



Wahnapiatae First Nation Community Newsletter

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FEBRUARY 2021

P3: Cannabis Law Revote



A new vote for WFN's proposed Cannabis Law will take place Feb. 27.

P11: High-Speed Internet



Enhanced high-speed Internet access is coming to WFN thanks to \$269,000 in federal funding announced on Jan. 21.

P12: Forestry Compliance



Lands staff are training to help WFN have more authority over its own natural resources.



COVID-19 UPDATES

A Message to Members

While the community continues to adjust to the challenges posed by COVID-19, Chief and Council have been working to ensure the safety of our members while we move ahead with a number of important projects.

These projects need your feedback, your input, and your expertise to guide the future of Wahnapiatae First Nation, and I encourage you to take part.

COVID-19 SAFETY: STAY AT HOME

The work of keeping members safe and healthy is up to all of us. What we've done as a people to preserve that safety to date has been incredible, and I ask you – as always – to follow Public Health Sudbury & District's directives during this lockdown period: stay safe by staying home if at all possible. See Pages 4-8 for more information about vaccines, and safety tips.

CANNABIS REVOTE

As the recent ratification vote for WFN's proposed Cannabis Law lacked the number of participants to meet the voting threshold, members are being given the opportunity to cast their vote again on Feb. 27, 2021. In-person voting will take place at the Maan Doosh Gamig Gathering Place. See P3 for more details.

ELECTION APPEAL BOARD

With the 2021 Elections on the horizon, individuals are needed to be a part of the official Election Appeal Board. See P2 for details on how to participate.

SELF-GOVERNANCE PRE-IMPLEMENTATION FOCUS GROUPS

As WFN ratified the Anishinabek Nation Governance Agreement in 2020, work is now taking place to begin to build the pathway to implementing it. This project of gearing up for a future of self-governance will be built according to your priorities, and so I ask you to consider being a part of one of the focus groups. All members will receive a letter with more details on how to participate.

PARTING THOUGHTS

As Ontario Premier Doug Ford may yet extend the stay-at-home order, we will be sure to let you know about any changes as they occur.

As always, it is only through our shared strength and diligence that we will be able to emerge from these challenges together.

Miigwech,
Chief Larry Roque

COMMUNITY UPDATE



CALLOUT FOR ELECTION APPEAL BOARD

Wahnapitae First Nation is looking for individuals who are interested in joining the Election Appeal Board in advance of the 2021 Elections.

The Appeal Board shall be composed of three members as follows:

- a) an elder;
- b) a person, at least 21 years of age, who is not a member of the band and who does not have vested interest in the outcome of an election appeal or a petition for removal of a council member from office and;
- c) a band member, at least 21 years of age, who is familiar with the traditions, values and language of the band and who does not have a vested interest in the outcome of an election appeal.

The term of office of the Appeal Board shall be from its appointment above until the day on which the council selects another Appeal Board for the next scheduled election in accordance with the Wahnapitae First Nation Band Custom Election Code.

If you are interested in sitting on the Wahnapitae First Nation Election Appeal Board, please submit letter of interest to WFN's Executive Director via email:

julie.fontaine@wahnapitaefn.com

Deadline to apply: March 11, 2021

Wahnapiatae First Nation Cannabis Revote



Thank you to all who took the time to cast their ballots in the initial Cannabis Vote.

Unfortunately we didn't meet the threshold

Wahnapiatae First Nation Council has requested
a *revote* for the Cannabis Law

NEW CANNABIS VOTING DATE:

*** FEBRUARY 27th 2021 ***



For More Information:

Please Contact

Leah Stack, Economic Development

E: economicdevelopment@whanpitaefn.com

P: 705 858 0610 ext 211

To learn about the benefits of this Cannabis Law, please see the presentation:

www.tinyurl.com/WFN232-CannabisLawExplained

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](http://covid-19.ontario.ca/self-assessment)

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

Health Sciences North COVID-19 Assessment Centre:

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

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

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

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

COVID-19 UPDATES

Anishinabek Police Service Asks You to Stay at Home



Per an official press release dated Jan. 15, 2021:

“The Anishinabek Police Service has been planning for the State of Emergency and ‘Stay at Home’ order enacted by the province of Ontario. The APS encourages our community members to stay at home and stay safe.

Our officers are aware that there is new regulations under the Emergency Management and Civil Protection Act and the Reopening of Ontario Act that can deal with enforcement during the state of emergency.

Our goal is for our community members and employees to be safe during the pandemic. We will be assisting our member communities in doing so by supporting them in their pandemic efforts. We will also utilize our member community’s laws, EMCPA and ROA when appropriate.

There has been no change in operations for the APS. Our detachments and headquarters continue to be closed to the public. They are staffed and will make allowances for operational, emergent & exigent needs.

Please remember that any request for Criminal Record Checks for employment or other needs can be processed online at www.apscops.org

As always, if you require police for an emergency call 911. For non-emergent police matters contact the Provincial Communication Center at 1-888-310-1122. An officer will be dispatched to you.”

COVID-19 UPDATE

COVID-19 UPDATES

HELP REDUCE THE SPREAD OF COVID-19

TOGETHER, WE CAN TAKE THE FOLLOWING STEPS TO SLOW THE SPREAD OF COVID-19



follow the advice of your local public health authority



wash your hands often with soap and water for at least 20 seconds



use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available



try not to touch your eyes, nose or mouth



cough and sneeze into your sleeve and not your hands



avoid close contact with people who are sick and practice physical distancing



avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus. The most common symptoms include:



FEVER



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, elders, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

FOR INFORMATION ON COVID-19:

1-833-784-4397

canada.ca/coronavirus

COVID-19 Statistics

(as of Jan. 29)

Sudbury District:

Total Tests: 149,827

Confirmed Cases: 499

Resolved: 404

Deaths: 7

Ontario:

Total Tests: 9,451,489

Total Cases: 264,300

Resolved: 237,871

Deaths: 6,072

Hospitalized: 1,291

In ICU: 360

Canada:

Total Tests: 17,290,560

Total Cases: 766,103

Active Cases: 57,020

Recovered: 689,419

Deaths: 19,664

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 UPDATE

Sign Up for the COVID-19 Vaccine

Wahnapiatae First Nation members who are interested in receiving the COVID-19 vaccine once it is available may now submit their name to be placed on a waitlist.

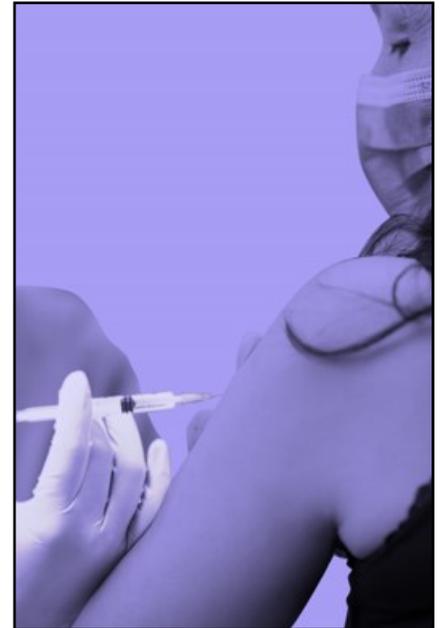
To be placed on this list, please contact Line at line.baillargeon@wahnapiataefn.com or by phone at (705)858-7700, ext. 218.

Please note that no timelines have been provided to WFN as of yet, but this information will be shared with members once it is available. It is expected that this will be distributed to on- and off-reserve members as part of the official Phase 1 rollout.

Also note the following stipulations for each vaccine as established by Health Canada:

Moderna: Ages 18+

Pfizer: Ages 16+



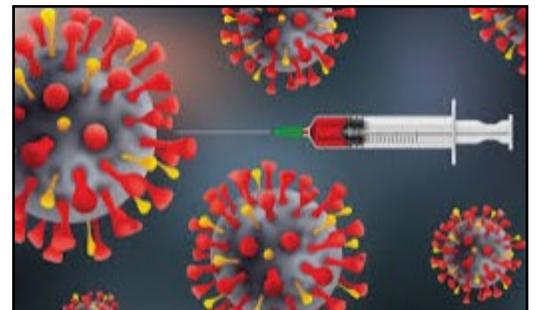
Ontario Adjusts Vaccination Plan in Response to Shipment Delays

The Ontario government has announced it is accelerating the vaccination of residents in long-term care, high-risk retirement, and First Nations elder care homes by a new target date of February 5, 2021.

To protect access to second doses of the Pfizer-BioNTech vaccine for those who have already received their first dose, Ontario will maintain the maximum interval of 21-27 days for long-term care, retirement and First Nations elder care home resident groups and up to 42 days between the two doses for all other groups. These adjustments are being made following notification by the federal government of reductions in Pfizer-BioNTech vaccine shipments.

On January 19, 2021, the federal government notified the province of further reductions in Pfizer-BioNTech vaccine shipments. Ontario will not receive vaccine deliveries for the week of January 25, 2021 and will receive just over 26,000 doses for the first weeks of February. As of Jan. 25, Ontario has not been provided its allocation for the weeks of February 8, 2021 and February 15, 2021, creating further uncertainty for the province's vaccine rollout.

In response to the significant reduction in distribution by the federal government and the uncertainty of future shipments, the province and vaccination sites have worked together to develop a plan to accelerate vaccination of the province's most vulnerable.



COVID-19 UPDATE

The Basics of the COVID-19 Vaccine

Vaccines are safe, effective and the best way to protect you and those around you from serious illnesses like COVID-19.

Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. This can reduce your risk of developing COVID-19 and make your symptoms milder if you do get it.

They will be an important tool to help stop the spread of the virus and allow individuals, families and workers to safely resume normal life. The coronavirus vaccine does not cause a coronavirus infection: it helps to build up your immunity to the virus, so your body will fight it off more easily if it affects you.

Ontario's supply will not arrive all at once, so distribution will happen in stages. The goal is for everyone in Ontario to be able to get a COVID-19 vaccination if they want one, as soon as enough doses are available from manufacturers.



Phase 1

Limited doses of the vaccine available for health care workers in hospitals, long-term care homes and retirement homes, other congregate care settings as well as remote Indigenous communities.

Starting: December 2020

Phase 2

Increasing stock of vaccines, available to all health care workers, residents in long-term care homes, retirement homes, home care patients with chronic conditions as well as additional Indigenous communities.

Starting: March 2021

Phase 3

Vaccines then available widely across Ontario for anyone who wants to be immunized.

Starting: August 2021

Health Canada Approves Two COVID-19 Vaccines

Only vaccines that Health Canada determines to be safe and effective will be approved for use in Canada and available in Ontario.

After independent and thorough scientific reviews for safety, efficacy and quality, Health Canada has approved two vaccines for use in Canada:

- **Pfizer-BioNTech** - approved on December 9, 2020
- **Moderna** - approved on December 23, 2020

This means the vaccines:

- were tested on a large number of people through extensive clinical trials
- have met all the requirements for approval, including safety
- will be monitored for any adverse reactions that may occur after vaccination and appropriate measures will be taken.

COVID-19 UPDATE

Learn About COVID-19 Vaccine Safety

Creating a new vaccine typically takes years; however, the progress on COVID-19 vaccines is happening quickly for many reasons.



This includes:

- being informed by decades of research on other strains of coronavirus prior to COVID-19, such as Middle East Respiratory Syndrome (MERS) and Sars-CoV (SARS)
- advances in science and technology
- international collaboration among scientists, health professionals, researchers, industry and governments
- increased dedicated funding

Before any vaccines are available in Ontario, they:

- undergo rigorous clinical trials to ensure they are safe and effective
- are evaluated and authorized for use by Health Canada, using rigorous standards

Ontario's plan to make sure vaccines remain safe for Ontarians includes:

- securely and safely transporting and storing vaccines at required conditions and temperatures
- establishing safe clinic spaces to give people immunizations, including providing the required training to those administering vaccines
- monitoring for any adverse reactions or side effects that may occur after vaccination and taking appropriate measures, including working with the federal government and other provinces and territories

Health Canada will continue to monitor all authorized vaccines to ensure they continue to be safe and effective.

Ontario Begins Remote First Nations Vaccine Rollout

Vaccination rollout is ongoing in Sioux Lookout and the James Bay Coast with additional doses delivered by Ornge to these two locations to be administered in the coming weeks.

Starting February 1, Ornge is set to begin travelling into 31 remote First Nation communities in Northern Ontario to administer the Moderna COVID-19 vaccine. The vaccination of health care workers who will be deployed to administer the vaccine to these communities has started, with over 200 workers immunized as of January 15.



The Phase 1 vaccine rollout to long-term care home residents and staff includes those located on-reserve (Six Nations of the Grand River, Mohawks of Akwesasne, Oneida Nations of the Thames, and Wikwemikong Unceded Territory), as well as to several seniors residences and complexes which have some elements of congregate care, such as Wigwamen Terrace located in Toronto.

COMMUNITY UPDATE

Have Your Say in the “Name the Road” Contest

With entries having been provided for the recent “Name the Road” Contest, your vote is needed to help decide the winner.

The community is asked to select from the following names to decide what the new road, built off Loonway Road to accommodate the construction of four new duplexes, will be called:

- Norman Recollet Drive
- Bear Paw Road
- Arrowhead Drive
- Makwaanzhaan Road (Bear’s Den Road)
- Norman’s Pathway Road
- Village Road
- Onacona Road (White Owl Road)

Please submit your selection to via email to line.baillargeon@wahnapietaefn.com or bring the name in to the Norman Recollet Health centre by February 15, 2021.



Deadline Extended for Norman Recollet Health Centre Logo Design Contest

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 has been extended to March 31, 2021, 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.

The winning logo will be announced on April 30, 2021.

To submit your design, send it via email to line.baillargeon@wahnapietaefn.com or bring it in to the Norman Recollet Health Centre.

COMMUNITY UPDATE

Dates Extended on Free Science North Passes

Wahnapitae First Nation members can enjoy free access to Science North for a little bit longer, as all guest passes are now valid until March 31, 2021.

Available to all Wahnapitae First Nation members, 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 Heather at the Norman Recollect Health Department, at (705) 858-7700.

Then, be sure to reserve your spot at Science North at (705) 522-3701.

Please note that 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

Stay Informed, Stay Safe

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



WEBSITE: www.wahnapitaefirstnation.com



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



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

COMMUNITY UPDATE

Wahnapiatae First Nation Receives Broadband Project Funding

Wahnapiatae First Nation community members will see new high-speed Internet access as a result of a new \$269,000 in funding as recently unveiled by Nickel Belt MP Marc G. Serré.

On Jan. 21, 2021, MP Serré formally announced the funding for this important project, through which Blue Sky Net – in conjunction with Spectrum Telecom – will bring high-speed Internet to the community, connecting 74 underserved households.

"High-speed Internet access is the cornerstone of modern success for any community, which is why Wahnapiatae First Nation has been endeavouring for some time to improve such services," said Chief Larry Roque.

"We deeply appreciate this funding, as this fibre project will have a significant impact on our community members' quality of life while

providing them with much greater access to a broad range of transformative opportunities."

"We're truly excited to see this move forward, and our profound thanks go out to MP Marc G Serré, his staff, as well as Blue Sky Economic Growth Corporation and Spectrum Group for their work to make this initiative a reality."

This funding is flowing through the Government of Canada's \$1.75-billion Universal Broadband Fund (UBF), which was launched on November 9, 2020.

"This important high-speed internet investment of nearly \$270,000 is incredibly welcomed and will positively impact residents of Wahnapiatae First Nation," said MP Serré.

"Congratulations to Chief Roque, council and residents at Wahnapiatae First Nation for their successful collaboration with Blue Sky Net and Spectrum Group on this initiative."



LANDS UPDATE

WFN Environmental Team Moving Towards Self-Reliance for Forestry Compliance

The environmental team here at Wahnapiatae First Nation would like to wish you all a Happy New Year!

In this new year, we will be working to help WFN obtain the authority to complete individual Compliance Assessments for harvesting operations throughout its traditional territory.

This involves sending technicians for their Forestry Compliance Inspection License. This license will allow staff to ensure the implementation of sustainable forest management practices, as well as ensuring that healthy regeneration methods are in place in all harvesting operations.

The goal is to be able to bid on Compliance contracts through Vermillion Forest Management, and to complete our own assessments within WFN's traditional territory.



Forestry compliance inspection training in progress

In the end, this will give WFN greater authority over the use of its natural resources and help ensure it is better protected for years and generations to come.

Water Sampling for Community Safety

The staff in the Lands Department have played a key role in monitoring the surface water quality on our reserve for over 10 years.

Although our neighboring mining partners at Vale's Whistle mine and KGHM's Podolsky mine have entered their closure phases, monitoring water quality is still heavily controlled by these companies.

Under very specific regulations, these sites must ensure the water that leaves the site is as good as or better than the water in the surrounding natural environment.

In order to ensure uncontaminated water, routine water sampling and laboratory testing is done.

The WFN Lands staff are responsible for collecting routine monthly water samples and recording water quality parameters at several



sample sites on the mine properties and on Post creek.

Sampling water involves taking what is called a "grab" sample, which means one sample is taken at one specific location at one point in time.

(continued, p. 13)

Water Sampling (continued from p.14)

This type of sampling provides a concentration of properties such as pH, Temperature, Dissolved Oxygen, and the conductivity of the water.

The data is collected over a period of time, it can be used to calculate an average specific to that sample location.

Water samples are analyzed at a laboratory with greater testing capabilities and they are able to use a variety of equipment to analyse many other water parameters.

The data WFN gathers is crucial in order to meet mine effluent monitoring requirements and make future predications regarding water quality and ensuring clean, uncontaminated, water that will support aquatic and riparian life.

Our sampling contracts run year-round which means our field staff are out collecting and testing the water during all seasons in a variety of environmental conditions.

In the winter, the technicians use an ice auger to collect samples at sites that are frozen over and they must operate an Argo to access sites where roads are not plowed. In the summer, a boat is used to access locations on Post Creek.

Safety is a number one priority and is taken very seriously. Proper Personal Protective Equipment (such as hard hats, orange clothing, safety glasses) must be worn at all times - especially when on mine properties and the field



staff use life jackets when around fast moving water.

Water is the most life sustaining gift on Mother Earth and is the home to many living things. As Anishinaabe, we are responsible for ensuring that water resources are protected for the health and well-being of all life.

In the Lands department, we believe that this means doing all that we can to work with our industry and mining partners to help contribute to ensuring that water is kept clean for generations to come.

If you have any questions about our surface water sampling program please feel free to reach out to the WFN Lands department any time by email or phone, and remember to say "Aanii" if you see us out water sampling!



FIRE DEPARTMENT UPDATE



Wahnapiitae FN Fire Department

Reminder Notice

Just wanted to put out a friendly reminder that all Fire Emergency events are to be performed by trained and certified WFN Fire Department staff only.

We appreciate the valiant effort but cannot risk your safety or the safety of our crew.

Miigwech,

Fire Chief

Helping to Stop Head Lice

It's that time of year to keep an eye out for head lice, so please do your part to prevent the spread of this condition. Check your children daily for the next few weeks.

To see nits (eggs) and lice in your child's hair:

- Use a strong light so you can see the nits on the hairs or lice on the scalp.
- Use a comb to separate hair.
- Check the whole head with attention to the area behind the ears and back of the head above the collar.

Note that head lice are small grey or reddish-brown bugs, 1mm to 4mm long.

Lice live on the human hair head, not on pets or other hairy parts of the body. They feed on blood and cannot survive off the head for more than 24 hours to 48 hours without a blood meal.

If you should find head lice or their nits on your children, or if you have questions, you can contact the WFN Health Department, or the Lice Squad at (705) 969-0122.

Thanks for your cooperation.

Tea Tree Oil Spray For Head Lice



Water - 1 ounce Tea Tree Oil - 4 drops

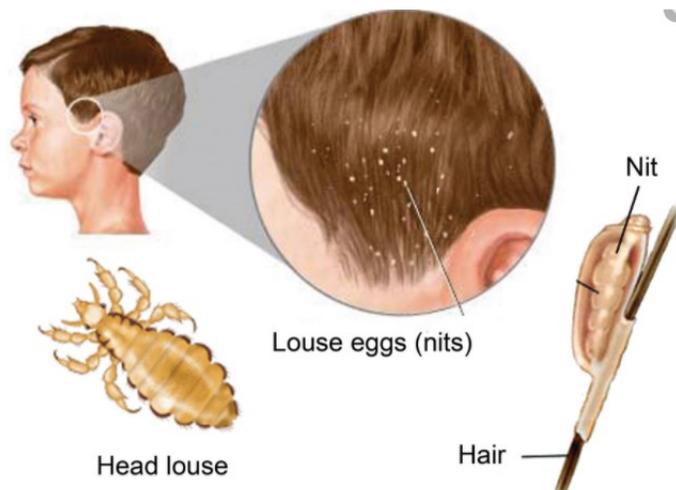
PROCEDURE

- Fill spray bottle with 1 ounce water
- Add 4 drops of tea tree oil
- Shake well and spray on the scalp
- Work through entire head of hair



Tea Tree Oil for HEAD LICE

Head Lice Lice Nits (Eggs)



How to get rid of lice and nits FAST



- Wash hair with shampoo, rinse
- Pour a 2 litre bottle of Coke straight onto the hair, making sure that you saturate it from root to tip.
- Let hair dry without rinsing
- When dry, rinse Coke out.
- You will be surprised at how many lice and nits fall out.
- Put on some conditioner.
- If there is lice or nits left, repeat.

HEALTH UPDATE

HIV 101

HIV DEFINITION:

HUMAN:

**CAN ONLY BE PASSED
BETWEEN HUMANS**

IMMUNO-DEFICIENCY:

**IT MAKES THE IMMUNE
SYSTEM NOT WORK
PROPERLY**

VIRUS:

**INFECTIOUS AGENT THAT
COPIES ITSELF ONLY WITHIN
A LIVING HOST.**

TRANSMISSION

- **BLOOD TO BLOOD**
- **SEXUAL FLUIDS**
- **VERTICAL
TRANSMISSION
(DURING
PREGNANCY,
BIRTH, BREAST
FEEDING IF THE
MOTHER IS HIV
POSITIVE)**

TESTING:

**FREE TESTING AVAILABLE AT PUBLIC HEALTH SUDBURY &
DISTRICTS (705)522-9200**

**CONTACT WENDY TYSON OR HEATHER ROY IF
TRANSPORTATION IS NEEDED.**

(705)858-7700

Did you know?

According to the Laboratory Centre for Disease Control, Aboriginal AIDS cases are younger than non-aboriginal cases, and the proportion of women among adult Aboriginal AIDS cases is higher than the non-Aboriginal AIDS cases. All available evidence suggests that Aboriginal people are infected with HIV earlier than non-Aboriginal people yet are diagnosed later in the HIV/AIDS medicine wheel.

Condoms & Lubrication are always available at the Norman Recollet Health Centre.

HIV/AIDS

B B U M Q P Q T H Q D A V S P E O A M R J T J F
R F J K L C H A A N Q W B U L I Z A K L E I Q O
U X I F Z R A P Q S F D B L J Z M C F A I V Z J
N W I C I O K N L D O N I M B A O D M N S M U Q
T D E V A J S Z A D H V E P B N G N O I T C A G
O R E P V S B H E O S B P A O S O P R P A T E M
S T A T U S E N I R T V L P G R S O N L W Y T A
L G V I H O V C E O W A A W P O H S T T J Z I K
F G R C Q E P T J W Z R J N W O J I C O W H H K
B I E R R E N C O M M U N I T Y J T P N A Z W E
W M T N W U C O M M I T T E D N Z I X I R G N V
F F R H G F H U I Q B T W T K O E V Q L X R A S
E E E A G M Q V D T N B G C N T F E R J T B Y U
V A A K I W A T E Y X V G L T K J C N Q N O R P
M A T K C Z D J E T M P Z K Z R R Z J P E B Y E
R J H R S A D K U A P Q E V O Q Y J M E M E E P
N L M O N T G O M E R Y S P X H N C X F R V N H
K Y Z T K J F L V J G T E I B A P P A E E V M H
W J U P A T G D Y I A F D W P F C L A C W I S S
K N M J D X Y P H J H A D K L V K D W A O C A S
T X V H D V Q Z Z R E A E L A E P G H H P V J P
I E T A C O V D A L A G D L H X B K I D M Q D N
E K K H V L Z S D I A E M D S Y Z S I Y E G T A
E G O R F Q P R E P Y F M E O V V T S S L L F R

COMMITTED	COMMUNITY	STATUS	RYAN WHITE
ACTION	MONTGOMERY	CASE	GUNTERSVILLE
TEAM	RETREAT	PLWH	DENVER
EMPOWERMENT	LEAD	ADVOCACY	ALABAMA
THRIVE	POSITIVE	HOPWA	ADVOCATE
HRSA	PEP	PrEP	HIV
AIDS			

HEALTH UPDATE

Learn Plant-Based Medicine With Creator's Garden

If you're interested in learning more about plant-based medicine, you may wish to reach out to Creator's Garden, a small business from Manitoulin Island.

Now based out of Peterborough, Creator's Garden is focused first and foremost on teaching the legitimacy of plant-based medicine. They teach people the intricacies of how to sustainably harvest and use every part of these beautiful plants.

You can find them on Facebook as Creator's Garden, where you'll find videos on all sorts of traditional medicines.

For more information you can contact via email: joepitawanakwat@hotmail.com

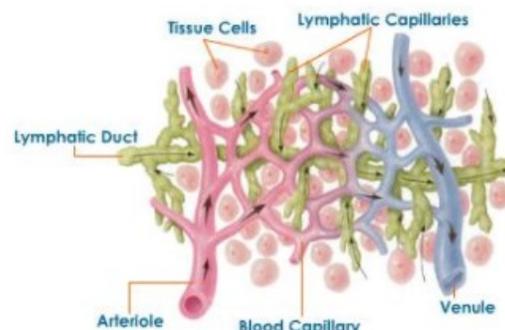


Learning About Plant-Based Medicine: Cedar

Cedar - Giizhigaa'aandak

One of the oldest living trees in the world, known to be over 1700 years old (core samples). Cedar bough tea is used as an immune system tonic, it contains everything your immune system needs to repair and strengthen.

One special feature of cedar bough tea is that it purges the lymphatic system. When ailed by a virus or sickness, lymph nodes fill up and swell, causing discomfort, cedar purges the lymph nodes making more room for them to collect more waste, making your body extremely effective at getting rid of it. This is why you get better more quickly when using cedar tea.



FEBRUARY 2021 Indigenous Diabetes Health Circle Programming

Virtual Workshops & Programs

Keep your Healthy Eating Resolutions
Tuesday, February 2, 2021, 10:00 a.m.

To Register: www.idhc.life

**Yoga Instruction from Crystal Bomberry:
Gentle Yoga**

- Session 1: Wednesday, February 3, 2021, 9:00 a.m. to 10:00 a.m.
- Session 2: Wednesday, February 10, 2021, 9:00 a.m. to 10:00 a.m.
- Session 3: Wednesday, February 17, 2021, 9:00 a.m. to 10:00 a.m.

To Register: www.idhc.life

**Yoga Instruction from Crystal Bomberry:
Hatha Yoga**

- Session 1: Wednesday, February 3, 2021, 10:30 a.m. to 11:30 a.m.
- Session 2: Wednesday, February 10, 2021, 10:30 a.m. to 11:30 a.m.
- Session 3: Wednesday, February 17, 2021, 10:30 a.m. to 11:30 a.m.

To Register: www.idhc.life

**Virtual Workshops & Programs:
Diabetes Information Circle**

Tuesday, February 9, 2021, 1:00 p.m. to 2:30 p.m.

To Register: www.idhc.life

Virtual Workshops & Programs:

Reflexology: Background & Demo
Thursday, February 11, 2021, 1:00 p.m.

To Register: www.idhc.life

**Virtual Workshops & Programs: Virtual Cooking
Kitchen with Laura**

Thursday, February 11, 2021, 4:30 p.m. to 5:30 p.m.

To Register: www.idhc.life

Frontline Worker Training

**GDM Awareness & Prevention – Pregnancy Toolkit
Resources & Facilitation Tips, Part 6 of 6**

Speaker: Crystal Bomberry

Tuesday, February 16, 2021, 1:00 p.m. to 2:30 p.m.

To Register: www.idhc.life

Foot Care Kits

The Foot Care Program offers resources for personal foot inspections and basic daily foot care.

To Inquire: www.idhc.life

Wellness Wednesday Cooking Instruction

Every Wednesday, IDHC posts a new recipe and cooking video created by chef Laura Lenson on the IDHC Facebook page. Try out the recipe and send your comments and photos to Kathleen LaForme at dwcsouth@idhc.life for a chance to win a \$25 gift card.

**Wellness Wednesdays Traditional Practitioner
Schedule**

- Friday, February 5 **Audra Maloney**
- Wednesday, February 10 **Grandmother Renée Thomas-Hill**
- Friday, February 12 **Ed Sackaney**
- Wednesday, February 17 **Lisa Green**
- Friday, February 19 **Valerie King**
- Wednesday, February 24 **Lance Logan-Keye**
- Friday, February 26 **Grandmother Renée Thomas-Hill**

To Register: www.idhc.life

Any questions or referrals contact Gail Stup by phone, text or email at elderhelper@idhc.life or 289-241-9913.

IDHC Webinar Series

Our Internal Dialogue:

How our Thoughts Shape Ourselves

Thursday, February 18, 2021, 1:00 p.m. to 2:00 p.m.

To Register: www.idhc.life

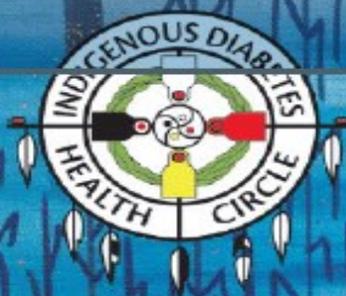
IDHC Social Media

Visit [IDHC Social Media](#) for event listings, videos, news and resources.

facebook



Indigenous
Diabetes Health
Circle



HEALTH UPDATE

A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ



1 Take time out of your day to look after your physical, mental and emotional wellbeing



2 Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness



3 Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night



4 Engage in activities that you enjoy and make you happy



5 Try and stay active when you can. Exercise regularly throughout the week



6 Connect with others to boost your social wellbeing



7 Stay in the present moment. Focus on the here and now



8 Maintain a well balanced diet



9 Make sure you are taking breaks at work and getting enough rest and recovery throughout the week



10 Take time each day to work on your mental health (E.g worry time, thought challenging)



11 Be kind to yourself. Know when to say no and when to really look after your own wellbeing



12 Spend a moment engaging all your senses with an activity you are doing



13 Don't be afraid to talk to people about your emotions, thoughts and feelings



14 Be yourself and do things which have meaning and importance to you



15 Spend time working on values which are important to you



Indigenous Sport & Wellness Ontario Challenges You to be a Wellness Warrior

FEBRUARY WEEKLY

Challenge



INSTRUCTIONS:

Participate in this week's Wellness Warrior challenge to win 1 of 4 prizes! Simply complete the challenges for the week and post a picture or comment on your achievement. You must complete at least 2 of the weekly challenges to be eligible to win; if you do 4 or more challenges, you will receive two entry tickets for the prize draw at the end of the week.

Please follow all COVID-19 local public health guidelines and restrictions when completing any of these activities. Youth under 16 should seek parental/guardian permission prior to participation.

GRAND PRIZE

Participate in all four weeks to be eligible for one of two \$500 gift cards to Canadian Tire. Two (2) Grand Prize winners will be selected.



Grand Prize winners will be selected on

**WEDNESDAY,
MARCH 3 AT 12 NOON!**

These challenges are open to all Indigenous peoples living in Ontario.

To learn more, visit Indigenous Sport & Wellness Ontario on Facebook, or on their website:

www.iswo.ca

Words to practice

ANISHNAABEMOWIN WORDS OF THE WEEK



RELATIVES NAWENDWIN

Grandfather - Mishoomis

Grandmother - Nookmis

Grandchild - Nooshenh

Son - Gwis

Daughter - Daanis

Uncle - Zhishenh

Aunt - Zigos

Neice - Nshimis

Nephew - Ningnis

Cousin - Niitaawis

CHILD & FAMILY SERVICES UPDATE

A Community Message from Niijaansinaanik Child and Family Services



Niijaansinaanik
Child and Family Services

Dear Community Members and Service Providers,

My name is Lorraine Beaudry, I am a band member of Wikwemikong Unceded Indian Reserve.

I was recently hired as Prevention Services Worker with Niijaansinaanik Child and Family Services to service the Wahnapiatae First Nation and rural area.

As Prevention Services Worker, I will provide prevention services to support children, youth and families through workshops, conferences, individual supports, support groups and assist families that may need added supports for various reasons. I will work closely to make sure that families have prevention resources, supports and provide direction to existing resources.

I have been reviewing your existing programs and services that are available in your community through your local newsletter. I am very excited to participate and contribute to ongoing community-based prevention services and cultural based programs. I truly believe that working together, we can provide respectful, safe and culturally relevant supports and services for our children, youth and families.

During COVID-19 pandemic, I can be reached via cell phone 1-705-207-2319 or by email at lorraine.beaudry@nijcfs.com

I look forward to hearing from you.

Sincerely,

Lorraine Beaudry
Prevention Services Worker
Niijaansinaanik Child & Family Services

About Niijaansinaanik Child & Family Services:

Niijaansinaanik Child and Family Services is a culture-based organization responsive to the holistic needs of all children, youth and families. Niijaansinaanik provides services that reflect values, beliefs, and principles rooted within the Anishinabek culture. We believe the care of children and youth is the responsibility of an entire community. We are committed to providing culturally centred protection, prevention, advocacy, care and cultural services for all children and families.

To learn more, visit www.nijcfs.com

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

JOB OPPORTUNITIES

Ontario Power Generation Offering Seasonal Non-Development Student Positions

Ontario Power Generation has posted its Non-Developmental student postings for Summer 2021, which can be viewed at jobs.opg.com



All candidates are required to create a profile at jobs.opg.com and apply to the job in the region that they are interested in. They are unable to consider candidates who do not apply online.

The application deadline is 11:59 P.M. on Sunday, February 7, 2021.

To be eligible for one of these opportunities the student should meet the following criteria:

- Be at least 18 years of age or older.
- Be enrolled in full-time studies at a post-secondary institution.
- Have a minimum average of 70% cumulative GPA.
- Be returning to full-time studies following the completion of the work term.
- Must be willing to complete a security clearance.
- Must be able to provide own transportation to work site(s).

KEY ACCOUNTABILITIES

The successful candidates may engage in a number of work programs related to the safe & environmentally responsible operation of a hydroelectric or thermal power generation station. These facilities are located throughout Northeast Ontario.

Responsibilities are consistent with training and experience for performing work in accordance with prescribed safety procedures and regulations. Performs routine duties:

1. Carry out cleaning, as directed.
2. Assist in performing routine tasks involving, erecting, dismantling, reassembling, moving, loading and unloading, servicing, various fixtures, materials, structures, furniture, buildings, hardware, equipment and vehicles.
3. Maintain and repair roads, drainage systems, including lawn and ground maintenance.
4. Stock storerooms and maintain supplies.
5. Carry out housekeeping and janitorial tasks.
6. Perform administrative/clerical tasks as assigned.
7. Accountable for the health, safety and well being of self and others, in accordance with procedures and standards.

EDUCATION

Minimum completion of 1st year at a University or College by the start of the opportunity.

To learn more about this position, visit:

jobs.opg.com

COMMUNICATIONS/EVENT UPDATES

WAHNAPIITAE 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@wahnapiitaefn.com

Diabetes Support Circle

POSTPONED UNTIL FURTHER NOTICE

Please note that this group is being temporarily postponed as a result of the rise of cases of COVID-19.

**FOR ANY QUESTIONS, PLEASE CALL THE
NORMAN RECOLLET HEALTH CENTRE AT
(705) 858-7700**



HEALTHY RECIPE OF THE MONTH



**TUESDAY, FEB. 16, 2021
3 P.M. - 5 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+)

FEBRUARY 4, 2021



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

**RSVP FOR YOUR DELIVERY
WITH WENDY OR HEATHER:
(705) 858-7700**



VIRTUAL NUTRITION BINGO

FEB. 18, 2021

PRIZES ARE THE SAME
CARDS ARE BAGGED FOR PICK-UP
PAYMENT DUE WHEN PICKING UP

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

EVENT CALENDAR – February 2021

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

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