

Wahnapi'tae First Nation



Wahnapi'tae First Nation Community Newsletter

Waabagaa
Giizis
'Changing
Leaves Moon'
September 2014

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Photo: Credits: Snapping Turtle, From WFN's 19th Annual Powwow (2014)

WFN IN THE NEWS

SUDBURY ACCENT: SANDBANKS BOUND ON BOTTOMLESS LAKE



By [Jim Moodie](#), The Sudbury Star
Sunday, August 24, 2014 1:41:56 EDT PM



Jim Moodie takes in the view as we approach the sandbanks on Lake Wanapitei.

Rocky's would be the departure point. Sandy would describe the destination.

That we're in a canoe makes us a bit unique, if not crazy. Most boats that brave Lake Wanapitei — not only Sudbury's biggest water body but the largest lake within a city in the world — tend to feature a bit more freeboard and things like steering wheels.

I'm not particularly worried right now, nor is my bowmate Camilla, since it's such a perfect day — the sky a cornflower blue, the surface of the mighty, meteor-formed lake uncommonly smooth — although it does strike me about a half-kilometre out from Rocky's docks that the lakeside establishment might not be named merely for a person or the frozen cubes that nestle at the bottom of cocktails.

Things, I know, can get bouncy out here.

It happened the last time I attempted to paddle to Wanapitei's fabled sandbanks, which are weirdly absent from postcards and tourism pamphlets yet dramatic enough in hue and height that they're visible from the shore of the Wahnapiatae First Nation, miles to the south.

Halfway there a slight chop turned choppiest and a native man in a fishing boat pulled alongside my canoe to suggest I reconsider my plan. "Storm coming," he cautioned.

I heeded his warning and doubled back.

Turned out I would have been fine — over the next couple of hours, as I navigated the confusing overland route to the sandbanks via a rabbit's warren of bush roads — the weather held. I'm sure I bounced around way more in my car on those rutted tracks than I would have if I'd stayed in my canoe.

Still, you don't want to doubt a local's advice, or otherwise tempt fate with Wanapitei. As Peter Recollet, director of sustainable development with the Wahnapiatae First Nation, understates, "the lake can change quickly."

The name is sometimes translated as "hollow tooth," which makes some sense given the lake is essentially a huge cavity, but it's actually a phrase (from the Ojibwe word waanabidebiing) describing Wanapitei's two-dimensional shape, according to Recollet.

"It means 'Place where the water is shaped like a molar tooth,'" he says.

...continued on page 16



Residential Rehabilitation Assistance Program (RRAP) On-Reserve

RRAP On-Reserve offers financial assistance to First Nations and First Nation members to repair sub-standard homes to a minimum level of health and safety.

WHO IS ELIGIBLE?

First Nations or individual First Nation members that require repairs to their homes may be eligible to apply. The total household income must be at or below the established income threshold for their area.

HOW DOES IT WORK?

The house must lack basic facilities or is in need of major repair in one or more of the following categories:

- Structural
- Electrical
- Plumbing
- Heating or
- Fire safety
-

Assistance may also be available to address a problem with overcrowding. Dwellings must be a minimum of five years old.

IMPORTANT: Work carried out before the loan is approved in writing is not eligible for funding under this program.

Where Can I get More Information?

Contact Vince Roque at the Centre of Excellence 705-858-0610 x 210

Canada 



Nutrition Bingo Update for August 2014

Miigwetch to all those who come out to play nutrition bingo. An evening out to mingle with friends and neighbors and for a small fee you have a chance to win some good food and grocery store gift certificates.



Congratulations to this months winners!

Rita Johnson won \$100. gift certificate

Jesse Grondin, Shannon Skelliter and Lori Corbiere each won a \$25. gift certificate.

We have gift certificates for purchase for only \$10. This entitles the bearer to play 3 cards per game at any Nutrition Bingo, plus \$2. off at the canteen and a free beverage. To purchase a certificate please contact Wendy at 705-858-0610

Next Nutrition Bingo will be held on Thursday, September 11, 2014 at 5:30 pm

CSS UPDATE: for July 31, 2014

Nine seniors came out to enjoy congregate dining on July 31, 2014.

Dinner was comprised of Quinoa salad, barbequed salmon, steak and stuffed portobello mushrooms, accompanied by baked potatoes and creamed carrots. Last but not least, pineapple delight for dessert.

10 Seniors came out to enjoy Lamb Chops/ porkchops. Mashed Potatoes (with caramelized onions), Creamed Asparagus, and Banana Cream Pie.

If you are 50 years young or better, you are more than welcome to come out to enjoy a meal once a month. All you have to do is call Wendy @705-858-0610 ext: 219 and reserve your seat no later than Friday, September 19, 2014. Limited seating. If there are more interested we can have dinner on two different evenings or afternoons.

Wendy Tyson—CWW

WAABAGAA-GIIZIS—CHANGING LEAVES MOON—SEPTEMBER 2014



I hope that you enjoyed your summer and what's left of it. Tis the time to start thinking about hockey registrations. Capreol Minor Hockey Association would like to invite you to participate in their annual BBQ held September 6th, 2014. from 10- 3 at the Capreol Foodland parking lot. We will be accepting registrations from Tyke to Midget for the 2014-2015 hockey season along with coaching applications, so come and join us to support your Capreol Hawks.



Capreol Minor Hockey Association
Registration
2014-2015 Season

Player's Name: _____

Birthdate: _____ Phone # _____

Address: _____

Email address: _____

Parent/Guardian Name: _____

Initiation
Novice
Atom

Peewee
Bantam

Minor Midget
Major Midget

Years of experience: _____ Association: _____

Medical problems (if any) _____

Registration must be pay in full November 1, 2014, 75% by September 14th, 2014
 All players must have a completed registration form before he will be allowed on the ice.
 NSF cheques will be subject to a \$25.00 fee.
 Please use a separate form for each child in the family.

If you are a new player to Capreol Minor Hockey please attach a copy of the players birth certificate.

FEES FOR THIS YEAR'S SEASON ARE AS FOLLOWS:

Initiation	\$400	minimum 40 one hour ice times
Novice & Atom	\$565	minimum 40 one hour ice times
Peewee & Bantam	\$610	minimum 22 one hour ice times and 15 one & half hour ice times
Midget	\$660	minimum 22 one hour ice times and 15 one & half hour ice times

All teams in Capreol Minor hockey receive free entry into the annual Capreol Minor Hockey Tournament
 A \$200 bond will be required by all teams and will be refunded upon successful completion of
 volunteer hours required by your team during the season. As well each family will be responsible to
 sell a certain amount of tickets to fundraise for CMHA

I have read and understood the fees as indicated above and hereby authorize Capreol Minor Hockey
 Executive and team coaching staff to use my child's name and picture in print.

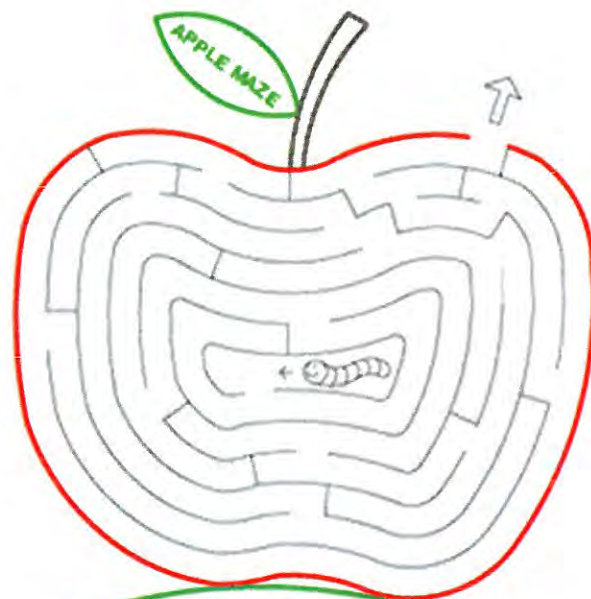
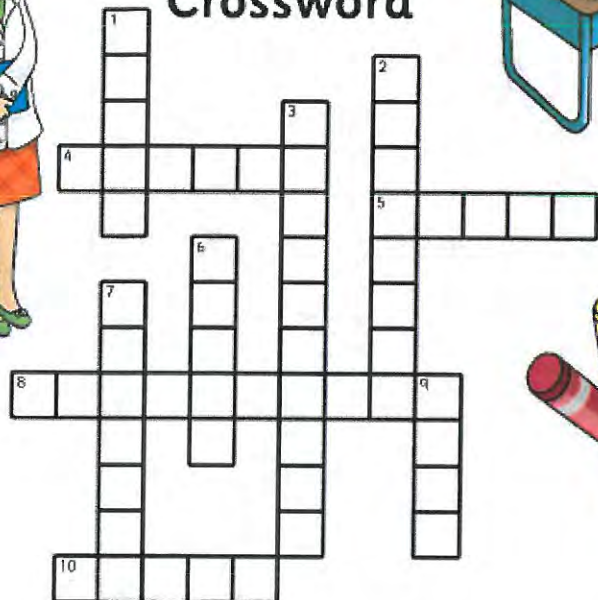
Parent's Signature _____

Date: _____

For further information please call Erynne Prescott 705-858-0458



Back to School Crossword



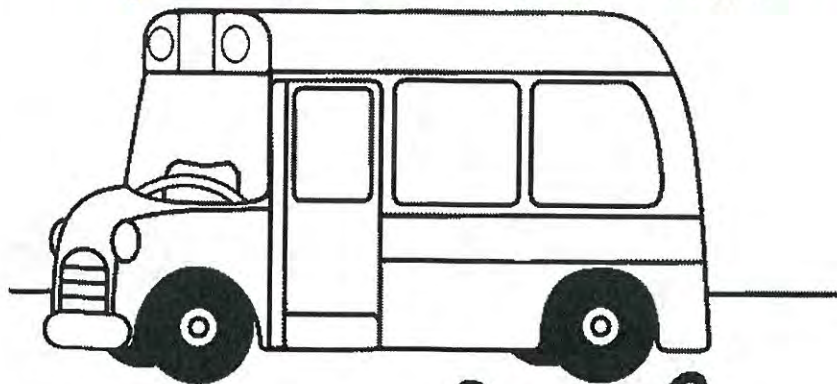
Help the worm to find its way out of the apple!

Across

4. Do you need to sharpen yours?
5. Write or draw on this.
8. You write on this with chalk.
10. Please _____ your name on your work.

Down

1. Draw straight lines with this.
2. It has a keyboard and a screen.
3. Where you go to play at break (recess)
6. Read these at home or school.
7. They help you learn new things.
9. The teacher sits here.



Miigwech from the Youth

On behalf of the WFN Youth I would like to thank the following for donations and help toward our Summer End trip to Toronto that took place August 20 & 21, 2014.

- parent volunteers who have been assisting in fundraising efforts ie. Donations/ selling 50/50 tickets; selling pizza; penny sale donations:
 - Angie Kratky; Crystal Osawamick; Cherie Pheasant; Shannon Skelliter; Jason Daoust; Jamie Roque, Samantha Corbiere
- Sandra Corbiere—cooking for Indian Taco Sales & WFN Youth Booth
- Denison Environmental on behalf of Sandra McGregor \$200 donation
- Dreamcatcher Fireworks \$200 donation
- WFN Fire Department \$200 Donation
- WFN Powwow penny sale items
- Giles & Lynda Roque—penny sale donation, 50/50 ticket sales
- Wendy Tyson and Brett Recollet—working July bingo canteen
- Community support at all our fundraising events such as: Bottle Drives: Raffle Sales; Taco Sales; WFN Youth Booth; Penny Sale & Bake Sale.
- Thank you so much for all the support (I hope I haven't missed anyone), without everyone's support we would not have had a ride on the coach bus and an overnight stay. With that help we were able to offer the 3 Toronto adventures at Wonderland; Ripley's Aquarium and Medieval Times.

Debbie Plain-Mcgregor , Child & Youth Worker

WFN Daycamp participants, students and parents and chaperones outside Medieval Times. Entire group not available for photo. There were 53 smiling faces that enjoyed Medieval Times: Ripley's Aquarium and Wonderland on our 2 day trip.



The Buzz on MEDZINS - AT A GLANCE

This Agenda is subject to change. If necessary, a revised agenda will be sent out at a later date or distributed at the gathering.

FRIDAY - September 12th

3:00 PM	Arrival/Registration and Camp Set-up
4:00 pm	Opening song - Drum Group Opening Smudge and Prayer - Elders Welcoming by Chief Opening comments by Regional Chief General Overview - MC
5:00 pm	Team Challenge #1 - Group tents
6:00 pm	Dinner
7:00 pm	Group Activity - MC
9:00 pm	Bonfire Social - Traditional Teachings

We are seeking Youth (13-23), to represent Wahnapi-tae First Nation.

Great networking opportunity, learning experience, prizes & fun!

Accommodations & meals provided.

Interested Youth please register with Debbie Plain-McGregor as soon as possible.

SATURDAY - September 13th

7:00 am	Daybreak ceremony (Optional)
8:00 am	Breakfast
8:30 am	General Overview
9:00 am	Introduction to Medicines
10:00 am	Medicine Walk
11:00 am	Medicine Walk
12:00 pm	Lunch Break
1:00 pm	Fire Teaching
1:30 pm	Team Challenge #1 - Making Cedar Tea
2:15 pm	Tea and nutrition break
2:30 pm	Medicine Overview for First Aid Kits
3:00 pm	Team Challenge #2 - Medicine First Aid Kit
4:15 pm	Wrap up, day reflection, energizer
5:00 pm	Dinner
6:00 pm	Team Challenge #3 Traditional Games
8:00 pm	Free Time
9:00 pm	Bonfire Social

SUNDAY - September 14th

7:00 am	Daybreak ceremony (Optional)
8:00 am	Breakfast
9:00 am	Overview Group Warm-up/Game - MC
9:30 am	Traditional Teachings
11:00 am	Team Challenge #5 - Scavenger Hunt
12:00 pm	Lunch
1:00 pm	Take down of tents
1:30 pm	Group Discussions and Evaluations
1:45 pm	Giveaway Prizes
2:00 pm	Final Goodbye/Closing

Limited spots available (3-4)

Call the Band office (705) 858-0610 x 221

WFN IN THE NEWS



Jim Moodie/The Sudbury Star Jack pines top the sand cliffs in Wanapitei Provincial Park. Most of the shoreline is now off limits to campers and vehicles.

There's also a small graveyard containing members of the Bonhomme clan, which had to be moved back as the banks eroded, as well as an older, native burial ground that is now inundated, according to Recollet. Precursors of the Wahnapitae band camped seasonally at the mouth of the North River and travelled that route often to reach hunting and fishing grounds.

"That was our highway," says Recollet. "It was the gateway to the watershed and James Bay."

After contact, Recollet's ancestors also harvested furs, delivering them to a Hudson Bay Fort that was established at Bonhomme Point in 1821. It was later moved to Post Creek, which empties into Lake

Wanapitei just north of Rocky's. The foundation of the original fort "would be underwater now," he says.

The Bonhomme home is similarly submerged, but could be visited if one had the equipment, and inclination, to do so. "That house is out there in the lake and down about 20 to 30 feet, half-buried in white sand," says Olivier. "Some divers told me they found it."

Flooding also contributed to the creation of the sandbanks, as the swollen lake ate into the shore. Today it remains a dynamic, changeable environment, with wind and waves sculpting new contours in the powdery cliffs and the occasional uprooted pine crashing down from above.

The area is encompassed by Wanapitei Provincial Park, which must be among the most obscure and under-visited parks in the province. It's non-operating, meaning there are no facilities, and extremely tricky to find by vehicle.

During my earlier pilgrimage by road I had to consult with a group of treeplanters who were unloading seedlings from a refrigerated trailer — or reefer, as we called them in my treeplanting days — on the edge of the Portelance Road, and then intuit my way to Bonhomme Point via a maddening maze. Finally a brown sign sprouted on the roadside saying Wanapitei Provincial Park. That was followed by another, smaller brown sign, saying Camping Beyond This Point Prohibited.

People have been camping semi-legally at Bonhomme Point for years, and continue to do so with a few new regulations in place. Most of the sandbanks area, however, has now been closed off to both campers and vehicles.

Recollet says the tract was established in 1950 as a provincial forest reserve, and originally stretched to the edge of the Wahnapitae First Nation. By the 1980s, it had acquired park status and its boundaries had changed, in part to allow for mineral exploration between the native reserve and the North River.



Jim Moodie/The Sudbury Star The evening sun lends a reddish tint to the sandy coastline, which was carved by wave action after the damming of Wanapitei's outlet

The park now spans 3,400 hectares and includes Bonhomme and Otter lakes, as well as most of the north shore of Wanapitei.

... Continued next page

Be a Steward of Lake Wahnapitae!

1. Maintain at least a 1m buffer of plants along your shoreline — It prevents erosion and deters geese



2. Encourage natives flowers, trees and shrubs to limit maintenance work and provide shelter to local wildlife



3. Avoid using fertilizers on your property; they will eventually end up in the lake and decrease water quality

4. Adhere to speed limits: “10 km/h within 30 metres of shoreline” — protect swimmers and shorelines

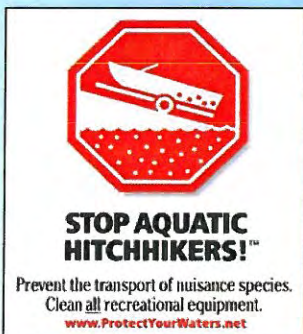


5. Watch your wake while boating

6. Keep your septic bed clear of deep rooting plants (trees and large shrubs) — protect your seepage tiles



7. Inspect your septic system every 3-5 years



8. Clean and inspect your boat before moving it to another lakes — Control the spread of invasive species

CHI-MIIGWETCH!

The Cultural Advisory Committee would like to take a moment to express our gratitude to the people who helped make our Powwow a success! We appreciate their time, donations, financial assistance, and attention

- Wahnapiatae Chief and Council
- Donations from the surrounding Mining Companies
- Wahnapiatae First Nation Band Workers
- Wahnapiatae Sustainable Development
- Wahnapiatae First Nation Summer Students
- Wahnapiatae First Nation Community Members
- Wahnapiatae First Nation Volunteers
- Norman Recollet (donated to our powwow)
- Hans Matthews (donated to our powwow)
- Peter Recollet (donated to our powwow)
- Doug Conroy (donated to our powwow)
- Suzette Lajambe (donated to our powwow)
- Wendy and Myles Tyson
- Food Service: Rocky's Restaurant and Gas Bar
- Home Hardware in Capreol, Ontario (donation given)
- Foodland in Capreol, Ontario (donation given)
- Allstate Insurance (donation given)
- Sudbury Tourism (promoted our powwow)
- 105.3 KISS FM (promoted our powwow)
- 92.7 Q92 (promoted our powwow)
- Ray's Enterprise
- First Aid FASTeam
- Rent-N Sell All (rental chairs for singers/elders)
- Sweatlodge Man: Bryan Nootchtai
- Powwow Maintenance: Dale Roy
- Helper: Megan McDonald
- Helper: Amanda McGregor
- Helper: Lara Anwhatin
- Paul McDonald and Crew
- Food Vendors and Craft Vendors
- Dreamcatcher Fireworks
- Photos by Snapping Turtle
- Host Drum: Black Bull Moose
- Co-Host Drum: Shaadaakii
- Invited Drum: Young Biisinaï
- Guest Drum: Odawa Nation
- Female Head Elder: Mary Elliot
- Community Elder: Annabelle McGregor
- MC: Gerard Sagassige
- CO-MC: Stefanie Recollet
- Sound Technician: Duke Peltier
- Head Male Dancer: Geronimo Tootoosis
- Head Female Dancer: Debbie Plain-McGregor
- Firekeepers: Tony Tyson, Craig Tyson, Ed Tyson, Greg Tyson.
- Flag Carriers: Ted Roque, Larry McGregor, Jericho Pettifer, Myles Tyson, Wally McGregor, Suzette Lajambe
- All Dancers who were in

BUS TRANSPORTATION

Shkagamik-Kwe Health Centre
(sponsored bus transportation)

N'Swakamok Native Friendship Centre
(Pick-up and drop-off location)

WAHNAPITAE FIRST NATION 2014 POW WOW DANCER STATISTICS: GEOGRAPHIC LOCATION

FIRST NATION/TERRITORY	DAILY	WEEKEND
Aamjiwnaang	2	2
Atikameksheng Anishnawbek	8	5
Batchewana First Nation	2	2
Beausoleil	3	2
Brunswick House First Nation	1	-
Kitigan Zibi	1	-
M'Chigeeng	1	-
Michipicoten First Nation	3	-
Mississauga First Nation	1	1
Moose Cree First Nation	1	-
Sagamok Anishinawbek	3	1
Saskatchewan	2	2
Six Nations Mohawk	2	1
Wahnapiatae First Nation	24	13
Wikwemikong Unceded Indian Reserve	36	8
Zhiibaahaasing	2	-
MUNICIPALITY		
Sudbury, ON	12	5

WAHNAPITAE FIRST NATION 2014 POW WOW DANCER STATISTICS: Past to Present 2009, 2010, 2011, 2012, 2013, 2014

DANCER STATISTICS

2007 ~ 85 Dancers
2010 ~ 109 Dancers
2011 ~ 100 Dancers
2012 ~ 111 Dancers
2013 ~ 150 Dancers
2014 ~ 105 Dancers

DRUM GROUPS

2010 ~ 5 Drum Groups
2011 ~ 7 Drum Groups
2012 ~ 7 Drum Groups
2013 ~ 8 Drum Groups
2014 ~ 4 Drum Groups

CRAFT VENDORS

2010 ~ 9 Craft Vendors
2011 ~ 10 Craft Vendors
+ 4 Information Booths
2012 ~ 15 Craft Vendors
+ 1 Information Booth
2013 ~ 15 Craft Vendors
+ 1 Information Booths
2014 ~ 10 Craft Vendors

FOOD VENDORS

2010 ~ 3
2011 ~ 5
2012 ~ 3
2013 ~ 3
2014 ~ 6

WAHNAPITAE FIRST NATION 2014 POW WOW

POWWOW PHOTOS by Snapping Turtle



Head Dancers:
Geronimo Tootoosis and
Debbie Plain-McGregor



Arena Director: Robert
Stoneypoint
MC: Gerard Sagassige



CO-MC and WFN Staff:
Stefanie Recollet



Cultural Coordinator:
Liz Eshkibok
Head Elder:
Mary Elliott



Community Elder:
Annabelle McGregor



Head Firekeeper, Eagle Staff Car-
rier, and Cultural Advisory
Committee Member:
Tony Tyson

WAHNAPITAE FIRST NATION 2014 POW WOW POWWOW PHOTOS by Snapping Turtle

JINGLE DRESS DANCERS



Liz Osawamick



Debbie Plain-Mcgregor
and Sarah McGregor



Sharlene Webkamigad



Allison Recollet



Montana Geauvreau



Wahsay Pyawasit

WAHNAPITAE FIRST NATION 2014 POW WOW

POWWOW PHOTOS by Snapping Turtle



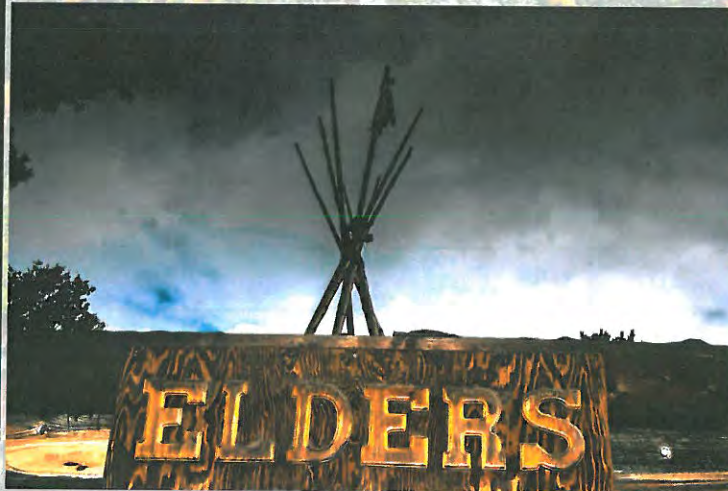
Hoop Dancer
Tasheena Dancy



Invited Drum: Young Biisinai



Hand Drum Contest
Darren McGregor



Darcy Trudeau &
Susan Roque

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

SEPTEMBER WORKSHOPS

- Interview Skills.....** Thurs. Sept.04, 2014
Resume & Cover Letter..... Thurs. Sept.11, 2014
Job Search..... Thurs. Sept.18, 2014
Programs & Services..... Thurs. Sept. 25, 2014
(Second Career & Apprentice)

(workshops start at 10:00 a.m. to 12:00 p.m.)



Enter to WIN... \$50.00
(Wal-Mart Gift Certificate)

***Beverage & Snacks available
for Participants***

BE JOB READY...REGISTER TODAY!

Contact: Melissa...705-524-6772
(mohandley@gezhtoojig.ca)

WE ARE LOCATED NEXT TO...
Hard Rock 42-Gastro Pub, Day's Inn
117 Elm St., Unit 102, Sudbury
Parking Available

**EMPLOYMENT
ONTARIO**
Ontario's employment & training network

Canada



SEPTEMBER 2014

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



Ontario First Nations
Technical Services
Corporation



OFNTSC
CRTP: Fuel Systems Management

Fuel Systems Management Training

**Where: Howard Johnson Plaza-Hotel (50 Brady St.)
Greater Sudbury, ON**

Date: Wednesday September 24, 2014

Time: 9:00 AM – 5:00 PM

Training Includes:

- Bulk Fuel Handling Procedures
- Legislative Requirements (Environment Canada)
- Receiving & Dispensing Petroleum Products
- Spill Response & Prevention

Health & Safety

Trainer: Doug Stuart, OFNTSC

Lunch and snacks will be provided.

Who can attend?

Bulk Fuel Handlers, O&M Staff, Gas Station Attendants, Home Heating System Caretakers. Or anyone that has an interest in becoming more knowledgeable when handling fuel.

To register please call OFNTSC at 1-888-892-8281, or email dstuart@ofntsc.org with your name, job position + organization, and First Nation. Please note that a registration fee of \$50.00 will be required.

PLEASE REGISTER EARLY TO GUARANTEE YOUR SEAT



GOOD FOOD BOX

PROGRAM

Sudbury & District

What is the Good Food Box?

The good food box is a non-profit community initiative that allows individuals and families to purchase a variety of nutritious, delicious, and fresh vegetables and fruit at a wholesale price.

Each month customers pay \$17. for a large box or \$8. for a small box of fresh fruit and vegetables.

- Each box contains the same mix of vegetables and fruit
- Customers can expect the same high quality vegetables and fruit found at a grocery store for a lower price.
- No matter the season ,there is at least one local food item in each box.

All the produce we purchase is high quality and fresh. We have local farmers and suppliers deliver their products to us the day we pack the Good Food Boxes.

Sample –Large Food Box \$17.



3 lbs. carrots	2 tomatoes
3 lbs. onions	1 red pepper
5 lbs. potatoes	1 cabbage
bunches of spinach	1 cucumber
1 cauliflower	4 bananas

Sample—Small Food Box \$8.



2 lbs. baby carrots	1 cucumber
2 or 3 onions	2 babanas
1 bunch of spinach	2 apples
1 tomatoe	1 1 orange
red pepper	

Good Food Boxes cannot be customized.

When do I pick up the box?

All orders must be prepaid in cash by the second Wednesday of each month, and picked up on the third Wednesday of each month.

Where do I order the box?

Contact and prepay your box by Wednesday, September 10th with Wendy Tyson at Wahnapiatae First Nation Band Office. 705-858-0610 ext: 219.