

Wahnapiatae First Nation

July 2012 Newsletter

School's Out!!

Congratulations to all WFN students!! We are hearing that everyone passed and are moving on to the next grade. This is AWESOME news!! Great job on all your hard work throughout the school year.

Special congratulations goes out to:

- Avery Recollet—who got the Principal's Award at St. Mary's
- Saxin Daoust received several Student of the Month awards demonstrating outstanding character in his class
- Khia Roque—who went on to compete at the City Championships in Track & Field for Track for Redwood Acres and came in 7th for the city!
- Dakota Kratky—received a helping and a merit award at Ecole Notre Dame
- Tyson Kratky - received a helping and a merit award at Ecole Notre Dame.



Rayden Recollet (left) passed grade 3 and Avery Recollet (right) with the Principal's Award

WAY TO GO STUDENTS!! Keep up the outstanding work next year!! Congratulations. You make WFN proud of our youth.

Congratulations!
Newly Elected Chief & Council
Ted Roque - Chief
Bob Pitfield - Councilor
Larry McGregor - Councilor
Hans Mathews - Councilor
Rosalie Smith & Christine Burke tied

A bi-election will be done to break the tie for the 4th councilor

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JULY 2012 MIIN GIIZIS Berry Moon

NAME GIIZHGAT SUNDAY	NTAM GIIZHGAT MONDAY	NIIZH GIIZHGAT TUESDAY	NSWI GIIZHGAT WEDNESDAY	AABTA YING THURSDAY	NAANAN GIIZHGAT FRIDAY	NGODWAASWI GIIZHGAT SATURDAY
1	2	3	4	5 BBQ 12 pm gazebo	6	7
8	9 Summer Day Camp begins	10	11 Nutrition Bingo 5:30 pm - 8 pm	12 BBQ 12 pm gazebo	13	14
15	16	17 Regalia Making	18 Diabetic Food Care 1:30 pm - 4 pm Dr. Toni Choi BL weigh in	19 BBQ 12 pm gazebo	20 Regalia Making	21
22	23	24	25	26 BBQ 12 pm gazebo	27 Adults/Seniors Blueberry Picking van departs WFN @ 8:30 am	28
29	30	31 Adults/Seniors Blueberry Picking van departs WFN @ 8:30 am				

Schedule of Events

- > July 5, 12, 19, 26, 2012 - Fundraising Barbeques 12 noon—1:00 pm outside the gazebo
- > July 9, 2012 - Summer Day Camp begins
- > July 11, 2012 - Nutrition Bingo 5:30 pm—8 pm - Fundraising Canteen opens at 5 pm
- > July 17,18,19,20,2012 - Regalia Making
- > July 18, 2012 - Diabetes Foot Care with Dr. Toni Choi - 1:30 pm - 3:30 pm
- > July 18, 2012—Biggest Loser Weigh in -at the health Trailer from 1 pm - 3 pm
- > July 27, 31, 2012 —Adult/Seniors Blueberry Picking - van departs WFN at 8:30 am and will return at approximately 1:30 pm
- >

WEIGHT LOSS WORD SEARCH

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

- CALORIES
- CARBOHYDRATES
- CHALLENGE
- DIET
- EXERCISE
- GRAMS
- HEALTH
- INCHES
- LOWFAT
- MENU
- METABOLISM
- NUTRITION
- POUNDS
- SCALES
- SENSIBLY
- SUGARFREE
- TOPS
- WEIGHT

Losing weight the right way

Losing weight can feel like a challenge, especially if your not sure how to start. By including exercise and a healthy diet you can increase your weight loss by 30%. Aim for 5/7 days of healthy eating and exercising and watch the pounds melt off.



Fact:
1 pound is equal to 3500 calories

Calories Burned in 30 Min

Activity	130lb	140lb	150lb	160lb	170lb	180lb	190lb
Walking 1 m/15 min	130	140	150	160	170	180	190
Gardening	117	135	144	153	162	171	180
Vacuum	98	105	112	120	128	135	142
Bike	162	175	188	200	213	225	237
Swim	156	168	180	192	204	216	228
Hike	202	217	232	248	263	279	294
Jogging	240	259	278	296	315	333	352





Shannon Skelliter
\$25. gift certificate
winner



Jennifer McPhail
\$25. gift certificate
winner

June 13, 22 Nutrition Bingo Update

Chi Miigwetch to all for coming out to Wahnapitae First Nation's monthly nutrition bingo. 21 people were in attendance for the bingo and to purchase the delicious Nish Taco's from the Pow Wow Fundraisig Canteen.

Congratulations Crystal Osawamick, Shannon Skelliter and Jen McPhail were the lucky \$25. gift certificate special winners. Rita Johnson and Crystal Osawamick split the \$100. gift certificate Jackpot.

There were 3 Pow Wow fundraiser specials won by Tracey Wall, Jen McPhail and Crystal Osawamick. Way to go!!

At the next nutrition bingo on July 11, 2012 the Wahnapitae First Nation Youth Coordinator has booked the canteen for fundraising purposes. Come out and support our youth!

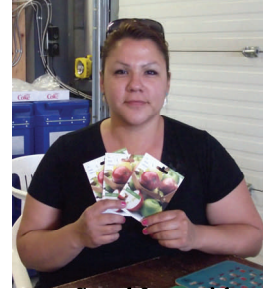
Looking forward to more fundraising at our monthly Nutrition Bingo's. If you would like to fundraise for a good cause contact Wendy to book the canteen.

Chi Miigwetch!

Wendy Tyson - CWW



Rita Johnson
split the \$100. gift certificate
jackpot



Crystal Osawamick
Split \$100. gift certificate
Jackpot and a \$25. special

NUTRITION BINGO

Wednesday, July 11, 2012

5:30 pm - 8:00 pm

at the Fire Hall

12 pay as you play games 3 cards for .25 cents

3 pay as you play specials 3 cards for \$1.

1 pay as you play Jackpot 3 cards for \$2.

SUPPORT THE WFN YOUTH FUNDRAISING INITIATIVE
PURCHASE YOUR DINNER/SNACKS FROM THE CANTEEN

Let's Build A Roof Together

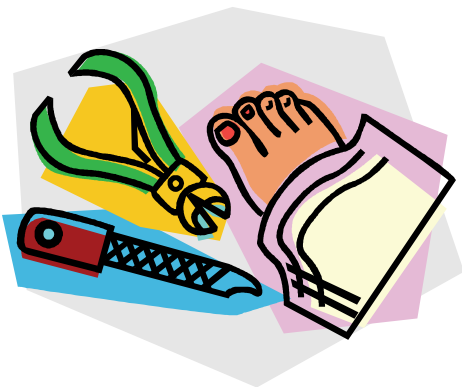
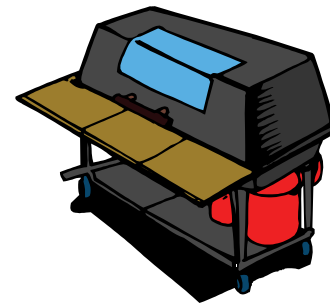


The Health Department would like to build a Hemi Shelter over a cement pad in the playground area. This roof would provide extra room for outdoor crafts, outdoor bingos, shelter from the sun and rain and many activities for the summer camp that can be enjoyed outside.

Miigwetch for your continued support.

Wendy Tyson - Community Wellness Worker

Fundraising BBQ's
Every Thursday at 12 Noon
starting July 5, 2012



Diabetes Foot Care Clinic

Podiatrist Dr. Toni Choi

Wednesday, July 18, 2012

1:30 pm - 4 pm

at the gazebo

If you are a diabetic and require foot care please contact Wendy at 705-858-0610 ext 110 to book your appointment

Get an emergency kit

Start today!



IS YOUR FAMILY
PREPARED?

Assemble one.....

- Water - two litres of water per person per day (include small bottles)
- Food that won't spoil, such as canned food energy bars and dried foods (replace once a year)
- Manual can opener
- Wind-up battery-powered flashlight (and extra batteries)
- First aid kit
- Special needs items - pet food, prescription medications, infant formula or equipment for people with disabilities
- Extra keys for your car and house
- Cash - include smaller bills, such as \$10. bills and change for payphones
- Emergency plan - include a copy of your kit as well as contact information

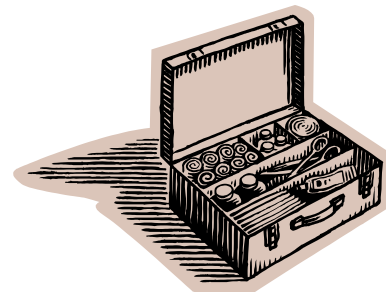
...or buy one

You can buy an emergency kit online and in stores across Canada, St John Ambulance and The Salvation Army have prepared an emergency kit which can be purchased at WWW.sja.ca or at retailers across Canada. Canada Red Cross kits can be purchased at www.redcross.ca

For more information call:
1-800-O-Canada (1-800-622-6232)
TTY 1-800-926-9105

Consider these additional emergency kit supplies

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place in sturdy containers and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Toilet paper
- Utensils
- Garbage Bags
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape



GetPrepared.ca



Public Safety Securite publique
Canada Canada



Canada



Atikameksheng Anishnawbek (Whitefish Lake First Nation)

Invites you to this year's
ELDERS' ANNUAL PICNIC 2012

Sock Hop

Entertainment:
Roger Daybutch & Ma-
son Dixon Line
Community Talent



Prizes for:
Annual Best Hat
Male & Female
and this year the
Best Sock Hop Outfit
Male & Female

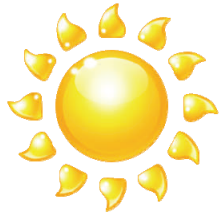
Thursday, AUGUST 9, 2012

beginning at 9:00 am
at the Community Centre

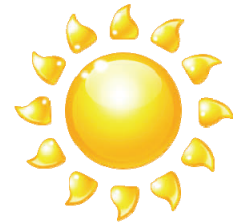
Lunch will be provided



***Please let Wendy know by Friday, June 29, 2012 if you would like to attend.
705-858-0610 ext: 110***



It's Summer



Summer Camp sign up

It's that time of year again were the sun is out, trees are green and the children are excited for some summer fun. I would like to invite you to the summer camp registry on Friday July 6th 2012 from 8am-12pm were you can enjoy some light snacks and get your children signed up for this upcoming summer



Aanii



My name is Marnie Anderson and I have been selected for the Child and Youth Assistant position. I have recently graduated from the Fitness and Leisure program at Cambrian College and I have my Personal Training certificate. In my last year I received 3 awards and recognition for promoting aboriginal culture in Cambrian College. I plan on making this summer the most memorable and I am very excited to meet everyone. What I hope to accomplish this summer is to create a positive atmosphere with lots of games and activities that incorporate culture, fitness and fun. I encourage feedback so that I can make this summer the best one for our youth.

Miigwetch

"Treat the earth well....It was not given to you by our parents, it was loaned to you by our children."


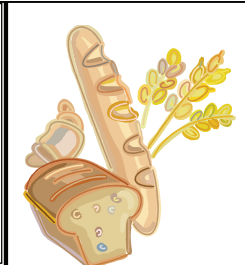





Hello!

My name is Erika, I am a Nursing student and this summer I will be a summer student with the Health Department. I will assist the Health team as a Health Promotions Worker. Don't forget to keep your eyes and ears open for all the great events happening this summer in WFN!

Erika Gollan

	<h2>Donations needed for Youth fundraising</h2>	
<p>We are accepting Donations for Baked goods and penny table items from parents and community. Bring a cool raffle item i.e.. home cooked meal, or you can bring your favorite baked good for bake sale i.e.. Cakes, Pies, cookies ext. The donations will be raffled and auctioned during the Fundraiser BBQ on August 16 2012. All proceeds go to the WFN youth programming. (year end trip, activities, teachings)</p>		
<p><u>Drop off items.....</u></p>		
<p>→Penny table items: at Band Office Mon–Thurs (month of July and August) →Bake sale goods:at Band office on Wednesday August 15 2012. (please let me know if you are donating cause I want to be sure we have enough space.)</p>		
<p style="text-align: center;">Hope to see you at the Youth BBQ. Miigwetch</p> <p>Marnie Anderson Child and youth Worker assistant</p> 		

Bottle Drive

FUNDRAISER FOR END OF SUMMER TRIP

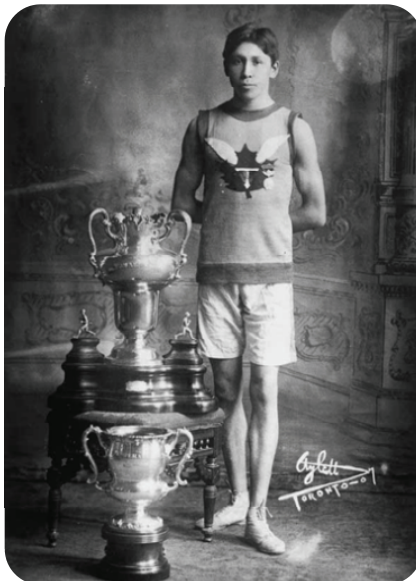


Please donate on the following Friday's

Dates:	July 6th	July 27th	August 10th
Time:	8::30 am		

Celebrating Aboriginal History

This month we want to look at our history in Fitness and Leisure and hopefully inspire to become healthy and developed an overall wellness.



The Racing legacy of Tom Long Boat

Known as "the man who could ran faster than everyone" Tom Longboat of six nations of the Grand River is one of the most celebrated and accomplished athletes in Canadian history.

- **1906**-His first victory was a race "Around the Bay Road Race" where he won by 3 min.
- **1907**-Set a course record at Boston Marathon and was 4min 59sec faster than any of the previous ten winners.
- **1908**-this was his first Olympic run and during the race he collapsed and was disqualified, possibly sabotaged by his trainers. This made him take charge of his own training and creating a method of resting after a hard workout. This method is still being used today over 100 years later.
- **1909**-Tom Longboat became a professional champion of the World in Running.
- **1916**-Tom joined the Canadian Army and used his athletic skills to be a dispatch carrier and his duties were to carry messages from one military post to the other. This was a very dangerous Job.
- Tom Longboat will be remembered for his dedication and accomplishments.

Get inspired!



Cooking with Nookmis

The 0-6 Moms participated in a cooking workshop on June 12, 2012 with Nookmis (Grandmother) Annabelle McGregor. She showed the participants how to make Salmon Pie.

It was quick and easy to make. We were able to enjoy warm Salmon pie for lunch. It was delicious! (And I don't like salmon). We pulled a recipe for a warm sauce on it but some just prefer ketchup. As a side dish we had a healthy spinach salad with roasted almonds; mandarins and strawberries and homemade vinagrette dressing. Miigwech to Annabelle for sharing her skills this month and thanks to the participants for coming out.

Debbie, CYW



Annabelle's Salmon Pie Recipe

Ingredients

Flour
Lard (room temperature)
Baking Powder
Water
Salt
Potatoes
3 cans of Red Sockeye Salmon, take bones out, use 1 can with juice
Optional * Onions

Directions

Boil the potatoes
Make the pie crust. Follow the directions on the Tenderflake package. You want a crust for bottom of pie.
Roll out the crust and put in bottom of pie plate.
Mix together the potatoes and the salmon with the juice from the can. Annabelle takes out the bones but leaves the skin on. Add salt and pepper. * optional to add onions.
Put the top crust on. Flute edges and cut slits in crust for the steam to escape.
Bake for 45 minutes to an hour in a 350 degree oven.
Take out and cool off but serve hot. It's delicious. Enjoy with ketchup or warm creamy dill sauce.



“Bears” Native Wall Mural

**\$5 per TICKET or
\$10 for 3 TICKETS**

DRAW DATE: Aug 17/2012

Donated by Max-Wear Value \$450.00
Dimensions: 44.5” x 28.75”

Tickets available at the Band Office from: Debbie Plain- McGregor; Marnie Anderson; Erika Gollan and the YOUTH



Blueberry Picking Xstrata ganza



The WFN will be going blueberry picking at Xstrata Nickel Smelter, one day for youth and 2 days for community members, located in Falconbridge, Ontario (weather permitting)

on

July 25, 2012—Youth Group

July 27, 2012—Elders & Community Members

July 31, 2012—Elders & Community
Members

8:30 a.m.—Bus Departs WFN.

9:15 a.m.—Arrive at XNi Smelter.

12:00 p.m.—Picnic LUNCH (bring bag lunch).

1:00 p.m.—Leave Smelter to return to WFN.



DON'T FORGET TO:

- Please ensure that you wear proper footwear (e.g. running shoes good for walking around bush, no sandals)
- Bring a bag lunch.
- Do not leave any garbage.
- Bring bottled water and drink lots!
- Bring a container for your blueberries, preferably cardboard!
- Long sleeve shirts for safety.
- Be safe and Have fun!



Any questions, please contact Debbie, Cheryl or Wendy



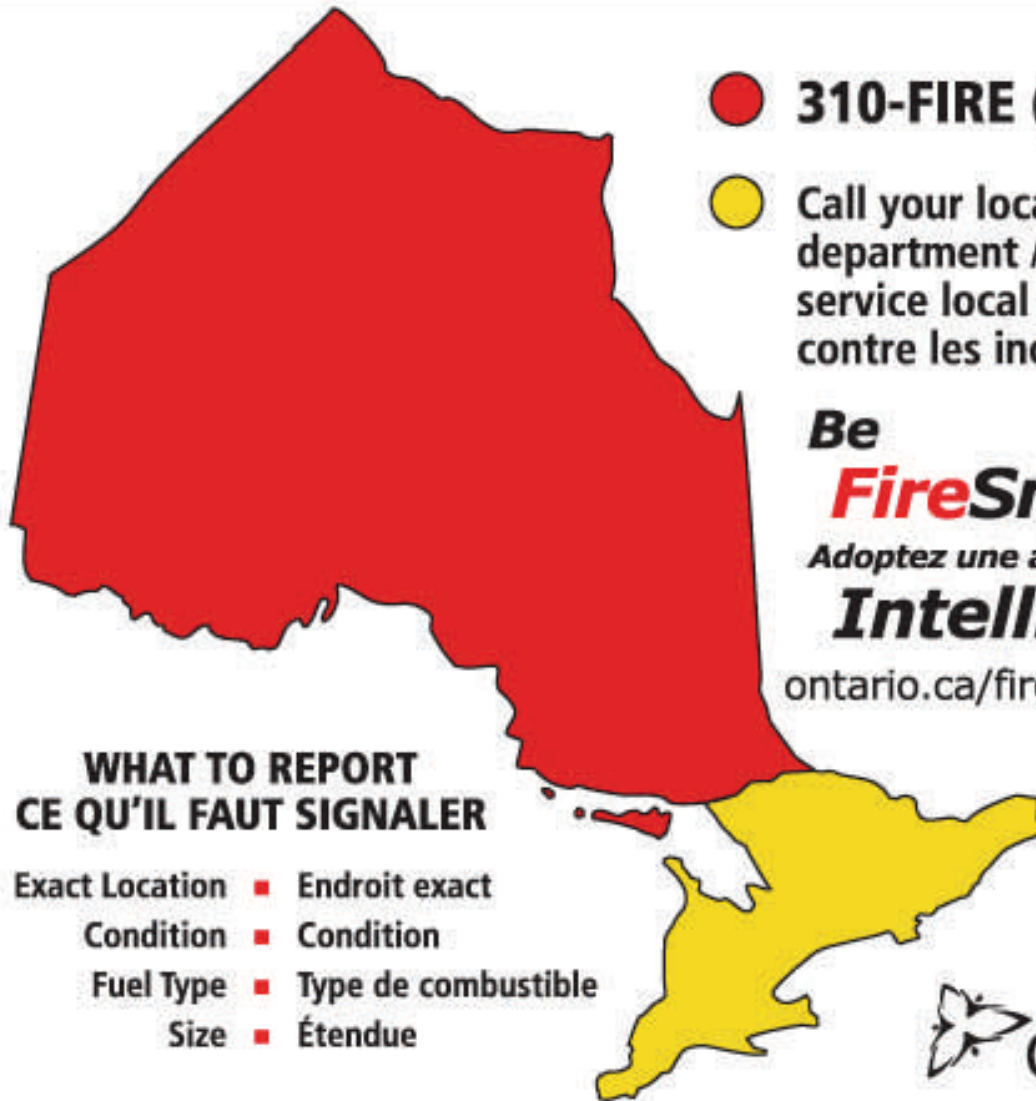
The Bass Lake Trail project was initiated in the Summer of 2011 with the spirit and intent of preserving an area for our community to practice and teach our culture. The interpretive trail will be a sanctuary and will not allow motorized vehicles. The trail will be an opportunity for members and others to enjoy nature at its finest!

The boys have been working really hard to get the Bass Lake Trail up and ready for our community members to enjoy! They have created numerous rest areas, swings, signs. Picnic areas, bridges, and out-houses for people to enjoy throughout the trail. The trail will have interpretive signs that will describe various plants and wildlife and their traditional uses. Special thanks to the Bass Lake Trail Crew, Wally, Quinten, Jericho, Tyler, and Mike! Be on the lookout for the Bass Lake Trail GRAND OPENING! Coming soon! Check out some more pics on the next page!



REPORT FOREST FIRES

SIGNALEZ LES FEUX DE FORÊT



● **310-FIRE (3473)**

● Call your local fire department / Appelez le service local de lutte contre les incendies

Be FireSmart®

Adoptez une attitude

Intelli-feu®

ontario.ca/fireprevention

WHAT TO REPORT CE QU'IL FAUT SIGNALER

- Exact Location ■ Endroit exact
- Condition ■ Condition
- Fuel Type ■ Type de combustible
- Size ■ Étendue





Firewood Sale!

The Sustainable Development Department will be selling fully split face cords of firewood. For those who are interested in smaller amounts, bagged firewood will also be available!

- Birch face cords (green or dried)
- Oak face cords (green of dried)
- Bagged firewood (poplar)



**Please contact Christian at the Band Office for a full list of pricing and availability!
705-858-0610 ext 107 or christian.lachapelle@wahnapietefn.com**

Aanii Wahnapiatae!

I would like to take this opportunity to say Miigwetch for the wonderful hospitality of this place.

I am back for my second summer as an Environmental Technician with the Sustainable Development Department. This summer, we've got our work cut out for us! Time to utilize my skills!

In my short two months here, so far I've helped out with the Medicine Plant Camp hosted in Wahnapiatae First Nation by Shkagamik Kwe, where I learned from our Anishinaabe Elders about the various medicines given to us by our Creator. Christian Lachapelle and I hit the road to attend training courses – Ontario Stream Assessment Protocol in Oshawa, and Ontario Wetland Evaluation Systems in North Bay, which we will use to collect baseline data for this land. On top of data collection, I will also be creating trail signs for Bass Lake, sharing the knowledge I've acquired on plant identification and uses. I'm also poking around and giving myself a crash course on the environmental impacts of Chromium VI, a by-product of the proposed ferrochrome smelter coming to WFN's backyard in 2015. We've got a lot of work to do!

I look forward to spending more time in Wahnapiatae! Miigwetch!

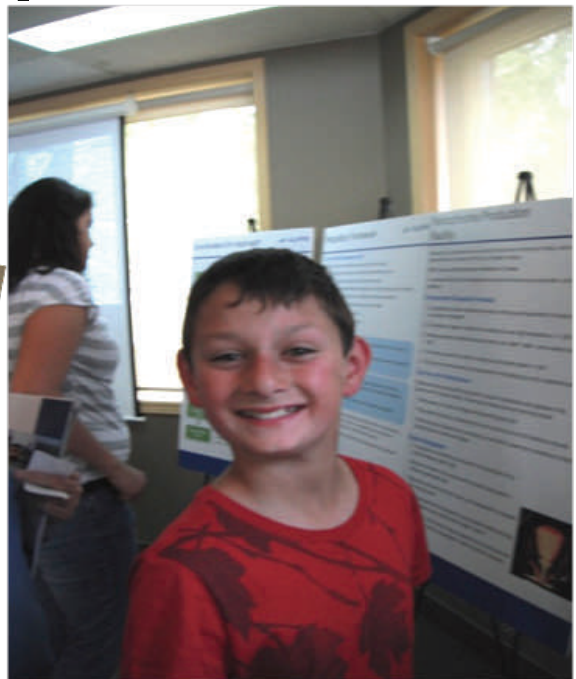
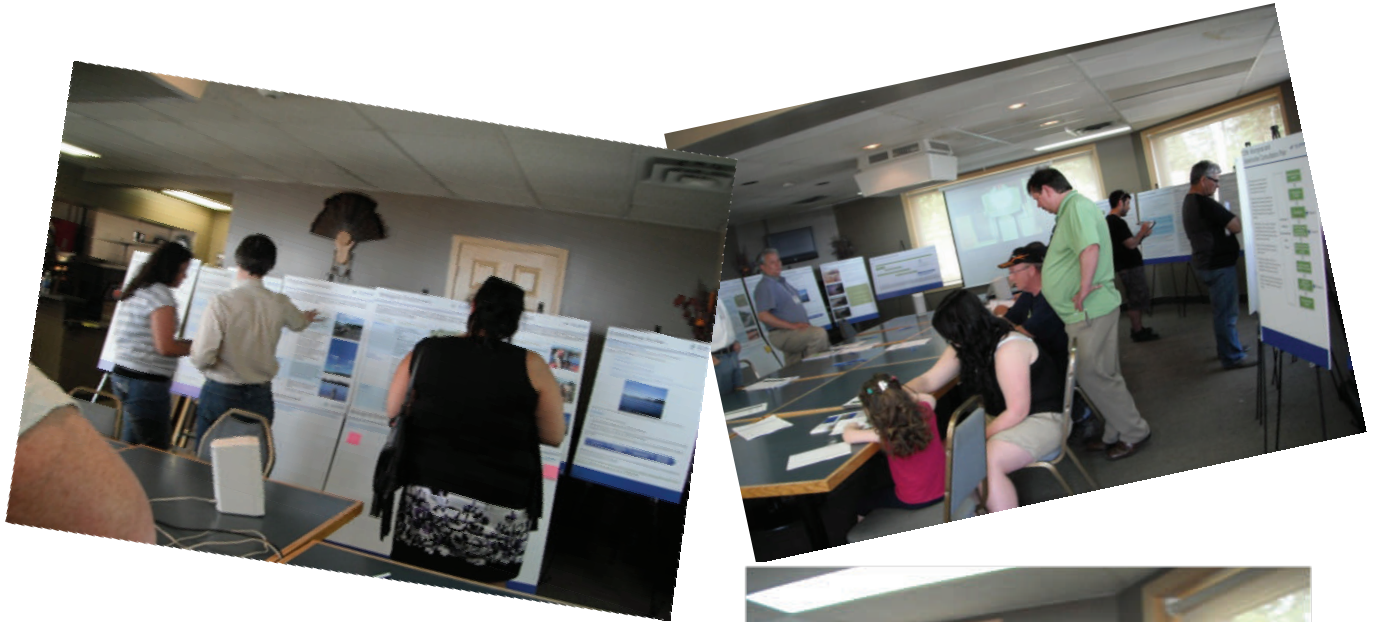
Heidi Manitowabi





CLIFFS OPEN HOUSE

The open house was a success with 37 visitors from the community including our youth. There were a lot of questions which was really nice to see how our members want to be involved in this project. If there is anyone out there that was unable to attend the open house and have questions please feel free to give the sustainable development department a call, it is still in the beginning stage but we will try to answer what we can or we can find out and get back to you. It's important to get feedback from the members. We would also like to thank Rocky's and Cliff's for the buffet that we enjoyed during the session. Miigwetch, and thank you all for attending the open house.



Wahnapiitae First Nation's Composting Guide

Composting doesn't just end at the curb...that's just the beginning.

Organics, food scraps and food soiled paper products are a RESOURCE...NOT A WASTE!

At one time, WFN did not have any composting initiatives, now that we do, we need to ensure we do it RIGHT. Thanks to the large interest of many community members during the 2012

Open House, all residents of Wahnapiitae First Nation will be provided a green cart and kitchen collector in order to promote composting! However, it is up to us to follow some simple rules. One of the most important rules is to ensure that bio degradable bags are used. This allows our Waste Diversion Technicians (Paul and Ed) to simply add the compostable material to the organic composting pad situated at the landfill and not have to sort out the non degradable plastic bags.

Every time you place organic material in your green cart you accomplish at least three good deeds for the community:

1. You are diverting waste from our landfill and extending its life.
2. You are ensuring that biodegradable materials can be used and reused to their fullest.
3. You are helping to save energy!

Lots of people wonder about the benefits of composting. Here are a few examples:

1. It's free and renewable!
2. Improves and replenishes soils.
3. Protects ecosystems, enhances germination of trees and fuels plant growth.
4. It's environmentally friendly!

We have included a sticker that you can place on your garbage can to help you remember what goes in the green cart. In order to ensure that there are no contaminating materials in our composting pad, we will also be placing small stickers on your green cart when non compostable items are found during curbside collection. Households that exceed 3 stickers on their green cart will be provided a written notice and will be asked to meet with our Waste Diversion Technicians to clarify what can be composted.

WFN has hired two Waste Diversion Technicians to complete the curbside composting pickup on Tuesday and Thursday of every week. Community Members will also have the opportunity to personally drop off their composting during the landfills operating hours. The WFN Waste Diversion Technicians have developed a composting pad at the landfill to promote personal gardens, flower beds, etc; Community members will have the opportunity to use the composting material at the landfill site for personal use. We ask that you please contact our Waste Diversion Technicians for assistance. If you have any questions or concerns, please talk to Ed or Paul.

Chi Miigwetch Paul Macdonald & Ed Roque



WHAT GOES IN



WHAT STAYS OUT





Items that can go in the green cart

Food Items

- Fruits and vegetables
- Meat and fish products/bones
- Cooled grease and fat
- Sauces and gravy
- Dairy products
- Breads and grains baked goods and ingredients
- Pasta and rice
- Eggs and eggshells
- Nuts and shells
- Coffee ground/filters/tea bags
- Muffin paper cups
- Freezer and waxed paper
- Tissues, napkins and paper towels
- Paper plates, cups, takeout containers
- Waxed cardboard
- Ice cream cartons
- Sugar/flour/potato/popcorn bags

Non-Recyclable Paper Products

- Muffin paper cups
- Freezer and waxed paper,
- Tissues, napkins and paper towels
- Paper plates, cups, takeout containers
- Waxed cardboard
- Ice cream cartons
- Sugar/flour/plate/popcorn bags

Other

- household plants
- soil

Items that CANNOT be Composted!

What stays OUT!

- Diapers
- Feminine hygiene products
- Pet waste and litter
- Plastic bags and/or plastics of any kind
- Cigarette butts
- Vacuum bags
- Leaf and yard trimmings
- Sawdust and ashes
- Household hazardous waste



It's time to COMPOST!!!

Wahnapitae First Nation is proud to announce that we will begin the distribution of green carts and kitchen containers for composting. Community members will be asked to come to the band office and pick up their carts. Please come and see Cheryl or Christian anytime during office hours! We look forward to seeing all of you!!



WFN Wetland Evaluations

This past month a few members of the Sustainable Development Department participated in the Ontario Wetland Evaluations Systems course in North Bay. This course provided us with the proper tools to determine if wetlands found on Wahnapiatae can be determined as provincially significant. During this summers field work, we will be taking into consideration all biological, social, hydrological and “special features” components to not only classify but also determine just how healthy Wahnapiatae’s wetland areas are. Make sure to read August and September’s newsletters for a full summary on this summers field work!



What are wetlands?

Wetlands are land types that are commonly referred to as swamps, fens, bogs and marshes. They occur intermittently across the landscape along lakes, rivers and streams, and in other areas where the water table is close to the surface. They can vary in size from a fraction of a hectare to many thousand hectares.

As areas where land and water come together, wetlands provide unique specialized habitat for a great variety of species that can live nowhere else. If wetlands cannot survive in reasonable abundance across our landscape, their dependent species will decrease in great numbers and eventually disappear. The survival of wetlands help to preserve ecological processes and functions that secure and protect the quality of our biosphere.





Swamps

Swamps are wooded wetlands with 25 % cover or more of trees or tall shrubs. Standing to gently flowing waters occur seasonally or persist for long periods on the surface. Usually there is an abundance of pools and channels indicating subsurface water flow.



Marshes

Marshes are wet areas periodically flooded with standing or slowly moving water, and/or permanently flooded areas characterized by robust emergents and anchored floating/submergents plants. Surface water levels may fluctuate seasonally.



Bogs

Bogs are peat-covered areas or peat-filled depressions with a high water table and a surface carpet of mosses. The water table is at or near the surface in the spring, and slightly below during the remainder of the year. The mosses often form raised hummocks, separated by low and wet intersects.



Fens

Fens are peatlands characterized by surface layers poorly or moderately decomposed peat. They are covered by a dominant component of sedges, although grasses and reeds may be associated in local pools. Tamaracks are usually the dominant tree species found in these areas.





Gwekwaadziwin **HONESTY**

In facing a situation is to be brave.

Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others. In the Anishinaabe language, this word can also mean "righteousness."

Wii-kikendaman e-gwekwendaagwag bimaadiziwining, wii-debwetaagoyin ni-bimaadiziwin miinwaa gaa wii-kaa ji-maji-doodawad g'wiji'bemaadiz.

Honesty (Gwekwaadziwin, Gwek-waadi-ziwin)

The 2004 report from the Office of the Auditor General of Canada⁹ presents an alarming picture of Aboriginal education:

- There is a 28 year educational gap between First Nations and Canadians (para. 2).
- Educational achievement of Aboriginal students (and the gap between them and their Canadian counterparts) has not changed significantly in the past 10 years (para. 10).
- The school-aged Aboriginal population is growing and is estimated at 40 per cent (compared with 25 per cent for Canadians). A strategy to close the educational gap needs to happen now (para. 32–33). While this report reflects the situation of students living on-reserve, it is also highly suggestive of the off-reserve population. This is clearly a crisis. The success of the Aboriginal learner depends on real change. Honesty (in Ojibwe terms) means to “be and get real.” It means to proceed in a manner where responsibility and accountability go hand in hand. This is the point that we as educators have come to, in regards to Aboriginal education. The learners from these diverse communities deserve and have the right to respect.

How do we proceed? Who needs to be included? Where does this change take place? Aboriginal parents and guardians need to be valued. Teacher education programs need to do more to prioritize Aboriginal inclusion.

Another note, after the many meetings and long hrs of talks with the Rainbow School Board the new First Nation Tuition Agreement was signed in *M'Chigeeng* on June 25th by Councillor Bob Pitfield on behalf of Chief Ted Roque. It was signed just before the grand opening of the new UCCMM head office. One of the biggest driving forces behind this agreement was Grace Fox. She was very supportive and vocal on the education of our First Nation youth.



I also like to say to all the students you all did well this school year and I wish you a save summer. It was a pleasure to meet and work with your teachers, parents and most of all the students.

Greg Brown - Education Support Worker

West Nile virus: How to reduce your risk

Avoid mosquito bites your first line of defence

- use mosquito repellent that contains DEET or other approved ingredients.
- Wear light-coloured, loose-fitting clothing.
- Wear long-sleeved shirts, pants and a hat if you are going camping, hunting, or into wooded or swampy areas.
- Make sure door and window screens are in good repair
- When outdoors place mosquito netting over strollers and playpens
- Take extra precautions when mosquitoes are most active, in the early morning.

Clean up sources of standing water

- Mosquitoes can breed in even a small amount of standing water.
- Get rid of standing water around your house. Empty water from old tires, flower pots, rain barrel lids, toys and other outdoor objects.
- Store larger outdoor items like canoes, wheelbarrows and wading pools upside down.
- Replace water in outdoor pet dishes and other containers twice a week.
- Encourage your neighbors to clean up too!

West Nile Virus is spread through the bite of an infected mosquito. Anyone can get sick from West Nile virus but the risk of serious illness increases with age. Symptoms can include: very bad headache, bad fever, sore neck, throwing up, muscle weakness and blurred vision.

For more information on West Nile virus

Visit your local Nursing Station or Community health Centre.

visit www.westnilevirus.gc.ca



Wahnapiatae First Nation

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Gordon Roque Scholarship

Established in 2001 in memory of Mr. Gordon Roque for his contributions to the Wahnapiatae First Nation community. The primary purpose of this scholarship is to financially assist individuals in fulfilling their aspirations. Scholarships will be awarded to individuals committed to the advancement and improvement of the quality of life for Native people.

SCHOLARSHIP DETAILS:

Two Gordon Roque scholarships, each worth \$500. will be awarded to Aboriginal students enrolled in post-secondary school programs.

Each scholarship is awarded for one year. For scholarship recipients to continue to receive an annual scholarship after the first year, they must re-apply annually.

ELIGIBILITY REQUIREMENTS:

Applicants must meet the following requirements:

Must be a Wahnapiatae First Nation member or the child of a Wahnapiatae First Nation member;
Full time student at an approved Canadian Post Secondary institution;
A letter of reference from a current teacher, Elder or mentor;
Proof of academic record;
Complete applications must be submitted no later than July 31st.

WHO WILL BE CHOSEN?

The Gordon Roque Scholarship will recognize academic excellence and community spirit. Successful recipients will be well-rounded students who are active participants in extracurricular activities. There are no restrictions preventing scholarship recipients from receiving other grants or awards or income from other sources. Financial need will not be a factor in choosing a recipient. Selection will be based solely on the information and references provided with the application. A committee of Wahnapiatae First Nation representatives will choose recipients from all applications.

FOR MORE INFORMATION CONTACT:

Wahnapiatae First Nation
36 Loon Way Rd WFN
Capreol Ontario
P0M 1H0
Tel: (705) 858-0610
Fax: (705) 858-5570

Scholarship Deadline
is July 31st



JUNE YOUTH ACTIVITIES

youth Cultural Workshop—Workshop with Debbie learning about the four sacred medicines and making tobacco ties

Youth Cookie Baking—we made Chocolate Chip Cookies. Thanks to Marnie Anderson who met the youth and conducted icebreakers and shared her baking skills to the youth..

Also in June we are heading to a Pizza Party & GoKarting to start the summer off with a blast!! Unfortunately I was sick and not able to attend the Aboriginal Day events. Looking forward to July & Summer Day Camp.

Debbie, CYW





CHILD YOUTH & FAMILY PROGRAMS

Contact:
Debbie Plain-McGregor
Child & Youth Worker
705-858-0610 ext. 117 Email: debbie.pmcgregor@wahnapiataefn.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Canada Day	2 Office closed in lieu of Canada Day	3 ...Summer Student Orientation/Training...	4	5	6 Day Camp ☺ Registration 8 am—12 pm Bottle Drive 8-10am	7
8	9 Summer Day Camp ☺ Begins 9 a.m.	10 Zumba Outing	11	12	13	14
15	16	17 Home Visit & Support Capreol FB	18	19	20	21
22	23 Zumba Outing	24	25	26	27 Bottle Drive 8-10am	28
29	30	31				

SUMMER DAY CAMP

- Camp July 9—August 22, 2012
- Calendar available on July 6, 2012 for registered participants

ZUMBA OUTINGS

- tentative
- Tues, July 10 leave 6
- Mon, July 23 leave 6
- Passes available for sign out on other dates, travel on your own



- Tuesday, July 17, 2012—transportation to Capreol, Bread & Roses FB



YOUTH fundraising
* have your empties ready from 8-10 am July 6 & July 27

