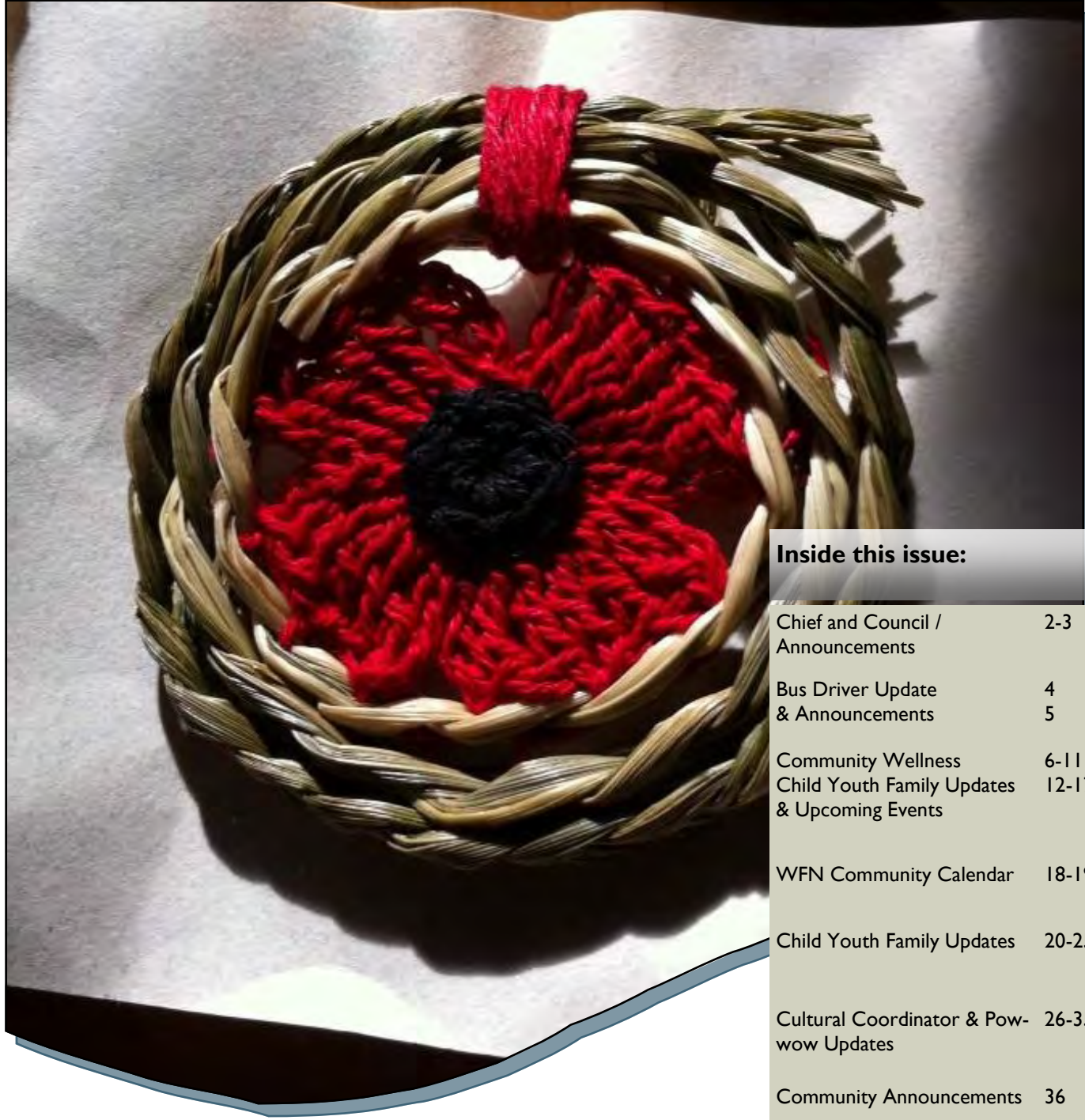




# Wahnapi'tae First Nation Community Newsletter

**Baashkaakodin  
Giizis  
'Freezing Moon'  
November 2013**



### Inside this issue:

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# Chief & Council Corner



**Remembrance Day**  
**Monday, November 11th, 2013**  
**(the office will be closed)**

## **Remembrance Day: Aboriginal Soldiers and History**

### **Interesting fact**

“Aboriginal participation in Canada’s war efforts was proportionately higher than that of any other group of people in Canada. It is estimated that one in three able-bodied Aboriginal men enlisted in the First World War. More than 7000 Status Indians fought in the two world wars; some estimate that the number would be closer to 12,000 if the Non-Status Indians were included” (Source: Veteran Affairs Canada Website)

Quoted from: [http://www.edu.gov.mb.ca/k12/cur/socstud/foundation\\_gr6/cluster2\\_partb/pdf](http://www.edu.gov.mb.ca/k12/cur/socstud/foundation_gr6/cluster2_partb/pdf)

## **ATTENTION MEMBERS**

**There will be a  
General Membership Meeting on  
Saturday, November 30 at 9:00 a.m.  
at Maan Doosh Gamig Hall**

Member packages will be sent out through the mail.

Chief and Council would like to extend a warm welcome to Mary Nicholls Russell as Executive Director and Melanie Anwhatin, Director of Finance.

**Next Chief and Council meeting  
is scheduled for  
Tuesday, Nov 12  
5:00 pm**

Wahnapitae First Nation Centre of Excellence  
259 Taighwenini Trail Road,  
Capreol, Ontario P0M 1H0  
Phone # 705-858-0610 Fax # 705-858-5570  
[www.wahnapitaeirstnation.com](http://www.wahnapitaeirstnation.com)

Reminder to members: submissions to Chief and Council are to be made by November 1st. (Note: this is a change from the October newsletter). This allows for a proper review period, and time for staff to gather information regarding your request. Miigwetch for your cooperation.



## Aanii

As we work to grow our community we are exploring many exciting opportunities for our members. At the last Chief and Council meeting we passed a motion to begin development of WFN's own Lands Management Act. The implications of a WFN Lands Management Act will be discussed at the November 30th General Membership Meeting and we will share the next steps with you. As well, we would like to invite a couple of volunteers to join with a councillor to work on this project. Please submit your name in writing to Reception at the Centre of Excellence.

On another note we are very happy to announce the First Nation Market Housing Fund (FNMHF). This funding opportunity gives members more opportunities to apply for loans to assist with renovations or new construction. For more information please call Al Armstrong, Community Development Officer (ext. 210).

Hope to see you all at the next membership meeting November 30th.  
Miigwetch, Chief Ted Roque.

## Aanii Members

While the trees have changed colour and the season is quickly changing, preparing to bring new life for next year, our community is also changing. Please, let's all welcome the new change to our team. I am pleased to welcome Mary Nicholls Russell, as Executive Director. Mary has attended meetings of Council, and our most recent Membership Meeting held on October 19<sup>th</sup>. I think that she has much to offer and I personally look forward to working with her. Welcome Mary!

Hans Matthews, Councillor

### **Deadline for Newsletter Submissions: Friday, November 15, 2013**

3rd Friday of each month

Submissions should be emailed to:  
stefanie.recollet@wahnapietaefn.com

Miigwech!

The **Governance Policy Review Committee** is currently looking for one (1) youth (age 15 –29) to sit on this committee. The committee meets approximately every 1-2 months.

If you are interested, please leave your name and a brief letter stating your interest with Juliette Scott (705-858-0610 ext. 209) at the Centre of Excellence.

Thank you, Larry McGregor, Councillor

# A Message from the Bus Driver

School has been back for 2 months now and the students are getting into the routine fairly well. On a good note, there have been no incidents or real problems on the bus

***KEEP UP THE GOOD WORK!***

We now have a new and larger bus this year and it takes a little longer to board and exit as well as to do the school runs so please be patient.

As the driver I can be reached on my cell at 705-918-0610, Chi-Miigwech to all the parents that have called to let me know when your child was brought to school by you or the do not need a ride after school.

A friendly reminder the school bus is classified as a **Scent free zone**, so please do not let your child wear any perfume or cologne as it affects the other riders.

***Thank you - Myles Tyson, Bus Driver***





# Free

There are desks from the old Band Office to be given away.

If you are interested in taking one of the old desks, please see Vince or Tom at the Public Works garage. They will be given away on a First Come—First Desk basis.



Waubetek Business Development Coporation

## OUTREACH OFFICER SCHEDULE

Tuesday, November 26, 2013

10:30 a.m.—12:00 p.m.

Kevin Rose, Business Development Officer will be at the WFN Centre of Excellence should any community member wish to come and see him.

### **2013 Fall Landfill Hours**

Mon & Wed 12p.m.—4 p.m.

Sun 1:00-5:00 p.m.

Effective October 14th to December 21st, 2013

Times subject to change based on frequency and the times most used by Band Members. Any questions or concerns, please contact CHERYL RECOLLET, Environmental Coordinator, 705-858-0610 ext. 204



# **Congregate Dining** **A TASTE OF ITALY**

**AGES 50 YEARS & BETTER**

**Butternut Squash Soup with Fontina Cheese Crostini**

**Veal Parmesan**

**Panetonne Bread Pudding with Ameretto Sauce**

**Thursday, November 7, 2013**

**5:30 pm at the Gazebo**

**Please call Wendy to book your spot**

*Community Wellness  
Programs*

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## **SENIORS TLC**

**(Tea, Laugh & Cards)**

**Join us in the Elder's Lounge**

**for a cup of tea, a few laughs and a game of cards**

**Every Wednesday afternoon from 1:30 pm - 3:30 pm**



# NUTRITION BINGO



**Thursday, November 14, 2013**

**at the**

**Maan Doosh Gamig Hall**

**Bingo starts at 5:30 pm**

**Fundraising Canteen - 5 pm**

**Hosted by the Cultural Advisory Committee**

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## Meat Pie Making Workshop

**If you would like to learn how to make meat pies, and bring one home for yourself, join Wendy at the gazebo on Thursday, December 5, 2013, 9 am-12 noon or Tuesday, December 10, 2013, 1 pm-4 pm**

**Book early with Wendy to reserve your spot  
Bring your own pie plate**



### **NUTRITION BINGO UPDATE**

Each month the Health Department hosts a nutrition bingo. For a minimal fee you can come out and enjoy the company of other community members, play bingo for nutritional food and grocery store gift certificates.

There is also a fundraising canteen which has been hosted by the youth and the Cultural Advisory Committee.

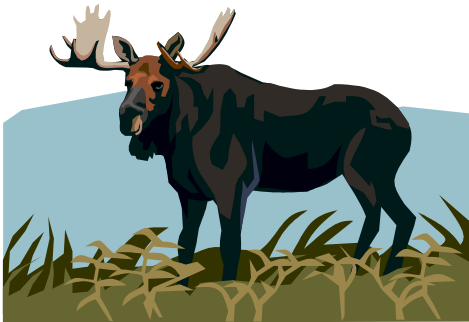
Congratulations to Shannon and Norman who split the first \$25. gift certificate, and to Shannon who won the next two \$25. gift certificates. There was a 4 way split for the \$100. gift certificate jackpot prize. The first Pow Wow Special was won by Zoe and the second by Maggie.

Thanks for coming out to play NUTRITION BINGO!

REMINDER: Next nutrition bingo is on Thursday, November 14, 2013.

*Wendy Tyson - Community Wellness Worker*

**THANK YOU to Vince Roque, Dave Nicholls and crew for the donation of a moose for the Wahnapitae First Nation seniors.**



**Dave shot the moose and Vince and the crew hauled and cleaned it and brought it to the butcher for cutting and wrapping. The Health Department paid for the butcher cost.**

**If you are 50 years or better and have not received any moose meat, please contact Wendy at 705-858-7700 ext: 219**

### **REMINDER: TO WFN RESIDENTS**

Don't pass up a chance to win a \$25. gift certificate for walking anytime from Monday to Friday.

Pick up a ballot at the Norman Recollet Health Wing and fill in an entry for each day you walk.

1st week winner - Samantha Corbiere

2nd week winner - Tomara Recollet

3rd week winner - Paul McDonald

***For more information please contact Wendy Tyson—CWW***





# Wahnapiitae First Nation NUTRITION BINGO POW WOW FUNDRAISING

**Thursday, November 14th, 2013  
Canteen 5:00 pm - 8 pm**

**Maan Doosh Gamig Hall**

**POW WOW FUNDRAISER CANTEEN**

**FRESH PICKERAL DINNER \$10.00**

(Dinner Incl.: Fish, Baked Beans & Baked Potato)

**Beverages \$2.00 & \$1.00**

**Apple Crisp with Vanilla Ice-Cream \$2.00**

**1 POW WOW FUNDRAISING BINGO GAME ~ ARROW**

		<b>FREE</b>		

**\$2.00**

*3 cards*

*for*

**CHI-MIIGWETCH**

Annabelle, Lawrence & Larry McGregor for the fish donation  
Wendy Tyson for the Baked Beans  
Evelyn Williams for the Dessert

**NEED POTATO DONATION(S)!!!**



# 2013-2014 POW WOW FUNDRAISING

## OCTOBER'S NUTRITION BINGO ~ October 8, 2013

**CANTEEN \$105.60 + BINGO GAMES \$44.00 = \$149.60**

**(-) EXPENDITURE \$32.72**

**TOTAL \$116.88**

Pow Wow Game #1 Winner: Zoey D. (Picture Frame & Native Print Cloth)

Pow Wow Game #2 Winner: Margaret-Ann D. (Polar Bear Throw)

**WFN COFFEE STAND GOODIES \$6.00**

# 2013 -2014 POW WOW FUNDRAISING TOTAL \$178.88



## **CULTURAL PROGRAMMING NOTICE**

**A NOTICE WILL BE SENT OUT FOR THE BIRTHING OF THE HAND DRUMS IN THE NEAR FUTURE!!**

*Don't forget to purchase your **FIND THE JOKER tickets** (50/50 split) to support the 2014 Powwow. They can be found at the Centre of Excellence, Post Creek Store or WFN events.*

*(There are \$10/card tickets = prize \$225 or \$3.50/card= \$182 prize)*



# **Addictions Awareness Week Kick Off Walk & Commemorative Candle Lighting Ceremony**

**Join in our annual addictions awareness walk  
along Taighwenini Trail Road and back.**

**Walk starts on Sunday, November 24, 2013 at  
9:30 am**

**We will meet at the gazebo after our walk  
For a pancake and sausage brunch.**

**Commemorative Candle Lighting Ceremony to follow  
Smudge & Prayer by Elder Annabelle McGregor**

We will have out feathers for anyone that would like to  
add a name or message to a loved one who is struggling  
with addiction. You can hang the feather from the big Pine  
tree.

**Tree outside the gazebo during the week starting  
November 24, 2013 –November 30, 2013.**

**For more information please contact Wendy @ 705-858-7700 ext: 219  
There will be various activities going on during the week  
to be posted in this month's newsletter**

# Congratulations on Course Completion of "What Every Babysitter Should Know...."



**Congratulations** to **Cody Duhaime; Zoe Duhaime** and **Tyson Kratky** for successfully participating in this award-winning course on Saturday, October 26, 2013 from 9:00-4:30 pm. They learned *the skills necessary to care for infants, toddlers and pre-schoolers. The course emphasized safety, dealing with emergencies, and first aid basics.* Course materials that the youth have on hand include a student activity book, a certificate suitable for framing, and a wallet-size certificate.

What Every Babysitter Should Know is the creation of a team of child care professionals and trained babysitters—St. John Ambulance instructors, veteran 16-year-old babysitters, 12-year-old rookie babysitters, and moms and dads. The course took 6 ½ hours and the informal sessions are designed to be entertaining and educational. Hands-on practice will help build confidence for many situations.

Cody, Zoe And Tyson are very proud to complete the course and earn their babysitting certificates. They are looking forward to finding some babysitting jobs. Way to go to all three of you :)

Course was offered by:





# "Helping You Get Healthy With Food" Lunch & Learn

**Facilitated by: Jennifer Santerre Smith - Registered Dietician**  
**We will discuss how.....**

**"Now is time you can start  
making changes  
you can live with"**

**Session one is for Moms and Dads**  
**Monday, November 4, 2013**  
**12 pm - 1 pm**  
**at the gazebo**

**Session two is for seniors (50 or better)**  
**Thursday, November 7, 2013**  
**12 - 1 pm**  
**at the gazebo**



**Lunch Provided**  
**Call Wendy or Debbie to confirm your attendance ASAP**





# Pumpkin Patch Outing

On Sunday, October 20, 2011 13 participants enjoyed a family outing to Leisure Farms in Sturgeon Falls, Ontario to visit the Pumpkin Patch.

It was a beautiful sunny, cool day. The wet ground didn't damper the spirits of especially the little ones. Participants enjoyed a large maze through a corn field and smaller maze through bales of hay. Everyone enjoyed a wagon ride through the farm to a wooded area. There a bonfire was held and gave everyone a chance to roast marshmallows and weiners.

New this year was a huge bouncy blow up ball that the kids loved. Another new feature this year was a pumpkin shooting cannon. These two new attractions features cost an addition toonie each.

A picnic was brought and held inside a gazebo consisting of: sandwiches, juice boxes, granola bars, apples and crackers. The was complete with a hot chocolate and a freshly made chocolate chip cookie while each person decorated a pumpkin of choice to take home.

It was a very nice trip apart from the wet ground but everyone enjoyed themselves.  
(Note for next year? Rubber boots and spare socks)  
Thanks to Myles Tyson for driving the 2nd van.

*Debbie Plain-Mcgregor, Child Youth Worker*





## ***Just Move It Ontario!!***

### **Join the 2nd Annual 2013 School Physical Activity Challenge**



#### **What is the Just Move it Ontario! Challenge?**

- ☑ The Just Move It Ontario! Challenge is an Ontario wide fitness challenge for children and youth designed to raise awareness of the positive link between healthy living and physical activity.
- ☑ The Just Move it Ontario! Challenge targets First Nation children and youth regardless of their physical capabilities, attending a First Nation school on reserve OR an after-school program on reserve where there is no school.
- ☑ Teachers/Workers will organize their classes into a team to participate in daily physical activities. (a combination of moderate and or vigorous activities (brisk walking, freeze tag, running, soccer) Teachers/Workers will submit entry form; tracking sheets and submit a report on their class teams' activities using storied and/or photos.
- ☑ The Challenge will run for four (4) consecutive weeks in October/November 2013

Week 1: Oct 21-25;      Week 2: Oct 28-**Nov 1**;      Week 3: **Nov 4-8**;      Week 4: **Nov 11-15**

Hosted by the Ontario First Nations Integrated Health Promotion Strategy: a collaboration between Chiefs of Ontario, UOI, AIAI, NAN the Province of Ontario Ministry of Health and Long Term Care and Min of Tourism Culture and Sport which is responsible for guiding the Aboriginal Diabetes Initiative (ADI) in Ontario.

Diabetes is 3-5 X more common among First Nations peoples than the general population. First Nations children and youth are at a higher risk of developing diabetes. Obesity rates are also high in FN children.

#### **We hope to achieve:**

Fulfilling a vision that "First Nations peoples and communities will achieve improvements in physical, emotional, mental and spiritual and social well being we want to assist our children in gaining awareness and appreciation of the benefits of physical activity on a daily basis. Just 10 minutes of moderate to vigorous physical activity, 2 or 3 x a day, during recess, gym class or lunch breaks can make a difference.

#### **SEE ATTACHED FLYERS IN THIS MONTHS AND NEXT MONTHS NEWSLETTERS THAT PROMOTE PHYSICAL ACTIVITY FOR THE CHILDREN OF WFN.**

Keep Active!! Please see Debbie for more information and to log your physical activity. There are prizes for top school and top student, top teacher, top after school program.

**Ways to keep active in November (see attached flyers for details and times.)**

**Pumpkin Patch**

**Corn Maze!**

**Group Bike Ride**

**Public Swim**

**Public Skating**

**Zumba for Kids**





# Youth & Family Activities

## **Just Move it Ontario!**

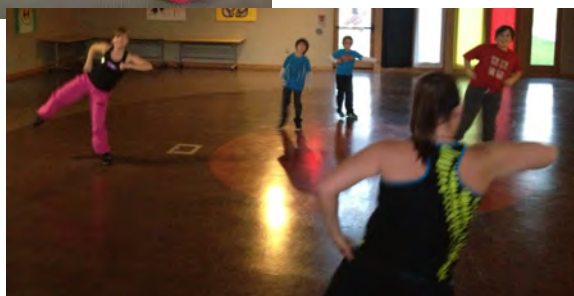
Keep Moving to be active and healthy. There are a variety of activities scheduled for the 4 week campaign to raise awareness that physical activity and its great benefits to your health.

## **Calling all WFN Children and Youth!!**

### Zumba for Kids



**Wednesdays,  
Nov 6 & 13**  
6:00-6:45 p.m.  
Centre of Excellence



### Public Skating

At the Centennial Arena  
**Friday, November 8**  
7:00—8:00 p.m.  
(van 6:15 to 8:45 p.m.)  
Meet at Centre of Excellence.  
Call Debbie to book a spot  
in the van



### Public Swim

At Howard Armstrong Rec. Centre  
**Saturday, November 2 & 16**  
6:00—7:25 p.m.  
(van 5:00 to 8:45 p.m.)  
Meet at Centre of Excellence.  
Call Debbie to book  
a spot in the van






Aaniish Esa-Giisagak? What Month is it?  
**BAASHKAKODIN GIIZIS** (Freezing Moon) - November

# Community Calendar

Sunday Name- Giizhgat	Monday Ntam- Giizhgat	Tuesday Niizh-Giizhgat	Wednesday Nswi- Giizhgat	Thursday Aabta-yiing	Friday Naanaan Giizhgat	Saturday Ngod- waaswi- Giizhgat
					<b>1</b>	<b>2</b>
<ul style="list-style-type: none"> <li>•  Administration Items</li> <li>• Wellness Programming</li> <li>• Cultural Program</li> <li>• Child Youth &amp; Family Programming</li> <li>• Rocky's Event</li> </ul>						
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Lunch & Learn for Moms or Dads 12-1 pm at Gazebo	Parenting Class 10:30-12:00 p.m. (van 9:30 a.m.)  Meals on Wheels	Community Kitchen @ Shkakamik-Kwe 8:30am – 2:00pm  Sr.s T.L.C. 1:30-3:30 pm  Zumba for Kids 6:00 – 6:45pm Zumba for	Women's Wellness Workshop @ Shkakamik-Kwe Time to be Announced Lunch & Learn for Seniors 12-1 pm at Gazebo  Congregate	C&C Agenda Items Due Today  ALL SOULS DAY FEAST Friendship Centre 11-4:30 p.m.  Haunted Walk of Terror @ Trail / Centre of Excellence 7:30-8:30pm	Public Swim @ Howard Armstrong Rec. Centre 6:00 – 7:25pm (van 5-8:45)
						<b>PANCAKE BREAKFAST</b> 8:30-10:30 am  <b>ARCHERY</b> 11 am-3:30 pm  Possible <b>FAN BUS</b> to Sturgeon Falls ve. Rama Aces game Leave 5:00 p.m. return approx.



			<b>Adults</b> 7:00 – 8:00pm @ Centre of Excellence	<b>Dining</b> 5:30 pm	12:30 am
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	Remembrance Day <i>Office Closed</i> 	Chief & Council Meeting 5:00 p.m. Centre of Excellence <b>Meals on Wheels</b>	<b>Sr.s T.L.C.</b> <b>1:30-3:30 pm</b> <b>Zumba for Kids</b> 6:00 – 6:45pm Zumba for Adults 7:00 – 8:00pm @ Centre of Excellence <b>Beading with Biiyen 6-8 pm</b> <b>Gazebo</b>	<b>Nutrition Bingo 5:30—8:00 pm</b> <b>Canteen 5pm</b>	<b>Good Food Voucher Pick up</b> <b>Newsletter Deadline</b> <b>Hunting Teaching 7-9 pm</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Moose Hunting 6:30 am</b>		Capreol Food Bank 10:30-12 (van 9:30) <b>Meals on Wheels</b>	<b>Sr.s T.L.C.</b> <b>1:30-3:30 pm</b>		<b>9-pointed Star &amp; Medicine Lodge-Teaching</b> Staff 9:30-11:30 am Community 5:30-7:30 pm
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Addictions Awareness Walk</b> <b>Pancake &amp; Sausage Breakfast</b> 9:30 a.m. followed by Candle Lighting Ceremony	<b>Collective Kitchen Planning</b> @ Gazebo 10am – 12:00pm <b>Big Drum Singing 4:15-8:15 pm</b>	<b>Meals on Wheels</b>	<b>Sr.s T.L.C.</b> <b>1:30-3:30 pm</b> <b>Beading with Biiyen 6-8 pm</b> <b>Gazebo</b>	<b>Collective Kitchen Cooking</b> @ Gazebo 10am – 1:00pm	<b>General Membership Mtg.</b> 9:00 am <b>Scavenger Hunt</b> @ Gazebo 10am – 4:00pm <b>Rocky's Wild Game Dinner</b>

# ZUMBA®

**Zumba for KIDS** attend Zumba class at Centre of Excellence

**Wednesday, November 6 & November 13, 2013**

**6:00—6:45 p.m.**

**Zumba for Adults** attend Zumba class at Centre of Excellence

**Wednesday, November 6 & November 13, 2013**

**7:00-8:00 p.m.**

4 week session - Part of the Just Move It Ontario campaign to keep young people moving.

**ALSO:** A Key Punch Pass is available for sign out. There are classes in: Capreol, Sudbury, Garson, Hanmer, Azilda, Chelmsford. See <http://www.zumbavibe.ca> for calendar, success stories and more info. See Debbie at Centre for Excellence to sign out. Call 705-858-7700 ext. 221 for more info.



**ZUMBA FITNESS®. MOVING  
THE WORLD TO A NEW BEAT.**



**ZV slogan: ...the beat bring us together, the VIBE keeps us strong.**



***“Exercise in disguise” at its best***



# HALLOWEEN HAUNTED TRAIL OF TERROR

When: **Friday, November 1, 2013 from 7:30 p.m.—8:30 p.m.**  
 Where: Meet at Centre of Excellence you will be directed which way to start on the Wooded Area of the Walking Trail on the North Side of the WFN Centre for Excellence  
 Who: For those who dare to be scared and walk the Haunted Trail of Terror

\*\* Snacks & treats after in the Centre of Excellence \*\*



## Volunteers Required

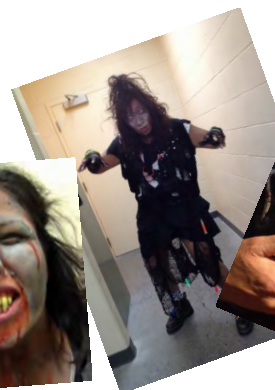
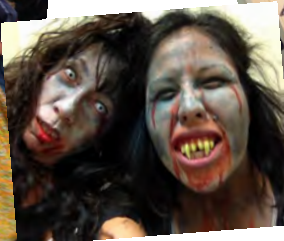
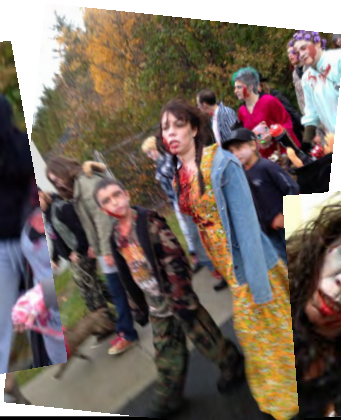


To help make this event a success we are seeking volunteers from either WFN Staff, Parents/Family or Community Members. Ideas/Ways that you can volunteer:

- **Dress up and be a ghou/goblin** in the trail and jump out at various points on trail
- **To be a screamer** along the trail
- **To be a still statue** who comes to life when someone approaches
- **Bring haunted Halloween treats** for the children
- **Bring or Drop off Halloween decorations** to help decorate on trail
- **Help decorate**

Volunteers please come out early for a snack while the volunteers and/or staff are preparing the Haunted Trail of Terror. Please call 705-858-7700 Debbie Plain-Mcgregor (ext. 221) or Wendy Tyson (ext. 219) at the Centre of Excellence if you wish to volunteer or for more information.

**Volunteers please come at 6:00 for pizza  
before we decorate & get ready.  
Trail walk will be at 7:30 pm**



# Wahnapitae First Nation 1st Annual Fall Frenzy Mixed Baseball Tournament

On October 4 & 5, 2013 the WFN 1st Annual Fall Frenzy Mixed Baseball Tournament was held as a fundraiser for the Wahnapitae First Nation youth. Four teams entered and each team was able to play four games of baseball throughout the two day tournament. Forecast called for rain for both days however on Saturday was rain free. Rain on Sunday didn't dampen the spirits of the players and it was still game on!

There were a lot of helpers to make this tournament a success. Thanks to the following:

- **Joan Recollet** and **Juliette Scott** for securing donations for the prize table
- **U-Spice-It** in Val Caron (gift bag):
- **JB Jewellers** in the Hanmer Valley Mall (3 rings & a decorative wall mirror;
- **Popcorn Video** in Hanmer (baseball figurine & book markers).
- **Juliette Scott** (8 men's shirts) & **Larry & Debbie McGregor** (toilet paper & body wash kit)
- **Joan Recollet** (tshirts, soap items & candles)
- **WFN Health Dept** (paper towel, piggy bank, kitchen & bathroom items)
- **Rocky's** (donated the paint for the field & foul lines AND donated a meal each day for the umpire)
- **Post Creek Store** (\$60 for the cost of the balls and items needed for the bases.)
- **Al Drover** (donated his time for painting the lines on the field)
- **WFN Public Works** (moving the benches from the ball field, cutting the grass)
- **Tom Recollet** (did a fabulous job forecasting the rain and making rain shelters for the players dug-out area)
- **Wendy Tyson** (cooking Scone Dogs, Indian Tacos and hot chocolate for the canteen & kitchen cleanup)
- **Joan Recollet; Tyson Kratky** (working at the canteen table) & **Rayden Recollet** (brought his school fundraising chocolate bars to the canteen table)
- **Tom Recollet** also for securing a certified umpire.
- **Tom Recollet** and **Samantha Recollet** (making & remaking the schedule. Teams were happy they

got to play 4 games and worked it out around availability.

- **Moe Martel** (umpire) for running a fair, fun and enjoyable tournament.



← **1st Place Champs - MUST B SMOOTH;**  
Coach/Manager—Tommie Lee Recollet & Sidney Nebenionquit of Atik-meshing; The undefeated team was awarded a Team Prize of \$500.



Players commented it was a really well done tournament and will come back next year. Some players noted the field needs work but would come back again. This year we made \$100 for tournament entry fees. Cost incurred were for the umpire and prize board. Canteen made \$50. Next year hopefully more teams might enter we can make more money from team registration. Rocky's received support & business from teams going to Rocky's. We sent players during their off time to the WFN Fire Dept. Turkey Shoot. We made connections and teams want to come back to WFN next year. WFN players got a chance to use the field and WFN fans got to enjoy the games. It was a success all around. Excellent Job everybody!!

Thanks again. *Debbie Plain-McGregor, CYW*



**4th Place Winners—HOLES & POLES; →**  
 Coach/Manager—Jason Marchand of Sud-bury; All team players were awarded prizes from the prize table.



Thanks to:



& **Post Creek Store**

← **2nd Place**  
**Winners—ALLSTARS;** Coach/  
 Manager—Joey Hamelin of  
*Hanmer; won a Team Prize of \$300*

← **3rd Place Winners—PIRATES;**  
 Coach/Managers—Tom Recollet &  
 Samantha Corbiere of Wahnapiet First Nation

All team players were awarded prizes from the prize table

WFN players included: Lori Corbiere; Samantha Corbiere; Ann Marie Recollet; Paul Little Bear Recollet; Sam Recollet; Tom Recollet & Shannon Skelliter. Good Job Pirates!



Thank you to U Spice It in Val Caron for Sponsoring-Wahnapitae First Nation First Fall Frenzy Mixed Baseball Tournament. A generous gift bag was donated.

3069 Hwy 69N, Sudbury Ontario  
P3N 1R8  
(705) 588-5060

WFN thanks JB Jewellers for their very generous donations of a lovely home decorative wall mirror and three (3) beautiful rings.



Hanmer Valley Shopping Centre  
5085 Highway 69 North, Unit 6  
Hanmer, Ontario P3P 1P7

Telephone: 705-969-4851  
Toll Free: 1-877-388-8848  
Website: www.jbjewellers.ca

A big thank you to Pop Corn Video for being a Proud Sponsor of Wahnapitae First Nation Very First Annual Fall Frenzy Mixed Baseball Tournament. Items generously donated included a collector baseball figurine & book



**Reminder:**  
**As Christmas is fast approaching!!**  
**Start getting your Christmas Float / decorations ready for the 5th Annual Christmas Parade on Friday, December 20, 2013**







Did you know.... WFN's own Paul Little Bear Recollet was selected to play for the Rama Aces Jr. A Hockey team. Congratulations Paul.

### Wahnapitae Fan Bus

Rama Aces take on the Sturgeon Lumberjacks  
**Saturday, November 9, 2013 in Sturgeon Falls, ON**

Game time is 7:30 p.m.

Bus leaves at 5p.m. and return approximately  
12:30 a.m..

Cost \$15-20 per person.

(Children in elementary school must be accompanied an adult) The cost includes your transportation on bus or van and your ticket to the game. (Snack / beverage costs would be on your own). Bring your family out to a game and get together as a community. Lets support Paul on his achievement to play at the Jr. A level.

Please contact **Debbie Plain-McGregor at 705-858-7700 ext. 221 by Tuesday, November 5, 2013 at 4:30 p.m.** to confirm your interest & book your spot.

\*\* Your space will be guaranteed with **payment at the time of booking.** (I am trying to secure discounted or sponsored tickets and will announce any discounts if and when they become available)

*If you would be interested in an overnighter to Rama on Friday January 3, 2014 please let Debbie know. Rooms at your cost but we may get a group discount.*





## **CULTURAL PROGRAMMING**

**ALL SOULS DAY FEAST  
at N'Swakamok Native  
Friendship Centre**

**November 1, 2013**

**Leave WFN: 11am**

**Ceremony & Feast:  
12:00-3:30pm**

**Return to WFN: 4:30pm**

To book a seat for **TRANSPORTATION** call  
Crystal Osawamick, Cultural Coordinator  
at: 705.858.0610

**BY WEDNESDAY, OCTOBER 30, 2013  
BY 3PM**



# ARCHERY ~ NIISH STYLE

Facilitated By:

THA TRIBE

Saturday, November 9th, 2013

WFN Maan Doosh Gamig Hall



8:30am - 10:30am

Blueberry Pancake Breakfast \$6.00

(2 Pancakes, 2 sausages or bacon , fruit & juice or coffee)

Proceeds: Towards WFN 2014 Pow Wow

11:00am-12:00pm

Teachings:

How the bow came to the people

Safety & Handling

12:00pm –3:30pm

Archery Shoot & Demonstration

Draw for the submitted *Identify Tracks* Sheet

Bring your Bow & Arrows...If not, some will be available!!

FAMILY & COMMUNITY ORIENTATED EVENT

PARTICIPATION DRAWS!!



# CULTURAL PROGRAMMING

## **Enaahtig North Healing Lodge Alban, ON**

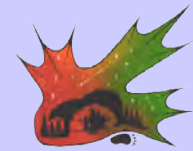
Invitation: To Community Presentations

**Thursday, November 14, 2013  
Self Care & Sweatlodge Ceremony  
10am - 3pm**

Leave WFN: 8:00am

**Lunch Provided**

Return By: 5:00pm



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To book a seat for **TRANSPORTATION**  
Call Crystal Osawamick, Cultural Coordinator  
at: 705.858.0610

**BY FRIDAY, NOVEMBER 8, 2013**



# **TRADITIONAL HUNTING TEACHINGS**

By Darren McGregor

**FRIDAY, NOVEMBER 15th, 2013**

**7pm-9pm**

Location: Maan Doosh Gamig (WFN Hall)

# **HUNTING for MOOSE**

**Sunday, November 17, 2013**

**6:30am**

Location:

Meet at Centre of Excellence Parking Lot





# CULTURAL PROGRAMMING

DID YOU KNOW ... TO SAY THE NAME  
PETER IN NISHNAABEMWIN YOU  
WOULD SAY BIIYEN

SO, **BEADING WITH BIIYEN**

**WEDNESDAYS, NOVEMBER 13 & 27, 2013**

**6-8pm**

**At the Gazebo**

**8-POINTED STAR &  
MEDICINAL LODGE  
TEACHINGS** By Harvey Bell Jr.  
Friday, November 29, 2013

**TEACHINGS FOR: STAFF & CHIEF and Council**

Cultural Awareness & Sensitivity Training

**\*\*\*\*\*Band Office Closed\*\*\*\*\***

**9:30am-11:30am**

**TEACHINGS FOR: WFN (COMMUNITY) MEMBERS**

**5:30pm-7:30pm at Maan Doosh Gamig**

*SUPPER PROVIDED & PARTICIPATION INCENTIVE DRAWS*



# X-MAS GIFT WRAPPING & PICTURES

SATURDAY, NOVEMBER 23, 2013

9:00am – 3:00pm

Maan Doosh Gamig (Hall)

PROCEEDS TOWARDS: WFN 2014 POW WOW

## WRAPPING PROVIDED:

Small Present \$2.00

Medium Present \$3.00

Large Present \$4.00

XLg. Present \$5.00

Add \$1.00 for Ribbon or Bow



## BRING YOUR OWN WRAPPING:

-\$1.00 from Each Wrapping Price Above

OR CAN SIMPLY DONATE FOR SERVICE!!

## X-MAS PHOTOGRAPHY (HD QUALITY):

\$3.00 SEATING FEE

\$2.00 FOR 10 PHOTOGRAPHS ON DISC

\$4.00 FOR 20 PHOTOGRAPHS ON DISC

\$3.00 FOR NIISH SANTA CLAUS, NIISH MRS. CLAUS or ELF

BOOK 15mins., 1/2 hr. sessions...there will be a variety of x-mas background scenes to chose from!! Contact: Crystal Oswawamick 705.858.0610



# BIG DRUM WORKSHOP



**The plan...is to hunt a moose for the hide...  
If an unsuccessful hunt, the Drum Lacing & Feast will be  
rescheduled to a later date!**

## **DRUM TEACHING & LACING FRAME**

Sunday, December 1, 2013 10:00am-1:00pm

## **DRUMSTICK MAKING**

Tuesday, December 3, 2013 4:00pm-8:00pm

## **FEAST & SOUND DRUM**

Friday, December 6, 2013 4:00pm—7:00pm

## **REFRESHMENTS PROVIDED**

Parents & community members are strongly encouraged to attend & participate with younger generations as this is their request. Once the drum is completed, it will be taken care of by the males of this community, at which they must receive the big drum (workshop) teachings!!





# X-MAS BAZAAR

## SUNDAY, DECEMBER 8, 2013

### 10:00am-4:00pm

**LOCATION: WFN MAAN DOOSH GAMIG**

#### **Bake Sale**

**X-Mas Gift Wrapping**

**X-Mas Photography**

(with Santa, Mrs. Santa or Elf)

**Pow Wow Penny Table**

**Pie Eating Contest 12:00pm**

(Chief & Council vs. Staff)

**Community Yard Sale Table**

\$10.00/table or \$5.00 bring own table

**Information/Craft Booths**

\$25.00/table & donation

For those who would like to book a table or space or volunteer

Contact: Crystal Osawamick, Cultural Coordinator  
at 705.858.0610

**DEADLINE TO REGISTER SPACE: November 29, 2013**

**HOW ARE YOU?  
Aaniish ezhi-bmaadziyin?**

**I am fine.  
Nmino bmaadis.**

**I am sick (ill).  
Ndaakwas.**

**I am lazy.  
Ngitim.**

**I am happy.  
Ngi-chi-nendam.**

**I am surprised.  
Nmaamkaadendam.**

**Reference:**

**Nishnaabemdaa Pane: Let's Talk  
Indian. (1990)**



**HOCKEY FANS!!! Don't miss Page 25 for your chance to board the WFN Fan Bus & support WFN's own Paul Little Bear Recollet in action with the Rama Aces on Nov 8!**



Photos reprinted with permission from [www.CoburnPhotography.ca](http://www.CoburnPhotography.ca)



# MUKLUK & LEATHER MITT WORKSHOP

**MUST REGISTER WITH PARTIAL OR FULL PAYMENT  
 BY: Friday, November 22, 2013 \*No later than 4pm\***

Contact: Crystal Osawamick, Cultural Coordinator at  
 705.858.0610 for further information or to register.

**LIMITED SEATING**

<b><u>MUKLUKS</u></b>	
Baby Mukluks	\$25.00
Child (2-4 yrs.) Mukluks	\$35.00
Adult Mukluks	\$100.00

<b><u>LEATHER MITTS</u></b>	
Baby Mittens	\$20.00
Child (2-4yrs.) Mittens	\$30.00
Adult Mittens	\$70.00



FACILITATED BY:   
**native bebe**

## WORKSHOP SCHEDULE

Friday, December 13th, 2013	4pm-8pm
Saturday, December 14th, 2013	9am-5pm
Sunday, December 15th, 2013	9am-2pm



Rocky's would like to give a big thank you to **Wahnapitae First Nation Fire Department** for all their help in organizing our ATV run on October 6th. We look forward to working with them in upcoming events.

In other news:

**Rocky's is looking for donations for our upcoming Wild Game Dinner. If you have any wild meat that you can part with please give Chad or Jen a call. 705-858-0500 Thank you in advance.**

Winter is coming: Events are already being booked. They include: Radar Runs, Big Deal Poker Run, Pond Hockey Tournament and more.



**Rocky's**  
Get in touch with your 'Wild Side' and join us at Rocky's for our Famous **WILD GAME DINNER**

Door Prizes  
50/50 Draw  
Raffles  
Wildlife Artists  
Calling  
Competition

Featuring Exotic Entrees including:  
Suckling  
Moose  
Venison  
Grouse  
Rabbit  
Partridge  
Pheasant  
Frog Legs  
and more.

Saturday, November 30, 2013

Call for Tickets \$65.00/ person Tel: 705-858-0500

*Community Notes:*

**Happy Birthday Wishes**

**Happy Birthday to Rita Johnson on Nov. 1**

**Happy Birthday to Larry McGregor on Nov. 5**

**Happy Birthday to Taylor Nicholls on Nov. 17**

**Happy Birthday to Shannon Skelliter on Nov. 29**

