land Code Development Committee has begun meeting and have made significant progress on pre-ratification requirements.

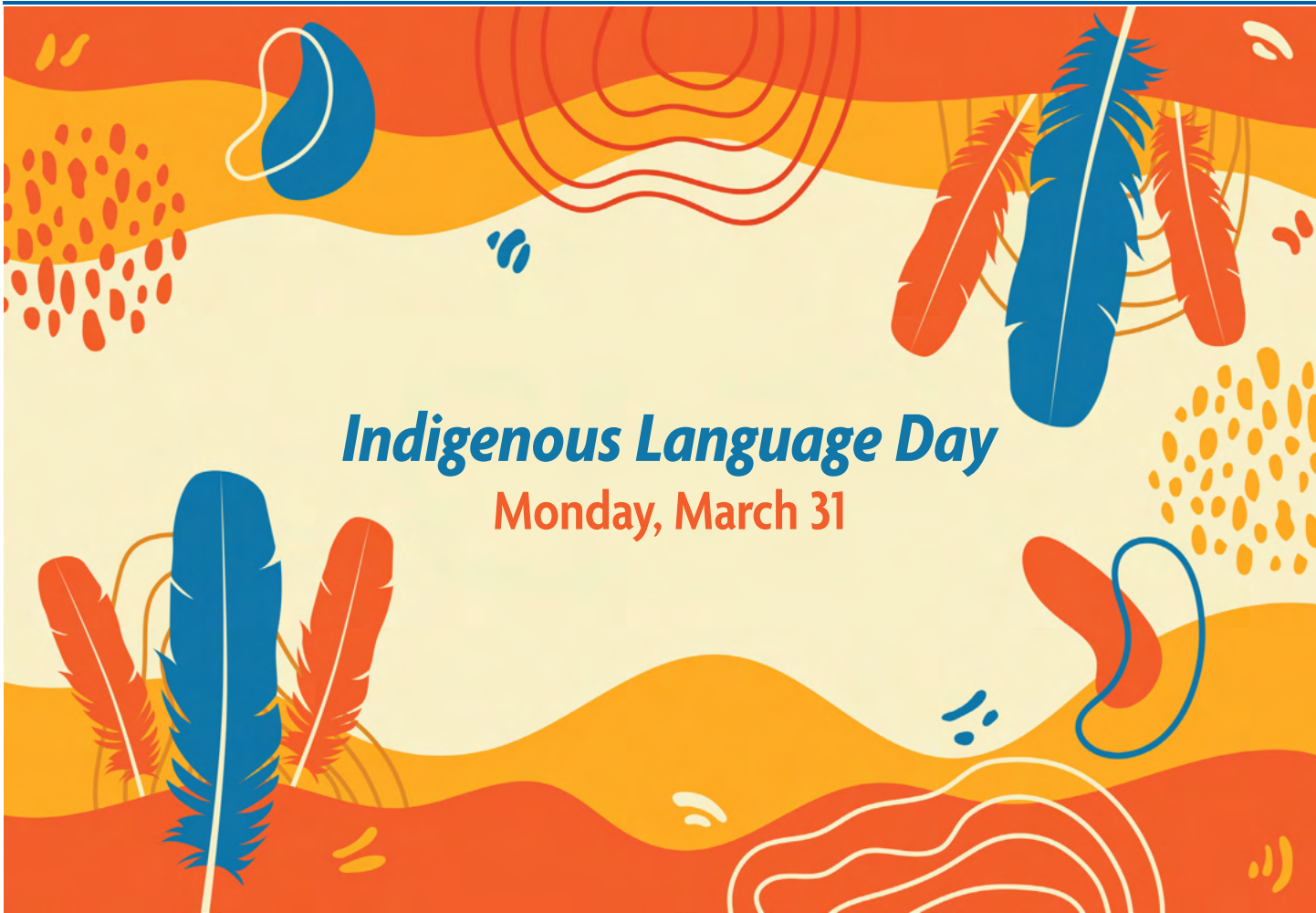
Wahnapi'tae First Nation Lands Department are requesting letters of interest from members who may be interested in the One (1) seat on the Land Code Development Committee. Committee members will be compensated with an honorarium per meeting.

Any Wahnapi'tae First Nation member who may wish to tender their name for the above mentioned committee is requested to submit a letter of interest to Sara Lehman, Lands Director:

✉ Sara.Lehman@wahnapi'taefn.com ☎ (705) 858-0610 Ext. 204

LOVE • RESPECT • COURAGE • HONESTY • WISDOM • HUMILITY • TRUTH





# Indigenous Language Day

Monday, March 31





## Anishinaabemowin Language Sessions

Tuesdays - January 7, 14, 21 & 28

Maan Doosh Gamig

**POSTPONED**

Co-Facilitated by Debbie Recollet & Debbie Plain-McGregor.  
16+ welcome to attend. Light dinner and refreshments provided.

To register and for more information please contact:

Tammy.Chevrette@wahnapietaefn.com (705) 920-9488



## Gather • Laugh • Sing • Learn Drumming Circle

**POSTPONED**

Tuesday December 10, Wednesday January 13, Thursday January 23

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

Traditional drumming and songs facilitated by Tammy Chevette, Cultural Coordinator.  
Light dinner and refreshments provided. Everyone 16+ welcome. **RSVP requested.**

Tammy.Chevrette@wahnapietaefn.com (705) 920-9488



## Traditional CRAFT NIGHT

Wednesday, January 29

**POSTPONED**

All materials provided. 16+ only.  
Dinner and refreshments available.  
Please RSVP by Friday, January 24.

Tammy.Chevrette@wahnapietaefn.com  
(705) 920-9488



## Pow-Wow Fundraising Bingos

**POSTPONED**

Fourth Friday of Every Month  
Starting Friday, January 24

Wahnapietae First Nation Centre of Excellence  
259 Taighwenini Trail Rd, Wahnapietae FN  
Doors open 5:30 PM. Bingo Starts 6:00 PM.  
Everyone welcome. Must be 18+ to attend.

Cash prizes, specials, jackpots, toonie pots, snacks and refreshments available.  
For more information please contact:

Tammy.Chevrette@wahnapietaefn.com (705) 920-9488

**Stay in the know.  
Sign up for email alerts.**



[www.tinyurl.com/wfn-email](http://www.tinyurl.com/wfn-email)



**For questions or more information please contact:  
communications@wahnapietaefn.com**

WESTERN UNIVERSITY'S

# NATIONAL INDIGENOUS

Western 

## SCHOLARSHIP PROGRAM



### **Awarded annually to five incoming Indigenous undergraduate students**

(First Nations, Métis, and Inuit) studying full-time at Western's main campus based on their outstanding academic excellence and meaningful and impactful contribution toward Indigenous communities. Two scholarships will be awarded to incoming students applying from Canadian high schools, and one scholarship to an incoming Indigenous student applying from a postsecondary institution. Recipients must meet the minimum academic averages for their programs, and will be selected on the basis of academic achievement, creative and innovative thinking, and previous or intended contributions to Indigenous communities (including, on and off reserve and as well as urban settings).

For more information please contact our Indigenous Financial Aid Coordinator Donna Noah at [dnoah@uwo.ca](mailto:dnoah@uwo.ca) or (519) 661-2111 ext. 86437

### **Scholarship Values**

3 awards at \$50,000 each to incoming Indigenous students applying from Canadian high schools\*

2 awards at \$50,000 to an incoming Indigenous student applying from a postsecondary institution\*

\*\$20,000 for year one, \$10,000 for years two to four based on ongoing registration

\*not applicable to second entry programs

### **How to Apply**

To apply to the National Indigenous Scholarship Program please go to the following link:

[studentservices.uwo.ca/  
NationalIndigenousScholarship/  
Students/NSIntroPage.cfm](https://studentservices.uwo.ca/NationalIndigenousScholarship/Students/NSIntroPage.cfm)

**Deadline: March 14<sup>th</sup> Annually**



Indigenous  
Initiatives





# FoodCycler™

ON-SITE FOOD WASTE DIVERSION PROJECT



**CARBON REFILL REPLACEMENTS**  
*Ready for pick-up!*

**Families that registered to participate in the FoodCycler™ Pilot Project can drop-in to the Centre of Excellence or confirm a time to pick-up CARBON REFILL REPLACEMENTS.**

*For more information and to arrange pick-up please contact:*

✉ [Katie.Ede@wahnapietaefn.com](mailto:Katie.Ede@wahnapietaefn.com) ✉ [Sara.Lehman@wahnapietaefn.com](mailto:Sara.Lehman@wahnapietaefn.com)

☎ (705) 858-0610

# Lucky Vibes

RAIN  
BASKETBALL  
BLOSSOM  
DAFFODIL  
LUCK  
EASTER  
EQUINOX  
FLOWER

FRESH  
GREEN  
GROWTH  
LEPRECHAUN  
ST. PATRICKS DAY  
DAYLIGHT SAVING  
MADNESS

MARCH  
PARADE  
POT OF GOLD  
RENEWAL  
SHAMROCK  
SHOWERS  
SPRING  
WINDY



FEBRUARY 2025  
BE MY VALENTINE  
CROSSWORD  
ANSWERS:

T	A	S	D	V	R	I	J	B	Y	L	Z	P	V	B	Y	O	F	
M	S	J	C	A	F	E	T	R	H	T	K	O	G	P	N	D	E	V
D	M	H	C	D	Y	T	Y	E	G	I	C	A	A	H	U	N	Q	Z
Z	Y	G	A	K	N	S	Q	N	N	H	U	P	C	Z	A	I	U	B
F	A	X	A	M	I	A	N	E	I	O	L	R	R	W	H	W	I	M
R	D	S	F	A	R	E	Q	W	N	L	A	A	P	Y	C	Q	N	O
E	S	S	L	K	V	O	Q	A	E	M	I	M	F	G	E	N	O	B
S	K	E	G	K	D	B	C	L	K	N	H	T	W	O	R	G	X	D
H	C	N	E	H	Y	E	I	K	A	B	D	G	Q	H	P	F	V	Z
B	I	D	O	B	D	Y	I	Y	W	N	V	A	N	U	E	Y	R	J
M	R	A	L	A	G	N	I	V	A	S	T	H	G	I	L	Y	A	D
E	T	M	R	S	H	N	Y	R	U	A	T	G	H	T	R	A	Q	L
H	A	A	S	K	F	E	M	O	S	S	O	L	B	D	E	P	S	O
X	P	B	E	E	T	E	E	O	T	J	K	I	T	E	W	E	S	G
W	T	V	Y	T	W	R	J	N	Y	M	Z	K	X	Q	O	G	U	F
G	S	F	H	B	A	G	M	S	R	E	W	O	H	S	L	L	H	O
R	P	C	O	A	U	M	L	R	E	B	I	R	T	H	F	H	E	T
B	J	X	L	L	E	D	A	F	F	O	D	I	L	S	O	Z	E	O
J	A	B	I	L	I	V	P	T	K	T	V	U	O	N	G	I	Z	P

## TWO SCIENCE CENTRES — ONE STACKED MARCH BREAK!

SCAN FOR MARCH BREAK SAVINGS

Experience *two full days* of adventure at **Science North** and **Dynamic Earth**! Explore interactive exhibits, experience an underground mining tour, and enjoy an **IMAX®** movie and **Planetarium** show! Perfect for families looking to build an unforgettable March Break!





## Onaabidin Giizis Horoscope

### Red Hawk & Aries

People born at this time have a strong part of them that is passionate and full of energy. Often these individuals will be driven to start new journeys or projects with enthusiasm and a clear sense of direction. They may possess a warrior spirit and do not fear the unknown. They have a clear understanding of what they want but sometimes find it hard to be patient. In Western astrology these people are ruled by the planet Mars, the planet that governs our drive, motivation and desire. Mars energy can be compared to the spirit of the Red Hawk, represented in the Native American Red Hawk totem. Characteristics of the Red Hawk show some resemblances to the symbolism of Mars. For example the hawk who takes flight whenever his desires motivate him, will free himself of the restrictions that get in the way, by taking flight. His flight will free him from the rugged earthly terrain on the ground below him.

The same could be said of individuals who are born at this time. The focused Hawk or Aries individual, through their passion and desire, can quickly and clearly get to where they want to be. The hawk, which flies so high, is free and independent and as a result has an advantage over his prey. Likewise individuals born at this time, governed by the planet Mars, can see so clearly what they want and be so driven by their own passion that they often seem unaware of obstacles or pitfalls that can get in the way. The Red Hawk can be found in the east on the medicine wheel directly opposite the Raven, a creature who can teach the Red Hawk so much.



Wahnapiitae First Nation

# Members Portal NOW LIVE

Please register at:  
[www.wahnapiitaefirstnation.com](http://www.wahnapiitaefirstnation.com)



## Youth Council Announcement!

The Youth Council is excited to announce a series of virtual engagement and information sessions for youth who are interested in joining the council!

These sessions will provide an opportunity to learn more about the council's **mission, initiatives, and the meaningful role youth play in shaping its direction.**



Participants will have the chance to ask questions, connect with current council members, and gain a deeper understanding of how they can get involved.

**Dates & Times:**  
Wednesday, February 26th 5:30pm to 6:30pm  
Wednesday, March 5th 3:30pm to 4:30pm

Scan the QR code or click the link below to join:  
**Zoom Meeting Link**



ANISHINABEK  
EDUCATION SYSTEM

# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

## March ZOOM and In-Person Workshops *Gezhtoojig Gets People Working!*

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



**Resume/Cover Letter**  
March 3 @ 10:00 a.m.

**Job Search**  
March 21 @ 10:00 a.m.



**Interview Skills**  
March 5 @ 10:00 a.m.

**Programs & Services**  
March 19 @ 10:00



*Participate for a chance to win a \$50.00 Walmart Gift Card!*

*Email [getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca) or call 705 524-6772*

Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152



## INDIGENOUS



### WORKPLACE READINESS WEEK

Mon. March 24 to Fri. March 28/25

LOCATION: CLARION HOTEL - LORNE MEETING ROOM  
117 Elm ST., SUDBURY, ON

Gezhtoojig Employment & Training is seeking interested Indigenous Participants for our In-Person Workplace Readiness Week . Ignite Your Skills and Attain Certified Safety Training!

- ◆ Young and New Workers Awareness
- ◆ Respect in the Workplace
- ◆ AODA
- ◆ MOL in 4 Steps
- ◆ WHMIS
  
- ◆ Hand Tool Safety & Awareness
- ◆ ASERT Fire & Spills
- ◆ PPE Overview (& Kits)
- ◆ Respiratory/Filter Overview
- ◆ Fit Testing
  
- ◆ First Aid, CPR & AED - Day 1
- ◆ First Aid, CPR & AED - Day 2
  
- ◆ Working at Heights

**GEZHTOOJIG  
GETS PEOPLE WORKING**

**NEW DATE:  
APPLY BY  
MARCH 18, 25**



For more information EMAIL [getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca)  
1-800 -361-9256 705-524-6772 Visit [www.gezhtoojig.ca](http://www.gezhtoojig.ca) and like us on 



*A message from Gimaa Roque,*

*As we step into the month of March, we welcome the longer days and the transition towards spring. While the warmer temperatures are a welcome change, we remind everyone to stay vigilant about ice safety. Conditions can be unpredictable this time of year, so please use caution when out on the ice.*

*We also want to take a moment to wish good luck to the Wanbedeh Flying Cranes as they represent us at the 51st Little NHL Hockey Tournament! Your dedication and teamwork make us proud. Best of luck as well to the teams competing in the Northern Ontario Indigenous Basketball Tournament—play hard and enjoy the experience!*

*For those taking time off, we hope you enjoy your March Break safely. Whether you're traveling, spending time with family, or relaxing at home, please make safety a priority and have fun.*

*With the uncertain times ahead, we encourage you to take action for your future. Please invest wisely and ensure that your safety net and safety plan is discussed in your household. As well, take a look at the online resources and job board that is geared towards Wahnapiatae members and the area.*

*Additionally, we encourage all members to stay engaged in shaping our community. Right now, there are three surveys and two votes live on the Members Portal—this is your opportunity to share your thoughts and have your voice heard. Your input matters, and we appreciate your participation in these important discussions.*

*Miigwetch,*

*Gimaa Larry Roque*



# GO CRANES GO!



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

Hours: Monday 8:00 AM - 4:30 PM  
Tuesday - Thursday 8:00 AM - 5:30 PM  
Closed Fridays and Statutory Holidays

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

**Sign up for email notices and updates:**

 [www.tinyurl.com/wfn-email](http://www.tinyurl.com/wfn-email)

**See what we're up to:**

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

**Do you have questions, comments or suggestions, want to share something in our newsletter?**

 [communications@wahnapiataefn.com](mailto:communications@wahnapiataefn.com)

 (705) 858-0610 Ext: 234

The Wahnapiatae First Nation Community Newsletter is published on the last Thursday of every month.

Select photos courtesy of organization and staff photos, Shutterstock.com and Canva.com. Created by the Communications Officer.



Wahnapi'tae First Nation



# Chief & Council

## REGULAR MEETING Monday, March 31

 **ELDERS LOUNGE & ZOOM**  **6:00 PM**

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

 **[wahnapi'taeFirstNation.com/members-login](http://wahnapi'taeFirstNation.com/members-login)**

- The deadline to register for the web version of this meeting is March 24.
- 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



## 6 Ways to Help Reduce Stress

Stress is a significant public health challenge. The Ipsos Global Advisor survey for World Mental Health Day 2022 found that most Americans feel the United States health care system places less importance on mental health than physical health, and the majority of adults reported experiencing high levels of stress over the last two years. The Centers for Disease Control and Prevention says mental health problems may occur as more adults deal with stress. In August 2022, more than 32 percent of adults in the U.S. reported having symptoms of anxiety or depression in the last two weeks.

The stress response gets a person through tough times, as the body rallies to evade a threat. Typically, when the danger subsides, the body can go back to business as usual. However, when stress is ongoing, it can cause harm like chronic inflammation. In addition, the constant activation of the immune system raises the risk for many adverse health effects, including heart disease and stroke.

Men and women experience stress differently. Debra Bangasser, Ph.D., and her colleagues at Temple University found that, in response to significant life stress, men are more likely than women to experience effects on the cognitive processes like memory. High job insecurity is a notable stress trigger for men. It's key to keep stress at a minimum for personal well-being. These strategies can help.

- 1. Get active:** Exercise will not make stress disappear, but it can relieve some of the emotional responses and clear thoughts to let you deal with problems more readily.
- 2. Use laughter:** Harvard Health says laughter reduces stress hormones and is a way to experience joy, optimism and hope.
- 3. Reduce loud noises:** Sometimes loud noises can trigger a stress response. It can make it hard to think and take you away from being mindful. Avoiding loud scenarios or wearing earplugs or noise-canceling headphones can help.
- 4. Avoid unhealthy habits:** Some people turn to alcohol or smoking to deal with stress. Overall, these habits can exacerbate stress and lead to additional health problems.
- 5. Meditate:** The Mayo Clinic says attention is focused to help calm the thoughts in the mind and give a sense of peace and calm. Meditation can include guided imagery, mindfulness and visualization exercises.
- 6. Connect with others:** Meaningful relationships can create feelings of belonging. Feeling cared for and supported can help people cope with stress and be more resilient. Building connections involves reaching out to community, family or friends. Sometimes just talking things out with others as a sounding board can alleviate stress, especially when others share that they have experienced similar situations. Stress can be detrimental to men's overall health. Taking steps to reduce stress can improve quality of life.

# We are here for you,

 **(705) 858-7700**

## Mental health resources, counselling services and supports available.





# MARCH 2025

## AFTER SCHOOL AND YOUTH LEADERSHIP PROGRAM



### PROGRAM UPDATES

Parents and Guardians of registered ASP and YLP participants should expect an upcoming email with a link to access the new **Seesaw App** for easy access to the After School and Youth Leadership program updates, highlights, and more!

Please review the updated Afterschool program Policy. Update Information as needed.

\*\*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.

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
	<b>ASP &amp; YLP</b> Mindfulness and Therapeutic Horses with Brenda and Mme. Leelee	<b>YLP</b> Stained Glass Picture Frame Art	<b>ASP</b> Yoga at Metamorphosis Capreol			
9	10	11	12	13	14	15
	<b>MARCH BREAK- NO PROGRAM</b>					
16	17	18	19	20	21	22
	<b>ASP &amp; YLP</b> Baby eagle staff workshop @ MDG Dinner provided	<b>YLP</b> Scrapbooking	<b>ASP</b> Mindfulness and Therapeutic Horses with Brenda and Mme. Leelee			
23	24	25	26	27	28	29
	<b>ASP</b> Scrapbooking	<b>YLP</b> Crafting and Teachings in the YURT with Jessica	<b>ASP</b> Crafting and Teachings in the YURT with Jessica			
30	31	<b>PROGRAM SCHEDULE</b>				
	<b>ASP</b> Group Games	<b>ASP (Ages 4-11) 3:30-5:30PM Monday and Wednesday YLP (Ages 12-17) 3:00-5:30PM on Tuesdays</b>				

# Wahnapi'tae First Nation



## March 2025 • Onaabidin Giizis Snow Crust Moon Community Events Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25 12p • Soup's ON!	26	27	28 6p • Euchre Tournament	1 11a • Diabetes Day Event
Online Ratification Voting Open - Closing March 13 - Band Custom Election Code & Information Management Law Amendments						
Online Member Surveys Open: Off-Reserve Traditional Workshops, Economic Development Visions and Sewing Club						
2 5p • Family Bingo Night	3 2p • Chair Yoga @ Metamorhposis	4 12p • Soup's ON! 3p • Seniors TLC Tues.	5 10a • Wellness Wednesdays @ MDG	6 11a • Transform Thursdays 5p • Congregate Dining <i>RSVP Mar 4</i>	7	8
Online Ratification Voting Open - Closing March 13 - Band Custom Election Code & Information Management Law Amendments						
Online Member Surveys Open: Off-Reserve Traditional Workshops, Economic Development Visions and Sewing Club						
9	10 2p • Chair Yoga @ Metamorhposis	11 12p • Soup's ON! 3p • Seniors TLC Tues. 3p • Healthy Snacks Bins p/u <i>RSVP Mar 10</i>	12 10a • Wellness Wednesdays @ MDG	13 <b>9a-8p • Members Voting in Elders Lounge</b> 11a • Transform Thursdays • Good Food Box & Seniors Activity Kits p/u <i>RSVP Mar 6</i>	14 6:30p • Sign Making Workshop <i>RSVP Mar 12</i> • Thiess Artist Call Submission Deadline	15 6p • Teen Talk <i>RSVP Mar 11</i>
Online Ratification Voting Open - Closing March 13 - BCEC & IML Amendments						
Online Member Surveys Open: Economic Development Visions and Sewing Club						
16 10a • Ribbon Skirt Workshop <i>RSVP Mar 13</i>	17 2p • Chair Yoga @ Metamorhposis 4p • Let's Bead	18 12p • Soup's ON! 3p • Seniors TLC Tues.	19 10a • Wellness Wednesdays @ MDG 4p • Healthy Recipe OTM p/u <i>RSVP Mar 12</i>	20 9:30a • HIV/AIDS Info Session 11a • Transform Thursdays 1:30p • HBHC Drop In 1:30p • 2Spirit Presentation 5p • Nutrition Bingo	21	22
Online Member Surveys Closing						
23	24 2p • Chair Yoga @ Metamorhposis	25 12p • Soup's ON! 3p • Seniors TLC Tues.	26 1p • Wellness Wednesdays @ MDG	27 11a • Transform Thursdays	28	29
30	31 1p • Family Drumming 2p • Chair Yoga @ Metamorhposis 6p • C & C Regular Mtg. <i>RSVP Mar 24</i>	1 12p • Soup's ON!	2 6p • Work on it Wednesday	3 • April Congregate Dining & Good Food Box <i>RSVP</i>	4	5

Please visit [www.wahnapi'taeirstnation.com](http://www.wahnapi'taeirstnation.com) for all up-to-date community event information, news and notices.