

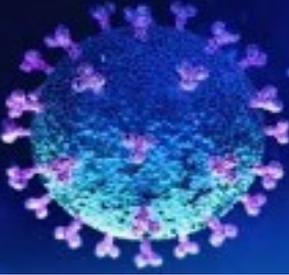


Wahnapiatae First Nation Community Newsletter

Inside this is-

January 2021

P3: COVID-19 Update



What you need to know about the Covid-19 vaccine.

P15: Float Winners



Every float was amazing! We encourage everyone to enter next year.

P20: Pink Shirt Day



Save the Date: Pink Shirt Day—February 24, 2021. We encourage everyone to practice kindness.

A Message to Members

Happy New Year to all! I hope you managed to celebrate the holidays in a safe but meaningful way, and that this special time has provided you with the strength we all need to continue the hard, important work we have ahead of us in 2021.

After all, even though the season is now behind us, the dangers posed by COVID-19 are not: we must remain cautious as we approach the coming year, and beyond. As we weathered the challenges we experienced in 2020, it is only by relying on each other that we can continue to protect public health and that of our community.

We are already seeing some of this in action: while provincial cases remain on the rise, figures in northeastern Ontario still remain relatively low, and we must all do our part to keep it that way.

Steps to Take at Home

If you connected with family from out of town over the holidays, or had occasion to travel to known hotspots, then you are strongly urged to self-isolate to protect yourself and others.

As always, be sure to follow the guidance provided by the Public Health Sudbury & Districts at www.phsd.ca

Measures in Place at WFN

For the duration of the northern Ontario lockdown – i.e. until Saturday, Jan. 9 – on-reserve businesses will be open but following curbside protocols. Services at Wahnapiatae First Nation remain otherwise in place per usual, though strict safety precautions remain in place.

Please note that no community access restrictions are in place, and any decisions about changing access to Wahnapiatae First Nation will be clearly and immediately communicated.

The Path Forward

At WFN, we remain fully focused on this issue, so rest assured that Chief and Council, in conjunction with staff, are closely monitoring the local situation.

Again, we will keep members updated on any community changes should they occur: it is only through our shared strength and diligence that we will be able to emerge from these challenges together.

Miigwetch,
Chief Larry Roque

SELF-GOVERNANCE

Wahnapiatae First Nation is Moving Forward on Self-Governance

Even though COVID-19 slowed its progress, Wahnapiatae First Nation is now moving at full speed down the path of self-governance, and it will soon need your feedback.

In partnership with the Anishinabek Nation, WFN is now officially proceeding with the Anishinabek Nation Governance Agreement (ANGA) Pre-Implementation Project, which will roll out over the coming months. This project is about taking a look at what legislation and structures are in place at WFN, what is needed to meet our obligations within the ANGA, and what steps need to be taken so that the community has full authority over key areas such as citizenship, language and culture, and others.

This follows last year's ratification of the Anishinabek Nation Governance Agreement by WFN members, who spoke with one voice about the need for collective action, and for the importance of the community having more control over local decisions. This agreement will provide WFN with more realistic and more stable funding for what it costs to operate a First Nation government, and future negotiations will enhance resources even more.

The next step in that work is the ANGA Pre-Implementation Project. The first step of that work is now happening behind the scenes as we determine what the legal requirements are under the ANGA, and what options the community might have to meet those requirements.

Once those are complete, likely within the next month, member engagement will begin, and your feedback will be sought to see what your priorities are and what you might want to focus on in the future. Once the ANGA Pre-Implementation Project is complete, WFN will be ready to begin the process of implementation, which will mean creating a series of new laws over the course of the coming years.

For now, we hope you'll consider participating in the ANGA Pre-Implementation Project when we put out the call for engagement in next few weeks. Your views are crucial for helping to guide the future of WFN.

Our collective relationship is important and working collaboratively within the Anishinabek Nation family is key for remaining strong for our present and future generations. The work happening through this project will allow us to build that foundation, and together, we can ensure a bright future for Wahnapiatae First Nation.

COVID STEPS TO FOLLOW

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

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.

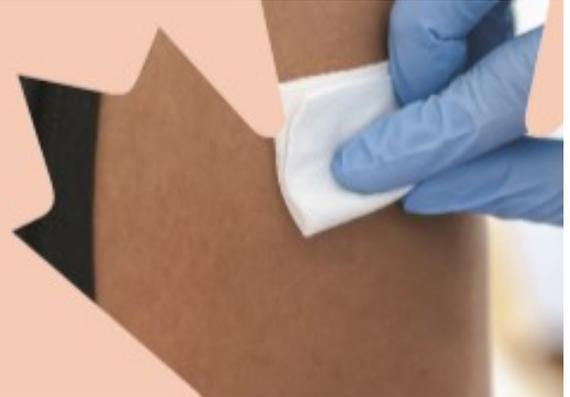
FOR INFORMATION ON COVID-19:

📞 1-833-784-4397

@ canada.ca/coronavirus

What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



Vaccination is one of the most effective ways to prevent the spread and reduce the impact of infectious diseases, whether it's seasonal flu or childhood infections. A safe and effective vaccine(s) for COVID-19 will protect us against the novel coronavirus and will be an important step to safely resume normal life in Canada and around the world. The Government of Canada is working on all possible fronts to secure access to safe and effective vaccines and related supplies for Canadians. Here is what Canadians need to know about a future COVID-19 vaccine.



Only vaccines that are safe and effective will be approved for use in Canada. Canada is recognized around the world for its high standards for [drug and vaccine review, approvals](#) and [monitoring](#) systems; these will not be compromised. The Government of Canada has gained real-time access to manufacturer clinical trial data for the most promising vaccine candidates, and is working with the global regulatory community to make sure COVID-19 vaccines are safe and effective before regularity approval is granted.



A vaccine will be available to everyone. Because of the unprecedented global funding and collaboration, more than 150 vaccine candidates are being researched around the world at this time. The Government of Canada is [investing in made-in-Canada research and has already made advanced purchase agreements](#) of many hundreds of millions of doses of the most promising vaccine candidates from around the world. This will give Canadians access to safe and effective vaccines as soon as they are ready. Not all vaccines will make it past the finish line, so that's why we are purchasing in advance a number of the most promising vaccine candidates. Health Canada is focusing on [reviewing and approving](#) COVID-19 vaccines as quickly as possible, while ensuring that they are well-studied and safe.



Because there will be limited quantities at first, once a vaccine is approved for use, key populations will need to be prioritized. We expect to have a limited supply of just a few million doses in the early weeks and months once Health Canada approves a vaccine(s) for use in Canada. That means governments will work together and continue to seek input from independent experts, like the [National Advisory Committee on Immunization](#) (NACI), to make decisions about how to prioritize vaccination. This will allow us to make the most impact by protecting high-risk populations and those who help keep our pandemic response, society and economy running. When there are enough vaccine(s) available, the vaccination program will be expanded.



Building up immunity takes time. One dose of vaccine may not be enough to provide individual protection. You may need to get a second shot to allow your body to develop adequate immunity. We don't yet know what level of immunity in the population is sufficient to achieve [community immunity](#). Until that time, Canadians should continue to wash their hands, [stay home](#) when sick, maintain [physical distancing](#), [wear a face mask as appropriate](#), and keep using good [cough](#) and [surface](#) hygiene.

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What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



(continued from p.3)



COVID-19 vaccines will be free. As more vaccines are made and distributed, we expect to be able to offer free vaccination to every Canadian who wants one. We know that we live in a global community, so we have committed to making sure [low and middle-income economies around the world will also have access](#) to safe and effective COVID-19 vaccine(s). Until we're all protected, we're still at risk of a resurgence of illness from COVID-19.



Vaccination is a choice you should make to protect yourself, your family and community. Vaccination is a [personal choice](#) that the vast majority of Canadians agree is part of good health and important for prevention of serious disease.



We are committed to working with Canadians and keeping you informed. Things are bound to change, and so too will our approaches. We will rely on Canada's well-established public health system, the expertise and insights of researchers, health professionals, industry, community leaders and Indigenous knowledge to guide us through this journey to bringing Canadians a safe and effective COVID-19 vaccine. You can stay up to date by visiting Canada.ca/coronavirus and trusting [credible sources](#) of information.

Canada's COVID-19 Immunization Plan: Saving Lives and Livelihoods

Canada is preparing to roll out an immunization response, which will provide Canadians with access to safe and effective vaccines to protect against COVID-19. This ambitious plan will be delivered through a principled and evidence-informed approach that puts protecting the health and safety of Canadians first.

Governments recognize that Canadians have made great sacrifices to minimize the harmful effects of COVID-19 on our communities and that many Canadians are anxious to know where, when and how they can receive a vaccine. Extensive work has been done over the last several months to secure strong vaccine options and to have the measures necessary to deliver vaccinations to everyone in Canada. Immunizations will be free to everyone in Canada and available over the course of 2021.

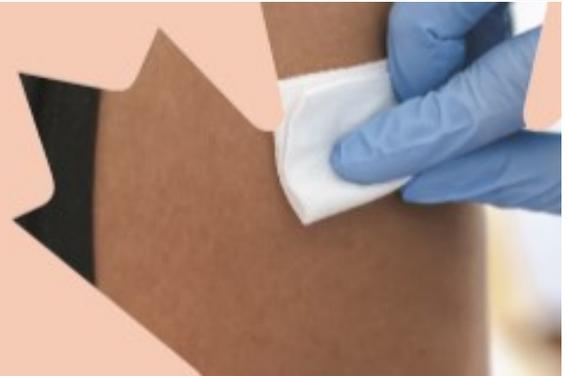
Until extensive immunization is achieved, public health measures will continue to be essential to minimize the spread of COVID-19 in Canada and save lives.

Canada's immunization response involves collaboration between the Government of Canada, provinces, territories, First Nations, Inuit and Métis leaders, municipal governments, public health and logistical experts, manufacturers, and all Canadians. The plan is rooted in core principles of:

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What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



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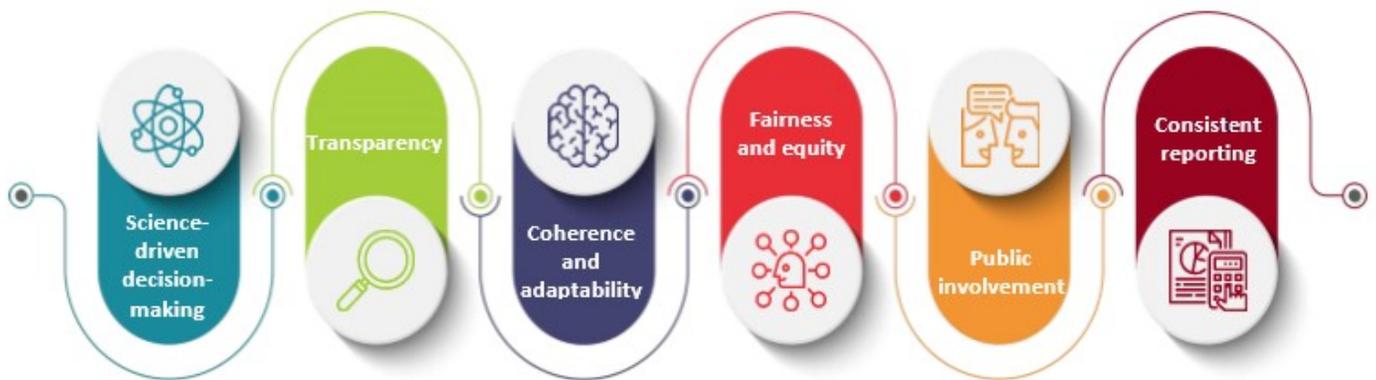
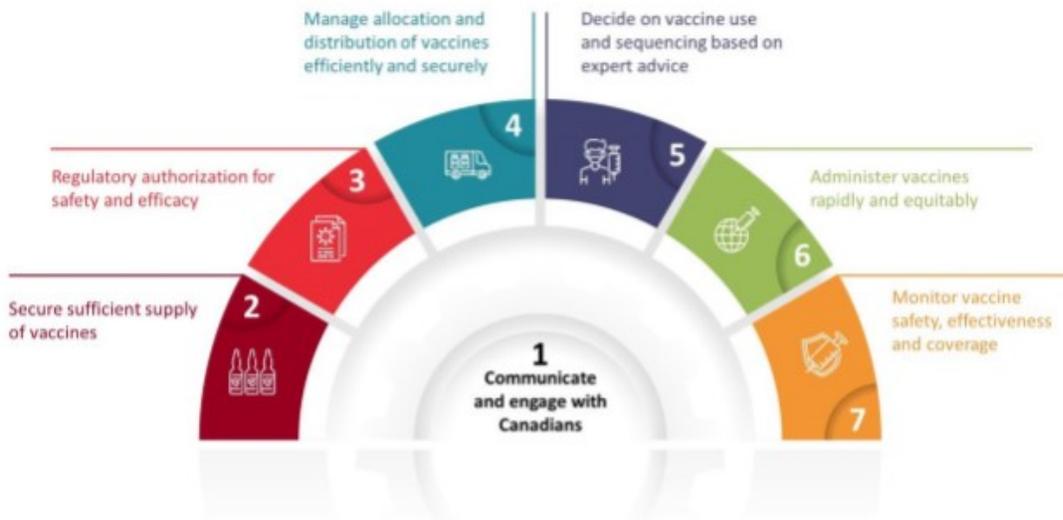


Figure: Principles in Action to Delivering a COVID-19 vaccination in Canada

The goal of Canada’s COVID-19 immunization response is to **enable as many Canadians as possible to be immunized as quickly as possible against COVID-19, while ensuring that high risk populations are prioritized.** While the immunization response is large and multifaceted, Canada is in a strong position to take on this challenge. This plan outlines Canada’s approach to widespread immunization against COVID-19, with the first immunizations beginning as soon as possible to priority populations.

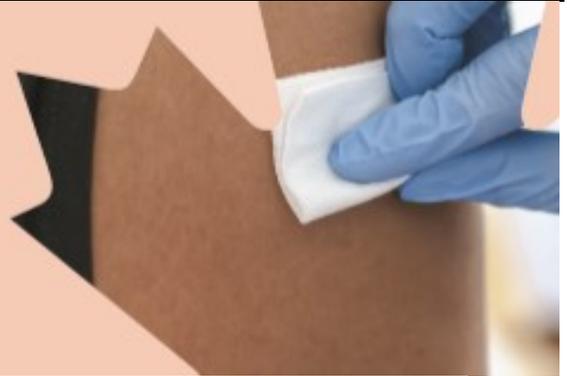


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Figure: Canada’s Immunization Plan is comprised of Seven Key Elements

What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



Canada's COVID-19 immunization requires close collaboration between all governments, Indigenous peoples, experts and partners in Canada and abroad. Roles include:

(continued from p.5)



Federal government

Safe & timely delivery on behalf of, and to P/Ts¹; approves safe & efficacious vaccines for use; supports P/Ts¹ to manage more complex logistics



Provincial & Territorial governments

Provinces and territories are responsible for delivering vaccinations to their populations. Tasks include planning sequencing, managing and communicating vaccination plan and administering vaccines



Indigenous peoples

F/P/T² governments work together with First Nations, Inuit and Métis leaders to support community-led approaches for access to an efficacious and culturally safe immunization program



Expert advisers

Includes health/logistics experts from academia & Immunization Committees; to ensure evidence-based immunization



International collaborators

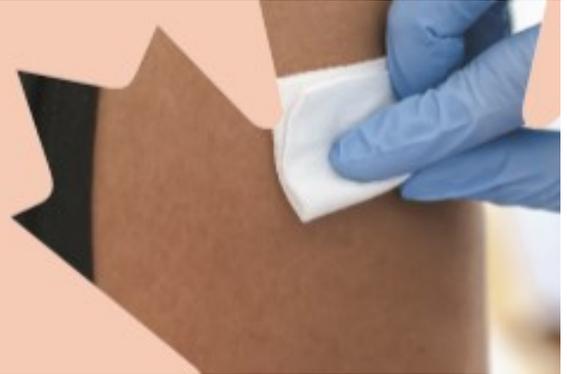
Close cooperation with the WHO and the scientific & regulatory community will support approval and roll-out

- **Federal Government:** Procure vaccinations on behalf of all jurisdictions; authorize vaccines for use; support efforts in partnership with all jurisdictions via new National Operating Centre; provide scientific guidance on vaccine use; coordinate pan Canadian surveillance and reporting; and liaise with international partners.
- **Provincial and Territorial (P/T) Governments:** Decide the policy and process for vaccination distribution. Plan, store, administer and deliver vaccination programs to the populations they serve, including deciding on how to sequence the initial and subsequent doses; manage, track and share data on coverage and adverse events.
- **All governments together with respective Indigenous leaders and key partners:** Provide reliable information to the public and promote vaccine confidence; coordinate delivery systems to First Nations, Inuit and Métis populations; monitor and respond to safety signals; monitor coverage; and assess vaccine effectiveness.
- **Expert Advisors across many fields:** Advise on vaccine candidates and prioritization of early doses; ensure evidence-based approach; and support technical logistics planning and delivery.
- **International collaborators:** Share information and collaborate across health, scientific and regulatory communities.

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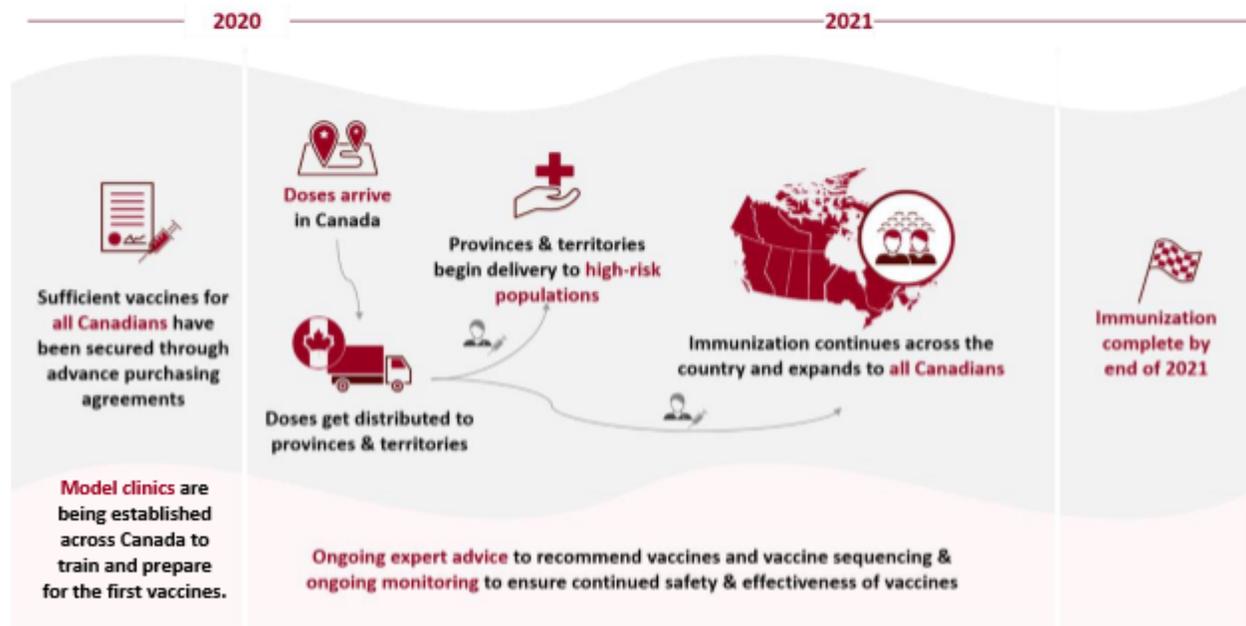
What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



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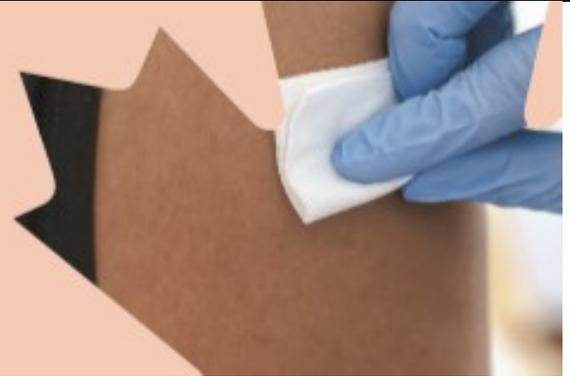
Canada's Vaccine Rollout: Through advance purchasing agreements, enough vaccines have been secured to provide all Canadians with access to vaccinations. Immunization will begin with the arrival of limited doses, which will be prioritized to high-risk populations, such as the elderly, residents and staff of congregate living arrangements such as long term care facilities, front-line health care workers, and those in living or working conditions with elevated risk for infection or disproportionate consequences, including Indigenous communities. (see National Advisory Committee on Immunization December 4, 2020 advice to the Public Health Agency on Canada, <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/guidance-prioritization-initial-doses-covid-19-vaccines.html>).



A comprehensive COVID-19 immunization response in Canada is under way. Through close coordination across all governments, with First Nations, Inuit and Métis leaders, and public health officials, this strategy will ensure that Canada is prepared for the safe, secure, and rapid distribution of COVID-19 vaccines.

What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



About the Pfizer-BioNTech COVID-19 vaccine

The Pfizer-BioNTech COVID-19 mRNA vaccine (Tozinameran or BNT162b2) is used to prevent COVID-19. This disease is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

The vaccine is approved for people who are 16 years of age and older. Its safety and effectiveness in people younger than 16 years of age have not yet been established.

The Pfizer-BioNTech COVID-19 vaccine is manufactured by Pfizer Canada ULC and BioNTech Manufacturing GmbH. Health Canada authorized this vaccine with conditions on December 9, 2020, under the [Interim Order Respecting the Importation, Sale and Advertising of Drugs for Use in Relation to COVID-19](#).

Find detailed technical information about the Pfizer-BioNTech vaccine, such as the product monograph and our regulatory decision summary, in the [COVID-19 vaccines and treatments regulatory portal](#).

Ingredients

- Medicinal ingredient
 - mRNA
- Non-medicinal ingredients
 - ALC-0315 = ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate)
 - ALC-0159 = 2-[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide
 - 1,2-Distearoyl-sn-glycero-3-phosphocholine
 - cholesterol
 - dibasic sodium phosphate dihydrate
 - monobasic potassium phosphate
 - potassium chloride
 - sodium chloride
 - sucrose
 - water for injection

What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



About the Pfizer-BioNTech COVID-19 vaccine

How it works

mRNA vaccines teach our cells how to make a protein that will trigger an immune response without using the live virus that causes COVID-19. Once triggered, our body then makes antibodies. These antibodies help us fight the infection if the real virus does enter our body in the future.

'RNA' stands for ribonucleic acid, which is a molecule that provides cells with instructions for making proteins. Messenger RNA (mRNA) vaccines contain the genetic instructions for making the SARS-CoV-2 spike protein. This protein is found on the surface of the virus that causes COVID-19.

When a person is given the vaccine, their cells will read the genetic instructions like a recipe and produce the spike protein. After the protein piece is made, the cell breaks down the instructions and gets rid of them.

The cell then displays the protein piece on its surface. Our immune system recognizes that the protein doesn't belong there and begins building an immune response and making antibodies.

How it's given

The vaccine is given by an injection (0.3 mL) into the muscle of the arm. For the vaccine to work best, you need to get 2 doses: a single dose and then a second dose 21 days later.

Based on studies in about 44,000 participants, the Pfizer-BioNTech COVID-19 vaccine was 95% effective in preventing COVID-19 beginning 1 week after the second dose. This means that people may not be fully protected against COVID-19 until at least 7 days after the second dose.

Possible side effects

In general, the side effects observed during the clinical trials are similar to what you might have with other vaccines.

The side effects that followed vaccine administration in clinical trials were mild or moderate. They included things like pain at the site of injection, body chills, feeling tired and feeling feverish.

These are common side effects of vaccines and do not pose a risk to health.

As with all vaccines, there's a chance that there will be a serious side effect, but these are rare. A serious side effect might be something like an allergic reaction. Speak with your health professional about any serious allergies or other health conditions you may have before you receive this vaccine.

Health Canada has conducted a rigorous scientific review of the available medical evidence to assess the safety of the Pfizer-BioNTech COVID-19 vaccine. No major safety concerns have been identified in the data that we reviewed.

What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



About the Pfizer-BioNTech COVID-19 vaccine

Vaccine safety after authorization

As for all medicines, Health Canada will continue to monitor the safety of the Pfizer-BioNTech COVID-19 vaccine in Canada closely. Along with the Public Health Agency of Canada and working in close collaboration with the provinces and territories and the manufacturer, we will monitor for any adverse events that may develop after immunization.

Once the product is on the market, the manufacturer (Pfizer Canada ULC and BioNTech Manufacturing GmbH) is legally required to submit reports of adverse events to Health Canada.

The manufacturer is planning to follow clinical trial participants for at least 2 years after the second dose of the vaccine is given. It must communicate any potential safety concerns to Health Canada.

To ensure that the benefits of the vaccine continue to outweigh the risks, we may also impose terms and conditions at any time. For example, we can require the manufacturer to take further risk mitigation measures. We can also ask the manufacturer to submit additional safety information.

Health Canada will continue to review all the available safety data as it becomes available. We will take appropriate action, if required, to protect the health and safety of Canadians.

Related links

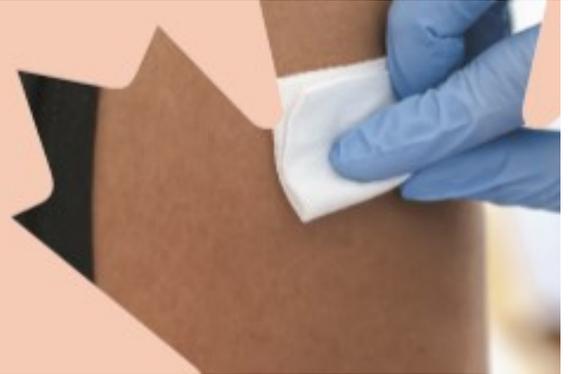
- [Pfizer-BioNTech vaccine regulatory authorization information](#)
- [Vaccines and treatments for COVID-19](#)
- [Vaccines and immunization](#)
- [List of authorized drugs, vaccines and expanded indications for COVID-19](#)

Even when the vaccines arrive in our community, the virus is still a threat. We need to continue keeping each other safe, and follow public health guidance.

- Wash our hands often
- Wear a mask
- Stay 2 meters apart
- Avoid gatherings

What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



Social Media Posts and Tips

Learn about the #COVID19 vaccines that have been authorized in Canada:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html>

Wondering if vaccines are safe? Watch this video: <https://www.canada.ca/en/public-health/services/video/vaccine-safety.html> #COVIDwise #COVIDvaccines

Find out about Canada's #COVID19 Immunization Plan and how the Government of Canada is working with First Nations, Inuit and Métis leaders to rollout vaccination in communities: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases/2019-novel-coronavirus-infection/canadas-reponse/canadas-covid-19-immunization-plan-en.pdf>

All vaccines used in Canada go through many tests to make sure they are effective and safe. Find out more about the process: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases/2019-novel-coronavirus-infection/canadas-reponse/canadas-covid-19-immunization-plan-en.pdf>

Vaccines will be given to at-risk groups first as vaccines are received in Canada, including Indigenous adults: <https://www.sac-isc.gc.ca/eng/1606941379837>

✘ Avoid



For More Information on

Covid-19:

<https://news.ontario.ca/en>

[Canada.ca/coronavirus](https://www.canada.ca/coronavirus)

Or call:

1-833-784-4397

✔ Always



What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



Assess the risk level

Low risk	Medium risk	High risk
Getting mail and packages	Hair salon / barbershop	Bars and nightclubs
Grocery and retail shopping with public health measures	Medical, health and dental appointments	Gyms and athletic studios
Camping	Hotel / BnB	Cruise ships and resorts
Driving Car (solo or with household contacts)	Taxi / ride shares	Hugging, kissing or shaking hands
Going for a walk	Working in an office	Large religious / cultural gatherings
Backyard BBQ with your 'bubble' contacts	Playing on play structures	Watching sporting events in arenas and stadiums
Restaurant takeout	Movie theatre	Casinos
Community / Outdoor parks and beaches	Outdoor restaurant/patio	Crowded public transportation (bus, subway)
Running / hiking / biking solo or at a distance from others	School / camp / daycare	Crowded indoor restaurant / buffet
Socially distanced picnic	Public pools	Amusement parks
Playing "distanced" sports outside (tennis/golf)	Malls / museums / galleries	High-contact sports with shared equipment (football/basketball)
	Weddings and funerals of limited size	Conferences
	Visiting elderly or at-risk family / friends in their home	Music concerts, or places where people are singing or shouting
		Sexual activity with new people
		Indoor party

COMMUNITY UPDATES

Delivering Food baskets to the Elders

Some pictures of students attending the Education Hubs. The Education Hubs started in September 2020 and are continuing to go well. The students helped Wendy deliver gifts to the Elders in the Community and sang Christmas Songs. Best wishes for the New Year!

Community Wellness Team and The Education Team



COMMUNITY UPDATES

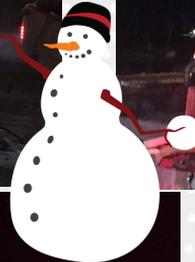


And People gave back to the little helpers!



Happy New Year to all from the Community Wellness team and the Education Team

The 11th Annual WFN Christmas Parade



Shannon Skelliter, Marc, Autumn and Tony Tyson & Lincoln both floats tied for 1st and 2nd place. Each received \$250.

Larry McGregor won 3rd place and received \$100.

Children who had floats received gift cards

All Floats were AWESOME!



COMMUNITY UPDATES

**The
Naloxone
Kits are
available at**

**Norman
Recollet
Health
Centre**



Naloxone Kits

If you or someone you know is taking opioids, or at risk of an opioid overdose, a naloxone kit could mean the difference between life and death.

**Naloxone
temporarily
reverses
and opioid
overdose
Please ask
for one**

Stay Informed, Stay Safe

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



WEBSITE: www.wahnapiataefirstnation.com



MAIN PAGE: www.fb.me/wahnapiataefirstnation



YOUTH PAGE: www.fb.me/WFNYouthPage

Join the Well Nation @ Home Boot Camp

Boot Camp @ Home

6-WEEK PROGRAM

IT'S BACK!

JOIN THE BOOT CAMP@HOME PROGRAM AND GET FIT AND ACTIVE FROM THE COMFORT OF YOUR OWN HOME.

**JANUARY 4
-
FEBRUARY 14**

WELL NATION

#WELLNESSWARRIOR

#ACTIVATINGWELLNESS

iswo.ca

INDIGENOUS SPORT & WELLNESS ONTARIO

FUNDED BY: **Canada**

For more information visit: <https://iswo.ca/event/well-nation-home-boot-camp-2/>

Join the Well Nation @ Home Boot Camp program and start #ActivatingWellness with other Wellness Warriors from January 4 – February 14, 2021. The program will be shared via the Well Nation @ Home Boot Camp Facebook group as well.

The program is 6 weeks long, with workouts scheduled for Monday, Wednesday and Friday.

Tuesday and Thursday and Sunday are rest days.

The weekly schedule will be posted every Sunday, with daily schedules posted on Facebook each day in the morning. You can do the workouts on your own time and at your own pace.

We have suggested 2 sets of each circuit with a 1 minute rest in between but you can do 3 or 4 sets if you would like. We encourage you to do a warm-up, cool down and alternate days of cardio. We have provided lists of sample exercises for each.

The 6-Week Boot Camp @ Home program is completely free of charge and is open to all Indigenous Peoples, over the age of 16, living in the Province of Ontario.

All active participants who post in the Facebook group about their progress with the program will be entered into a draw for prizes. Four winners will be selected at the end of the program and receive a FitBit.

**THIS IS A FREE PROGRAM FOR
INDIGENOUS PEOPLES RESIDING IN THE
PROVINCE OF ONTARIO.**



iswo.ca

FUNDED BY:

Canada

For questions or more information,
please contact Mekwan Tulpin at
Mekwan.Tulpin@iswo.ca.

We Matter Campaign

Ontario Resources

Mental Health Helpline:

24 hours a day / 7 days a week

- If you need someone to listen to you and offer support
- Info on mental illness

1-866-531-2600

LGBTQ Youth Line:

Sunday to Friday 4 – 9:30 pm

Talk to a peer for some support, whether you're lesbian, gay, bi, trans, queer, two-spirit, questioning or other

Call **1-800-268-9688**

Text **1-647-694-4275**

Chat online at youthline.ca

E-mail any questions to askus@youthline.ca

Youth Services:

Youth ages 18 and under (eastern Ontario)

Crisis Line 24 hours a day / 7 days a week

1-877-377-7775

Crisis online chat: Thursday to Sunday 4-10 pm at ysb.ca



Whenever you need to talk, we're open.

- Text 686868
- KidsHelpPhone.ca
- Call 1-800-668-6868

Indigenous youth can access Indigenous resources and learn how Kids Help Phone can support them at KidsHelpPhone.ca/Indigenous

Kids Help Phone

Dates Extended on Free Science North Passes

Wahnapiatae 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 Wahnapiatae 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

COMMUNITY NOTICES



Niijaansinaanik
Child and Family Services

BECOME AN ALTERNATIVE CAREGIVER TODAY

SEEKING ALTERNATIVE (FOSTER)
CARE HOMES THAT ARE
NURTURING, CARING AND
CULTURALLY SUITABLE FOR OUR
INDIGENOUS CHILDREN.

*NIIJAANSINAANIK CHILD AND
FAMILY SERVICES OFFERS
ALTERNATIVE CAREGIVERS 24-7
SERVICE, ONE-ON-ONE SUPPORT,
ACCESS TO CULTURAL SERVICES
AND MUCH MORE.*

FOR MORE INFORMATION ON BECOMING AN
ALTERNATIVE CAREGIVER, CONTACT:

705-223-0008 ext. 300
705-763-2000 ext. 206
1-855-223-5558



SAVE THE DATE

Save the Date

PINK T-SHIRT DAY



On February 24, Canadians will take a stand against bullying and wear pink shirts to show their support for safe and inclusive schools, workplaces and communities.



**1 IN 5
KIDS AFFECTED
BY BULLYING**

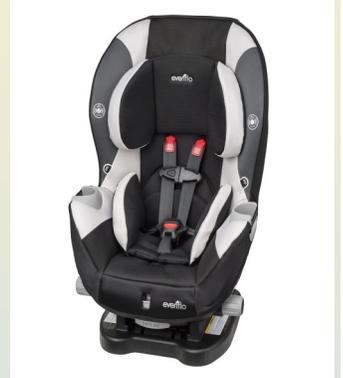


This Pink Shirt Day, our focus is working together and treating others with dignity and respect. The COVID-19 pandemic has affected us all and shown the importance of helping one another and advocating for those who need it. Help us "lift each other up" and support programs that encourage healthy self esteem and teach empathy, compassion and kindness.

Child Car Seat Safety

Using the right car seat is the best way to prevent serious injury to children in collisions. Not only is it safety, **IT IS THE LAW!**

Newborn babies and infants need special protection while in a vehicle. In a collision, a properly installed rear-facing child car seat can save your baby's life. Ontario's Highway Traffic Act requires children to use a rear-facing car seat until the child weighs at least 9kg (20lbs).



Toddlers: Ontario's Highway Traffic Act requires children weighing 9kg to 18kg (20 to 40lbs) to use a forward-facing child car seat or a rear-facing car seat as long as the car seat manufacturer recommends its use.

School Age Children: Ontario's Highway Traffic Act requires children weighing 18kg to 36kg (40 to 80lbs), standing less than 4 Ft 9inches tall and who are under the age of 8 to use a booster seat.



It is best to keep your child in a child safety seat until they reach the recommended weight and height.



Please be mindful that accidents can happen pulling out of your driveway! A quick trip with your child not in a car seat can have tragic results.

Safety first! Our children are our future!

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, JANUARY 12, 2021

4:00 P.M. — 6:00P.M.

FAMILY WELLNESS CENTRE
178 LOONWAY ROAD

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

Please bring your own bags!

EVENT UPDATES

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



SOUP'S ON!

EVERYONE WELCOME, DONATIONS ACCEPTED

EVERY TUESDAY

FROM 12 P.M. - 1 P.M.

AT THE MAAN DOOSH GAMIG HALL

CONGREGATE DINING

(MUST BE 55+)

JANUARY 7, 2021



DELIVERY BETWEEN

5:00PM—6:00PM



NUTRITION BINGO

January 21, 2021

JACKPOT: \$150, GIFT CARD

PROGRESSIVE TOONIE POT: \$352

SEATING IS LIMITED

CALL WENDY OR HEATHER TO

BOOK YOUR SPOT:

(705) 858-7700

EVENT CALENDAR—January 2021

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Closed	2
		5 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm	6	7 Congregate Dining Delivery @ 5pm	8 Closed	9
10	11	12 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm Healthy Recipe 4pm-6pm	13 Good Food Box Ordering Deadline @ 705-858-7700	14	15 Closed	16
17	18	19 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm	20 Good Food Box delivery day	21 Nutrition Bingo @ 5:00pm Register 705-858-7700	22 Closed	23
24	25	26 Soups ON @ noon Sue Chartrand here 9:00am – 5:00pm	27 	28	29 Closed	30
31						

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