



Wahnapiatae First Nation Community Newsletter

Inside this issue:

APRIL 2021

P4: COVID-19 Vaccines



Get the facts about the COVID-19 vaccine, including what you need to do after getting it.

P5: Winter Fun Challenge



Members shared some of their favorite family winter memories as part of this fun community contest.

P11: Species at Risk: Bats



A Species-at-Risk Bat project is being conducted by WFN's Lands Department to learn more about local populations.



COVID-19 UPDATES

A Message to Members

With Spring officially here and the COVID-19 vaccines becoming available to Wahnapiatae First Nation members, it's more important than ever to keep our shared safety in mind.

Even with the vaccine, there is still much to be done to continue to protect each other, our youth and our elders, and public health. While Chief and Council are working hard to shield our most vulnerable people during these times, we hope you can keep the following things in mind during this warmer season:

COVID-19 VACCINE UPDATES

The Norman Recollect Health Centre will continue to provide notices when and where WFN members can receive their vaccine. If you have any questions, be sure to reach out to them at (705) 858-7700, or watch for notices on Facebook at www.facebook.com/wahnapiataefirstnation. It is only by getting vaccinated that we can truly begin to look forward to gathering safely again.

COVID-19 VACCINE: WHAT TO DO AFTERWARDS

Even after we receive the COVID-19 vaccine, we must still stay vigilant to protect our most vulnerable. Public safety measures must continue to be followed, including wearing masks, maintaining social distancing, avoiding gatherings, and more. For more details, please see P2-4 of this newsletter.

VIRTUAL EVENTS AVAILABLE TO MEMBERS

To try and keep our members connected and informed in these difficult times, WFN is continuing to host a number of virtual events. You can find more about these events in this newsletter, as well as many other important cultural learnings that our partners are offering to you as Wahnapiatae First Nation members.

PARTING THOUGHTS

As always, I continue to urge all our members to stay safe, to protect one another, and to follow the guidance of Public Health Sudbury & Districts. 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-19 UPDATE

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

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

COVID-19 UPDATES

Public Health Measures Still Needed Post-Vaccination

CCOVID-19 vaccine distribution is underway in Ontario. However, not enough people have been vaccinated yet to prevent the spread of infection.



Please continue to practice public health measures even if you've been vaccinated:

- Do not visit other people's homes
- Any gatherings/celebrations should only include members of an immediate household
- Wear a well-fitting 3-ply mask and practice physical distancing of 2-metres when out of your home to get essential supplies, groceries, medications, etc.
- Wash hands often and practice good hygiene
- Cover your cough or sneeze
- **IF YOU HAVE ANY SYMPTOMS**, even mild ones, get tested immediately and stay away from others as much as possible. Self-isolate until you have your test results and are notified by your provider about next steps

Thank you for all of your continuing efforts in promoting vaccination and preventing the spread of COVID-19.

With the arrival of more and more vaccines, as well as spring and summer, we will have more opportunities to return to normal activities when cases decrease.

We will get there with everyone's participation!

COVID-19 UPDATE



Public Health Alert: Spring Gatherings

Spring is here and with it comes warmer weather and holiday gatherings. While it's important to get outside to get exercise and some fresh air, it's important that we continue to keep ourselves and our community safe from COVID-19.

MENTAL HEALTH

- ▶ Feelings of stress are common during this time
- ▶ If you require mental health support, call:
 - 911 or the local emergency help line
 - The Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone
 - The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
 - For those in remote and isolated communities you may also contact your local nursing station

SOCIAL GATHERINGS

- ▶ Social gatherings and celebrations should only include those living in an immediate household

HOLIDAY TRAVEL

- ▶ Avoid all non-essential travel until further notice

COVID-19 Statistics (as of April 1, 2021)

Sudbury District:

Total Tests: 215,994

Confirmed Cases: 1,448

Resolved: 1,169

Deaths: 20

Ontario:

Total Tests: 12,500,381

Total Cases: 352,460

Resolved: 324,196

Deaths: 7,389

Hospitalized: 1,116

In ICU: 443

Canada:

Total Tests: 27,641,691

Total Cases: 982,116

Active Cases: 47,864

Recovered: 911,293

Deaths: 22,959

Stay Informed, Stay Safe

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



WEBSITE: www.wahnapiitaeirstnation.com



MAIN PAGE: www.fb.me/wahnapiitaeirstnation



YOUTH PAGE: www.fb.me/WFNYouthPage

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-19 vaccines: Get the facts

Once I receive both doses of the vaccine, can I stop wearing a mask and expand my social circle?

FACT: Even after being vaccinated, everyone must continue to follow public health measures, including minimizing in-person interactions with people from outside your immediate household, avoiding crowded places, wearing a mask, and washing your hands frequently for at least 20 seconds.

Will I develop side effects after receiving a COVID-19 vaccine?

FACT: Side effects can often be a sign of a healthy immune system building a defense to the virus. Side effects are generally non-serious and resolve on their own in a few days. Serious side effects, such as anaphylactic reactions, are rare and closely watched for. Talk to your healthcare provider if you have any concerns, or if your side effects are serious, worsen, or do not go away after a couple of days.

Is it better to wait to get the vaccine (or not get it at all) until we know for sure it's safe and effective?

FACT: All COVID-19 vaccines currently available in Canada have gone through clinical trials and been tested on tens of thousands of adult volunteers before being authorized for use. They were deemed to be safe and effective and have been licensed and authorized by Health Canada. The COVID-19 vaccines protect us against the novel coronavirus and are an important step to help us safely resume normal life.

Why are Indigenous adults among the first to be offered the vaccine in Canada?

FACT: Indigenous adults and communities are being prioritized for access to vaccines for a few reasons: they have significantly higher chances of having serious illness from COVID-19 than other Canadians; and they face higher risks for infection and serious illness, rooted in the history of colonialization and resulting systemic barriers, such as higher rates of chronic disease, reduced access to health care, and a lack of infrastructure (such as housing, water infrastructure, and medical services).

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19.

For more information, consult your healthcare provider, or visit Canada.ca/coronavirus



COMMUNITY UPDATE

Winter Family Fun Challenge Winners Announced

The Family Wellbeing Program is pleased to announce the winners of Wahnapiatae First Nation's Winter Family Fun Picture Challenge.

1st Place: Erika Gollan and Theo Sutherland

2nd Place: Lyndsey Boudreault and Adam Roque

3rd Place: Vince and Tammy Roque

Miigwetch to everyone who participated!

Enjoy the seasonal submissions on this and the following two pages.



COMMUNITY UPDATE

Winter Family Fun Challenge (continued from p. 3)



COMMUNITY UPDATE

Winter Family Fun Challenge (continued from p. 3)



COMMUNITY UPDATE

Raising HIV awareness through community events

Wahnapitae First Nation members were able to learn more about HIV in a safe, comfortable space through two separate community events held this March.

HIV Virtual Paint Social Workshop

Twenty-one members took part in a virtual End the Stigma Paint Social and HIV Awareness Bingo held on Friday, March 12, 2021, and which represented a new way of connecting and providing workshops to the community.

The paint social was facilitated by Moses Art, an Indigenous artist, who guided participants through painting of the Inukshuk with great patience and a focus on putting members at ease. The response was extremely positive, and participants indicated their desire to continue with this again in the future.

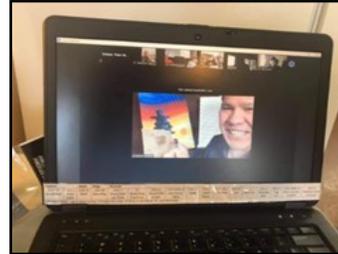
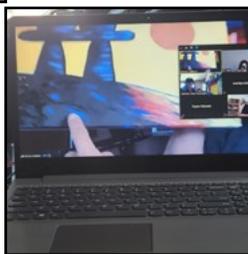
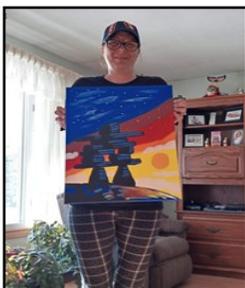
All participants were provided with supplies for the event, and prizes for the HIV Awareness Bingo were as follows:

1st Prize: A generator, won by Marilyn Nicholls

2nd Prize: An exercise bike, won by Shannon Skelliter

3rd Prize: A charcoal barbeque, won by George Mete

A swag bag or plant bulbs were won by Rochelle, George, and Lyndsey.



HIV Stop the Stigma Zoom Workshop

Fourteen members took part in this March 18 virtual event, which was facilitated by Anna Young from Reseau Access. Miigwetch to Anna for the opportunity to learn.

All participants were a swag bag with various personal items, chocolates, a key chain kit, and an evaluation. Prizes were also provided as follows:

1st Prize: A elliptical, won by Evelyn Williams

2nd Prize: A gas barbeque, won by Debra Plain McGregor

3rd Prize: A tabletop barbeque, won by Megan MacDonald

MEMBER SHOWCASE

Member Showcase to Highlight WFN Talent

The monthly Wahnapiatae First Nation newsletter will now include a Member Showcase section to highlight the incredible artistic talent of its members.

If you would like to showcase any of your art in this section – whether it's poetry, drawings, paintings, or pictures – please submit them to nick.stewart@wahnapiataefn.com

Below is the second submission, a beautiful poem courtesy of member Marlene Roque.

When mourning doves fly heaven bound,
Bound by grief they find their way,
Way up high through space and time,
Time stands still as angels pray.

Pray I'll find the strength to cope,
Cope each day without you here,
Here where sorrow is all I feel,
Feel like I want to disappear.

Disappear amongst the crowds,
Crowds make me feel more alone,
Alone I'll face your death and then,
Then this heart will turn to stone.

- Marlene Roque

EMPLOYEE SPOTLIGHT



JESSICA BAILLARGEON



JESSICA BEGAN WORKING AT WAHNAPIITAE FIRST NATION LAST SUMMER. SINCE JOINING THE TEAM, SHE HAS ACCOMPLISHED MANY ACHIEVEMENTS! JESSICA HAS ASSISTED WITH THE PLANNING, ORGANIZING AND THE IMPLEMENTATION OF THE RAPID COVID-19 TESTING. JESSICA HAS ALSO RECEIVED TRAINING TO PROVIDE THE TEST AND HAS ALSO PLAYED A **HUGE** ROLE IN THE COVID-19 VACCINATION ROLL OUT FOR WAHNAPIITAE FIRST NATION.

PLEASE JOIN US IN CONGRATULATING AND THANKING JESSICA FOR ALL OF HER DEDICATION & HARD WORK.



Congratulations!

Please join us in congratulating Anthony Laforge, Lands Director for reaching 30 years of hard work and dedication towards First Nation Governance with a focus on Lands. Anthony joined the WFN team this past summer and has already completed many projects and priorities. Anthony comes to WFN with an extensive amount of knowledge and experience. We, Wahnapitae First Nation are truly honored to have Anthony on our team. Please join us in congratulating and thanking him for all that he has done, and continues to do.



FUN FACT!

Anthony attended Harvard Law School in 2014 and received a Negotiations and Leadership Certification.

Anthony is also a huge Tragically Hip Fan! 

WFN Species-at-Risk Bat Study: An Introduction



Wahnapiatae First Nation's Lands Department is undertaking a number of important initiatives, including an important Species-at-Risk Bat project.

As part of its effort to keep members informed, the Lands Department is excited to share monthly project updates and information about local bat species.

SPECIES-AT-RISK BAT PROJECT

Two of the subjects of the species-at-risk bat project are pictured above.

This includes the Little Brown Bat (left) and the Northern Myotis (right). These two may be encountered in the Wahnapiatae First Nation area, and are listed as "endangered" in Ontario. In total, there are eight species of bats that are listed as endangered in the province.

Bats roost in permanent structures like garages and sheds, and in large mature trees with cracks and crevices.

You may even begin to see these bats emerge as the warmer weather approaches!

If you see bats or potential bat roosting habitat, the Lands Department would love to hear from you at (705) 858-0610, or by email at robbyn.dzuirban@wahnapiataefn.com

This will ensure that enough data is being captured about bat populations within the WFN land base.

ECOLOGICAL LAND CLASSIFICATION

This work is being enhanced by an Ecological Land Classification (ELC).

An Ecological Land Classification identifies and defines areas of land based on ecological features such as vegetation types, soil types, climate, and slope.

Last summer, Wahnapiatae First Nation partnered with LGL Consulting to carry out an ELC study on its lands.

This ELC study will help WFN to identify bat habitat areas.

From the ELC study, the Lands Department will be able to focus its monitoring efforts on areas which will likely support bat maternity roosts.

FOR MORE DETAILS, OR TO REPORT A BAT ROOSTING HABITAT, CONTACT THE LANDS DEPARTMENT:

(705) 858-0610 or via email: robbyn.dzuirban@wahnapiataefn.com

FAMILY WELL-BEING UPDATE



Children's Book Lending Library

Attention Wahnapiatae First Nation Community Members!

The Family Well-Being Program is currently seeking donations of gently used children's books – books that you have no longer a use for and hate to throw away, when another child could enjoy it!

Books will be held for one week, and a book quarantine will occur to ensure that safe borrowing of the books can proceed.

The Family Well-Being Program wants to encourage parents to read to their children, and with them on a daily basis. Reading time encourages positive supportive relationships with your children and provides them with a deep understanding about their world. They then use this acquired knowledge to make sense of their surroundings, what they see, hear, read, which aids in their cognitive development.

Books can be left at the Family Well-Being Program office located in the Norman Recollet Health Centre. We ask that you have the books in closed plastic bags, and we appreciate every book donated!



Continuing to promote healthy child development for our next seven generations!

FAMILY WELL-BEING UPDATE

Let's Talk - Parent Support Group

Join other parents to talk and learn about positive self-care strategies and resiliency tactics to help not only yourself and your family but maybe someone you know during the COVID-19 pandemic.

This is a chance to get together with other parents in the community for a communal fire in the tipi located behind the Grand Hall.

These meetings take place every second Wednesday, from 6 p.m.—8 p.m.:

- April 21, 2021
- May 5, 2021
- May 19, 2021
- June 2, 2021

Dress appropriately for weather conditions, and bring your own blanket or cushion. We are following COVID-19 safety protocols at this time, so the maximum number of participants may change or the sessions may be completely postponed (with notice) at any time should restrictions change.

Please call ahead to pre-register! If you are not able to make it, call or text to advise so another parent may attend. Weekly registration is required so as to be flexible and allow more parents a chance to participate.

Call or text Sue Roque, Family Well-Being Coordinator, at (705) 920-9488 or via email at sue.roque@wahnapitaefn.com

Water and snacks will be provided for participants,
and we're looking forward to seeing you!

**PLEASE CALL AHEAD TO CONFIRM PRIOR TO THE EVENT,
AS UNEXPECTED CANCELLATIONS MAY HAPPEN DUE TO COVID-19!**

FIRE DEPARTMENT UPDATE



IN ANY FIRE-RELATED EMERGENCY, CALL 911

Any fire-related emergency -- including carbon monoxide, propane leak, vehicle crash, or natural disaster -- is a 911 emergency.

This is because Wahnapiitae First Nation follows 911 protocols, and does not have its own independent emergency response system.

In a fire-related emergency:

DO: Call 911, as the entire WFN Fire Department crew will be dispatched.

DON'T: Personally call the Fire Chief or another Fire Crew member, as this is not due process, and you might inadvertently delay response time.

Miigwetch, and please note the following related safety tips:

HOW TO DETECT A PROPANE LEAK

Propane has a unique smell — similar to rotten eggs. If you use propane as your home's energy source, *it's extremely important* that your entire family learn to recognize the smell.

SYMPTOMS OF CARBON MONOXIDE POISONING



DIZZINESS



CHEST PAIN



CONFUSION



BLURRED VISION



HEADACHE



SHORTNESS OF BREATH



NAUSEA

CULTURAL UPDATE

Learning About Maple Sap Harvesting Season

It's maple sap harvesting season, a perfect time to learn Aanishinaabemowin terms about this important time of year. See the list below for some words you can use this season.



NINAATIGO ZIIWAAGMIDEKENG

Ninaatig (oog)	Maple Tree(s)
Ziiwaagmide	Syrup
Ninaatigo-Ziiwaagmide	Maple Syrup
Ziisbaakdekeng	Maple syrup making time
Ziisbaakdake	She is making syrup
Ziisbaakodaaboo	Sap
Aaboo	Any liquid form
Zhigage	Tapping a tree
Ziisbaakod	Sugar
Ziisbaakadonhs	Candy
Mezweyaanh	Maple syrup cake
Noopming	In the bush
Aabtoo-gazod	Middle of the month
Gchi kik	Large potpail
Kikoonhn	Small potpail
Boodwe	Make a fire
Bebaabgaanh (ig)	Pancake(s)
Mshkiki	Medicine
Ziisbaakdakaan	Sugar camp
Naadoobii	Carry sap

ROCKY'S UPDATE



ENJOY THESE DISCOUNTS TODAY!

HOT SANDWICH BOGO

APRIL 2021

ORDER A HOT TURKEY OR A HOT HAMBURGER SANDWICH AND GET A SECOND ONE FOR 50% OFF

CAULIFLOWER BOGO

APRIL 2021

BUY AN ORDER OF CAULIFLOWER BITES & RECEIVE A SECOND ORDER FOR FREE!



FRIES & GRAVY

APRIL 2021

FREE GRAVY (2) WITH THE PURCHASE OF TWO LARGE FRIES

SENIORS 15% OFF

APRIL 2021

15% OFF FOR ALL SENIORS, 55 YEARS +

MUST PROVIDE COUPON TO SERVER FOR DISCOUNTS!

705-858-0500

OPEN 11-7 THURSDAY-SUNDAY

JOB OPPORTUNITIES



Statistics
Canada Statistique
Canada

FM-133-21

Census Jobs 2021



Canada's next census will take place in the spring of 2021. Statistics Canada is hiring approximately 32,000 people to count every person in Canada. The census provides high-quality data that your community can use to plan housing, emergency services, employment skills programs, schools, daycare, and more.

In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.

Canada

Join the 2021 Census team

As an Indigenous community member, you are best suited to collect census data from local inhabitants and verify that all dwellings are counted. Use your local knowledge while sharpening skills that are sought-after by employers.

Type of work

Census jobs are short-term positions collecting census questionnaires from residents in your community. Job start and end dates vary by position and location, between March and July 2021.

Crew Leaders (supervisors): As a crew leader, you will train, supervise and motivate a team of enumerators.

Enumerators: As an enumerator, your primary responsibility will be to complete census questionnaires with residents.

Rates of pay

Enumerators (or equivalent) are paid \$17.83 per hour, and supervisors are paid \$21.77 per hour.

In select Northern and Remote communities, enumerators (or equivalent) are paid \$29.25 per hour, and supervisors are paid \$31.25 per hour.

Employees are paid for authorized expenses.

Applicants must be

- 18 years of age or older
- a Canadian citizen or otherwise eligible to work in Canada
- available to work flexible hours during days, evenings, and weekends.

Apply now / tell a friend

www.census.gc.ca

1-833-830-3106

PARTNER UPDATE—NIIGAANIIN



APRIL 2021 NIIGAANIIN NEWSLETTER AN UPDATE FROM OUR MANAGERS

Aanish Naa - Dorothy Coad



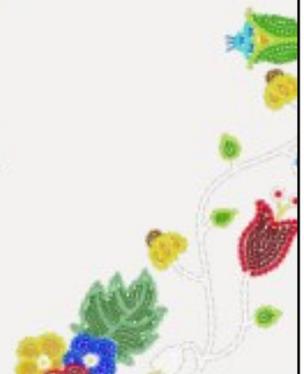
The Aanish Naa program is happy to announce a new Genaadmowit that started on March 1st! We are excited to introduce the new member of our team to all our communities. We also had a focused CBT group for anxiety that started March 4th and is running in the evenings for 6 weeks, this is a great opportunity to learn strategies to manage anxiety. If you are interested in this group and missed the first one, don't worry we are planning to run 6-week cycles throughout the year. Contact aanishnaa@niigaaniin.com for more information or call Dorothy at 705-989-4665. As always, the Genaadmowits are here to support you and your family move forward in a good way by helping with mental health and substance use issues.

Anishnawbek Ehnkijik - Tasha Becker

Anishnawbek Ehnkijik's team has experienced some changes in staffing. Constance Pangowish has moved to the Aanish Naa team as a Genaadmowit. Kristine Doyle has moved to the NSTC Administration Unit as Project Assistant. Two new staff have been hired and are starting in late March. We will introduce the new Ehnkijik team members in the April newsletter. The Team wanted to say Chi Miigwetch for your dedication to the communities served and wishes both Constance and Kristine continued success in their new roles. The Ehnkijik team has become certified First Aid CPR Level C instructors and is actively rolling out courses. There is no cost for First Aid CPR Level C however, a modified intake is required. If interested in a course, please email ehnkijik@niigaaniin.com. The Ehnkijik team continues to deliver Mino Bimaadizidaa workshops on Facebook - Anishnawbek Ehnkijik Tuesdays and Thursdays at 2:00 pm. Please like and share our videos.



NIIGAANIIN



PARTNER UPDATE—NIIGAANIIN



Mino Bimaadizidaa - Yvette Moffatt

Boozhoo/Aanii

The Mino Bimaadizidaa and Aunties and Uncles Program had a break in March, this allowed for our Facilitators to get their First Aid/CPR. A flyer went out into social media for new intake for the upcoming Aunties and Uncle session in April. We are also going to start an on-line drop-in for the Aunties and Uncles program beginning two days a week, look for the zoom link on social media. Contact us at mino@niigaaniin.com for more information.



**SCAN
ME!**



**CHECK OUT A DRONE VIDEO OF BEAUTIFUL
SERPENT RIVER FIRST NATION!
USE YOUR CELL PHONE'S
CAMERA TO SCAN THE
QR CODE.**

Check out our new website!

www.niigaaniin.com



PARTNER UPDATE—EVENTS



ATTENTION INDIGENOUS YOUTH we want to hear from you

WHAT

Share your thoughts with us on recreational cannabis use. You can submit a short story, a TikTok / YouTube video or digital or traditional artwork.

WHY

The Ontario Native Education Counselling Association (ONECA) is developing culturally-appropriate resources and training related to recreational cannabis use and vaping. We need your input and perspectives.

HOW

Send your submissions to Linda Sullivan, Project Coordinator at sully.on.the.lake@gmail.com
Include your name, email address and phone number.

DEADLINE FOR SUBMISSIONS

APRIL 30, 2021

1st Prize - Lap top !

All participants will receive a gift card !

Producers of the top content could be asked to participate in an on-line forum to develop key messaging that will influence healthy choices and harm reduction.



By making a submission, you are granting ONECA permission to use the materials as part of our project.

AMBE GWAAJIING ZHADAA–SERIES

AMBE GWAAJIING ZHAADAA

“COME PLAY OUTSIDE” IS A SERIES OF LEARNINGS IN A LAND-BASED SETTING, ALLOWING INDIGENOUS CHILDREN & YOUTH THE OPPORTUNITY TO LEARN THROUGH EXPERIENCE, WHILE DEVELOPING THEIR SENSE OF BELONGING & INCREASING THEIR SELF-WORTH. “AMBE GWAAJIING ZHAADAA”, IN ESSENCE, IS TO MOVE FROM FEAR TO FREEDOM AND WILL MAKE A POSITIVE DIFFERENCE IN SUPPORTING OUR FIRST NATION CHILDREN & YOUTH TO EVOLVE THROUGH A RANGE OF CULTURAL, SPIRITUAL, INTER-GENERATIONAL, RECREATIONAL, LAND-BASED, WELLNESS, & LANGUAGE REVITALIZATION PROJECTS

LIST OF ZOOM SESSIONS

WE Matter
March 25, 2021
6:00 - 8:00 p.m.

The Values for Success
April 14, 2021
4:00 - 5:30 p.m.

**Mshkiki Awaadiziwin
Medicine Knowledge**
March 31, 2021
6:00 - 8:00 p.m.

N'doonjibaa: Where My Spirit Sleeps
April 16, 2021
4:00 - 5:30 p.m.

Make Your Own Medicine Bag
April 11, 2021
4:00 - 5:30 p.m.

Our Relationship with Creation
April 21, 2021
6:00 - 8:00 p.m.

Dog Sled Mushing
April 12, 2021
4:00 - 5:30 p.m.

**Good Mental Wellness & the Land
Video Submissions**
Due on April 20, 2021 @ 12 noon

Closing Session:

Closing Discussion/Sharing, Draw for the Grand Prizes of 2 x \$1,000 Gift Certificates
April 29, 2021 @ 4 p.m. - 5:30 p.m.

**For ages 8 - 16 years, members from Dokis, Henvey Inlet, Magnetawan, Nipissing,
Wahnapiatae & Wasauksing First Nations**

Prizes to be won at each Zoom session!

Attend four (4) or eight (8) Ambe Gwaajiing Zhaadaa sessions and your name will be entered into the Grand Prize draw for a chance at two (2) \$1,000 gift certificates for outdoor gear

To register for any of the sessions, please contact **Sally Dokis** at
mwtn@wasauksing.ca

Events sponsored by Ntam Nishnabeg Jiibiig Mental Wellness Team

AMBE GWAAJIING ZHADAA–SERIES

GOOD MENTAL WELLNESS & THE LAND

*WHAT DOES THAT MEAN
TO YOU?*

YOUR TASKS...

TAKE A VIDEO

We want you to create a short 5 - 10 minute video of yourself, demonstrating how you maintain healthy mental wellness out on the land

SOME IDEAS...

- snoeshoeing
- fishing
- traditional teachings
- trapping
- ceremonies
- nature walks
- hunting
- collecting medicines
- camping
- etc., etc., etc.

**DEADLINE FOR ENTRIES IS TUESDAY, APRIL
20TH, 2021 @ 12 NOON**

**Sponsored by Ntam Nishnabeg Jiigbiig Mental
Wellness Team**



**AMBE GWAAJIING ZHADAA
COME PLAY OUTSIDE**

Is a series of learnings in land-based setting, allowing Indigenous children & youth the opportunity to learn through experience. It will make a positive difference in supporting our First Nation children & youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness, & language revitalization projects.

**PRIZES TO BE WON FOR ALL
ENTRIES!**

**ATTEND FOUR OF OUR AMBE
GWAAJIING ZHADAA SESSIONS &
YOUR NAME WILL BE ENTERED
INTO THE GRAND PRIZE DRAW FOR
A \$1000 GIFT CERTIFICATE FOR
OUTDOOR EQUIPMENT**

DETAILS

Submit your video to Sally Dokis at
mwtn@wasauksing.ca

Your video must accompany a signed consent form

Open to all children & youth from ages 8 - 16 years

Must be from Dokis, Henvey Inlet, Magnetawan,
Nipissing, Wahnapiatae or Wasauksing First Nations

AMBE GWAAJING ZHADAA–SERIES



Nursing Station

P.O. Box 250
PARRY SOUND, ONTARIO
P2A 2X4

PHONE

705-746-8022

FAX

705-746-2039

Deborah Pegahmagabow
Director of Health
Lorna Pawis
Assistant to Health Director

Programs Services Available
Monday-Friday 8:30-4:30
(other times as posted)

Federally funded:

Prevention and Promotion
Programs
(CHR/NNADAP)

Home and Community Care
Programs & Services

Medical Transportation
Program

Provincially funded:
Primary Care Services

HCC Program

Community Aboriginal
Recreation Activator
(CARA Program)

Mental Wellness/Prevention
Regional Services

MEDIA

CONSENT, WAIVER, INDEMNITY AND RELEASE FORM

Photographs, Videos, DVDs, Digital and other Recordings

I hereby grant permission to Wasauksing First Nation Health Program and its representatives to photograph, make video and/or voice recordings of my image and otherwise capture my image during the course of the 2020/2021 fiscal year. This included identified programming event(s) or occurrence that pertains to the COVID-19 Immunization and Communicable Disease Emergency.

I further grant Wasauksing First Nation and its representatives the right to reproduce, use, exhibit, display, broadcast and distribute and create derivative works of these images and recordings for any media as it pertains to the production of education curriculum, tools and promotional material within and on behalf of the community.

It is recognized that the Wasauksing First Nation Health Program possesses limited rights to all images and recordings, but will on behalf of my signature entrust the Wasauksing First Nation, and their employees to preserve and protect this knowledge.

Waiver, Indemnity and Release

I hereby waive any right to inspect or approve the use of the images or recordings or of any written copy all rights to royalties or other compensation arising from or related to the use of the images, recordings or materials will be utilized for purposes of historical significance and for the development of educational materials.

First and Last Name Printed

Signature

Telephone Contact: _____

Email Contact: _____

Witness Printed Name and Signature Date

AMBE GWAAJIING ZHAADAA–SERIES

Ambe Gwaajing Zhaadaa- Come Play Outside

Is a **Series** of learnings in a land-based setting allows Indigenous children and youth the opportunity to learn through experience while developing their sense of belonging and increasing their self-worth. "Ambe Gwaajing Zhaadaa", in essence is to move from fear to freedom and will make a positive difference in supporting our First Nation youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness and language revitalization projects.

Dog Sled Mushing

With Phoebe Sutherland

This Inspiring Zoom Session will captivate you... Phoebe will be zooming live from Moose Factory Ontario, the Mushkegowuk Area. Phoebe is a You Tube sensation with her dog sled teams. Her story with dogs started by chance, dogs following her when she was out on the lands. Mushing is in her DNA as dogs have been used by people of the Mushkegowuk for thousands of years.

- ✚ Inspiring participants through storytelling.
- ✚ Sharing a insiders look at the workings of the REZ DOG TEAM and Pheobe's involvement with rescuing Dogs.
- ✚ Connecting our past with our present with historical story telling about the importance of dogs in First Nations Communities

Phoebe Southerland is the owner of Mighty Moose Musers, who has devoted her life to preserving the cultural practices of Dog Sledding. Her compassion and understanding is expressed in her Lands Programs and video documentaries are motivating.



**Zoom session
Monday April
12th 2021**

4:00 – 5:30 p.m.

**For children & youth
ages 8 – 16 years**

Two \$100 draws towards outdoor equipment. Attend four upcoming sessions and your name will be entered into a \$1,000 draw at the end of April.

Please register with
Toni Jones at
mwtadmin@wasauksing.ca

EVENT SPONSORED BY:

Ntam Nishnabeg Jiiibiig
Mental Wellness Team



AMBE GWAAJIING ZHAADAA–SERIES

Ambe Gwaajiing Zhaadaa- Come Play Outside

is a **Series** of learnings in a land-based setting allows Indigenous children and youth the opportunity to learn through experience while developing their sense of belonging and increasing their self-worth. "Ambe Gwaajiing Zhaadaa", in essence is to move from fear to freedom and will make a positive difference in supporting our First Nation youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness and language revitalization projects.

The Values for Success With Kris Morrison

This Informative Zoom Session will strengthen foundations... Kris will be sharing his knowledge in an interesting and informative way. Kris is the Founder of the Indigenous Men's Alliance and has a strong background in teachings. He has an attention to detail and the ability to make very complex topics come to life. This captivating session will cover the Values for Success and will sure to entertain and strengthen your core values.

- ✚ The use of timeless traditional teaching in creative ways
- ✚ Sharing knowledge with a positive approach.
- ✚ Connecting our past with our present.

Kris Morrison has devoted his life to the teaching of others. His teaching and sharing methods connects you with self, with family, with communities and all nations as a collective.



**Zoom session
Wed April 14th
2021**

4:00 – 5:30 p.m.

**For children & youth
ages 8 – 16 years**

Two \$100 draws towards outdoor equipment.
Attend four upcoming sessions and your name will be entered into a \$1,000 draw at the end of April.

Please register with
Toni Jones at
mwtadmin@wasauksing.ca

EVENT SPONSORED BY:

Ntam Nishnabeg Jiiibiig
Mental Wellness Team



AMBE GWAAJIING ZHAADAA—SERIES

Ambe Gwaajing Zhaadaa- Come Play Outside

Is a **Series** of learnings in a land-based setting allows Indigenous children and youth the opportunity to learn through experience while developing their sense of belonging and increasing their self-worth. "Ambe Gwaajing Zhaadaa", in essence is to move from fear to freedom and will make a positive difference in supporting our First Nation youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness and language revitalization projects.

N'doonjibaa: Where My Spirit Sleeps

With Will Morin: With a walk through traditional teachings of connections to the past, to our mothers, our birth and many other objects and activities we can experience on the land. Through teachings of root words in Anishinaabemowin/Ojibway link will be a show of timeless relationship with cultural identity and responsibility to the land, family, (human, animal, plant) and the ancestors.

- ✚ Traditional teaching in virtual learning circles.
- ✚ Understanding and cultural identity.
- ✚ Connections with our past in positive and uplifting ways

Will Morin is a captivating Elder that uses a cultural and historical approach to his teachings. Defining Ojibway language used to open doors to thinking. Connecting people with culture brings a solid idea of belonging.



**Zoom session
Friday April 16th
2021**

4:00 – 5:30 p.m.

**For children & youth
ages 8 – 16 years**

Two \$100 draws towards outdoor equipment. Attend four upcoming sessions and your name will be entered into a \$1,000 draw at the end of April.

Please register with
Toni Jones at
mwtadmin@wasauksing.ca

EVENT SPONSORED BY:
Ntam Nishnabeg Jibbig
Mental Wellness Team



AMBE GWAAJIING ZHAADAA–SERIES

NTAM NISHNABEG JIIBIIG MENTAL WELLNESS
TEAM PRESENTS...

OUR RELATIONSHIPS WITH CREATION

With Perry McLeod-Shabogesc



Ambe Gwaajiiing Zhaadaa...

Come Play Outside is a series of learnings in a land-based setting, allowing Indigenous children & youth the opportunity to learn through experience, while developing their sense of belonging & increasing their self-worth. "Ambe Gwaajiiing Zhaadaa", in essence is to move from fear to freedom, & will make a positive difference in supporting our First Nation children & youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness, & language revitalization projects.

Topics of Discussion

Our Relationship with Creation
Traditional Roles & Responsibilities
Medicine & Harvesting



Zoom Session

Wednesday, April 21st, 2021

6:00 - 8:00 P.M.

For children & youth
ages 8 - 16 years

Two \$ 100.00 draws
towards outdoor
equipment. Attend four (4)
Ambe Gwaajiiing Zhaadaa
sessions, your name will be
entered into a \$ 1,000 draw
at the end of April

Open to Dokis, Henvey Inlet,
Magnetawan, Nipissing,
Wahnapiitae & Wasauksing
First Nations

TO REGISTER, PLEASE CONTACT SALLY DOKIS AT MWTN@WASUKSING.CA

EVENT UPDATES

WAHNAPITAE FIRST NATION WANTS TO CONNECT WITH YOU

Stay up to date on what's happening at WFN by signing up for email communications, using the link below.

This will let you receive the newsletter digitally, provide more timely feedback on important community projects, and receive links to virtual community engagement sessions.

www.tinyurl.com/WFN-Email

If you have any thoughts or questions,
please let us know at: nick.stewart@wahnapitaefn.com

HEALTHY RECIPE OF THE MONTH



**TUESDAY, APRIL 20, 2021
4 P.M. - 6 P.M.**

PLEASE NOTE: The address for pick-up has changed to the following:

259 Taighwenini Trail Rd.

Bring your own bags!

EVENT UPDATES



SOUP'S ON!

**NEW: CURBSIDE ONLY
EVERY TUESDAY**

CALL BY 12 P.M. | PICK UP BY 1 P.M.

CALL HEATHER TO PLACE ORDER: (705) 858-7700

Good Food Boxes



Order by 2nd Wed. each month
Delivered 3rd Wed. each month

Small Box: \$10 | Large Box: \$19

Call Wendy or Heather to order:
(705) 858-7700

CONGREGATE DINING

(MUST BE 55+)

THURSDAY, APRIL 8, 2021



DELIVERY BETWEEN
5 P.M. - 6 P.M.

**CALL WENDY OR HEATHER
FOR MEAL DELIVERY:
(705) 858-7700**



VIRTUAL NUTRITION BINGO

**THURSDAY, APRIL 15, 2021
5:30 P.M.**

**PRIZES ARE THE SAME. CARDS WILL BE
BAGGED FOR PICKUP.
PAYMENT DUE ON PICKUP.**

CALL WENDY OR HEATHER TO
RESERVE YOUR SPOT:
(705) 858-7700

EARLY YEARS PROGRAMS – April 2021

April

2021

Early Years and Tiny Tots



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	Easter Monday!					
11	12	13	14	15	16	17
	Monthly package delivery At home activity: Painting Bird houses					
18	19	20	21	22	23	24
	At home activity: Planting flowers!					
25	26	27	28	29	30	
	At home activity: Mini Fairy gardens!					

Program: Early Years and Tiny Tots

Location: Currently at home due to COVID-19 Restrictions

Please note: Weekly activities are posted on the WFN Tiny Tots and Early Years Facebook group. Monthly package deliveries will be dropped off at the address provided on registration forms.

RIGHT TO PLAY PROGRAMS—April 2021

April

2021

After School and Youth Leadership Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Easter Monday!	6 At home activity: Animal track scavenger hunt *Package delivery	7 After School Program video call 4:30-5:30 Making paper tips.	8 Youth Leadership Program video call 3:30-5:30 Making paper tips and event planning!	9	10
11	12 At home activity: Mindful Monday activity **See weekly schedule for more info	13 At home activity: ATM bank kit activity	14 After School Program video call 4:30-5:30 Decoding and UV bracelets	15 Youth Leadership Program video call 3:30-5:30 Decoding—UV bracelets	16	17
18	19 At home activity: Mindful Monday activity **See weekly schedule for more info	20 At home activity: Earth day activities! *Package delivery	21 After School Program video call 4:30-5:30 Earth day activities	22 Youth Leadership Program video call 3:30-5:30 Earth day activities!	23	24
25	26 At home activity: Mindful Monday activity **See weekly schedule for more info	27 At home activity: Natural material crafts	28 After School Program video call 4:30-5:30 Making mini wigwams	29 Youth Leadership Program video call 3:30-5:30 Making mini wigwams and event planning!	30	

Program: After School Program | Youth Leadership Program

Location: Currently at home due to COVID-19 restrictions

Please note: Weekly schedules will be posted on the WFN's Right to Play After School and Youth Leadership Program Facebook group and will be sent in the package deliveries. This calendar is subject to change in accordance with COVID-19 restrictions.

WFN EVENT CALENDAR – April 2021

April 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Closed	2 Closed	3
4 	5 Closed	6 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm	7 Good Food Box Ordering Deadline @ 705-858-7700 Sue Chartrand here 9:00am – 5:00pm	8 Congregate Dinning Delivery @ 5pm	9 Closed	10
11	12	13 Soups ON @ noon	14 Good Food Box delivery day	15 Nutrition Bingo @ 5:30pm Register 705-858-7700	16 Closed	17
18	19	20 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm Healthy Recipe 4pm-6pm	21 Sue Chartrand here 9:00am – 5:00pm	22	23 Closed	24
25	26	27 Soups ON @ noon	28	29	30 Closed	

Please Note Sue Chartrand will be here for footcare and massages – Dates on Calendar if interested please contact Line@705-858-7700 ext: 218