



Wahnapiatae First Nation Community Newsletter

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October 2020

P1-4: COVID-19 Updates



Find tips for physical distancing, and for continuing to connect with others in safe, healthy ways.

P6-7: Bass Lake Trails



Plans to revive the Bass Lake trails are underway, with WFN members and staff having made a visit on September 30.

P12: Shoreline Protection



Councillor Ted Roque provided a boat tour and shoreline inspection to OPG staff on Sept. 9 to advance ongoing planning / project work.

COVID-19 UPDATES

A Message to Members

With Ontario now officially in the grip of a second wave of COVID-19, Wahnapiatae First Nation Chief and Council are continuing to take active measures to monitor and plan for a rise in local cases so as to protect the health of our members and our community.

This means constant consultation with staff across all departments to ensure that there are plans in place should trends begin to shift. Rest assured that if cases once again begin to rise in our region, direct and practical action will be taken, and we will work to communicate with you about every single step we're taking, every single step of the way.

In the meantime, community members are asked to avoid traveling to any known COVID hotspots – and, in fact, to refrain from any unnecessary travel. Other good advice is to follow Public Health Sudbury & Districts' recently announced **Top 10 COVID Rules to Live By:**

- Stick to your household contacts.
- Keep 2 metres away from anyone not in your household contacts.
- Limit gatherings of any size.
- Limit travel.
- Use a face covering in enclosed indoor spaces, and when you can't keep 2 metres' distance outdoors.
- Stay home if you are unwell, and get tested.
- Wash your hands.
- Get tested.
- Work remotely.
- Practice kindness, patience, and gratitude; we are all in this together.

As always, if you have any concerns about exposure or feel you may have COVID-19 symptoms, you can contact the Health Sciences North COVID-19 assessment centre at (705) 671-7373. You may also make an appointment with a nurse practitioner at the Norman Recollet Health Centre at (705) 858-7700.

We have learned much from the first wave of COVID-19, and we are using that knowledge to set plans in place to preserve our people, our businesses, and our community going forward. Again, we're closely monitoring the local situation as it progresses, and we will keep members updated on any changes should they occur. It is only through our shared strength and diligence that we will be able to emerge from these challenges together.

Miigwech,
Chief Larry Roque

COVID UPDATES

COVID-19 Resource Contacts

Norm Recollet Health Centre
Phone: (705) 858-7700

Public Health Sudbury & Districts
Phone: (705) 522-9200
Website: www.phsd.ca

Telehealth Ontario
Phone: 1-866-797-0000
Website: [covid-19.ontario.ca/
self-assessment](http://covid-19.ontario.ca/self-assessment)

Hope for Wellness Helpline
Phone: 1-855-242-3310
Website: hopeforwellness.ca

Health Sciences North COVID-19 Assessment Centre:

Phone: (705) 671-7373
Patients will be screened by a nurse over the telephone, and referred to one of three options if testing is necessary (by appointment only):

- COVID-19 Assessment Centre, 56 Walford Road, with drive-through testing option;
- NEOMO Medical, 885 Prete Street, with drive-through testing option;
- Primacy Medical Centre, 1485 Lasalle Boulevard, with drive-through testing option

The Wahnapiatae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapiatae First Nation
259 Taigwhenini Trail Road
Capreol, Ontario | P0M 1H0
Phone: (705) 858-0610
Fax: (705) 858-5570



Additional Community Thanks

While we keep our eye on the horizon for the well-being of our community, I would like to continue to recognize the incredible hard work of those many individuals who provided tireless assistance during the recent community closure.

I was able to highlight just a few of the many people in the September 2020 newsletter, but it's important to continue to recognize those who have joined their hearts and hands to lift up the community in its hour of need.

To that end, I'd like to offer my profound, heartfelt thanks to the following additional people:

- Paul and Ed for their continuous service with garbage and recycling disposal;
- Wendy Tyson for keeping our Meals on Wheels ongoing from home; and
- Our medical run driver, Samantha Tyson, for providing service to our community members.

I recognize that there are likely still others who have not been listed here, and if that is the case, please know that their contributions have not gone unnoticed: the sheer number of individuals working to strengthen our community is truly endless – an important, heartening sign of our solidarity.

Miigwech,
Chief Larry Roque

Stay Informed, Stay Safe

For the most up-to-date information and updates about Wahnapiatae First Nation, including safety measures, check us out online as below:



WEBSITE: www.wahnapiataefirstnation.com



MAIN PAGE: [www.fb.me/wahnapiataefirstnation](https://www.facebook.com/wahnapiataefirstnation)



YOUTH PAGE: [www.fb.me/WFNYouthPage](https://www.facebook.com/WFNYouthPage)

COVID UPDATES



COVID-19 UPDATES

Take Care of Yourself, Each Other

Physical distancing will help limit the spread of COVID-19, but it may also lead to changes in the ways you connect with others.

Physical distancing does not necessarily mean becoming socially isolated. Find new ways to connect with others and practice self-care during this time:

Keep in touch

- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or condo message board.



Think of others

- If you are well, connect with people who may find this time especially stressful, such as:
 - Older adults and those with chronic health conditions who are at increased risk of COVID-19
 - People who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
 - People who have mobility challenges or few social supports



Talk to your kids

- Empower your kids by teaching them the most effective ways to prevent COVID-19:
 - Washing their hands
 - Coughing or sneezing into their elbows, and
 - Physical distancing
- Children may feel anxious or stressed due to the uncertainty surrounding COVID-19. Reassure them that their feelings are valid.
- Encourage your children to ask questions. Use plain language to explain what's happening.
- Establish a routine that gives your kids structure while they're indoors.



If you feel like you need additional mental health and addictions support, the following resources are available in Ontario free of charge:

- [ConnexOntario.ca](https://www.connexontario.ca) (1-866-531-2600), Ontario's mental health, addictions and problem gambling help line.
- [BigWhiteWall.com](https://www.bigwhitewall.com), a 24/7 anonymous online education and discussion platform for mental health support.

COVID-19 Statistics (as of Oct. 5)

Sudbury District:

Total Tests: 43,237

Confirmed Cases: 108

Resolved: 105

Deaths: 2

Ontario:

Total Tests: 4,089,119

Total Cases: 54,814

Resolved: 46,360

Deaths: 2,980

Hospitalized: 176

In ICU: 43

Canada:

Total Tests: 7,625,793

Total Cases: 158,806

Active Cases: 16,432

Recovered: 140,243

Deaths: 9,481

For up-to-date figures, be sure to check the following websites:

Sudbury:
tinyurl.com/phsddata

Ontario:
covid-19.ontario.ca/data

Canada:
tinyurl.com/canadacvd19

COVID UPDATES

Physical Distancing Rules

While the “six-foot rule” has become a part of our COVID-19 language, it’s helpful to take another look at what physical distancing involves in our day-to-day lives, and what practical steps we can take as individuals to protect ourselves and others:

What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means **staying at least 2 metres (or 6 feet) away from other people** whenever possible.



If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency.
- Greet neighbours and friends with a smile, wave, bow or nod.
- If you are working, discuss any concerns about physical distancing with your employer or supervisor.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.

Things to avoid



Non-essential trips outside your home



Hugging or shaking hands



Crowds or gatherings



Visiting friends



Sharing food or utensils



Engaging in group activities or sports



Visiting popular destinations



Play dates, parties or sleepovers

COMMUNITY NOTICES

Employment Opportunities Available

Wahnapiatae First Nation's Family Well Being program is offering special sewing assistance to community members who might have the need for social distanced help – or company – for projects.

Opportunities at WFN:

- Ratification Officer:
(Closes Oct. 8)
TERM: Part Time, Contract
- Educational Assistant
(Closes Oct. 13)
TERM: Full-time, contract
for the 2020-21 school year
- Health Director
(Closes Oct. 15)
TERM: Full-time,
permanent



External Opportunities:

- Utility Arborist Apprentice
(Hydro One and Power
Workers Union)
- Tree Pruner Leader
(City of Greater Sudbury)
- Family Finding Worker
(Kina Gbezhgomi Child and
Family Services)
- Child Wellbeing Workers
(Kina Gbezhgomi Child and
Family Services)

For more information regarding these positions and more, check the Administration / Job Openings tab at the Wahnapiatae First Nation website, available at: www.wahnapiataefirstnation.com

New Strategic Plan on the Way

In the coming weeks, Wahnapiatae First Nation members should expect to see a draft copy of a new Strategic Plan for their review.

Rooted in membership engagement and feedback, the draft 2020-2025 Strategic Plan is an effort to create a framework for the future of the community.

The plan considers a range of areas, including safety, culture, infrastructure, lands, education, health, economic development, and governance.

The document will be circulated to the membership for review and comment in the near future. When it arrives, please consider it carefully and provide your feedback: it is a direct reflection of the views you've expressed to date, and its success can only be achieved through your continued consideration.

New Schedule for Community Newsletter

Changes are coming to the Wahnapiatae First Nation Community Newsletter, and this includes the dates on which it's printed.

Starting with the October 2020 issue, all future copies of the newsletter will now be printed and circulated on the first Wednesday of every month.

This change is designed to make sure that the newsletter can be issued with a more consistent schedule and deadlines.

Keep an eye open for the next newsletters on the following dates:

- November 2020: **Wednesday, Nov. 4**
- December 2020: **Wednesday, Dec. 2**
- January 2021: **Wednesday, Jan. 6**

COMMUNITY UPDATES

Planning for the Future of the Bass Lake Trails

On Wednesday, Sept. 30, Wahnapiatae First Nation community members and staff took to the Bass Lake trails as a first step in bringing back what has been forgotten.

As protected land for use by members and forbidden to motorized vehicles, the Bass Lake trails are home to traditional medicines, knowledge, and stories. This initial outing represents an effort to determine what improvements need to be made, and what work can be done to revive their splendour.

In time, the hope is to find new opportunities to revive the trails, and to find new improvements while restoring old ones, all while lessening the impact on the land. Now is the time to plan for the future, waking up something which once was asleep, and bringing it to life.

For additional photos from the Sept. 30 excursion, see p.7



COMMUNITY UPDATES

Bass Lake Trails (continued from p.6)



COMMUNITY UPDATES

Community Medicine Walk a Success

On Wednesday, September 23, 2020, along with some of our youth, parents and elders, we picked medicines at the entrance of Bass Lake.

We learned about Labrador Tea, Sweet Fern and Gold Thread. We also talked about the Little People and shared stories.

The youth decorated their own Talking Stick, which teaches them about respect.

Miigwetch to Cristine Wilson, Mental Health & Addictions Clinician, for coordinating this event.



Broken Hammer: Healing Land



A healthy environment is crucial to the well-being of the land and our people, and this approach is the cornerstone of a working partnership between Wahnapiitae First Nation (WFN) and Wallbridge Mining Company Limited.

In September, representatives from both WFN and Wallbridge met at the site of the former Broken Hammer open pit mine as part of an effort to jointly ensure area water quality.

Located on WFN traditional territory 20 kilometres west of community, the site is currently under care and maintenance, with the ongoing development of a final closure plan to be completed in the near future. The company presently monitors and ensures that mine effluent is being controlled and treated before entering the natural environment under strict guidelines.

Wallbridge, an advanced exploration-development company, first discovered the deposit in 2003 after geologists engaged in

grassroots exploration came across mineralization after literally peeling back some rocky moss. Like so many before and since, they found success in the wake of the Sudbury meteorite that struck some 1.85 billion years ago, having found copper, nickel, and platinum group metals.

The property became known as Broken Hammer property - so called for the amount of rocks and hammers that were broken as geologists collected samples and cracked boulders - and went on to become an open pit mine which operated from June 2014 through October 2015.

An opportunity has since arisen for an agreement to be developed between Wahnapiitae First Nation and Wallbridge Mining, which was developed in early Spring 2020. Discussions between both parties resulted in an ongoing working relationship agreement pertaining to the daily operations of the water treatment plant and the surrounding water sampling and monitoring of the surrounding waterways and wetlands.

(continued on p.10)

UPDATES—LANDS

Broken Hammer (continued from p.9)

Throughout the spring and summer, the water treatment operations consisted of a power generation plant, a portable water treatment plant that treats the mine effluent prior to discharge, and an operator's control room. This fall, the site began treating the water with lime with pH adjustment prior to discharge as per approvals. Under the terms of the agreement, Wahnapiatae First Nation provides a project supervisor and four environmental technicians that support the 24-hour-a-day, 7-day-a-week schedule.

The role of the operators consists of ensuring that the discharge water stayed below the acceptable limits under Ministry of the Environment, Conservation and Parks regulations at all times.

It is the responsibility of the operators to monitor and calibrate the system; in the event that the water quality deteriorates, they also recirculate the effluent water back to the open pit until the proper levels are achieved. In addition to operating the water treatment facility, the technicians take daily samples, record them, and send the samples out to the laboratory for analysis.

Wahnapiatae First Nation is also involved with Blue Metric, a third-party environmental contractor for which WFN supplied another technician to monitor Wallbridge's operations.

In the open pit, barrels are used to secure the lime injection system used to treat the effluent water prior to discharge. The main discharge pump located in the center is submerged and pumps the water which then receives a pH adjustment using CO² and then continues to the point of discharge before entering the natural watershed.

As part of WFN's environmental monitoring, 40-litre samples are taken and sent to the lab where trout fingerlings are placed into the sample water. This process reinforces and



Wahnapiatae First Nation Chief Larry Roque and Environmental Coordinator Desiree Ducharme are informed about water sampling stations Wallbridge has established around the mine site for use by WFN technicians.

substantiates that the quality of water can support sensitive species.

The final result: clean water entering the environment.

This important success is the result of hard work by all parties, and is just one example of the ways that WFN is actively working with industry partners to reclaim and protect the environment on its traditional lands on behalf of its members.

Other such efforts will be shared in the Community Newsletter going forward as WFN seeks to make sure that members are better informed about the work undertaken on their behalf.

For more photos of this work, see P.11.

UPDATES—LANDS

Broken Hammer (continued from p.10)



Wahnapitae First Nation Chief Larry Roque was on hand at the September review of the Broken Hammer site, along with key staff from both WFN and Wallbridge.



Marc Leclair, Wallbridge site manager, was instrumental in providing the leadership skills and support required to make this a successful project. More importantly: he could take a joke!



Barrels located in the Broken Hammer open pit are linked to the lime injection system, which is part of the process of treating effluent water before discharge.



Clean water is the result of the hard work undertaken in joint partnership between Wahnapitae First Nation and Wallbridge on the Broken Hammer site.

UPDATES—LANDS

Partnering for Shoreline Protection

Representatives of Ontario Power Generation (OPG) were taken along the shores of Lake Wanapitei on Sept. 9, 2020 as part of Wahnapiatae First Nation's joint effort to address shoreline erosion.

On the Wanapitei River, OPG operates three generating stations – Stinson, Coniston, and McVittie – as well as the Wanapitei Lake Dam. These stations have provided reliable power since the early 1900s, and operators follow a Water Management Plan for the Wanapitei River which was developed in consultation with the public and First Nation communities.

Numerous discussions have taken place between OPG and Wahnapiatae First Nation (WFN) on the topic of shoreline protection, leading up to and following a Final Settlement Agreement that was reached in 2013. The Sept. 9 boat tour was part of this work, which is intended to continue shoreline erosion work that had been previously completed.

A definition phase is currently scheduled for 2021, with execution slated to take place in 2022. At this time, Gabion baskets are the preferred alternative for the work, based on the success of this method with the previously completed work. A full execution strategy is still being developed between OPG and WFN.

This is one of a number of efforts that OPG is undertaking in conjunction with Wahnapiatae First Nation, including the Coniston redevelopment project.

The Coniston Generating Station is at the end of its life, and OPG is assessing the options for the life extension and to better utilize available flows. Only one of three units at Coniston remains in service today.

As part of that work, OPG begin consultation with WFN in September 2019 with the presentation of the project to Chief and Council. Since then, OPG and WFN have signed off on a funding agreement that outlines how to work together throughout the definition phase of the project. Some terrestrial and aquatic field work



The shoreline inspection and visit by OPG staff was preceded by a water ceremony by Sandra Corbiere (right).



Councillor Ted Roque (second from left) led OPG on a boat tour/shoreline review with the WFN Lands Director and staff.

have been completed with assistance from WFN members.

Moving forward, WFN will continue to be involved in various aspects of the project including assistance with the Environmental Report, Technical Support Documents, collaboration on a water ceremony prior to construction, and an employment Open House.

Over the next 12 months, activities will include preliminary engineering, PWA Class Environmental Assessment, and other permitting and approvals as required.

Applications Open for Norman Recollet Memorial Bursary

While the school year has just begun, students are being encouraged to start thinking about the role that education and health play in their lives in preparation for the annual Norman Recollet Memorial Bursary.

Two \$500 bursaries will be awarded to a member or community member of Wahnapiatae First Nation: one that is graduating from Grade 8, and another from Grade 12.

These bursaries are supported by Chief and Council, as well as the Norman Recollet Health Centre.



Applications must be made by June 15, 2021, and will be reviewed by a selection committee alongside the Health Director. Completed documentation must be received by this date in order to be considered; those received after this date will not be considered.

Both classes of bursary will require the submission of a typed or hand-written response as a double-spaced, one-page letter, addressing why education is important to the applicant, and what it means to the applicant to live in a healthy community.

For full details, including forms, criteria, and rules on how to apply, download the application packages at the following links.

Grade 8: tinyurl.com/NRHC2021-G8

Grade 12: tinyurl.com/NRHC2021-G12

Essential Oils Now Available to Community Members

The Norman Recollet Health Centre is happy to announce that it has a variety of essential oils available to community members.

These oils include:

Five Thieves	Cedar
Breathe Easy	Labrador
Back Pain Spray	Gold Thread
Essential Oil Body Spray	Headache Killer Spray
Homemade Insect Repellent	Tick Repellent Spray



Those who are interested are asked to please remember to bring a tobacco offering. The offering can be in the form of a tobacco pouch or tobacco tie (i.e. loose tobacco wrapped in a small cloth). The tobacco pouch or tie should be prepared by the person making the request.

Preventative Care Guidelines for a Healthy Future

Lifestyle prevention and health promotion

Smoking Cigarettes: Smoking cessation is recommended for all ages.

Alcohol use (low-risk use): Men should have no more than 3 standard drinks a day on most days and no more than 15 drinks a week.

Women should have no more than 2 standard drinks a day on most days and no more than 10 drinks a week.

Diet: *Canada's Food Guide - First Nations, Inuit and Métis* is a trusted source of information on healthy eating.

Exercise: Adults, including seniors, should accumulate at least 150 minutes of moderate to vigorous physical activity per week, in bouts of 10 minutes or more. Children and youth should get at least 60 minutes of moderate to vigorous physical activity each day.

High Blood Pressure: Screening men and women age 18 and older.

Diabetes: Screening every 3 years men and women age 40 and older.

High Cholesterol: Screening every 5 years for men and women age 40 to 75 by blood test.

Osteoporosis (Brittle bones): All women and men age 65 and older by bone mineral density test.

Abdominal aortic aneurysm (AAA): We recommend one-time screening with an ultrasound in men aged 65 to 80.

Cancer screening

Breast cancer: Mammogram every 2 years starting at ages 50 until 74 years old for women.

Cervical cancer: Pap test every 3 years starting at 21 years old until 70 years old for women.

Colon cancer: FIT test (stool test) every 2 years starting at 50 until 74 years old for both women and men.

Prostate cancer: Not recommended unless you have symptoms.

Lung cancer: Men and women aged 55-74 years with at least a 30 pack-year smoking history, who currently smoke or quit less than 15 years ago can be referred to lung cancer screening program.

If you have any relatives -- such as a mother, father, brother or sister -- that have any of these issues, you may be eligible to get screening sooner.



If you have any questions or concerns, please call and make an appointment with the Nurse Practitioner at the Norman Recollet Health Centre at (705) 858-7700.

Nurse Practitioner Hours

Please note that the Nurse Practitioner's schedule at the Norman Recollet Health Centre is currently as follows, and is by appointment only by calling (705) 858-7700:

Monday:	In office: 8:00 a.m. - 4:30 p.m.
Tuesday:	In office: 8:00 a.m. - 4:30 p.m.
Wednesday:	In office: 8:00 a.m. - 4:30 p.m.
Thursday:	In office: 8:00 a.m. - 4:30 p.m.
Friday:	Closed
Saturday:	Closed
Sunday:	Closed

Calls will not be answered outside of these hours, or on weekends. If you are having a medical emergency, please go to the emergency department instead. For issues with less urgency, please go to a walk-in clinic or wait for the Nurse Practitioner to be available.



Calling All Artists: Logo Design Contest Open for Norman Recollet Health Centre

The Norman Recollet Health Centre is looking for an official logo, and is turning to community creativity for answers with a new contest to see who can submit the best design.

The deadline to submit is Nov. 30, 2020, and the winner will earn a \$500 cash prize.

Those interested in submitting a logo should incorporate the following aspects in the design:

- 1. Indigo Blue (color of health)**
- 2. Health Theme**
- 3. Medicines - Traditional**
- 4. Must be an Original Design**

This contest is open to all ages, and participants are encouraged to demonstrate their creativity and bring their original concept to life.

Designs that have been submitted will be made available for viewing from Dec. 7–10, 2020, and the winning logo will be announced on Dec. 16, 2020.

To submit your design, send it via email to heather.roy@wahnapitaefn.com or bring it in to the Norman Recollet Health Centre.

UPDATES—EDUCATION

Wahnapiatae First Nation Education Hubs Now Underway

The 2020-2021 school year is now here, and children at Wahnapiatae First Nation are able to enjoy a supportive virtual return to class thanks to the new Education Hubs.

An initiative of the Wahnapiatae First Nation Education Department, the Education Hub model allows for students to independently undertake their remote studies, but on site and with staff support.

These are located in the Gazebo and Hall, and are assisted with the oversight of two new education support workers who have been hired for this purpose.

To learn more about these two new staff members, Ashley Pichette and Jana Bolton, please view their biographies on p.17

For more information about the Education Hubs, please contact Marilyn or Beatrice at (705) 858-0610.



AANII PARENTS!



THE EDUCATION HUBS NEED VOLUNTEERS!

Wahnapiatae First Nation's Education Department needs Parent Volunteers to assist during the lunch breaks for its Education Hubs.

These will be from 11 a.m. - 12 p.m., Monday to Thursday, at the Gazebo and in the Maan Doosh Gamig.

Choose which days best work for you, and help make a difference!

IF YOU'RE INTERESTED, PLEASE CONTACT MARILYN OR BEATRICE:
(705) 858-0610 EXT. 209

EDUCATION HUB: SCREENING FORM REMINDER

Parents are being reminded that their child's online screening form must be completed and submitted each day before they get on the bus to attend the Education Hubs.



Please submit before 8:00 AM.

If a child's screening form is not received, the parent will be contacted and the bus driver will be required to bring the child back home.

The purpose of the screening form is to ensure the safety of all students, Education Support Workers, and bus drivers.

To access the form, visit the Wahnapiatae First Nation website:

www.wahnapiataefirstnation.com

If you have any questions about the Education Hub, please call Marilyn or Beatrice at (705) 858-0610.

Meet the New Staff at the Education Department

Ashley Pichette: Education Support Worker

Aanii, my name is Ashley Pichette and I am one of the Education Support workers for Grades 1-8.

I am a community member of WFN and am thrilled to be able to provide support for our great students.

I am an Ontario Certified Teacher and have been teaching in various locations across Ontario over the past 10 years. From Attawapiskat First Nation to Sagamok Anishinawbek, then to Moosonee and finally here in Sudbury, I have had the great experience of supporting students across many grade levels.

I look forward to what this year will bring, and I am excited to be working for our great community!



Jana Bolton: Education Support Worker

My name is Jana Bolton and I am thrilled to be working as an Education Support Worker with the youngest students on Wahnapiatae First Nation.

For over 20 years, I have worked with children, adults, and families and have taught in various environments such as classrooms, daycares, and adult learning centres. I owned and operated a music studio for 14 years and music is a passion of mine! I graduated from the Trent-Queen's Concurrent Education program and later, inspired by my son, pursued a graduate certificate in Autism and Behavioural Science. My goal is to help all learners succeed, no matter their challenges.

My love of reading and spelling led me to take on the role of president of the Sudbury chapter for the Spelling Bee of Canada in 2015. Each year, I have the opportunity of seeing young people sharpen their vocabulary skills while growing in confidence and self-esteem, and in an environment that is enriching and fun.

I consider myself an "old-fashioned teacher," believing that the basics of reading, writing, and math are the necessary building blocks for a solid educational foundation.

I am a wife and proud mom of three kids, and a big dog named Hudson - we live in Sudbury and love to be outdoors! I also love reading, cooking, and spending time with family and friends.

I look forward to the months ahead. We are going to learn so many new and exciting things together!



UPDATES—EDUCATION

Cambrian College, Vale and Indspire Partner to Offer \$50,000 Annually in Scholarships to Indigenous Students

A new partnership that includes Vale, Cambrian College and Indspire is ensuring Indigenous students looking to study the trades will get the financial support they need to succeed at school through 2023.

Vale will be providing \$75,000 to Cambrian College to support students in Indigenous communities enrolling in skilled trade programs. The funds will be matched by the Indigenous charity, Indspire, translating to \$150,000 over three years.

Indspire is a national Indigenous charity designed to enrich Canada through Indigenous education and by inspiring achievement. In partnership with Indigenous, private and public sector stakeholders, Indspire educates, connects and invests in Indigenous people so they will achieve their highest potential.

“This partnership is another step in the direction of supporting First Nations, Inuit and Métis students to achieve their potential. As Canada’s fastest growing demographic group they stand ready to enrich our country in so many ways,” says Roberta Jamieson, President

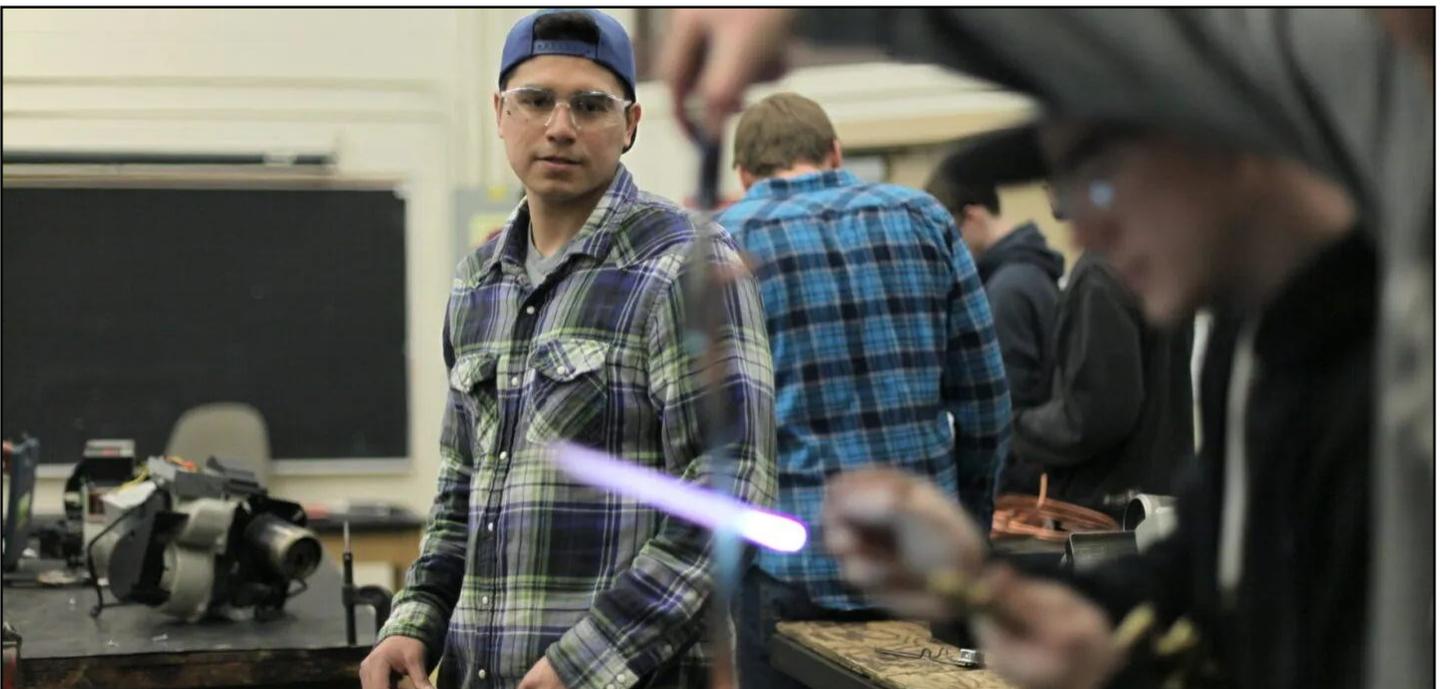
and CEO of Indspire. “We are grateful for the support of Cambrian College and for the work they are doing to advance the achievement and education of Indigenous students.”

Each award is valued at \$2,500 and will be offered to students enrolling in the Heavy Equipment Technician, Industrial Mechanical Millwright Technician, Power Engineering, Electrical Engineering and Welding and Fabrication Technician programs.

“We recognize that our Indigenous students are unique in the sense that they have not always had the same opportunities throughout their education as others throughout the country” says Ron Sarazin, Cambrian’s Director of Indigenous Student Success and Services. “Being able to provide new students with access to funding at this level will allow them to focus directly on their education, in turn helping to build their confidence and capabilities.”

For more information on this opportunity, or to apply visit the following link:

www.indspirefunding.ca/cambrian-college





COMMUNITY NOTICE

Provide Your Feedback on Community Solid Waste Management

Wahnapiatae First Nation wants to hear your thoughts on its options for the community's Solid Waste Management System in an upcoming information session.

Neegan Burnside has been working on this study for the past year, documenting the existing system, determining environmental concerns, and outlining potential enhancements. The information session will present future system options.

Due to Covid-19 restrictions, we must only have 10 people in the hall at the same time. Therefore, signing up for this event in advance is necessary; an electronic version of the presentation will be available at the contact below.

The contact to sign up is listed below along with details of two separate dates. If you're unable to attend in person, we are also looking at being able to provide this presentation live through digital media. Please contact the Environmental Coordinator for more information.

Join us and help decide how to manage Wahnapiatae's solid waste for the next 20 years.

When: Wednesday, October 14, 2020

Time: 4 p.m. — 5 p.m.

**Where: Maan Doosh Gamig Gathering Place
At the Centre of Excellence Building**

When: Thursday, October 22, 2020

Time: 6 p.m. — 7 p.m.

**Where: Maan Doosh Gamig Gathering Place
At the Centre of Excellence Building**

To sign up for this event, please contact the Environmental Coordinator:
(705) 858-0610 ext. 204 or environmentalcoordinator@wahnapitaefn.com

A door prize will be provided at each event,
and incentives will be provided to those who provide input!

UPDATES—LANDS

Waste Management Plan Options

The Wahnapiatae First Nation is examining its waste management options, as the landfill has about four years of capacity but comes with considerable operational costs.

Neegan Burnside Limited is preparing a 20-Year Waste Management System Planning Study to determine the best way to provide for the community's future waste, and your input is needed to determine the community's preferred waste management system. The meeting dates are on p.19, and the draft study can be found here: <https://bit.ly/2GSFr0r>

A synopsis of each option's advantages follows, with the disadvantages reviewed on p.21:

Options:	Advantages:	Relative Cost:
1. Expand the Landfill	<ul style="list-style-type: none"> Control over waste disposal for entire 20-year period Drop-off depot for community One of the most cost-effective options Maintains and creates jobs in the community 	\$\$\$
2. Build New Landfill	<ul style="list-style-type: none"> Control over waste disposal for entire 20-year period Drop-off depot for community Location might be more convenient Maintains and creates jobs in the community 	\$\$\$\$
3. Contracted Service: <ul style="list-style-type: none"> Roadside Collection Haulage Off-Reserve Disposal 	<ul style="list-style-type: none"> Contractually guaranteed service Disposal at provincially regulated facilities Low potential for financial or environmental liability Lowest cost option 	\$ (Lowest)
4. WFN Provides: <ul style="list-style-type: none"> Roadside Collection Haulage Contracted Service: <ul style="list-style-type: none"> Off-Reserve Disposal 	<ul style="list-style-type: none"> Maintains jobs within the community Low potential for financial or environmental liability 	\$\$
5. WFN Provides: <ul style="list-style-type: none"> Roadside Collection Drop-Off Haulage Contracted Service: <ul style="list-style-type: none"> Off-Reserve Disposal 	<ul style="list-style-type: none"> Maintains and creates jobs within the community Drop-off depot for community Drop-off depot may allow time for vehicle service delays 	\$\$\$\$ (Highest)
6. WFN Provides: <ul style="list-style-type: none"> Roadside Collection Drop-Off Contracted Service: <ul style="list-style-type: none"> Haulage Off-Reserve Disposal 	<ul style="list-style-type: none"> Maintains jobs within the community Drop-off depot for community Waste removal from drop-off depot is contractually guaranteed 	\$\$\$\$

UPDATES–LANDS

Waste Management Options (continued from p.20)

Options:	Disadvantages:	Relative Cost:
1. Expand the Landfill	<ul style="list-style-type: none"> • Extensive design and development cost • Significant (unfunded) operational costs • Potential financial and environmental liabilities 	\$\$\$
2. Build New Landfill	<ul style="list-style-type: none"> • Concern for operational deficiencies • Lengthy and costly site selection, design & development process • Significant (unfunded) operational cost • Potential financial and environmental liabilities 	\$\$\$\$
3. Contracted Service: <ul style="list-style-type: none"> • Roadside Collection • Haulage • Off-Reserve Disposal 	<ul style="list-style-type: none"> • Reliance on contractors for collection and disposal • Limited control of subsequent contracting costs • Requires coordination for bulky waste disposal • Eliminates community waste management jobs 	\$ (Lowest)
4. WFN Provides: <ul style="list-style-type: none"> • Roadside Collection • Haulage Contracted Service: <ul style="list-style-type: none"> • Off-Reserve Disposal 	<ul style="list-style-type: none"> • Requires coordination for bulky waste disposal • Vehicle breakdowns may delay service • Potential for disposal costs to increase over time 	\$\$
5. WFN Provides: <ul style="list-style-type: none"> • Roadside Collection • Drop-Off • Haulage Contracted Service: <ul style="list-style-type: none"> • Off-Reserve Disposal 	<ul style="list-style-type: none"> • Vehicle breakdowns may delay collection or haulage services • Potential for disposal costs to increase over time • Most expensive option 	\$\$\$\$ (Highest)
6. WFN Provides: <ul style="list-style-type: none"> • Roadside Collection • Drop-Off Contracted Service: <ul style="list-style-type: none"> • Haulage • Off-Reserve Disposal 	<ul style="list-style-type: none"> • Vehicle breakdowns may delay collection services • Limited control of subsequent contracting costs 	\$\$\$\$

After attending the public meeting as listed on p.19, please contact the project team with any questions you might have, as follows:

Wahnapiatae First Nation: Desiree Ducharme - environmentalcoordinator@wahnapiataefn.com

Neegan Burnside: Zack.Moshonas@neeganburnside.com or Jamie.Hollingsworth@neeganburnside.com

UPDATES—ECONOMIC DEVELOPMENT

Meet the New and Returning Staff at the Economic Development Department

Jolene Recollet: Economic Development Officer

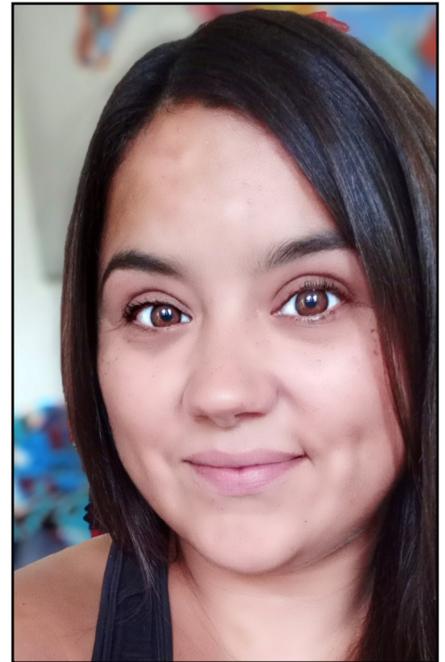
Aahnii! Jolene Recollet nindizhinikaaz. Ajijaak Anindoodem. Wahnapiatae First Nation nindoonjibaa. Greater Sudbury nindaa. I am an Economic Development Officer in Wahnapiatae First Nation and have dedicated myself to serving my community since 2016.

From a young age, I have recognized my role as an urban Anishinabe-kwe with each foot in two worlds: one in mainstream, colonial culture, and the other deeply rooted in my own culture and traditions. This has given me a unique perspective on the modern and traditional worlds, and as such I have committed myself to racial discrimination and socioeconomic equality causes.

During my tenure as Economic Development Officer, I have served on various boards, including Gezhtoojig Employment and Training, The Social Planning Council of Sudbury, reThink Green, and the Ontario First Nation Economic Developers Association.

In 2018, I had the opportunity to participate in Indigenous Clean Energy's 20/20 Catalysts Program, an award-winning interactive capacity development program that connects First Nations, Inuit and Metis Catalysts to a network of Indigenous and non-Indigenous Clean Energy Program mentors and Coaching Specialists in clean energy project development.

Currently, my economic development portfolio includes: business development, entrepreneurial support, and assisting other programs and departments in seeking project funding.



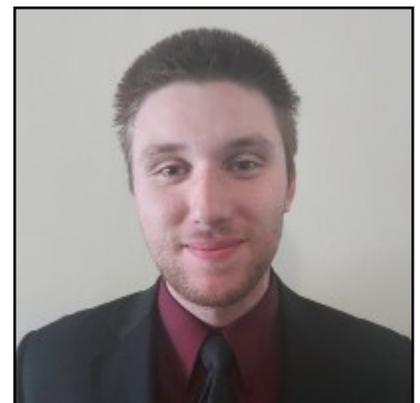
Austin Armstrong: Economic Development Intern

Greetings! My name is Austin Armstrong, and I am a recent addition to the Economic Development Department at Wahnapiatae First Nation.

I recently graduated from Carleton University with a degree in Financial Economics.

It is my firm belief that proper communication with the community is the foundation on which to build the work of the Economic Development Department. It is with this in mind that I eagerly anticipate connecting with you as we advance this work.

I am looking forward to working with the community on Wahnapiatae's future endeavours.



UPDATES – CULTURE

Sewing Assistance Available

Wahnapitae First Nation's Family Well Being program is offering special sewing assistance to community members who might have the need for social distanced help – or company – for projects.

One-on-One Sewing:

From basic sewing skills to learning how to use a sewing machine, a one-on-one family sewing session can provide you with the level of help you're looking for.

This can mean help with ribbon skirts and shirts, or even a basic rundown of how to use a sewing machine.

If you're interested in the basics or even Sewing Machine 101, reach out to the Family Wellness Worker as below.



Unfinished Projects:

While the arrival of COVID put a halt to a great many personal projects, from hide hats to mitts to fixing regalias, winter is just around the corner.

In other words, now is the perfect time to get the help you need.

If you need a sewing machine or a helping hand to put the finishing touches on that project that you've been putting off, reach out to the Family Wellness Worker as below.

For more information regarding this program or to register for a session, please contact Sue Roque, Family Wellness Worker, at (705) 920-9488, or via email at sue.roque@wahnapitaefn.com

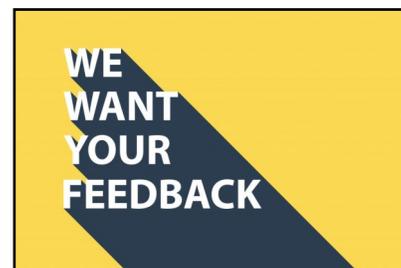
Cultural Activity Feedback Needed

If you have ideas about what type of cultural events and activities you'd like to see at Wahnapitae First Nation, the Family Well Being program wants to hear from you.

Staff is currently working on a slate of activities that best meet the needs and wishes of the community, and they're looking for direct feedback on what those could or should look like.

Examples of the kinds of events or activities can include:

- Workshops
- Teachings
- Ceremonies
- Children's / family activities
- ...and more.



To provide feedback on what offerings or programming you would like to see, or have any questions about the Family Well Being program, please contact Sue Roque at (705) 920-9488, or via email at sue.roque@wahnapitaefn.com

UPDATES—COMMUNICATIONS

WE'RE CHANGING HOW WE CONNECT WITH YOU TO SERVE YOU BETTER

You've probably noticed some changes in this issue of the Community Newsletter, and there are many more such changes to come as Wahnapiatae First Nation is exploring how it can better connect with you.

We want to make sure that we reach out to you in ways that are more timely and better suited to your needs — especially with COVID-19 keeping so many of us apart.

Whether it's asking for your feedback on key issues and projects, or outlining the work Chief and Council are undertaking on your behalf, we want to make sure we can connect you in ways that work for you.

This means you'll start to see some changes to how we connect, including:



The Wahnapiatae First Nation website, which is being redesigned to be more user-friendly, and to provide you with the kind of information that you need, with more complete and regular updates from each department, and a functional Members Only area, and more



The Community Newsletter, which is continuing to be revamped to give you more information about what's happening in the community



Wahnapiatae First Nation social media, which is in the process of improving and expanding — with new platforms and tools being examined to try and make sure we're in the spaces that you're in, from video to Instagram



Email communications, so we provide you with immediate, regular updates on what's happening in the community, and ask you for feedback on events and projects

If you have any thoughts on how you'd like to see our communications improve as we work through this process, whether it's a better way of connecting with you or more news you'd like to hear about, please let us know at: nick.stewart@wahnapiataefn.com

UPDATES—ROCKY'S



**Sunday
Special:**

All-You-Can-Eat Fish

Try it any Sunday for just \$16.99!

Just one of the great weekly specials at Rocky's!



EVENT UPDATES



SOUP'S ON!

EVERYONE WELCOME
EVERY TUESDAY
FROM 12 P.M. - 1 P.M.
AT THE MAAN DOOSH GAMIG HALL

NOKOMIS SEWING SHARING CIRCLE



ENJOY SEWING,
GAMES, AND
BEADING
MAAN DOOSH GAMIG
HALL

EVERY
WEDNESDAY
1 P.M. - 4 P.M.

Diabetes Support Circle

STARTING WEDNESDAY, OCT. 21, 2020
3:00 P.M. - 4:30 P.M.

THEN EVERY SECOND WEDNESDAY
3:00 P.M. - 4:30 P.M.

This program is about giving members the opportunity to ask questions and feel supported during their journey.

Possible topics include meal planning, exercise, medications, stress, and day-to-day management.

Members will be able to have their blood pressure and sugar taken at every meeting if requested.

TO SIGN UP AND FOR LOCATION DETAILS,
CALL NORMAN RECOLLET HEALTH CENTRE
AT (705) 858-7700

YOGA NIDRA



WITH SPECIAL GUEST
DARLENE TINDALL

Over four Tuesdays, starting Oct. 13 at 3 p.m.
at the Family Well-Being Office

Yoga Nidra—known as yogic sleep—is a meditation and conscious relaxation practice that is intended to induce total physical, mental, and emotional relaxation.

Spots are limited due to COVID-19 restrictions. Please register for the four-week program with Christine:

Email: Christine.wilson@wahnapitaefn.com

Phone / Text: (705) 923-8648

EVENT UPDATES



NUTRITION BINGO

OCTOBER 15, 2020

FUNDRAISER CANTEEN: 5 P.M.

BINGO: 5:30 P.M.

MAAN DOOSH GAMIG HALL
EVERYBODY WELCOME

HEALTHY RECIPE OF THE MONTH

OCTOBER 20, 2020

3:30 P.M. - 5:30 P.M.

FAMILY WELLNESS CENTRE
178 LOONWAY ROAD

Open to all on-reserve Wahnapiatae First Nation members, who will get a recipe and all ingredients to make it at home.

Bring your own bags!



Get ready for a super scary

HALLOWEEN

With our Trick or Treat Haunted Trail!



**Every child gets a prize!
(and extra prizes for Best Dressed!)**

Location: Centre of Excellence

**October 29, 2020
4:00 pm - 5:30 pm**

For questions, contact:
Sam.corbiere@wahnapiataefn.com or
(705) 858-0610

Talent Night Contest and Spaghetti Dinner

FRIDAY, OCT. 29, 2020

Registration: 4 p.m. - 6 p.m.

Dinner: 6 p.m.

Show Starts: 7 p.m.

1st Place: Cash Prizes for Each Category

2nd Place: Pick a Gift for Each Category

3rd Place: Pick a Gift for Each Category

Best Costume: Pick a Prize

Door Prizes!

Keep in mind we are still social distancing.

Children must be accompanied by an adult.

You must provide our own music.

Please make sure there is no vulgar language in the music you pick.

EVENT CALENDAR – October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Soup's On! (12 pm – 1pm @ Maan Doosh Gammig Hall)	7 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gammig Hall) One-on-One Family Sewing Sessions (Register @ 705-920-9488)	8	9	10
11	12 Closed (Thanksgiving)	13 Soup's On! (12 pm – 1pm @ Maan Doosh Gammig Hall) Yoga Nidra (3 pm @ Family Wellbeing Office)	14 Nokomis Sewing Sharing Circle (1 pm – 3 pm) One-on-One Family Sewing Sessions (705-920-9488) Solid Waste Mgmt Session (4 pm – 5 pm) (Register @ 705-858-0610 xt 204)	15 Nutrition Bingo (Fundraiser Canteen: 5 pm Bingo: 5:30 pm @ Maan Doosh Gammig Hall)	16	17
18	19	20 Soup's On! (12 pm – 1pm @ Maan Doosh Gammig Hall) Healthy Recipe of the Month (3:30 pm – 5:30 pm @ 178 Loonway Rd)	21 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gammig Hall) One-on-One Family Sewing Sessions (Register @ 705-920-9488) Diabetes Support Circle (3 pm – 4 :30 pm Register @ 705-858-7700)	22 Solid Waste Mgmt Session (6 pm – 7 pm) (Register @ 705-858-0610 xt 204)	23	24
25	26	27 Soup's On! (12 pm – 1pm @ Maan Doosh Gammig Hall)	28 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gammig Hall) One-on-One Family Sewing Sessions (Register @ 705-920-9488)	29 Trick or Treat Haunted Trail (4 pm – 5:30 pm @ Centre of Excellence) Talent Night + Spaghetti Dinner (Centre of Excellence)	30	31 Halloween