

# Wahnapiatae First Nation Health Newsletter

## Wahnapiatae First Nation's 1st Annual Christmas Parade



There were 4 entries in Wahnapiatae First Nations's 1st Annual Christmas Parade. Post Creek Store came in first place, The Recollet's came in 2nd, Evelyn & Phil came in 3rd and last but not least Debby and Nicholas Burke came in 4th.

I did not get to personally watch the parade but heard all the raves and good reviews from the community at the pot luck feast. What a great time to come together and show some Christmas spirit. This parade will go down in history and we need to thank Councilor Henry Burke for making it all happen. Thank you to the entrants, you were just awesome! I can just imagine next years parade.....you have a whole year to work on it.

I would also like to thank Chief Tyson for his monetary donation to enable a fourth place prize.

Wendy Tyson - Community Wellness Worker



Debbie, Larry & Annabelle

Debbie & Caroline

Evelyn & Phil

Debbie & Nicholas

## Wahnapiatae First Nation

OTTAWA, December 10, 2009 - The Canadian Food Inspection Agency (CFIA) is warning the public not to consume Heinz Mixed Cereal for babies described below as it may contain elevated levels of Ochratoxin A (OTA)

The following product is affected by this alert:

Heinz Mixed Cereal, a Baby Cereal, Stage 2, From 6 Months

227 g  
UPC D 57000 02516 8  
Codes:  
BB/MA 10 DE 26 and  
BB/MA 10 DE 29

### Wahnapiatae First Nation

#### Inside this issue:

January 1010 Calendar	2
Words search	3
Employment Fair	4
Battle of the Bulge	5
Look What's In the Land-fill	6
No Throw List	7
Congregate Dining	8
Alzheimer's Disease	9
Driven to Quit Contest	10
Best Wishes & Christmas Pictures	11
Administration/Community Building	12
Cultural Advisory Committee Youth	13
Penny Table, Door Prize and Questionnaire Update	14

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 <b>Chief &amp; Council 6 p.m. (fire hall)</b>	13	14	15	16
17	18	19	20	21	22	23
24	25	26 <b>Congregate Dining Dinner</b>	27	28	29	30
31						

Schedule of Events

January 12, 2010 - Chief & Council Mtg. - 6 pm at the fire hall  
 January 26, 2010 - Congregate Dining Dinner - 5:30 pm at the gazebo

**Wahnapitae First Nation Community Residents**  
**Would You Like To Learn**  
**How To Make These?**



**Registration for this workshop is only \$50.**  
**Please register with Wendy or Lynn no later than Friday, January 15, 2010**  
**858-0610**

**(we will let you know the date of this workshop when you register.)**

## NEW YEAR'S RESOLUTION WORD SEARCH PUZZLE

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

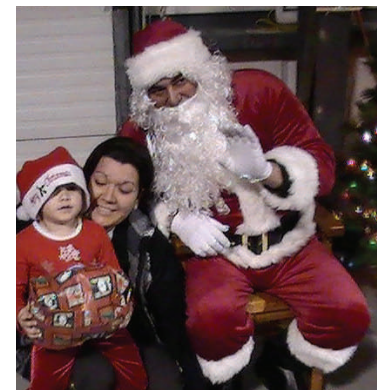
ANNUAL  
 BAD HABITS  
 BORED  
 CHANGE  
 CHEAT ON DIET  
 DETERMINED  
 DIET  
 DISAPPOINTMENT

EAT RIGHT  
 EXERCISE  
 FAILURE  
 GIVE UP  
 JANUARY FIRST  
 LOSE INTEREST  
 NEW START  
 NEW YEAR

RESOLVE  
 SET GOALS  
 WILL POWER  
 WORKOUT



Santa and Tyson



Santa and Dakota



Santa and Zoey



Santa and Autumn

### FRY BREAD

The old tribal chairman was on his death bed. He had only hours to live when he suddenly smelled the scent of fry-bread wafting into his room. Aaahhhh. . . He loved fry-bread more than anything else in the world.

With his last bit of energy, he pulled himself out of bed. . . Down the stairs and into the kitchen he went. There was his beloved wife, Lillian, kneading the dough for a new batch. As he reached for one of the fresh steaming fry-breads, he got smacked across the back of his hand by the wooden spoon his wife was holding. "Leave them alone!" she said. "They're for the funeral!"

**À ne pas manquer! Mark your calendar!**

**Foire de l'emploi –  
Carrières 8 h 30 à 11 h 30**

Mercredi 10 février 2010  
Gymnase du campus de Sudbury

**Employment Fair –  
Career 8:30 to 11:30 am**

Wednesday, February 10, 2010  
Sudbury campus gymnasium

College Boréal  
www.boreal.ca  
1.800.361.6073

---

## *Congregate Dining Christmas Party Update*

*There was a good turn out for the Seniors Christmas Party on December 16, 2009. We enjoyed spaghetti, warm bread & cheesecake. There was gift exchange which was made interesting by playing the game 'Steal the Present'. Thanks to the seniors for your good company. I am looking forward to spending more time with you in 2010.*

*Wishing you all the best in the year ahead!*

*Wendy Tyson - Community Wellness Worker*

## Battle of the Bulge

Do you have a new years resolution? Well I will let you in on my



resolution. I want to be healthier and by that I need to beat the battle of the bulge. So here I go again, back to weight watchers.

Back to reading labels, eating healthy and taking interest in my own self. After trying 3 years ago I lost 40 lbs. but fell off the wagon and gained it all back. Why is it so easy to lose your balance and fall off and when we try to get back on that wagon it becomes a real battle. Sounds like an addiction like any other to me. Instead of reading labels, doing some number crunches, etc; we tend to take the quick fix like grabbing a piece of cake,

cookies, candies, chips and its just to fill a void so we can concentrate on something else that we think is more important than ourselves. If we would only take the time to listen to what our bodies are trying to tell us and realize that without our health, how can we be good to anyone else. Sounds simple but the battle has begun but once again.

Wish me luck!

Wendy Tyson- Community Well-

## Walking the Winter Blues Away

*Roland Dutrisac, Public Health Nurse*

Although walking as a form of physical activity is more common during the warmer months, it can be enjoyed year-round. And, staying active all year long is important for your health. Walking provides many health benefits such as relieving stress and tension, and reducing fatigue. Here are some tips to keep in mind when walking outdoors during the winter:

- Layer your clothing - as your body gets warmer, you can

easily remove layers.

- Keep your ears, head, and fingers covered to avoid frost bite.
- Wear proper footwear - preferably boots that provide a firm grip.
- Add cleats or "picks" to it to grip the ice.
- Try using ski poles to help balance yourself.
- Walk with a friend.

If walking outside is not for you, consider walking indoors - where you can stay warm and dry. Many malls have free walking programs, and if you live in an apartment building, you can walk the halls.

Regardless of where you decide to walk this winter, the important thing to remember is to keep walking and have fun.

Remember to always check with a health care professional before starting any new physical activity program.

## 'Tis the Season .... For Asthma

Does your child's asthma seem to get worse on those cold and blustery days? How about when nestled up beside the fire or trimming the holiday tree?

Asthma triggers don't take a holiday in the winter season. In fact, many of the activities we enjoy during the winter can cause problems for those with asthma. That doesn't mean you can't do some of these same activities..you may just need to make a few easy modifications.

Follow these tips to keep asthma in control this winter:

- Ensure that your child has a scarf or neck warmer covering their mouth and nose. This will help to add warmth and moisture to cold dry air that can trigger asthma.
- Smoke from a candle or wood-burning fire can also trigger asthma. Opt for a gas fireplace or heater to keep you warm on cold nights.
- Be aware of strong smells from candles, potpourri and other decorations.
- When entertaining, use serving utensils for bowls of nuts and candy to help prevent the spread of colds and flu bugs.
- And, as always, wash hands frequently!



Santa and Dayan



Santa and Lily



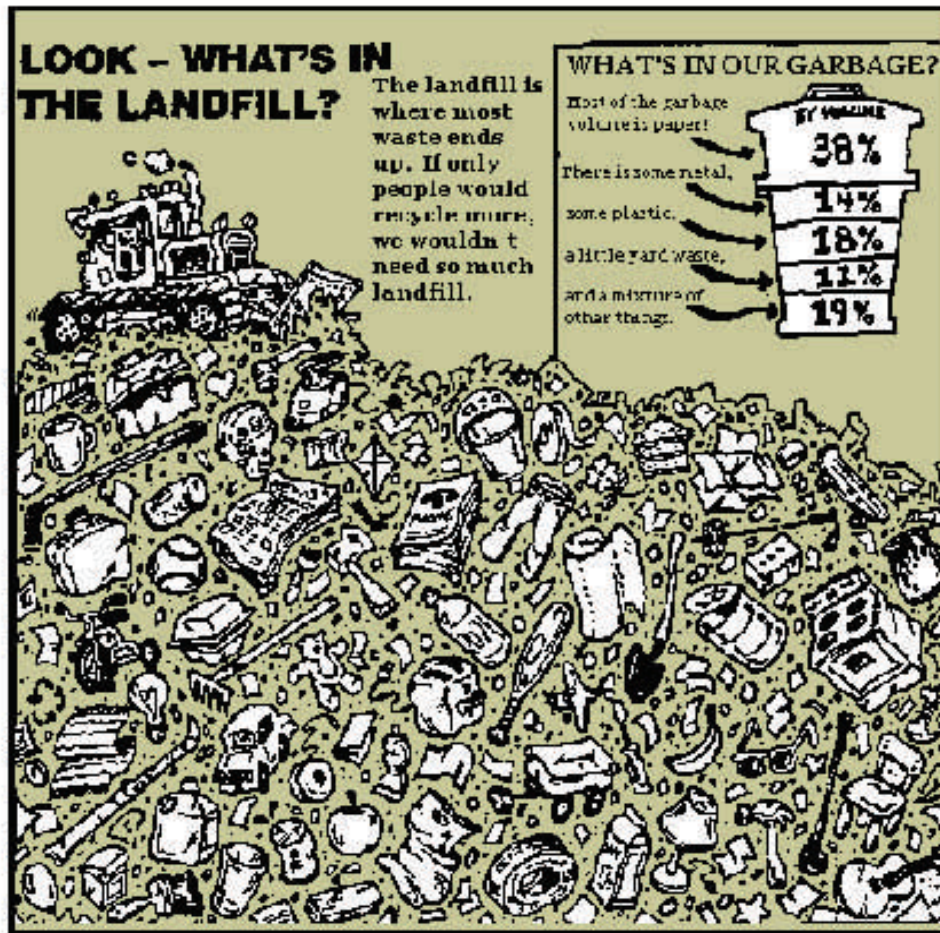
Santa and Liam



Santa and Nicholas



Santa and Kobie



Rubber tire  
Wagon  
Guitar  
Ball  
Ski pole  
Toaster  
Hockey stick  
Milk carton  
Chair  
Pop can  
Cardboard box  
Newspaper  
Stove  
Plastic bottle  
Running shoe

Telephone book  
Ski  
Pants  
Rake  
Tricycle  
Shovel  
Apple  
Cup  
Light bulb  
Lamp  
Yoyo

What else can you find?

What items could have been recycled?

How can you keep these items out? Ask yourself:  
Do I really need to use this?  
How much do I really need?  
How will I dispose of this when I'm finished?  
What parts can I recycle?  
What parts can I reuse?



# No THROW List

The NO THROW list has been developed to remind community members of the items that are NOT to be placed within our landfill site. Adhering to this list will help protect our environment for future generations. Also attached, for your information, please find a copy of the **WFN Waste Disposal and Landfill Site Regulations Policy**. If you have any questions or concerns, please contact Cheryl Recollet, Environmental Coordinator at 705-858-0610 or [Cheryl.recollet@wahnapietaefn.com](mailto:Cheryl.recollet@wahnapietaefn.com).

- Household hazardous waste.
- Medicines
- Household batteries
- Butane lighters and cylinders
- Transmission fluid
- Brake fluid
- Car wax
- Diesel
- Kerosene
- Car batteries
- Gasoline
- Windshield washer
- Motor oil
- Antifreeze
- Glues
- Cements
- Paint, thinners, turpentine, paint strippers, stains and preservatives
- Rust removers
- Ammonia
- Aerosols
- Drain openers
- Fire extinguishers
- Fertilizers, weed and bug killers
- Propane tanks and cylinders
- manure
- Pool chemicals
- Sharps (syringes, needles and lancets)
- Fluorescent tubes and thermometers
- Any waste in liquid form
- Dangerous waste
- Hazardous waste
- Toxic waste
- Chemical waste
- Chemical corrosive waste
- Hazardous industrial waste
- Ignitable waste
- PCB waste
- Radioactive waste
- Leachate waste
- Animal or human organs, bone muscle, or other tissue
- Used bandages
- Vitamins
- Drugs or vaccines
- Vials



**Congregate Dining  
Dinner  
Tuesday, January 26, 2010  
5:30 p.m.  
at the gazebo  
serving  
Indian Taco's  
Blueberry Pie**



**Please call Wendy no later than January 25, 2010  
to reserve your spot.**




# Alzheimer's Disease

## 10 Warning Signs

Alzheimer's disease is a progressive, degenerative disease. Symptoms include loss of memory, difficulty with day-to-day tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't. It is important to see a doctor when you notice any of these symptoms as they may be due to other conditions such as depression, drug interactions or an infection. If the diagnosis is Alzheimer's disease, your [local Alzheimer Society](#) can help.

To help you know what warning signs to look for, the Alzheimer Society has developed the following list:

- 1. Memory loss that affects day-to-day function**  
It's normal to occasionally forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer's disease may forget things more often and not remember them later, especially things that have happened more recently.
- 2. Difficulty performing familiar tasks**  
Busy people can be so distracted from time to time that they may leave the carrots on the stove and only remember to serve them at the end of a meal. A person with Alzheimer's disease may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal.
- 3. Problems with language**  
Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease may forget simple words or substitute words, making her sentences difficult to understand.
- 4. Disorientation of time and place**  
It's normal to forget the day of the week or your destination -- for a moment. But a person with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.
- 5. Poor or decreased judgment**  
People may sometimes put off going to a doctor if they have an infection, but eventually seek medical attention. A person with Alzheimer's disease may have decreased judgment, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.
- 6. Problems with abstract thinking**  
From time to time, people may have difficulty with tasks that require abstract thinking, such as balancing a cheque book. Someone with Alzheimer's disease may have significant difficulties with such tasks, for example not recognizing what the numbers in the cheque book mean.
- 7. Misplacing things**  
Anyone can temporarily misplace a wallet or keys. A person with Alzheimer's disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.
- 8. Changes in mood and behavior**  
Everyone becomes sad or moody from time to time. Someone with Alzheimer's disease can exhibit varied mood swings -- from calm to tears to anger -- for no apparent reason.
- 9. Changes in personality**  
People's personalities can change somewhat with age. But a person with Alzheimer's disease can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.
- 10. Loss of initiative**  
It's normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer's disease may become very passive, and require cues and prompting to become involved.



**THE DRIVEN TO QUIT CHALLENGE**

**Quit Smoking.**  
WIN A HYBRID!

ENTER TO WIN

**SHOW US YOUR DRIVE. YOU KNOW YOU WANT TO.**




**Quit smoking or tobacco use for the month of March 2010 and you could win a new Ford Escape hybrid, one of two \$5,000 vacation get-aways or one of seven \$2,000 MasterCard gift cards!**

Have you already quit since January 1, 2010? Congratulations! You can enter too.

1. Choose a buddy who will support you as you go tobacco-free. If you win, your buddy will receive a \$200 MasterCard gift card!
2. [Register](#) by February 28, 2010. For a printable registration form, go on-line at [driventoquit.com](http://driventoquit.com)
3. Quit smoking or tobacco use by March 1, 2010 and remain tobacco-free for the month.

Be sure to [Bookmark](#) this page to get help with quitting and to check back for winner announcements!

To help you stay on track, free support is available through the Canadian Cancer Society *Smokers' Helpline* at 1 877 513-5333 and [www.smokershelpline.ca](http://www.smokershelpline.ca).



## PREPARING TO QUIT

**Below are a few tips to help you prepare for your quit day:**

**1. Make a list of all the reasons you want to quit.**

For example, it might be for your health, appearance and the cost of smoking. Let these reasons keep you motivated, especially during more difficult times when you experience cravings.

**2. Set a quit date.**

Give some thought to where you will be and what you'll be facing at the time. Select a day that will be relatively routine. Set yourself up for success!

**3. Know how you will handle withdrawal, your urges to smoke and trigger situations.**

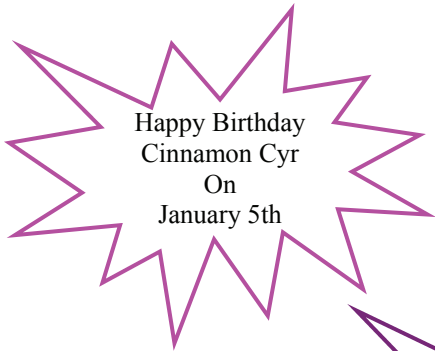
Investigate quit methods and choose what you will use before your quit date. Figure out how you will handle cravings and temptations to smoke. Think ahead!

**4. Think about removing tobacco slowly from your life prior to your quit date.**

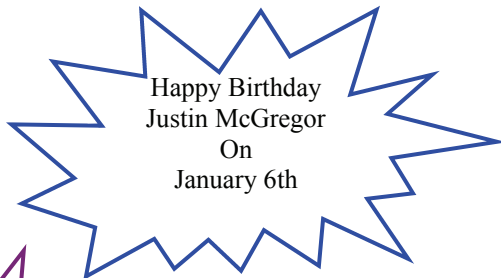
For example, stop smoking in your home or vehicle, delay your morning cigarette, avoid smoking in your favourite chair or room. Take charge!

**For more tips and strategies to help you prepare for your quit date, contact a Quit Specialist at the Canadian Cancer Society *Smokers' Helpline* at 1 877 513-5333, toll free, and visit [Smokers' Helpline Online](#).**

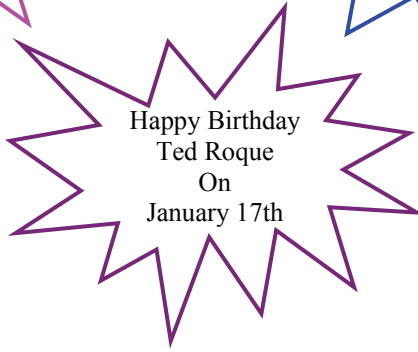
# BEST WISHES!



Happy Birthday  
Cinnamon Cyr  
On  
January 5th



Happy Birthday  
Justin McGregor  
On  
January 6th



Happy Birthday  
Ted Roque  
On  
January 17th



Santa and Bella



Santa and Jake



Santa and Taylor



Santa and Rebecca



Santa and Cinnamon



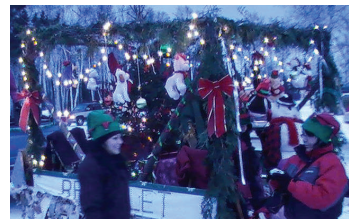
Santa and Marcus



Evelyn & Phil's float



Santa, Hiawatha and  
Blueberry



The Recollet Float



Post Creek Store



Santa and Haley



Santa and Mason



Santa, Rebecca and Amanda



**Wabnapitae First Nation**

36 Loon Way Rd WFN

Capreol ON P0M 1H0

Phone: 705-858-0610 Fax: 705-858-5570

**3 COMMUNITY RESIDENTS  
NEEDED  
FOR THE NEW  
ADMINISTRATION / COMMUNITY BUILDING COMMITTEE**

**PLEASE SUBMIT YOUR LETTER  
OF INTEREST TO  
THE BAND OFFICE  
BY 12:00 PM,  
JANUARY 12TH, 2010**

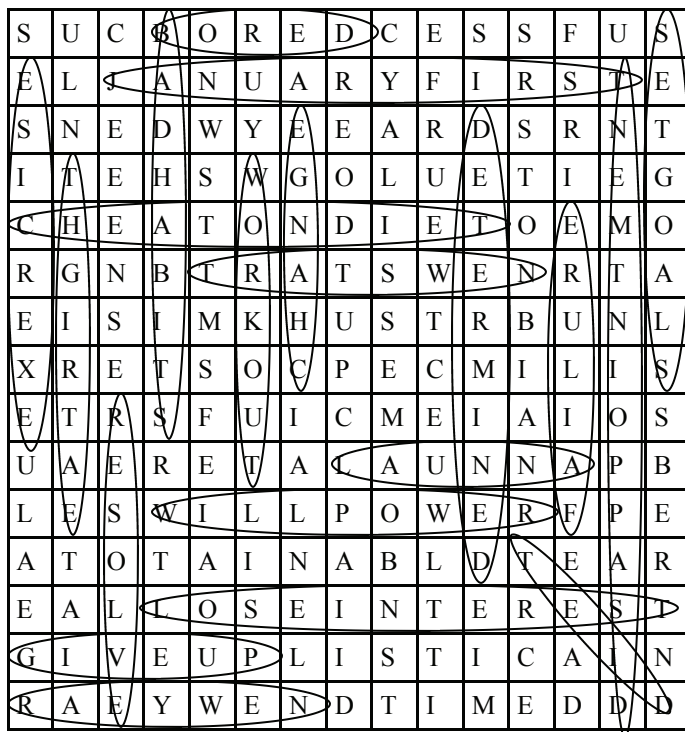


**ATTENTION  
YOUTH REPRESENTATIVE  
NEEDED  
TO SIT ON THE  
CULTURAL ADVISORY COMMITTEE  
(youth between the ages of 18 and 29  
and who reside at Wahnapiatae First Nation)**

**PLEASE SUBMIT YOUR LETTER  
OF INTEREST TO  
THE ATTENTION OF  
THE CULTURAL ADVISORY COMMITTEE  
AT THE BAND OFFICE**

**BY  
JANUARY 29, 2010**

**For more information please contact Lynn Cote or  
Wendy Tyson - 858-0610**



Word Search Answers

Wahnapitae First Nation  
 36 Loon Way Road FN  
 Capreol, Ontario  
 P0M 1H0  
 Phone: 705-858-0610  
 Fax: 705-858-5570  
 E-mail -  
 wendy.tyson@wahnapitae  
 fn.com

### COLD WINTER!

The Blackfeet asked their Chief in autumn, if the winter was going to be cold or not. Not really knowing the answer, the chief replies that the winter was going to be cold and that the members of the village were to collect wood to be prepared. Being a good leader, he then went to the nearest phone booth and called the National Weather Service and asked, "Is this winter to be cold?" The man on the phone responded, "This winter was going to be quite cold indeed." So the Chief went back to speed up his people to collect even more wood to be prepared. A week later he called the National Weather Service again, "Is it going to be a very cold winter?" "Yes," the man replied, "its going to be a very cold winter." So the Chief goes back to his people and orders them to go and find every scrap of wood they can find. Two weeks later he calls the National Weather Service again and asks "Are you absolutely sure, that the winter is going to be very cold?" "Absolutely" the man replies, "the Blackfeet are collecting wood like crazy!"

## Christmas Penny Table Update

Thanks to everyone for their donations to the Penny Table.  
 Thanks to Denise Burke for selling tickets and to Debbie Recollet  
 for help with distributing prizes!

\$141.00 was raised and will go toward the 2010 Pow Wow

### CULTURAL COMMITTEE QUESTIONNAIR WINNER

Congratulations!  
 Laura McGregor won a \$25.  
 Walmart Gift Card

### DOOR PRIZE WINNER

Congratulations!  
 Beverly Recollet won a live Christmas Tree