

October 2011



W F N

Wahnapiatae First Nation Newsletter

**YOU ARE INVITED!
COMMUNITY QUAD RUN**



Join in the First Ever
Wahnapiatae First Nation

Community Quad Run to the North River

Saturday, October 8, 2011
Depart Band Office 9:00 a.m.

Bring your own Quad, Camera, Lunch and Refreshments.
We will have our lunch at the North River and make our way back. Kindly confirm attendance with Raven at the band office. (705)-858-0610.

Community Safe Event
Absolutely No Alcohol, No Drugs & No Firearms



Wahnapiatae assumes no liabilities. Individuals are responsible to follow Ministry of Transportation Guidelines.

Inside this issue:		Inside this issue:	
October Calendar (pg2) wordsearch (pg3)	2 & 3	Bass Lake Trail	16 & 17
Nutrition Bingo/Auction Sale Updates & Pictures	4 & 5	WFN Boundary Map & Mapping Services	18 & 19
Water Journey/Glucose Monitoring Workshop Updates	6 & 7	WFN Mapping Services	20 & 21
Seated Massage, Nutrition Bingo & Congregate Dining for the month of October	8 & 9	CIDA Youth Internship Initiative (IAYI)	22 & 23
Cooking Club (pg10) Turkey Shoot (pg11)	10 & 11	Indigenous Youth Engagement Policy (pg24) CAMA Youth Program at the 19th Annual Conference	24 & 25
Rocky's Fall Hours - Attention: Bursary Program Information	12 & 13	WFN Trick or Treat BUS Pumpkin Patch Poster	26 & 27
Job Posting—MANAGER ASSISTANT TRAINEE	14 & 15	WFN Child & Family Programs	14&15

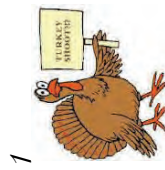
Bnaakwe-Giiziz-Falling Leaves Moon

October 2011

Schedule of Events

- October 1, 2011 - Fire Department Fundraising Turkey Shoot
- October 18, 2011 - Chief & Council Meeting—5pm at the fire hall
- October 3-7, 2011 - Wendy will be in SSM for a Healthy Relationships Training
- October 8, 2011 Community Quad Run - meet at the band office parking lot at 9 am
- October 10, 2011 - Happy Thanksgiving
- October 11, 2011 - Nutrition Bingo
- October 12, 13, 2011 - Seated Massage and/or Foot Massage with Julie & Company from 9am-12pm and 1pm-4pm at the gazebo
- October 18, 2011 - HB/HC Cooking Club - 11am-2pm at the gazebo
- October 26, 2011 - Congregate Dining - 5:30pm-6:30pm at the gazebo

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Community Quad Run

Wendy at Healthy Relationships Train the Trainer in SSM.....

Nutrition Bingo
5 pm - 8 pm
fire hall

Seated Massage
9am-4pm

Seated Massage
9am-4pm

HB/HC Cooking Club
11 am - 2 pm
Chief & Council Meeting
5 pm - fire hall

Congregate Dining
5:30pm-6:30pm

Fall Wordsearch



- Acorn
- Apples
- Autumn
- Back to school
- Brown
- Corn
- Fall
- Harvest
- Leaves
- November
- October
- Orange
- Pumpkin
- Scarecrow
- September
- Squirrel
- Trees
- Yellow

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



Colour Me

Nutrition Bingo from Sept. 13, 2011 Update

The Wahnapiatae First Nation Health Department hosted a Nutrition Bingo on September 13, 2011. There was a great turn out of 23 participants. Everyone actually got the chance to yell 'BINGO!' The bingo prizes consisted of fresh fruit and vegetables. There was also 2 slow cooker specials which were won by Rita Johnson and Lee Williams. The jackpot winner was Molly Boucher, who received a \$100. gift voucher from Food Basics/Metro.

Thanks to everyone who joined in the fun. And another special thanks to Joan and Debbie for selling cards and for the set up and clean up. We will be hosting another Nutrition Bingo on **October 11, 2011.**

Get your game on!!!

Wendy Tyson -
Community Wellness Worker



Pics from August 13, 2011 BINGO & BAKE SALE AUCTION



SILENT AUCTION Baked Goods

UPDATE

At Wahnapiatae First Nation—Nutrition Bingo

Chi Miigwech / Thank you for all the support to the Youth Fundraising SILENT AUCTION on Baked Goods held on August 13, & September 13, 2011. \$179.00 was raised in August and went toward admission at Wonderland FOR 33 participants. \$100.00 was raised in September for youth fundraising.

Thanks goes out to all the people who baked and donated all the beautiful and yummy desserts for auction. They really demonstrated some baking and artistic talents. Thanks goes out to all the people who participated in the auction and put bids up in the live and silent auctions.



7th Annual Anishnaabe-Kweg Water Journey Pictures

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Wahnapitae First Nation Team



4 WFN Team Members holding the banner



Patiently waiting our turn to carry the water



Wobbly Bridge



Mingling



Wahnapitae First Nation Team

- Wendy Tyson - Team Captain
- Evelyn Williams
- Joan Recollet
- Debra Plain McGregor
- Samantha Corbiere
- Crystal Oswamick
- Cheryl Recollet
- Christian Lachapelle
- Myles Tyson - driver



Getting ready to sing the Water Song



Conservation Area



Water Journey Update

What a great turn out for the 7th annual Water Journey. The Wahnapiatae First Nation team was the biggest to date. Chi-Miigwetch to Cheryl Recollet, Christian Lachapelle, Crystal Oswamick, Evelyn Williams, Joan Recollet and Samantha Corbierre, Debra P. McGregor for coming out in support of such a great cause. And thanks to Chief Tyson for volunteering his time to be our chauffer.

A special thanks to Sustainable Development who donated \$150. and the Health Department for their \$100. donation to the Women's

ADHOC committee to help pay for backpacks, water bottles, 'T' shirts, Traditional Feast, Elder's honorarium and new this year, was the purchase of the Anishnaabe-Kweg Caretakers of Water Banner.

Each year the Wahnapiatae FN team walks 3.3 km through the beautiful conservation area. This year Evelyn, Joan and myself did an additional 3.4 km walk to the University of Sudbury's Conisus Hall. Once we arrived outside the hall everyone joined in a circle to give thanks and ask the Creator to protect our water and to sing the Water Song. A

Spirit plate was made and then we enjoyed a traditional feast of wild rice, wild meat, sweet potatoes, salad, pizza and fruit.

Wahnapiatae First Nation hasn't missed this important awareness walk as to date and I am proud to say that Ghislaine (coordinator) and myself are the only two people that have walked for the past 7 years.

Till next year!

Wendy Tyson
Community Wellness Worker

Glucose Monitoring Lunch & Learn Workshop

Chi- Miigwetch to Doreen Pippy (dietician) and Sharlene RN who run the Diabetes Program at Shkagamik-kwe Health Centre for coming out to our community to teach/refresh our diabetics.

A balance meal of homemade vegetable soup, whole wheat bannock along with fruit and yoghurt dip was served.

Thanks to the participants for coming out for some continuing education. We were also reminded about the importance of living a balanced healthy lifestyle for type 1 and type 2 diabetics.

Mark October 20, 2011 down on your calendar. Doreen Pippy and Sharlene Pitts will be coming out once again to facilitate a Diabetes Map Workshop (morning starting at 10 am), followed by a well balanced lunch, then individual one on one appointments will be scheduled for the afternoon. Please contact Wendy at 705-858-0610 to book an appointment with the diabetes educator team.

Wendy Tyson - Community Wellness Worker

Vegetable Soup delicious!!!

Adapted from: **Eat Well, Live Well**
by **Margaret Howard and Helen Bishop MasDonald** with permission

1 L	water	4 cups	Assemble all ingredients and equipment.
1	beef bouillon cube	1	In a large saucepan/stockpot, combine the water, bouillon cube, potatoes, carrots, rutabaga, celery, onion, tomatoes, kidney beans and the seasonings.
2	potatoes	2	
3	carrots, sliced thinly	3	
1/2	rutabaga, peeled and cubed	1/2	Bring mixture to a boil and then reduce the heat to simmer cover and let cook 1 hr. Vegetables should be fork-tender.
1	celery stalk, diced	1	
1	small onion, chopped	1	Add the green beans during the last 10 min. of cooking time.
398 mL	can tomatoes	14 oz.	
398 mL	can kidney beans, drained	14 oz.	Yield: 6 servings Prep Time: 20 min. Cooking Time: 1 hr.
2 mL	oregano	1/2 tsp.	
2 mL	garlic powder	1/2 tsp.	
2 mL	paprika	1/2 tsp.	
125 mL	green beans, cut in (1 in.) pieces	1/2 cup	

Seated Massage & Foot Massages Available



**Seated Massage
and/or
Foot Soaks
Available from Julie Ozawagosh
on
October 12th & 13th
from 9-12 pm & 1-4 pm
at the gazebo**

**Seated Massage \$20.
Foot Massage \$10.**

Ohhh!



Awww!

**Anyone interested in
a seated massage or a foot soak
please book an appointment with
Wendy at 705-858-0610 ext: 110**

**Massage helps relieve anxiety and headaches.
Your body will feel renewed and restored after a massage.**

Benefits of Therapeutic Massage

- Relief from soreness and tension in muscles
- Relief from mental, physical and emotional stress
- Prevention and relief of Repetitive Strain Injury
- Improved breathing and circulation
- Increased mental focus and awareness
- Increased energy
- Improved muscle tone and ease of movement
- Overall sense of well being

Pay As You Play Nutrition Bingo

Tuesday, October 11, 2011

5 pm - 8 pm

at the fire hall

Regular Games win fruit, veggies, cheese, milk, etc;

3 Specials win a \$25. Grocery store gift card.

1 Jackpot win a \$100. Gift card.

Prices:

Regular games are .25 cents for 1 strip of 3 cards

Special games are \$1. for 1 strip of 3 cards

Jackpot game is \$2. for 1 strip of 3 cards

Canteen:

Chili and bannock \$5.

Ham & Cheese Sandwich \$2.50

Coffee, Tea, Water, Pop \$1.

Chocolate Bars \$1.

Congregate Dining

Cabbage Rolls & Whole Wheat Bannock



Wednesday, October 26, 2011

5:30 pm - 6:30 pm

at the gazebo



Senior (ages 50 & up?) if you would like to attend please contact
Wendy @ 705-858-0610 by October 24, 2011

Cooking Club

Tuesday, October 18
11-2 pm
at the Gazebo

For Moms or Dads with Children ages 0-6

- Make & have lunch together
- Prepare dinner together & take it home
- Learn new recipes, parenting tips or cooking skills
- Enjoy conversation & company



Sponsored by the Wahnapiatae First Nation On Saturday, October 1, 2011



From 12pm-3pm
at the sand pit at the bottom
of the big hill
All ages, camped or living
on reserve are Welcome.

The cost is as follows:
Adults \$5.00 for 3 shots
Children \$1. for 3 shots

**TURKEYS
AND/OR PRIZES
FOR ALL
WINNERS!**

Categories:
1) Men ages 12-50
2) Men ages 50 & up
3) Women ages 12-50
4) Women ages 50 & up

A 22 rifle will be provided for adults.
Children under 12 will use a pellet gun.



Wahnapiatae First Nation

36 LOON WAY WFN
CAPREOL ONTARIO P0M 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570
www.wahnapiataefirstnation.com

ROCKY'S FALL HOURS

Store and gas

Mon	8:30am – 7pm
Tues	8:30am – 7pm
Wed	8:30am – 7pm

THE RESTAURANT IS CLOSED BUT THEY ARE STILL PROVIDING LUNCH WITH SOUP AND SANDWICH. YOU CAN EITHER SIT IN THE RESTAURANT OR TAKE OUT. SANDWICHES ARE ALSO AVAILABLE IN THE STORE FOR TAKE OUT.

Full Service	Thurs	8:30am – 7pm
	Fri	8:30am – 9pm
	Sat	8:00am – 9pm
	Sun	8:00am – 7pm

Just a reminder that during Mon, Tues, Wed there is only one person serving gas and working the store. WE APPRECIATE YOUR PATIENCE AND YOUR BUSINESS.

Attention: Youth Bursary & Scholarship Program

The Canadian Council for Aboriginal Business have a Bursary & Scholarship Program for Aboriginal Youth (Status or Non-Status) attending High School or a Post-Secondary Institute with a deadline of October 15th.

Here is the link: http://www.ccab.com/foundation_for_the_advancement_of_aboriginal_youth



Job Postings

I am sending this note to you just to let you know that we do post all job openings with Wahnapitae first Nation on the board outside so please stop by to view them. We also post them in the news letter but do remember that the new s letter only goes out once a month.

We also do receive many other Job postings from companies around our area and even across Canada. Our board outside is very small and we cannot post them all there, so we do post these job postings in the main office on the board. These come in very frequently, so if you are looking for a job or a new career you should stop by at least once a week to view them.

If you are looking for work and need help with resume and cover letters Gezhtoojig Employment and Training offers workshops. If you have any questions regarding employment or training needs do not hesitate to call me at the office.

Marilyn Nicholls

Economic Development Officer

NORTHERN LIFE

Attention All Residents

I am putting this notice out to see how many of you would be interested in receiving the **Northern Life** delivered to your door twice a week. The monthly fee would be \$4.00 per month. If you are interested please contact Marilyn at the band office 705-858-5191 so I can put your name on a list.

Regards

Marilyn Nicholls

Economic Development Officer



Wahnapitae First Nation

36 LOON WAY WFN
CAPREOL ONTARIO P0M 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570
www.wahnapitaefirstnation.com

JOB POSTING

POSITION: MANAGER ASSISTANT TRAINEE
LOCATION: Rocky's Restaurant/Wahnapitae First Nation
TERM: One Year
REPORTS TO: MANAGER OF ROCKY'S
SALARY: Commensurate with experience
POSTING DATE: September 26, 2011

NATURE AND SCOPE OF POSITION

The Manager Assistant will work together with the manager in his daily routine in his Managerial duties. The Manager Assistant will also learn to plan, organize, direct and coordinate the workers and resources of the restaurant, gas bar, store, cottages and trailer park for the efficient, well prepared, and profitable service of food, lodging and beverages. This position will include evenings and weekends.

MAIN ACTIVITIES

- 1) Work with manager and chefs to plan menus that are flavourful and popular with customers. Work with chefs for efficient provisioning and purchasing of supplies.
- 2) Supervise operation of bar to maximize profitability, minimize legal liability, and conform to alcoholic beverage regulations.
- 3) Supervise the dining room, store, gas bar and kitchen staff to ensure consistent high quality of preparation and service is provided.
- 4) Resolve customer complaints about any one division under this establishment.

- 5) Provide manager with a list of maintenance and repairs that need to be preformed.
- 6) Total receipts and balance against sales at the end of the day
- 7) Assist manager to recruit hire and oversee training for all staff
- 8) Assist manager in scheduling work hours for servers, kitchen, store and gas bar
- 9) Enforce sanitary practices for food handling, general cleanliness, and maintenance of kitchen and dining areas
- 10) Comply with all health and safety regulations
- 11) Promote and work with management and staff to plan marketing, advertising, and any special events that will enhance the overall profitability of the restaurant.

QUALIFICATIONS

- 1) Education in hotel/restaurant management is desirable. A combination of practical experience and education will be considered.
- 2) Excellent Customer service skills for dealing with public as well as staff
- 3) Good organizational skills for dealing with diverse duties and staff
- 4) Enthusiastic and motivated in making this business prosperous and profitable
- 5) Minimum grade 10
- 6) Valid driver's license

CLOSING DATE: Friday October 10, 2011 @ 4:00 p.m.

Please forward your cover letter, resume and three work related references by fax, email or regular mail to:

Irvin George, Band Manager
Wahnapiatae First Nation, 36 Loon Way Rd, WFN, Capreol, On, P0M 1H0
Irvin.george@wahnapiataefn.com

Anishinabek and first Nation members are encouraged to apply. We thank all applicants for their interest, however, only those being interviewed will be contacted.

Chi-Miigwetch

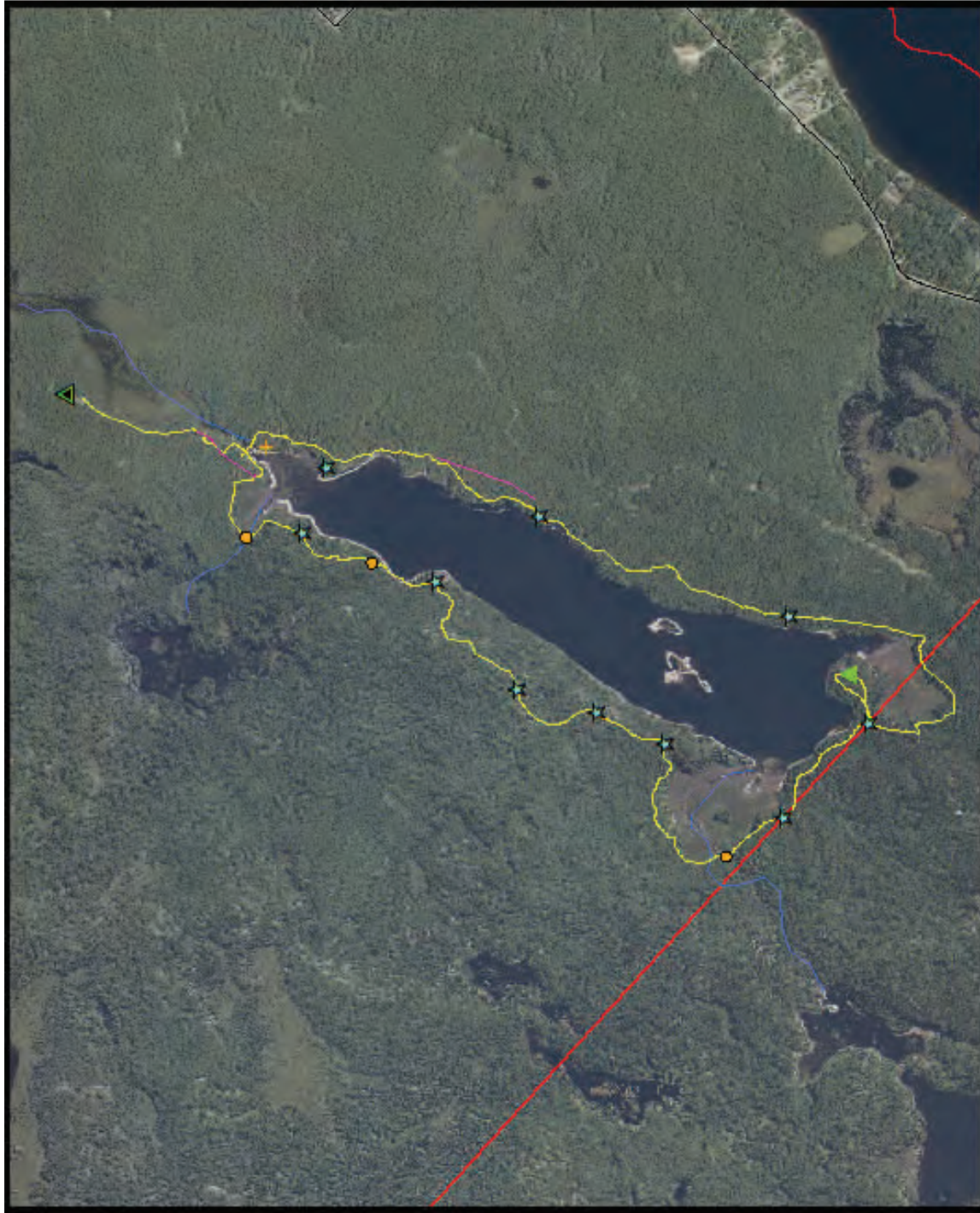
Bass Lake Trail

Thanks to the hard work of our trail development team and summer students, the Bass Lake trail is almost complete! Please see attached map for more details on trail length, rest areas, etc.



Here are a few pictures of wildlife identified around the Bass Lake region.

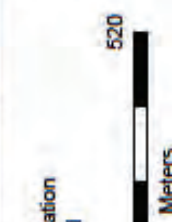


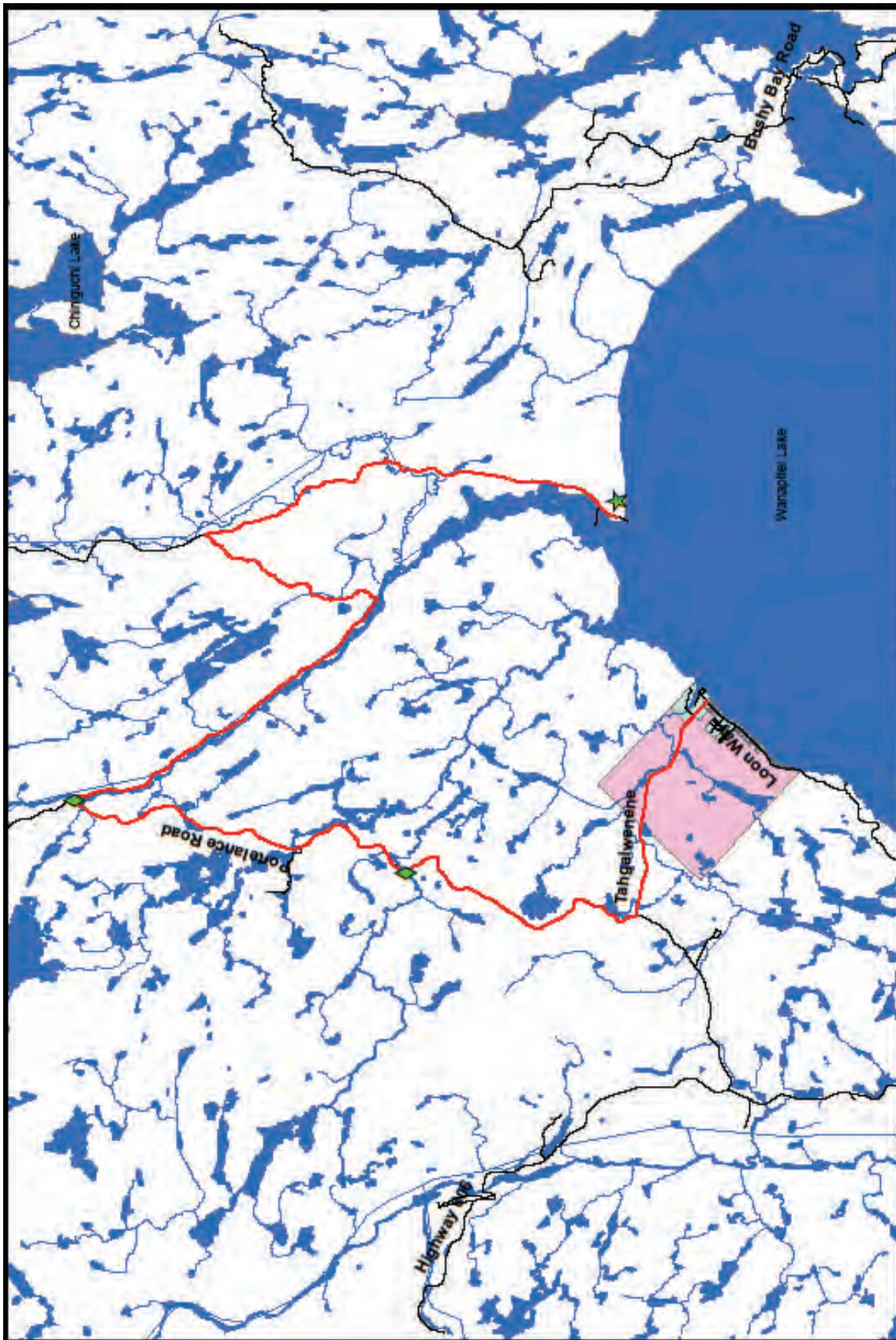


SOURCES OF INFORMATION: DATE: September 21, 2011
 Datum: NAD83 Zone 17
Data Sources:
 Natural Resource Canada Data -
 (Hydrology, Road and Land Parcel)
 Greater Sudbury - 2003 Aerial

- LEGEND:**
- + Beaver Dam Crossing/Bass Lake
 - ★ Heat Area
 - Bridge
 - ▲ Heat, Cabin
 - ▲ Heat, Lodge
 - Tourist route
 - Bass Lake Trail Sign

TITLE:
 Wahnapitae First Nation
 Bass Lake Trail





Title
Wahnapitae First Nation
Quad Run

Scale
0 4
Kilometers

Legend
 ☆ Destination
 ◆ Checkpoint
 — Road (40km one way)
 — Road

Sources of Information
 Datum: NAD83 Zone 17
 Data Sources: Natural Resource Canada Data - (Hydrology, Road and Land Parcel)

Date
October 8, 2011





Mapping Services

INTERESTED IN GETTING YOUR OWN PERSONALIZED MAP OF WAHNAPITAE?

The Sustainable Development department is proud to announce the development of our new mapping services for Community Members. You will have the choice between two different sizes (36X42 or 42X56) and types of paper (coated or non-coated). Each map will automatically include the following three layers: hydrology, reserve boundary and road network. For full details on prices, see attached price list.

Mapping Price List

Coloured Background

36X42	\$7.00
42X56	\$10.00

Aerial Photography

36X42	\$10.00
42X46	\$12.00

BathyMetric

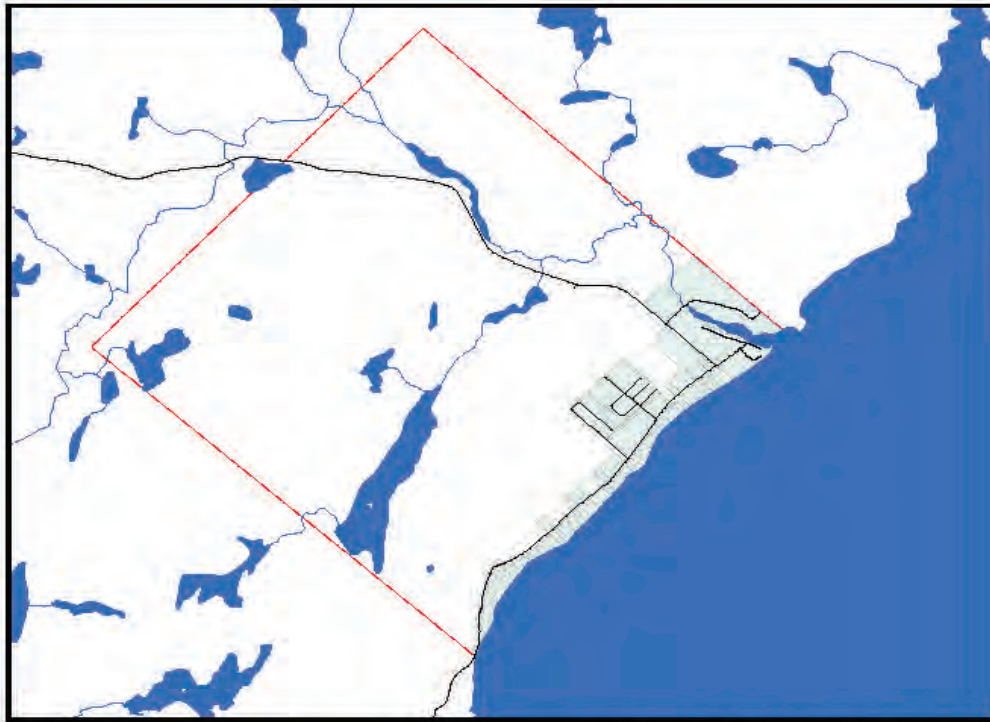
36X42	\$10.00
42X56	\$12.00

Extra Charges

Layers	\$1.00/layer
Personalized GPS	\$2.00/layer



If interested please contact Christian at the Band Office Phone (705) 858-0610 Extension 107 or e-mail @
Christian.lachapelle@wahnapiitae.com



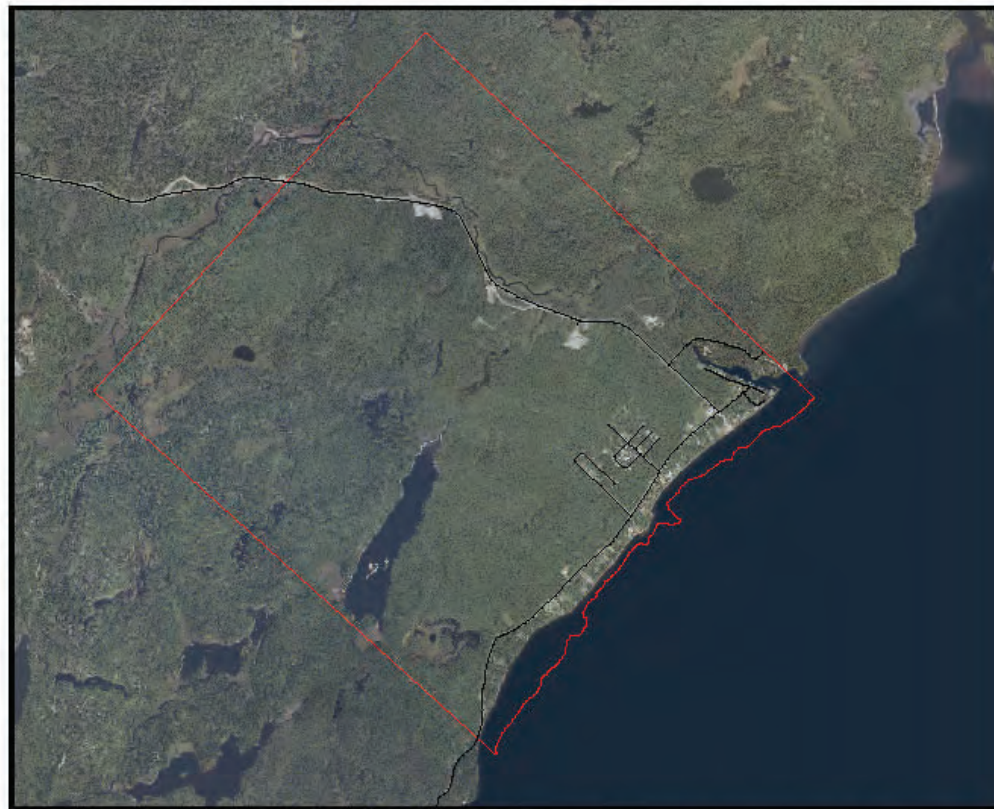
TITLE:
Wahnapi'tae First Nation
Simple Layer Map

SCALE:
0 1,000
Meters

LEGEND:
— Roads
□ WFN_Boundary

SOURCES OF INFORMATION:
Datum: NAD83 Zone 17
Data Sources:
Natural Resource Canada Data -
(Hydrology, Road and Land Parcel)
Greater Sudbury - 2008 Aerial

DATE: TBA
PRODUCED BY:
Christian Lachapelle
Natural Resource Intern



TITLE:
Wahnapi'tae First Nation
Aerial Photography

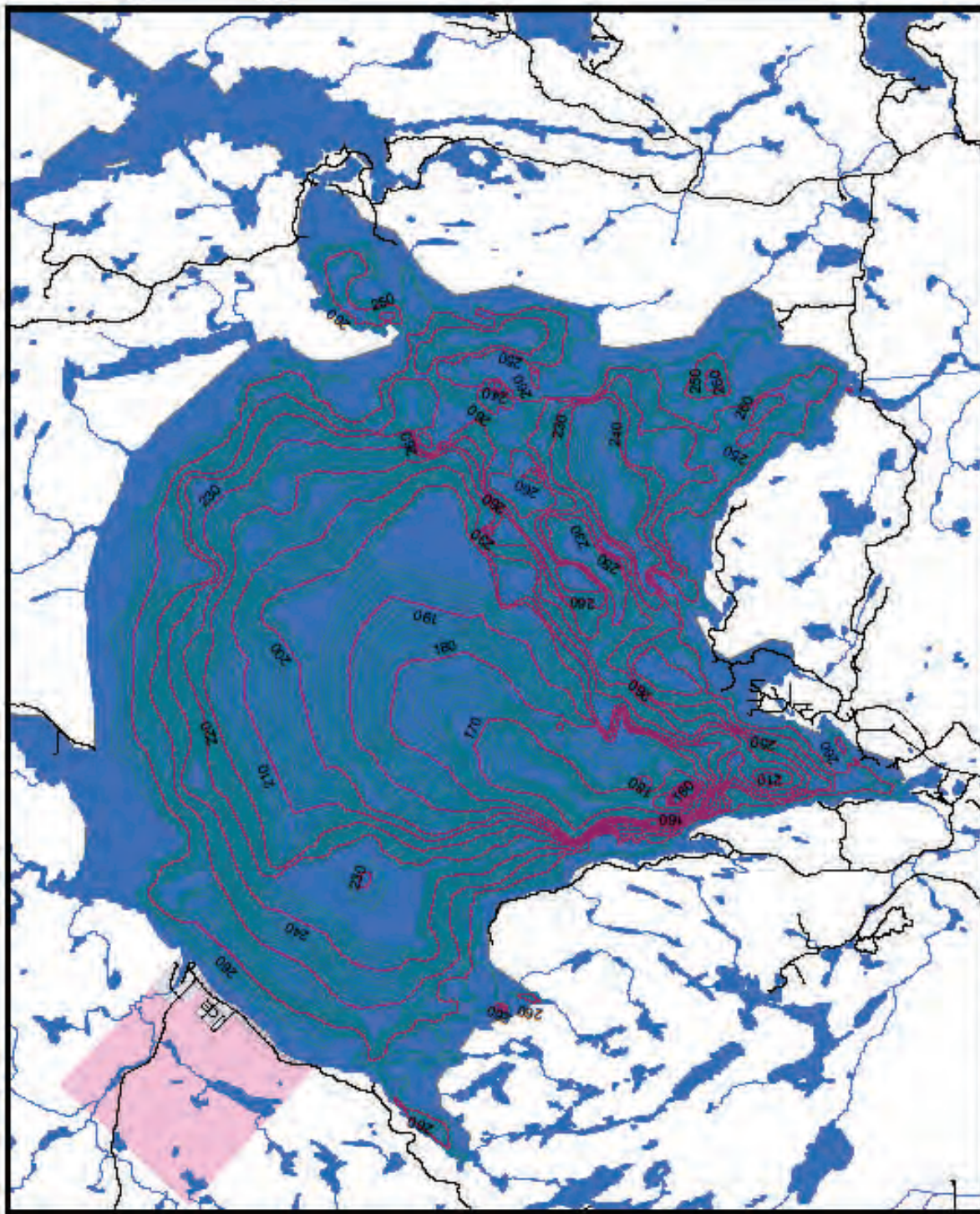
SCALE:
0 1,000
Meters

LEGEND:
— Roads
□ WFN_Boundary

SOURCES OF INFORMATION:
Datum: NAD83 Zone 17
Data Sources:
Natural Resource Canada Data -
(Hydrology, Road and Land Parcel)
Greater Sudbury - 2008 Aerial

DATE: TBA
PRODUCED BY:
Christian Lachapelle
Natural Resource Intern





DATE: TBA
PRODUCED BY: Christian Lachapelle
 Natural Resource Intern

SOURCES OF INFORMATION:
 Datum: NAD83 Zone 17
 Data Sources:
 Natural Resource Canada Data -
 (Hydrology, Road and Land Parcel)
 Greater Sudbury - 2008 Aerial

LEGEND:
 Bathymetric 10m
 Roads
 WFN_Boundary



TITLE: Wainapitae First Nation
 Bathymetric Map



Canada World Youth – CIDA International Aboriginal Youth Internship Initiative (IAYI)

Canada World Youth (CWY) is accepting applications for youth interns as part of CIDA's International Aboriginal Youth Internships (IAYI) initiative. CWY is hosting a total of 10 internships with overseas placements occurring in Nicaragua, Peru or Tanzania. Internships aim to improve young Aboriginal women and men's skills to engage in international development, to develop their employment skills and to promote international development work in Canada.

All internships will begin November 2011 and conclude March 2012. They include:

- one week pre-departure training in the Toronto area,
- a 4month overseas placement, a weeklong debriefing, evaluation and training session in Canada
- as part of each internship, candidates must commit to 70 hours of activities in the intern's home community following the overseas assignment

Description of Overseas Internship

Canadian Aboriginal youth will live in local host families and work primarily with local youth. Brief project descriptions are included below.

NICARAGUA – Interns will be based in Estelí, Nicaragua and work with FUNARTE (www.funarte.org.ni). They will collaborate with primary schools and neighbourhood organizations and will be involved with the partner's training program designed to strengthen gender equity, families and prevention of school violence.

PERU – Interns will be based in Palca, Peru and work with the Brigada de Voluntarios Bolivarianos de Peru (BVBPP) (<http://bvbperu.ning.com>). They will be involved in the Healthy Homes project which contributes to increased security, comfort, and hygiene and nutrition. For instance, interns could be involved in the construction of improved stoves, ecological refrigerators and/or providing information to address domestic health issues.

TANZANIA – Interns will be based in Chamazi, Tanzania, and work at an eco-village operated by Uvikiuta. The projects aim at a sustainable use of natural resources by promoting the participation of young men and women in environmental conservation work through sustainable planning and practices.

Description of Assignment in Intern's home communities

Interns will receive training in designing public engagement activities in their own Aboriginal communities based on their experience. They will gain public-speaking skills and experience addressing different audiences. Upon their return to Canada, interns will conduct presentations about their learning to their community and peers.

Qualifications:

- Youth between 18 and 35 years of age
- Sign an Affirmation of Aboriginal Affiliation Form (AAAF)
- Possess a secondary degree or GED equivalent and not have completed a post-secondary degree
- Submit a medical assessment dossier. The dossier will be reviewed for approval by CWY'S medical department in accordance with CWY'S standard placement procedures.
- Ability to work independently and as part of a team
- Ability to prepare regular reports on internship activities
- Ability to speak effectively in English or French and write in either English or French
- Commitment to improving or learning either Spanish or Kiswahili
- Strong interest in improving presentation skills, public speaking and group facilitation skills, in working with youth and overseas community members and in developing youth outreach skills

How to apply

Candidates must e-mail (preferred), fax or post starting today and no later than October 15, 2011 the following documents:

1. A cover letter and resume to:

OR

2. 1 or more letters of support/reference letters from an Aboriginal focused organization, community member, educator or previous work place and accompanied by a letter from the candidate outlining your interest for participating in this internship program.

All electronic applications should be sent in either Microsoft Word or PDF format to:

Email: iayi@cwj-jcm.org

By fax: 514-939-2621 to the attention of IAYI Recruitment

By post: IAYI Recruitment Canada World Youth, 2330 Notre Dame Street West, Suite 300, Montreal, QC H3J 1N4

Applications will be reviewed as soon as they are received and positions will be offered on a continuous basis..

Applications will be reviewed until October 15, 2011 or until the 10 internships have been filled.

Compensation and Costs

CWY will cover return domestic and international transportation costs from the candidate's home community, overseas medical insurance, food and lodging for the entire internship, costs associated with overseas visas and any internship activity costs. CWY also offers support to the candidate through Internet and a toll-free number for the preparation of the internship. Youth who successfully complete the entire internship will be awarded a \$1,000. intern completion stipend.



Indigenous Youth Engagement Policy

What's the Indigenous Youth Engagement Policy Workbook About?

To provide background information on the **Youth Engagement Policy Forum** Project and to update youth on its current status.

The workbook also asks Ontario First Nation Youth focused questions that will help the Youth Planning Team begin the task of developing the framework for the **Youth Engagement Policy** initiative.

This workbook will provide an opportunity for all Ontario First Nation Youth to share their ideas, thoughts and experiences as this new policy is created.

If you've received the workbook, fill it out and send it back to LAURA@COO.ORG and your name will be entered in our draw!

Be a part of change, have your voices heard!

For information on the Indigenous Youth Policy Framework or how to become involved contact: **LAURA CALMWOOD, Youth Coordinator** lauracoo.org



Check out the OFNYPC on Facebook:
Ontario First Nations Young Peoples Council



Visit the Chiefs of Ontario Website → www.chiefs-of-ontario.org

PRIZES TO BE WON!

Fill out the Indigenous Youth Engagement Policy workbook to be entered into a draw to win:

- 1st Place - XBOX KINECT BUNDLE
- 2nd Place - IPOD SHUFFLE
- 3rd Place - HEALTH PROMOTION PACKAGE

Deadline: MARCH 2012



The Ontario First Nations Young Peoples Council thanks the **Ontario First Nations Integrated Health Promotion Strategy** for generous donation of prizes. For more information about the Health Promotion Strategy (OFNIHPS)



Visit www.ourtimeourhealth.org

Canadian Aboriginal Minerals Association
is pleased to announce their

**Youth Program at the
19th Annual Conference
Meeting Minds, Making Mines**

Join this 2 day forum on community development through the mining industry

*Monday, November 7 8:00am - 6:00pm
Tuesday, November 8 8:00am - 1:30pm
Pan Pacific Hotel, Vancouver, B.C.*

This program is open to Aboriginal or First Nations Students enrolled in a Post Secondary Program at a college or university. *Only 30 spots are available.*

Special conference registration fee of \$100*. Monday night banquet with entertainer Crystal Shawanda, special fee of \$50*. * add 12% HST

Travel and accommodation are the responsibility of the student or sponsoring group.

For a complete conference schedule, visit our website
<http://www.aboriginalminerals.com>

*Questions? Call 1-800-443-6452 or email
info@canadaforum.com*



Canadian Aboriginal Minerals Association

1910 Yonge Street
Toronto, ON M4S 3B2

Phone: (800) 443-6452
www.aboriginalminerals.com

WFN Trick or Treat BUS

The WFN Bus will take the children and youth

- 1) around the Wahnapiatae First Nation,
- 2) to Capreol – Hanna Crescent area

- 4:45 pm meet at Band Office

- 5:00 pm – 6:00 pm WFN houses (our friends & neighbours love to see our children)


- 6:00-6:15 pm leave for Capreol

- 6:35-7:35 pm Trick or Treat around Hanna Crescent area for one hour

- 8:00 back at WFN Band Office

- Parents come & go as a group for safety watching our little ghouls & goblins.

Please register with Debbie NO LATER than October 20 at 4:30 if you would like to get on the WFN Trick or Treat Bus



WFN MEMBERS:
Please call Debbie
to list your home so
your home is not
missed



FAMILY OUTING To Pumpkin Patch Leisure Farms, Sturgeon Falls

SAT. OCTOBER 15

9 AM LEAVE BAND OFFICE

4:30 PM RETURN TO BAND OFFICE

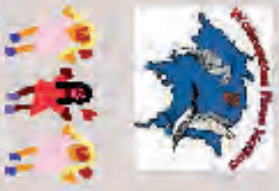
- **Wagon Ride** to bonfire (marshmallow roast, hot dogs & hot chocolate)
- **Large corn maze**
- **Pumpkin decorating**
- **Smaller Hay Maze** (free)
- **WFN will supply a Picnic lunch** at the farm (sandwich, fruit, granola, juice box)
- **Haunted Barn** (for age 7 and up, **WITH PARENTS** please sign up for this)
- There is a **shop** available to **purchase daily baking**
- There are **pumpkins** for **purchase** (at your own cost)
- **Playground** is available
- **Feed Chickens** (your cost)

**Please register with Debbie
by Friday,
Oct. 7 at 11 am**





WFN Child & Family Programs



October 2011

Sunset over Centre for Excellence Site

from Playground
September 8, 2011

Monday Oct 17

Zumba—Instructor Doreen
Puppy 6:30-7:30 firehall
(adults/children)

Thursdays

Zumba—Instructor Renee or
Monique; Zumba@be 6:30-7:30
firehall (adults/children)

Oct 12 + 13

Seated Massage and/or
Foot Soak Parents 0-6 book
your appointment
w/ Debbie/Wendy 9-12or1-4

October 11 5-8 pm

Nutrition Bangs

October 5 + 19

Home Visits/ support
Book appt. with Debbie
Oct over 18
Cooking Club (0-6)
With Debbie+Wendy

October 4+7-25

Homework Club
October 19
Kids Cooking
Sept 30

School age Drop-in 9-12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 2	** Pumpkin Patch PLEASE register by Oct 7 at 11 am 3	** Trick or Treat Bus- PLEASE register by Oct 20 at 4 4				
9	 Thanksgiving 10	Nutrition BINGO 5-8 pm 11	Seated Massage/Foot Soakappts. ⇄ 12	0-6 Family Home Visits 5	ZUMBA 6:30-7:30 pm 6	
16	ZUMBA 6:30-7:30 pm 17	Cooking Club 11-2 pm (0-6 families) 18	Age 7-13 Kids Cooking 4-6 pm 19	ZUMBA 6:30-7:30 pm 13	Register 20	
23	24	25	26	27	28	29
30	 Happy Halloween 31	←Trick or Treat BUS Halloween				

Debbie off—VACATION
Debbie off—VACATION