

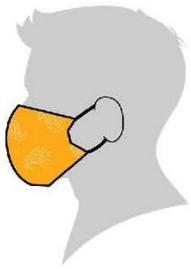


Wahnapitae First Nation Community Newsletter

Inside this issue:

September 2020

P1-13: COVID-19 Updates



View the new community mask by-law, and learn to make or care for your own.

P16-17: Powwow Photos



A safety-minded community powwow created many memories (and pictures).

P20-21: Life of Mine



Community member Sandra McGregor shares her story about reclamation efforts at the Whistle Mine.



A Message to Members

In conjunction with the Norman Recollet Health Centre, Wahnapitae First Nation Chief and Council are actively monitoring the community dangers posed by COVID-19, and are continuing to ensure that appropriate safeguards are in place to best protect public health.

The safety and wellbeing of the community, its visitors, and its staff remain the primary priority, and all efforts are being made to ensure that all pandemic protocols are in place and being followed. This includes the development of a mask protocol, as well as various protective measures that have rolled out since the arrival of COVID-19 earlier this year.

In the interim, community members are encouraged to take precautions and follow all relevant measures, as suggested by Public Health Sudbury & Districts:

- Wash your hands often and when visibly dirty for 15 seconds.
- Cover your cough or sneeze with your arm or a tissue, throw the tissue in the garbage and wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Continue to practice physical distancing.
- Avoid contact with people who are sick.
- Self-monitor for symptoms of COVID-19.
- Stay home if you are unwell and get tested.

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 between 9 a.m. and 5 p.m., seven days a week. Alternatively, you may also make an appointment with a nurse practitioner at the Norman Recollet Health Centre by calling (705) 858-7700.

Wahnapitae First Nation will continue to closely examine this situation as it progresses, and 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](https://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 monthly.

Wahnapiatae First Nation
259 Taigwhenini Trail Road
Capreol, Ontario
P0M 1H0

Phone: (705) 858-0610

COVID-19 UPDATES

Stay Informed, Stay Safe

While much has changed at Wahnapiatae First Nation (WFN) during these difficult times, work continues to ensure the safety of the community.

For example, the playground remains closed, while the beach, powwow grounds, and laundromat have restricted access. The band office is open, however, and businesses are re-opening with appropriate physical and social distancing measures in place.

Other related efforts can be found in this newsletter, which includes a range of resources and information for you to stay safe in September:

Basic COVID-19 Safety Practices

With masks now necessary in Wahnapiatae First Nation and throughout northeastern Ontario, knowing how to wear and care for one is important. You'll find tips on this, or how to make your own, on p.3-4.

How to Stay Safe and Enjoy Shared Time Outside

With some time left to enjoy the end-of-summer season, you'll find tips on how to do so safely on p.6-9.

Mask By-Law in Effect

On July 27, Chief and Council passed a mask by-law designed to protect public health. To read the full text of this by-law, see p.10-13.

Events Returning to the Community

Select events and programming are also being cautiously re-introduced for WFN members, and those can be found on p.29-30.

Parental Resources

The Education Department offers frequent updates and programs to support parents for their children's return to classes, whether they're physical or virtual. Be sure to check p.25-27 for some of these.

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



YOUTH PAGE: www.fb.me/WFNYouthPage

COVID UPDATES



COVID-19 Statistics (as of Sept. 1)

Sudbury District:

Total Tests: 30,912

Confirmed Cases: 94

Resolved: 93

Deaths: 2

Ontario:

Total Tests: 2,989,888

Total Cases: 42,421

Resolved: 38,369

Deaths: 2,812

Hospitalized: 65

In ICU: 17

Canada:

Total Tests: 5,504,316

Total Cases: 128,948

Active Cases: 5,604

Recovered: 114,218

Deaths: 9,126

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

How to Wear and Care for a Mask

With mask use regulations now in place at Wahnapiatae First Nation (see p.10-13), and within the Sudbury and Manitoulin District, knowing how to wear and care for your mask is more important than ever. Listed below are some general tips and information on how to stay safe:



Safely putting on and taking off a mask*

When you wear a mask, be sure to:

PUTTING ON

- Wash your hands before
- Place mask on your face so it securely covers your nose, mouth, and chin (no gaps)
- If applicable, pleats on outer side are facing down
- If applicable, pinch metal strip over nose
- Do not touch the mask or your face while using it
- Do not leave it on your neck, forehead, or hanging from your ear

- Change your mask as soon as it gets damp or dirty
- Wash your hands before removing
- Remove it without touching the side that faces outwards
- Put the mask directly into the washing machine or a plastic bag for cleaning
- Wash your hands and clean any surface the mask touched

TAKING OFF

*A mask can be cloth (non-medical), disposable or medical.

How to wash a mask

Cleaning your mask

Washing machine



You can include your mask with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.

...or Washing by hand



Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection.

Drying your mask

Dryer



Use the highest heat setting and leave in the dryer until completely dry.

...or Air dry



Lay flat and allow to completely dry. If possible, place the mask in direct sunlight.

COVID UPDATES

Make Your Own Mask

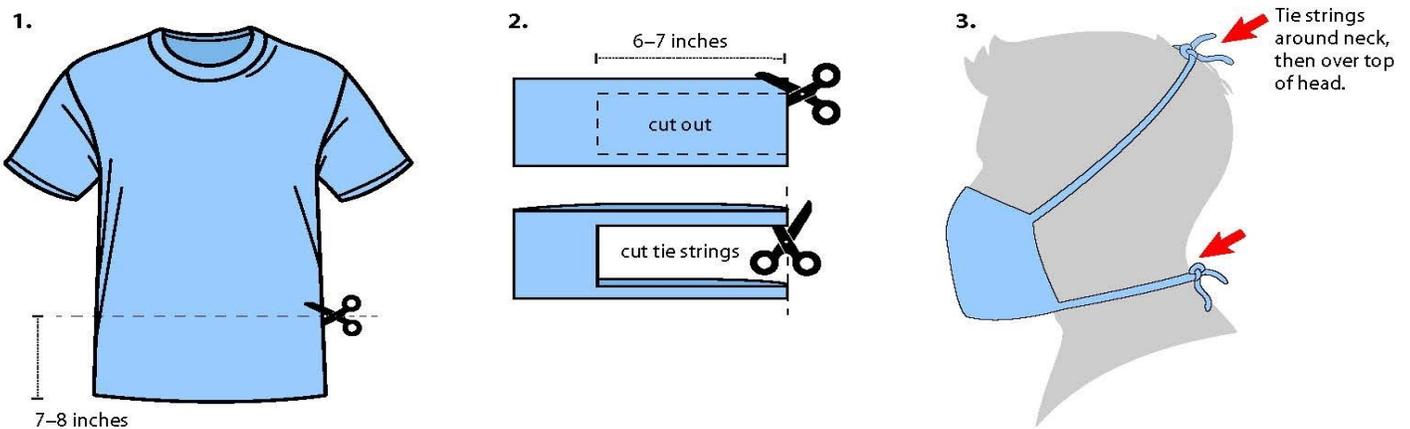
If you don't have access to a mask and don't have sewing equipment, check out the methods below for easy, no-sew options for helping to keep yourself and others safe:

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

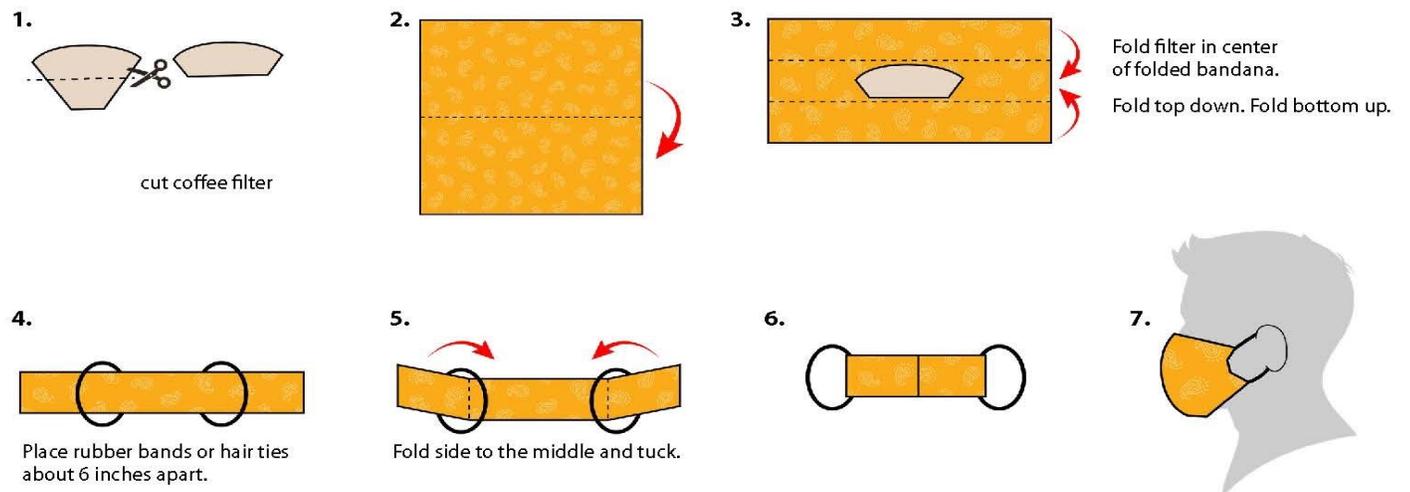


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



COVID UPDATES

Nanaadawejgaazawak Wii-Mnomaadizwad

Mental Health is Health - they are being healed to live a good life, to think healthy, be physically well and have a good heart

GIIWEDINANG CEDAR, WHITE BEAR

You are spiritually protected in your homelands
Mnikwen Giizhikaandawaaboo (drink cedar tea)
Aak'dewin Bimaadziwining (courage in life)
G'ziigbiig-ninjiin (wash your hands)
Eat traditional foods
Express yourself (dancing and drum)
Zoongide'ewin (courage)
Land-based learning (hunt, fish, trap)
Sleep well, good dreams

Physical

NINGAABIWNANG SAGE, THUNDER BEINGS & WHITE BUFFALO

Mkwendan, Gzhaadigen (remember, stay at home)
Your ancestors love you
Be gentle to yourself and those around you
Tell people how much they mean to you
Spiritually cleanse your home
Hang medicines where you live
Walk the land and pick medicines
We are all in this together

Emotional

WAABANANG TOBACCO, EAGLE

Kasehstenhsera (Power of the Creator)
Nam'aadaa (let's pray)
Share stories, teachings and songs
Pray for self, others and the world
Semaa Ka-bgidnaa (put your tobacco down)
Connect with your dreams and visions
Use your spirit name to guide you
Zhaawendan Bimaadziwin (love and respect life)

Spiritual

ZHAAWANANG SWEET GRASS, WOLF

Creator has infinite power, do not fear
You are loved and prayed for daily
Miigwech wendam (be thankful)
Karonkwa (I love you)
Pkwenezdaa (let's all smudge)
Skennen (peace)
Kanikonhri:yo (Good Mind)
Turn negative thoughts to positive
Learn your language

Mental

COVID UPDATES



Taking care of each other, wherever we are. 

Summer tips for being safe in the heat during COVID-19

social circle: is a small group of people that you are in close contact with.

Check your provincial/territorial guidelines for what is recommended in your area.



Remember the COVID-19 Safety Guidelines

- 1 **Pick one social circle** and stick with them.
- 2 **Stay 2 metres away** from people outside of your circle.
- 3 **Wash or sanitize** your hands often.
- 4 **Do not touch your face** with unwashed/un-sanitized hands.
- 5 **Wear a mask**, especially when indoors.
- 6 **Choose outdoor activities** when you can.
- 7 **If you have symptoms** (or have been in contact with someone who does) then stay home, isolate, and get tested.

Tips for being extra prepared for any outing!

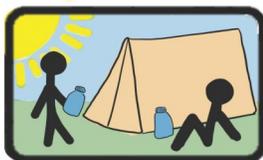
Bring your own:

- snacks
- water
- sunscreen
- mask
- hand sanitizer

Pay attention to:

- physical distancing markers
- signs for one-way walking in any public area
- respect the maximum number of people allowed in a space

Low risk



Getting out on the land & going camping



Visiting the park

Increased risk

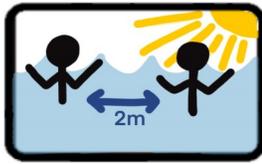
- Is it open?** Check Parks Canada, or your Province Parks agency, to see if local trails, camping sites, and public grounds are open.
- Least popular times & parks.** Try visiting less popular parks and trails. Go at off-peak times (morning or late afternoon).
- Be self-sufficient.** Pack extra hygiene products and bring lots of water and food.
- Communicate.** When on trails, let people know when passing them. This will help maintain good physical distancing.
- Visit a park close to home!** Less distance traveled is better.
- Find out if the park has open bathrooms, food stands, or other services you might want.** Bring what you need to be safe (hand sanitizer, masks).
- Help younger members** of your group follow the guidelines.
- Avoid crowded areas of the park.** Make sure your group/circle is 2 metres away from other groups.



COVID UPDATES

Summer TIPS for Safely being in the Heat during COVID-19 (continued)

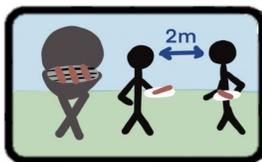
Lower risk



Going to a pool or water park



Staying cool indoors at the mall



Going to a BBQ



Eating or drinking on a patio

Higher risk

- Wait your turn** to use locker rooms, showers, and washrooms.
- Wear masks** in the lobby & locker rooms - but take them off when swimming!
- Even though chlorinated water is an effective disinfectant and COVID-19 cannot be spread through pool water, **it is still important to maintain 2 metres of space** while enjoying the water.

- Look for COVID-19 sign directions** (like which doors to enter & exit).
- Go at off-peak hours** to avoid crowds and waiting in the heat to get inside.
- Always wear a face mask** indoors and when you cannot keep 2 metres of physical distance.
- Wash or sanitize your hands** after touching common surfaces, like doors and handrails.

- Stay 2 metres away** from guests who are not a part of your circle.
- Wash your hands** before making, touching, or eating any food.
- Only eat off your own plate** and do not share cutlery.
- If weather conditions require people to crowd** inside or under shelter, postpone the BBQ for a nicer day.

- Use your judgement. **Is the patio safe for eating & drinking?**
 - All patios should be set-up to maintain strict physical distancing between groups of guests.
 - Restaurants are expected to clean potentially contaminated surfaces often.
 - Common areas (bathrooms, waiting areas) should have signs and markers to maintain physical distancing.
- If a patio space is too crowded** – choose to go somewhere else, or come back later when things are quieter.

Other ideas to beat the heat (that respect COVID-19 guidelines)



Take a cold shower.



Have a cold treat or watermelon.



Have a water fight with your circle.



Run through a sprinkler.



Go for a bike ride.



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PAGE 2 OF 2



National Association
of Friendship Centres
Association nationale
des centres d'amitié

COVID UPDATES

Taking care of each other, wherever we are. 

Remember, COVID-19 spreads through spit or droplets, so:

- wear a mask**
- stay 2 metres away** from people outside your social circle
- regularly clean** common surfaces
- gather outside** when possible

A **social circle** is a small group of people that you are in close contact with, sometimes called a "bubble".

Check your provincial/territorial guidelines for what is recommended in your area.



Guidelines for Safe Social Gatherings this Summer

Steps to help keep us healthy when hosting friends & family.



Plan to gather outdoors.

Many experts recommend that outdoor gatherings may reduce the risk of spreading the virus.

Consider hosting your gathering...

- in a park.
- in a backyard.
- on your porch or deck.

1



Plan well.

Tell your guests...

- to stay home if they are sick.
- to maintain good physical distancing.
- how you will share food.
- about things you want them to bring (masks, cups, etc.).

2



The size of your gathering matters.

- Check gathering limits for your area.
- Only have as many people as can safely physically distance in your outdoor space.
- Think about having some of your guests in-person and some online! This can include more people while staying safe, especially at-risk or elderly people who may not be able to come in person.

3



Anyone with symptoms should stay home.

Cancel or postpone your gathering if you (or anyone in your household)...

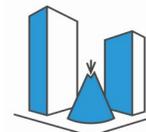
- have symptoms (including fever, cough, or headache).
- have had close contact with someone who has COVID-19.

4



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PAGE 1 OF 2



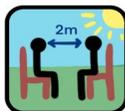
National Association
of Friendship Centres
Association nationale
des centres d'amitié

Guidelines for Safe Social Gatherings this Summer (continued)



Clean your space.

- Thoroughly clean common surfaces before guests arrive and after they leave.
- Have sanitizer or wipes handy for quick wipe downs.
- Use reusable plastic table clothes that can be disinfected during the gathering.



Do physical distancing.

Guests outside of your circle should be physically distanced.

- Set up chairs and blankets 2 metres apart, in advance.
- Elbow bump instead of hugs or handshakes.

Think about staying home if you...

- are over the age of 65.
- have pre-existing conditions that make you more vulnerable to COVID-19 complications.
- are caring for or living with someone in either of these categories.

5



Have good hand hygiene.

- Wash your hands with soap for 20 seconds, often.
- Provide hand sanitizer for guests.
- Wash your hands before preparing food or eating (avoid touching your face).

6

7

When using someone's bathroom

Treat it like a public washroom.

- Clean your hands well and use toilet paper (or paper towel) to open & close the door.
- Do not touch your face** with your hands unless you have washed them (and not touched any other shared surfaces).
- Bring a small container of hand sanitizer or wipes to clean your hands again as you leave the washroom.



Tips for your bathroom

If you are comfortable having guests **who are not in your social circle** use your bathroom, consider the following.



Ask people entering your home to wear a mask.



Clean and disinfect your bathroom well before and after the gathering.



Have guests use paper towels to dry their hands.



Ask guests to sanitize their hands when they leave the bathroom.



Remove things that will be hard to clean afterwards (like toothbrush, makeup, magazines).



Have disinfectant wipes or spray for guests to clean common surfaces (toilet handles, tap, doorknob) between uses.

NOTE: Evidence says you cannot get COVID-19 from a toilet seat!

Remember that social expectations can be challenging!

You can always say no to invitations and/or expectations to host.
Be clear about your expectations of other people when you invite them over.



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Wahnapitae First Nation Mandatory Mask or Face Covering By-Law No. 20/21-03

Whereas, under the Wahnapitae First Nation Constitution, Wahnapitae First Nation may pass by-laws in respect of the health, safety and well-being of persons and the economic, social and environmental well-being of Wahnapitae First Nation; and

Whereas, Novel Coronavirus is present within the Wahnapitae First Nation, and it causes the disease COVID-19 that is readily communicable from person to person and carries a risk of serious complications such as pneumonia or respiratory failure, and may result in death; and

Whereas, the spread of COVID-19 has been declared a pandemic by the World Health Organization on March 11, 2020; and

Whereas, on March 31, 2020, an emergency was declared; and

Whereas, Wahnapitae First Nation has the authority to pass by-laws respecting matters related to the economic, social, and environmental well-being of Wahnapitae First Nation, and the health, safety and well-being of Wahnapitae First Nation; and

Whereas, the following is deemed necessary, as there exists a pressing need for establishments to implement appropriate measures and regulations to better prevent the spread of COVID-19 and protect the health, safety and well-being of the residents of the Wahnapitae First Nation within enclosed public spaces; and

Whereas, it is believed that the existence of an enforceable temporary by-law requirement will help to educate the public on the importance of a properly worn mask or face covering and encourage voluntary compliance; and

Whereas, physical distancing is difficult to maintain in enclosed public spaces, the Medical Officer of Health has advised that the following temporary regulations requiring businesses and organizations that have enclosed spaces open to the public adopt a policy to ensure that persons wear a mask or face covering as it is a necessary, recognized, practicable and effective method to limit the spread of COVID-19 and thereby help protect the health, safety and well-being of the residents of the Wahnapitae First Nation;



1. Short Title

- 1.1 This By-law may be cited as Wahnapitae First Nation Mandatory Mask or Face Covering By-law.

2. Interpretation

In this By-law,

"Mask or Face Covering" means a mask, balaclava, bandana, scarf, cloth or other similar item that covers the nose, mouth and chin without gapping.

"Operator" means a person or organization which is responsible for or otherwise has control over the operation of an Establishment.

"Establishment " means any of the following: Cannabis Shop, Tobacco Shop, Retail Store, Food Services.

3. Purpose

- 3.1 To impose temporary regulations requiring the wearing of masks or other face coverings within enclosed public spaces.

4. Implementation

- 4.1 (a) The Operator of an Establishment that is open to the public, shall adopt a policy as required under this By-law to ensure that no member of the public is permitted entry to, or otherwise remain within, any enclosed space within the Establishment unless the member of the public is wearing a Mask or Face Covering, in a manner which covers their mouth, nose and chin.
- (b) The Operator of the Establishment shall, upon request, provide a copy of the policy for inspection by any person authorized to enforce this By-law.
- (c) When physical distancing cannot be acquired whether that be indoor or outdoor, a mask or face covering is required.
- (d) The policy shall include the following exemptions from the requirement to wear a Mask or Face Covering:
- (1) children under two years of age;
 - (2) persons with an underlying medical condition which inhibits their ability to wear a Mask or Face Covering;
 - (3) persons who are unable to place or remove a Mask or Face Covering without assistance;

COVID UPDATES



BCM WFN 20/21-07-103

Chief LR

(4) employees and agents of the person responsible for the Establishment within an area designated for them and not for public access, or within or behind a physical barrier; and

(5) persons who are reasonably accommodated by not wearing a Mask or Face Covering in accordance with the Ontario Human Rights Code.

(e) The policy shall permit the temporary removal of a Mask or Face Covering where necessary for the purpose of receiving services, or while actively engaging in an athletic or fitness activity.

(f) Subject to the exemptions in section 4.1(c), the policy shall require that employees wear a Mask or Face Covering when working in the enclosed public space.

(g) The policy shall not require employees or members of the public to provide proof of any of the exemptions set out in section 4.1(c).

(h) Food Services customers are exempt from mask wearing once seated.

4.2 The Operator shall conspicuously post at all entrances to the Establishment clearly visible signage containing the following text: ALL PERSONS ENTERING OR REMAINING ON THESE PREMISES SHALL WEAR A MASK OR FACE COVERING WHICH COVERS THE NOSE, MOUTH AND CHIN AS REQUIRED UNDER WAHNPITAE FIRST NATION BY-LAW 2020-03

4.3 The Operator shall ensure that all persons working at the Establishment are trained in the requirements of the policy and this By-law.

4.4 Every person who contravenes any provision of this By-law is guilty of an offence, and on conviction is liable to a fine not exceeding One Thousand dollars (\$1000.00) for any individual per offense.

4.5 The following premises are also for purpose of this By-law even if they would otherwise fall within the definition of an Establishment:

(a) private transportation and public transportation; and

(b) Norman Recollet Health Centre.

(c) Centre of Excellence

(d) Family Wellness Centre

(e) Gazebo



5. By-law coming into force

- 5.1 This by-law shall be published on the Wahnapitae First Nation official website, newsletter and social media platforms.
- 5.2 The Council shall be required to provide a hardcopy of the by-law to any person that request a copy and has not received a copy.
- 5.3 This by-law comes into force seven (7) days after the by-law has been posted on the Wahnapitae First Nation Website.

THIS LAW IS HEREBY made at a duly convened meeting of Council of Wahnapitae First Nation this 27th day of July 2020.
Voting in favor of the Wahnapitae First Nation Mandatory Mask or Face Covering Virus By-law No.20/21-03.

Are the following members of Chief and Council:

Chief Larry Roque



Councillor Bob Pitfield



Councillor Ted Roque



Councillor Craig Tyson

Councillor Mary Nicholls Russell



Being the majority of those members of the Council of Wahnapitae First Nation in present at the aforesaid meeting of the Council.

The quorum of the Council is 3 members.

Number of members of the Council present at the meeting: _____.

COMMUNITY NOTICES

New Staff at Wahnapiatae First Nation

The last few months have seen a number of new additions to the staff at Wahnapiatae First Nation, which continues to grow to better serve its members. Below is a list of staff members that have been added (or welcomed back) to the team, and who we hope you will get to know in the days ahead:

1. **Anthony Laforge:** Lands Director
2. **Teena Batenchuk:** General Manager, Rocky's Restaurant and Marina
3. **Nick Stewart:** Communications Coordinator
4. **Cinnamon Cyr:** Child & Youth Assistant
5. **Austin Armstrong:** Economic Development Intern
6. **Melanie Sabourin:** Administrative Assistant to the Lands Department
7. **Jessica Baillargeon:** Administrative Assistant to the Health Department
8. **Jake Nicholls:** Labourer
9. **Keith Doupe:** Labourer
10. **Christina Burke:** Labourer
11. **Welcoming back Jolene Recollet:** Economic Development Officer
12. **Welcoming back Jericho Pettifer:** Just completed Heavy Equipment operator training

New Cultural Building Information Coming

Members should keep an eye out for messages from Wahnapiatae First Nation about the need for feedback regarding the potential for a new Cultural building.

Engagement with the community will be key for this project, which is being considered as a means of addressing the growing community needs of Wahnapiatae First Nation.

Outreach and engagement will begin within the coming weeks once the information is prepared for your review.

Once available, full details will be posted on Wahnapiatae First Nation's website and promoted through WFN's Facebook page, as follows:

www.wahnapiataefirstnation.com

www.fb.me/wahnapiataefirstnation

Watch for Stray Dogs

Residents are being asked to keep an eye out for stray or nuisance dogs in the community – or to keep an eye on their own pets to ensure their safety.

Anyone who encounters an animal of concern may contact Rainbow District Animal Control and Shelter Services, whose contact information is listed below.

Stray or nuisance dogs and cats and dogs and cats for adoption.



Call:
705-673-DOGS(3647)
or
Toll Free:
1-800-836-6661

411 St. Agnes St. West
Box 640
Azilda ON
P0M 1B0

www.rdshester.ca

COMMUNITY NOTICES

Free Science North Passes Available

The Wahnapiatae First Nation members can pick up free guest passes for Science North, valid now until Labour Day (Sept. 7), 2020.

Each guest pass allows for the admission of up to six guests on a single visit during Science North operating hours, which are temporarily modified due to COVID-19. Passes also allow for a 10% discount at the Whizards Gift Shop.

To collect your passes, please contact Line, Health Administrator at the Norman Recollect Health Department, at (705) 858-7700 xt. 218.

Then, be sure to reserve your spot at Science North at (705) 522-3701, as capacity is limited to 500 visitors per day in order to maintain proper physical distancing.

For more information on what attractions are open and for a full list of safety precautions, be sure to visit Science North's website at www.sciencenorth.ca



Hydro One Seeking Community Feedback

Hydro One is in the process of seeking feedback on its preliminary investment plan for 2023 to 2027, and is looking to reach out to Wahnapiatae First Nation for feedback.

This plan will propose the investments Hydro One will make in equipment and infrastructure, customer services, and the rates customers pay.

To ensure their preliminary plan is aligned with First Nations customers' needs and preferences, they will be reaching out to residential customers via an interactive online feedback portal later this week. The feedback they receive will help finalize the plan they submit to the provincial regulator, the Ontario Energy Board (OEB).

In addition to collecting feedback from on-reserve First Nations residential customers, they will schedule a one-on-one interview with WFN representatives to discuss the unique electrical needs of your community.

Community members are encouraged to send their feedback to Executive Director Julie Fontaine at julie.fontaine@wahnapiataefn.com; your views will be used to ensure that the views of Wahnapiatae First Nation are accurately represented by Chief and Council.



COMMUNITY UPDATES

Community Powwow

While COVID-19 prevented the Wahnapiatae First Nation Annual Powwow 2020 from being held this year, a modified event was hosted for community members on the weekend of Aug. 8.

With restrictions and with other appropriate safety measures in place to protect public health, the event was still a much-needed celebration.

Miigwech to everyone who participated.



COMMUNITY UPDATES

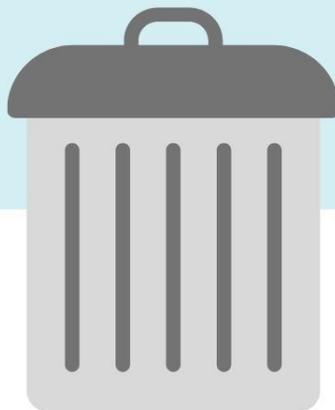
Community Powwow (cont'd from p.16)



New Hours for Community Landfill

Community members are advised that, as of August 10, 2020, the landfill is open at standard operating hours. The hours of operation are now as follows:

- Sunday: 12:00 pm - 4:00 pm**
- Monday: 12:00 pm - 4:00 pm**
- Tuesday: Closed (Recycling Pickup)**
- Wednesday: 12:00 pm - 4:00 pm**
- Thursday: Upon Request
(Garbage pickup)**
- Friday: Closed**
- Saturday: Closed**



COMMUNITY UPDATES

New Hours for Rocky's Restaurant and Marina



Restaurant Hours

MONDAY - TUESDAY 11AM - 7PM

WEDNESDAY 11AM - 9PM

THURSDAY - SUNDAY 9AM - 9PM

Gas Bar Hours

MONDAY - TUESDAY 8AM - 7PM

WEDNESDAY - SUNDAY 8AM - 9PM

Dining room now open!

COMMUNITY STORIES

Life of Mine

By Sandra McGregor

Hi, my name is Sandra McGregor, and I've been a part of TULLOCH for the best part of four years.

You may have heard of the Closed Mine Project TULLOCH has with Vale. Kristian Autio and I are the current caretakers for Whistle and Crean Hill sites but my relationship with the Whistle Mine site reaches back 20 years as of August.

On this work anniversary, I just wanted to share a success story not only for myself but how the natural recovery of Whistle has progressed since its time as an operating open pit mine.

I started looking after the site at the end of mining operations in 2000. At that time, all around was a barren nickel impacted "rockscape" of acidic rock and dust. Acid rock drainage impacted the water reaching the collection ponds and a small lime addition system was all we had to maintain compliant effluent.

At that time, the recovery of the environment seemed like an unachievable goal. Around 2001, Vale (then INCO) contracted Wm. Day Construction, partnered with AMEC, to execute a massive waste rock relocation project that included road, electrical and dam upgrades.

The 24/7 waste rock haulage operation required a lot of lime addition and associated monitoring such as waste rock sampling/splitting/paste/ph testing/lab submissions archiving, data management, acidity titrations, and water sampling to optimize the lime addition to the waste rock as it was placed back into the pit.

That effort consolidated 7 million tonnes of waste rock back into the open pit. An advanced soil engineered cover with several types of



monitoring instrumentation equipment was installed to cover the waste rock and the surface planted with a mix of vegetation, specifically tested and selected for the purpose.

I have also seen a lot of exploration done at and around this site over the years. After a few years the equipment left, but my role as an Environment Technician was still required as the site moved into the "recovery" mode. The water from the contaminated surface area and infilled pit was collected, treated and released to the neighboring stream.

Looking back at the time and effort personally invested into the recovery of this mine site, it is very satisfying to look around each morning and see the improving natural conditions as well as the improvements to safety and operations and to understand my role in protecting the receiving environment. *(continued on p.21)*

Wahnapiatae First Nation Member on Niijaansinaanik Child and Family Services Board

Wahnapiatae First Nation member Marnie Anderson is currently serving on the board of Niijaansinaanik Child and Family Services as its Treasurer.

Niijaansinaanik serves seven communities in the Sudbury, Nipissing, and Parry Sound areas, including: Wahnapiatae First Nation, in addition to Henvey Inlet, Dokis, Magnetawan, Shawanga, Wasauksing, and Nipissing First Nations.



Marnie Anderson

Anderson currently works at Laurentian University for the Aboriginal Children's Health and Wellbeing Measure (ACHWM) where she shares it with communities across Ontario and Canada. She holds a Bachelor of Physical Education at Laurentian University, specializing

in Health Promotion and Indigenous Studies, and achieved an advanced diploma in Physical Fitness and Leisure Management at Cambrian College.

With several years of experience in planning, conducting, evaluating and implementing programs for First Nations in several different areas both on and off reserve, she is eager to participate and assist Wahnapiatae with her knowledge, as it builds on her personal interest in Indigenous children's health.

To learn more about Niijaansinaanik Child and Family Services, visit them online at: www.niijcfs.com

Life of Mine (cont'd from p.20)

I just wanted to share my story with the TULLOCH team and hope you'll join me in celebrating a story of caring for the environment that we can all be proud of. It has more recently become a popular site for studies and teaching. A lot of universities and colleges visit Whistle to investigate its geology and to learn about the closure methods and reclamation.

I have witnessed the major improvements to safety and environmental management that have occurred over the past 20 years.

However, I am particularly amazed to see how effective the reclamation work has been in revitalizing the natural environment. Vegetation continues to recover and thrive, and this has led to impressive biodiversity as the local insects, plants and animals return.

Looking back, it has been rewarding to protect the land and waters that are very close to



my reserve on Wahnapiatae First Nation. Looking forward, I hope there are many more rewarding years ahead for us at Whistle.

UPDATES—HEALTH

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 line.baillargeon@wahnapitaefn.com or bring it in to the Norman Recollet Health Centre.

Cultural Activity Feedback Needed

If you have ideas about what type of cultural events and activities you'd like to see at Wahnapiatae 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@wahnapiataefn.com.

Your feedback will serve as the foundation for this important work, and is greatly appreciated.

Powwow Participation



Evelyn Williams (left), community member, stands with Sue Roque (right), Family Wellness Worker, at the community Powwow on the Aug. 8 weekend.

For more pictures of the event, please see p.16-17.

Sage Available

An abundance of sage this season has led to the donation of a large amount to the community.

Any community members who may need some should contact Sue Roque at (705) 920-9488.



UPDATES—LANDS

Meet the New Staff at the Lands Department

Anthony Laforge: Lands Director

Boozhoo (Greetings),

My name is Anthony Laforge and I am the new Lands Director for Wahnapiatae First Nation. I am a member of Nipissing First Nation, where I was born and raised. I have three caring daughters and three wonderful grandchildren that I cherish greatly.

I have 29 years of experience working in First Nation Governance and have spent the last 10 wonderful years as Director of Lands & Resources at Magnetawan First Nation, along the eastern shore of Georgian Bay. I was fortunate to have an amazing team there, where we established many partnerships and relationships in the territory that allowed us to participate in the conservation and protection of the Georgian Bay Biosphere Reserve.

Magnetawan First Nation is a recent signatory of the Framework Agreement on First Nation Lands with Canada, where I participated in the process of removal of 42 Sections of the Indian Act with regards to administration, management and control of their lands. The development and ratification of their Land Code now provides the Authority to Chief and Council and its members, rather than the Minister of Indigenous Services Canada.

As Lands Director, I am now responsible for the management of reserve lands and resources in a manner that embraces the economic, environmental and social goals of Wahnapiatae First Nation. The WFN Lands Department anticipates building on all the great work that has been accomplished by former leadership and employees here at Wahnapiatae First Nation.



Melanie Sabourin: Lands Clerk

Hello,

My name is Melanie Sabourin, and I am the new Lands Clerk for Wahnapiatae First Nation. I was born and raised in Sudbury, and in my spare time, I love to be in the woods, whether I'm exploring, camping, or fishing.

I am a positive, trustworthy person; I'm also hard-working and resourceful, with a passion for adding extra little details to my work. I'm also very focused: once I have my mind set on a goal, I work to achieve it as best I can. This also means that I love when things are organized.

All in all, I am a highly motivated individual, and I look forward to being a part of helping Wahnapiatae First Nation to achieve its goals.

UPDATES – EDUCATION

Wahnapiitae First Nation Offering Education Hubs

Parents on reserve now have a new option to support their children's virtual return to class in the 2020-21 school year.

The Wahnapiitae First Nation Education Department has put together two separate remote learning Education Hubs for students in Primary and Junior Grades.

Located in the Gazebo and Hall, students will work independently, supported by Education staff hired for this purpose.

Starting Sept. 14, these Hubs will operate Monday to Friday, 9 a.m. to 3 p.m., and on-site Chromebooks and headphones will be provided.

To learn more, contact the Education Dept. at: Marilyn.nicholls@wahnapiitaefn.com

Scholarship Winners Announced

The Wahnapiitae Education Department would like to congratulate the two recipients of the Wahnapiitae First Nation / Day Construction Scholarships for 2020:

Grace Tyson

Attending Canadore College: Mental Health and Addictions Program

Taylor Nicholls

Attending Dalhousie University: Bachelor's in Marine Biology and Bachelor's in Chemistry



Startup Programs Available for Aspiring Entrepreneurs

Two programs are being made available this fall for youth and adults who are interested in starting their own business, and are facing barriers to employment due to a mental health or addiction challenges.

The Toronto-based Rise, a national charity focused on entrepreneur support, is offering the following:

1) The Peer Supported StartUp Program (for adults 30+)

The Peer Supported StartUp Program is a free eight-week online learning program for individuals aged 30 or over, interested in launching or growing a small business or income generating activity, and who have experienced mental health or addictions challenges.

Individuals will network with like-minded entrepreneurs and build connections with each

other, connect with coaches and have access to a start-up grant. Interested participants can learn more here:

<https://risehelps.ca/peer-supported-training/>

2) The EnterPRISEing Youth Plus Program (for youth up to 29)

EnterPRISEing Youth Plus is a small business training program that combines the accessibility and flexibility of online learning with virtual support and coaching.

Individuals will network with like-minded entrepreneurs and build connections with each other, connect with coaches and have access to a start-up grant.

Interested participants can learn more here:

<https://risehelps.ca/enterprising-youth-plus/>

UPDATES—EDUCATION

Applications Open for WFN - Sudbury INO Post-Secondary Scholarship for 2020-2021 School Year

Both Wahnapiitae First Nation (WFN) and Sudbury Integrated Nickel Operations (Sudbury INO), a Glencore Company, believe in the importance of a good education for community members for the betterment of both Wahnapiitae First Nation and operations in the Sudbury area. Sudbury INO, through a formal agreement with WFN in 2008, has sponsored an annual scholarship fund to support post-secondary education and training programs. The scholarship fund is aimed at assisting community members of WFN to pursue careers in the mining related and mineral processing related fields.



Both WFN and Sudbury INO have established a joint Human Resources Working group to develop the criteria and mechanisms to select candidates and to administer this scholarship fund.

Scholarship details:

- The Human Resources Working group will be responsible for determining the eligible candidates.
- The annual scholarship is awarded annually to up to three (3) successful students, up to a maximum of \$10,000 per recipient per year.
- Past scholarship recipients must **RE-APPLY ANNUALLY** to be considered for another scholarship.
- Should not all scholarship funds be distributed, applicants in other fields of studies related to mining support services may be considered.
- Awards are determined in fall of each year and each applicant is notified of results of application.

Eligibility requirements: Applicants must meet the following requirements:

- You must be a registered WFN member or a Community member (the spouse or child of a band member that lives on reserve). You must provide proof!
- Submit proof of acceptance letter showing full-time current enrollment at an approved post-secondary institution (College or University) in a program related to mineral processing or mining field.
- Submit a letter to Human Resources Working Group requesting the scholarship along with a brief description of your education program with a one page essay on your career aspirations. It is imperative that you include your complete home address, contact telephone number and e-mail address in case we need to contact you.
- Provide a letter of reference from a current teacher/professor, Elder or Mentor.
- Provide proof of Academic Record (*transcripts from previous year*)
- All requirements/documentation must be submitted together **no later than September 18, 2020** to be considered in the up-coming semester and year scholarship (2020-2021).
- ALL requirements, proof, letters, etc., must be dated. (*continued on p.27*)

UPDATES—EDUCATION

Applications Open for Post-secondary fund (cont'd from p.26)

Mining-Related Programs/Positions	Mining Support Programs/Positions
Engineering: Mining, civil, mechanical, electrical, chemical, metallurgical, environment, mechatronics	Business Administration: Accounting, payroll, accounts payable, purchasing / procurement
Engineering Technology: Mining, civil, mechanical, electrical, chemical, metallurgical, environmental, process control	Human Resources, Public Relations
All Trades: Heavy Duty Equipment Mechanic (HDEM), electrical, millwright, pipefitter, gas fitter, stationary engineering, brick and stone mason, welding	Nursing
Science: Geology, environmental, chemistry, occupational hygiene	Warehousing, Material Management
Information Technology: Computer science / technology	
Instrumentation	
Health & Safety Management	
Maintenance Planning	

Send applications to: marilyn.nicholls@wahnapietaefn.com or by mail to:

Marilyn Nicholls, WFN Education Director
 259 Taighwenini Trail Road, Capreol, ON P0M 1H0
 Phone: (705) 858-0610 ext. 209 or FAX: (705) 858-5570



SUDBURY
INTEGRATED NICKEL
 OPERATIONS
A GLENCORE COMPANY



ANISHINABEK NATION

September 1, 2020

Chief Larry Roque and Council

Wahnapiatae First Nation

Re: Appeal of February 2020 Vote on the Anishinabek Nation Governance Agreement

At the beginning of July 2020, I was rehired as the Ratification Vote Manager for the Anishinabek Nation to assist with the Anishinabek Nation Governance Agreement Vote in the Fall of 2020. I also have the responsibility to implement the Ratification Process Protocol, this includes the Appeal process.

I was aware that there was a pending appeal of the February Vote by the Wahnapiatae First Nation. Soon after I started, I was emailed by Angela Talarico, the First Nation Ratification Officer, requesting assistance in organizing the paper work for the appeal. This I did.

On July 29, 2020, I received the appeal by email from Angela with supporting documentation, as I believed everything was in order, I forwarded the appeal to the Ratification Committee and the Parties for a decision.

The Parties requested a copy of the obituaries that supported Form 6 (amendments to the Voters List), this Angela submitted.

The Parties, Anishinabek Nation and Canada, returned the Appeal to the Ratification Committee for recommendations. The Ratification Committee at a meeting on August 25th recommended that the Appeal be approved and that Wahnapiatae First Nation ratified the Anishinabek Nation Governance Agreement.

At a meeting on August 27th the Parties, Anishinabek Nation and Canada agreed to approve the Appeal and that Wahnapiatae had ratified the Anishinabek Nation Governance Agreement.

The Anishinabek Nation (Union of Ontario Indians) fully supported Wahnapiatae in their Appeal.

Sincerely,

Joe Endanawas

Ratification Vote Manager.

HEAD OFFICE: NIPISSING FIRST NATION

1 Migizii Miikan, P.O. Box 711 | North Bay, ON P1B 8J8 | Ph: 705-497-9127 | Fax: 705-497-9135 | 1-877-702-5200
info@anishinabek.ca | www.anishinabek.ca | Anishinabek Nation | @AnishNation

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. - 3 P.M.

CONGREGATE DINING

SEPTEMBER 3, 2020



MAAN DOOSH GAMIG HALL
RSVP WITH LINE AT (705) 858-7700
(MUST BE 50+)

WORLD SUICIDE PREVENTION DAY SEPT. 10, 2020

#StopSuicide



EVENTS: 10 A.M. - 4 P.M.
LUNCH: 12 P.M. - 1 P.M.
MAAN DOOSH GAMIG HALL

JOIN US FOR A DAY OF ZUMBA,
YOGA, MEDITATION, AND ARTS!
LUNCH IS PROVIDED,
AND PRIZES TO BE WON!

STAY TUNED TO OUR FACEBOOK PAGE FOR
UPDATES AND A FULL SCHEDULE!

SPOTS ARE LIMITED. RESERVE YOURS WITH CHRISTINE AT
CHRISTINE.WILSON@WAHNPITAEFN.COM | (705) 923-8648
REMAINING SPOTS ARE FIRST-COME, FIRST-SERVED

EVENT UPDATES

HEALTHY RECIPE OF THE MONTH

SEPTEMBER 15, 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!



ONE-ON-ONE FAMILY SEWING SESSIONS

**EVERY WEDNESDAY (ON A ROTATING SCHEDULE)
STARTING SEPTEMBER 16**

Whether you're a beginner looking to start fresh, or you're an experienced hand at sewing, you'll find something to appreciate in these two-hour sessions, which are being offered to families through the Family Well Being Program.

Due to COVID-19, these sessions will be done one-on-one with the Family Wellness Worker, and all social distancing protocols will be followed.

TO REGISTER:
CONTACT SUE ROQUE, FAMILY WELLNESS WORKER
(705) 920-9488



NUTRITION BINGO

SEPTEMBER 17, 2020
FUNDRAISER CANTEEN: 5 P.M.
BINGO: 5:30 P.M.

MAAN DOOSH GAMIG HALL
EVERYBODY WELCOME

FULL EVENT CALENDAR AVAILABLE

SEE P.31

EVENT CALENDAR – September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Soup's On! (12 pm – 1pm @ Maan Doosh Gaming Hall)	2 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gaming Hall)	3 Congregate Dining (RSVP @ 705-858-7700)	4	5
6	7 Closed (Labour Day)	8 Soup's On! (12 pm – 1pm @ Maan Doosh Gaming Hall)	9 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gaming Hall)	10 World Suicide Prevention Day (10 am -4 pm @ Maan Doosh Gaming Hall)	11	12
13	14	15 Soup's On! (12 pm – 1pm @ Maan Doosh Gaming Hall)	16 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gaming Hall)	17 Nutrition Bingo (Fundraiser Canteen: 5 pm Bingo: 5:30 pm @ Maan Doosh Gaming Hall)	18	19
20	21	22 Soup's On! (12 pm – 1pm @ Maan Doosh Gaming Hall)	23 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gaming Hall)	24	25	26
27	28	29 Soup's On! (12 pm – 1pm @ Maan Doosh Gaming Hall)	30 Nokomis Sewing Sharing Circle (1 pm – 3 pm @ Maan Doosh Gaming Hall)			
			One-on-One Family Sewing Sessions (Register @ 705-920-9488)			
			One-on-One Family Sewing Sessions (Register @ 705-920-9488)			

THANK YOU

Throughout the last few months, Wahnapiatae First Nation has pulled together as we continue to weather the unique challenges and difficulties posed by COVID-19.

These have been difficult times, but they've also shown our strength and our resilience as a community. So many have gone above and beyond to ensure our shared safety, and while I can never fully acknowledge all they have done for all of us, I'd like to offer my profound, heartfelt thanks to everyone, including:

- Rocky's Restaurant and Marina, for taking care of our food storage;
- Shannon and Wendy, who planned all the food baskets for community members;
- Samantha, Rochelle, and others, for delivering food;
- Fire Chief Tom, for organizing and maintaining our roadblock;
- Council and band staff, for all the hard work of organizing administration and continuing to work from home;
- Nurse Practitioner Rebecca, for being available at any and all times for those in need;
- Leah, for organizing the campgrounds and campers;
- Our businesses, who closed to help keep our community safe;
- Samantha, Leila, Rochelle, and other band office staff members who came into work to make sure that we're able to continue to serve the community;
- Finance Director Ed Tyson, for diligently keeping us up to date while managing our financial agreements;
- Executive Director Julie, for spending countless hours to make sure that everything and everyone was taken care of;
- ...and, most importantly, you, the membership. From helping with the roadblock to wearing masks, everyone has done their part in ways big and small to make sure that we as a community are able to protect public health.

While there's still much uncertainty on the horizon as we enter the Fall season, and still much hard work to do, I'm confident that we will be able to continue to take on these challenges and create a stronger Wahnapiatae First Nation, together.

Miigwech,
Chief Larry Roque

