

Wahnapitae First Nation Community Newsletter

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November 2020

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WAHNAPITAE FIRST NATION STRATEGIC PLAN 2020-2025



Community members are invited to share their thoughts on WFN's draft 2020-2025 Strategic Plan.

P.21: Bringing a Bridge



The donation of a free 80-foot bailey bridge to Wahnapitae First Nation offered some unique challenges and opportunities.

P.22: Helping the Needy



Wahnapitae First Nation recently donated truckloads of recyclables to help fund Christmas meals for local families in need.



COVID-19 UPDATES

A Message to Members

As winter begins to set in, Chief and Council have been working with the staff at Wahnapitae First Nation to monitor local cases of COVID-19, and to ensure all measures are in place to protect the health of our community.

BAND OFFICE UPDATE:

As part of these precautions, it was decided in late October that much of the Band Office staff would work remotely for two weeks. This was a simple precaution in light of a rapid, sharp increase of cases in the Sudbury district.

We're pleased to note that all operations have continued per usual, with all services still fully being offered to members.

Barring any changes, staff will return to the office on Monday, Nov. 9, 2020.

COMMUNICATIONS UPDATE:

To help make sure we're able to connect with you to inform you of these changes as quickly and efficiently as possible, Wahnapitae First Nation will soon be rolling out regular email communications to interested members.

Having this is in place will let us share with you any updates about COVID-19, how WFN is handling it, and how you can let us know what you think in these difficult times.

If you want to be added to our email communications mailing list, please be sure to contact Nick Stewart, WFN's Communications Coordinator, at: nick.stewart@wahnapitaefn.com.

EVENTS UPDATE:

We're pleased to note that the community was still able to pull together and offer a safe, happy Halloween with children trick-or-treating door-to-door.

While some of the official community celebrations were postponed due to the pandemic, it's hoped that we will deliver some seasonal fun to make up for it in the weeks to come. Keep an eye on our Facebook page for more information.

PARTING THOUGHTS:

Again, we continue to keep a close eye on local cases, and we will keep members updated on any changes should 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

COVID UPDATES

COVID-19 Resource Contacts

Norm Recollet Health Centre

Phone: (705) 858-7700

Public Health Sudbury & Districts

Phone: (705) 522-9200 **Website:** <u>www.phsd.ca</u>

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:

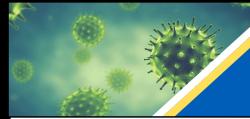
Phone: (705) 671-7373
Patients will be screened by a nurse over the telephone, and referred to one of three options if testing is necessary (by appointment only):

- 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 Wahnapitae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapitae First Nation 259 Taigwhenini Trail Road Capreol, Ontario | POM 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570



COVID-19 UPDATES





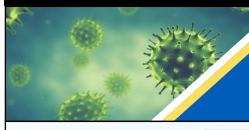
There are simple, practical things you can do to prepare in advance just in case you or someone in your household becomes ill, or if COVID-19 becomes common in the community.

MAKE A PLAN THAT INCLUDES:

- ► Essential supplies (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ► Alternative arrangements in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ Reducing your exposure to crowded places through physical distancing if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club
 - Some people may transmit COVID-19 even though they do not show any symptoms. Wearing a mask, including a non-medical mask or face covering (i.e. made with at least two layers of tightly woven fabric, constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) can help protect others around you.

(continued on p.3)

COVID UPDATES



COVID-19 UPDATES

PLAN AHEAD



(continued from p.2)

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ➤ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ► Learn about the **symptoms** of COVID-19, how it spreads and how to prevent illness.
- ► Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ► If the news media is making you feel anxious, take a break from it.

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



YOUTH PAGE: www.fb.me/WFNYouthPage

COVID-19 Statistics

(as of Nov. 2, 2020)

Sudbury District:

Total Tests: 90.385

Confirmed Cases: 127

Resolved: 120

Deaths: 2

Ontario:

Total Tests: 5,174,968

Total Cases: 77,655

Resolved: 66.407

Deaths: 3,152

Hospitalized: 328

In ICU: 75

Canada:

Total Tests: 9.548.758

Total Cases: 236,841

Active Cases: 28,933

Recovered: 197,729

Deaths: 10,179

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

Sudbury:

tinyurl.com/phsddata

Ontario:

covid-19.ontario.ca/data

Canada:

tinyurl.com/canadacvd19

COVID UPDATES

Dates Extended on Free Science North Passes

whapitae 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

Speeders Asked to Respect Limits

Wahnapitae First Nation is reminding residents and visitors alike to respect the speed limits as posted within the community.

Concerns have been advanced by community members, and affirmed through Chief and Council, regarding the growing number of cases where individuals are failing to obey the 40-kilometre-per-hour limits.

This creates undue hazards for all, but for the children in particular, as many are playing outside.

This is especially true now, as COVID-19 restrictions mean that outdoor play is being particularly encouraged, and more children are participating in a wider variety of outdoor activities.

These speed limits are in place to protect their safety, and the onset of winter will only make



roadways more dangerous at speed.

Again, please be sure to obey all speed limits as posted. Protecting the safety of our members, and of our children, is of utmost importance. Your cooperation in this matter is deeply appreciated.

COMMUNITY NOTICES

"Name the Road" Contest Announced

new road has been built as part of the growth at Wahnapitae First Nation, and this is your chance to help decide what it could be called!



The road, built off Loonway Road to accommodate the construction of four new duplexes, needs a name.

Submit your suggestions by Nov. 23, 2020 at: nick.stewart@wahnapitaefn.com or (705) 858-0610 xt.221 by Monday, Nov. 23, 2020.

The winning entry will be announced in the December 2020 Newsletter and social media.

In addition to successfully naming the road, the winner will receive a \$50 gift card to Rocky's Restaurant and Marina.

Grow Your Ojibwe Language Online

xpand your knowledge of Ojibwe language with the Ojibwe People's Dictionary, a free website that will help you learn new terms and grammar while revitalizing your understanding.

The Ojibwe People's Dictionary is a free resource: it's a searchable, talking Ojibwe-English dictionary that features the voices of Ojibwe speakers.

Along with detailed Ojibwe language entries and voices, you will find beautiful cultural items, photographs, and excerpts from relevant historical documents:

https://ojibwe.lib.umn.edu/



Employment Opportunities Available

Wahnapitae First Nation regularly lists the employment opportunities that are available within the administration, as well as those that are available from partner organizations:

Opportunities at WFN:

<u>Health Director</u>
 TERM: Full-time, permanent

External Opportunities:

- Millwright (Vale)
- <u>Finance Clerk</u>
 (Kina Gbezhgomi Child and Family Services)
- <u>Finance Clerk</u>
 (Kina Gbezhgomi Child and Family Services)



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

COMMUNITY UPDATES

Reminder to Recycle Properly

The Wahnapitae First Nation Lands Department would like to offer a friendly reminder of the types of items that are not recyclable and not to be added to the community's recycling trailer.

As a visual guide, examples of items not to be included are provided below.

The Lands Department thanks you in advance for your cooperation.





COMMUNITY NOTICES

Electronic Pickup Days Announced

esidents of Wahnapitae First Nation are being notified that Waste Diversion staff will be collecting electronic waste at the curbside on Nov. 10, 2020 and Nov. 12, 2020.

Residents looking to have material collected on either day should have it to the curb by 8 a.m.

Electronics will also be accepted at the landfill on Sunday, Nov. 8, 2020.

Examples of electronic materials that will be accepted are as follows:









Desktop Computers

Portable Computers Computer Peripherals





Telephone & **Telephone Answering** Machines





Home Theatre In a Box (Equalizers, Amplifiers, Speakers, Audio & Video Devices Tuners & Turntables)



Aftermarket Vehicle



Image, Audio and Video Devices Home / Non-Portable



COMMUNITY UPDATES

Wahnapitae First Nation Stands in Solidarity with the Mi'kmaq People

n order to show its support for the Mi'kmaq people and the Sipekne'katik First Nation currently struggling to exert their treaty rights to earn a living from fishing in Nova Scotia, Wahnapitae First Nation Chief and Council issued a letter to Prime Minister Justin Trudeau on Oct. 21, 2020, as follows:

Dear Prime Minister:

Wahnapitae First Nation stands in support of the treaty rights of the Mi'kmaq people and the Sipekne'katik First Nation to earn a living from fishing, and calls for the Government of Canada to take immediate action to enforce their constitutionally protected rights.

This conflict should have been avoidable, as the fishing rights of the Mi'kmaq people have been definitively established time and again. The list of affirmative instances is long, and includes the Peace and Friendship Treaties, Section 35 of the Constitution, the Supreme Court of Canada's 1985 Simon case, and more recently the Court's 1999 Marshall case; in other words, it has been made abundantly clear that the Mi'kmaq have an inherent and constitutional right to undertake fishing activity. Unfortunately, the Canadian government has delayed implementation of the Marshall decision for 21 years, and the Department of Fisheries and Oceans has been left without a clear framework to apply this right within their regulations. The unfortunate result has been a clear and deeply unacceptable threat to the safety and livelihood of the Mi'kmaq people.

Taking action on implementing the Marshall decision would also begin the process of affirming your Feb. 14, 2018 promise for a legal framework to advance the rights of Indigenous peoples. You stated that the legacy of colonialism demands "real, positive action that must include the full recognition and implementation of Indigenous rights," and that "we need to get to a place where Indigenous peoples in Canada are in control of their own destiny, making their own decisions about their future." The need to follow through on this promise has never been more pressing than it is today, as every day that passes without resolution threatens not only the treaty rights of the Mi'kmag, but of all Indigenous peoples.

This threat is further exacerbated by the very real violence that the Mi'kmaq people are experiencing. The RCMP have a duty to protect them, and their failure to create broad accountability for this criminal behavior is allowing this danger to thrive; moreover, it also has the unfortunate effect of lending some public credence to the misguided arguments being made by those who are committing crimes against the Mi'kmaq people. Measures must be taken to de-escalate the situation so as to protect their safety and their livelihood.

Again, Wahnapitae First Nation stands in solidarity with the Mi'kmaq people and the Sipekne'katik First Nation, and urges the federal government to take decisive action by doing its duty to preserve their well-being and their protected rights.

Respectfully,

Chief Larry Roque

Wahnapitae First Nation

LRoque

COMMUNITY NOTICES

Deadline Coming for Guaranteed Income Supplement, Allowance, or Allowance for the Survivor Benefit

mployment and Social Development Canada and Service Canada would like to share important information with seniors who receive the Guaranteed Income Supplement, Allowance or Allowance for the Survivor benefit.

During the week of October 5, 2020, Service Canada sent reminder letters and Statement of Income forms to clients in receipt of these benefits whose income information for 2019 had not been received.

These individuals received a 'reminder kit' requesting completion and submission of the Statement of Income form. The reminder kit contains:

- 1. a reminder letter:
- 2. a Statement of Income form and instruction sheet; and,
- 3. a self-addressed return envelope.

Each year in July, an individual's ongoing entitlement to benefits is reviewed based on the most recent income information.

Because of the pandemic, individuals who could not be assessed due to a lack of income information continued to receive payments and were notified by letter in July 2020 that income information must be provided.

This special measure has ensured that clients who have not provided income information continue to receive their benefits uninterrupted; however this measure expires in December 2020.

Clients who have not yet submitted 2019 income information should do so as soon as possible. Clients who do not submit their income information will not receive the Guaranteed Income Supplement, Allowance or the Allowance for the Survivor in January 2021.

If community members or individuals within your network do not have access to the internet or face other barriers, the Service Canada Outreach Support Centre will ensure they get access to the critical benefits they need.

Clients can call the toll-free number from 8:30 a.m. to 4:00 p.m., Monday to Friday:

1-877-355-2657

TTY: 1-833-719-2657





Employment and Social Development Canada



Have Your Say on the Community Strategic Plan

Wahnapitae First Nation is asking you, its members, to provide your feedback on the draft of the 2020-2025 Strategic Plan.

The letter previously issued via mail to community members has been reproduced below. The PowerPoint summary of the Strategic Plan has also been reproduced in the following pages so that you can handily review the broad points and purpose of the original document – which is also linked to within the letter below.

Please review these documents carefully and provide your feedback to help ensure that the Strategic Plan reflects the will of the community.

Community Input Needed on Draft Strategic Plan

The members of Wahnapitae First Nation are being invited to provide their feedback on a draft of the community's proposed 2020-2025 Strategic Plan.

Developed by staff in conjunction with Chief and Council, this proposed strategic plan is designed to provide a realistic framework for the future of our community. It is not just a document; it's a vision for how we may grow and thrive, allowing us to recognize and negotiate any challenges as we work towards short- and long-term goals.

This means that your input is crucial, because any vision for our community must ultimately reflect your issues, your aspirations, and your ideas.

As such, we urge you to carefully review the 2020-2025 Strategic Plan, which is available at www.wahnapitaefirstnation.com/WFN232-StrategicPlan; included with this letter is a handy, to the point summary of the plan, which you may wish to review as well.

Once you've reviewed the material, please be sure to submit your feedback by contacting Julie Fontaine, Executive Director, at julie.fontaine@wahnapitaefn.com no later than Monday, November 30, 2020.

Following the close of the feedback period, staff will work to implement your feedback so that the 2020-2025 Strategic Plan is a direct reflection of the needs and aspirations of the community.

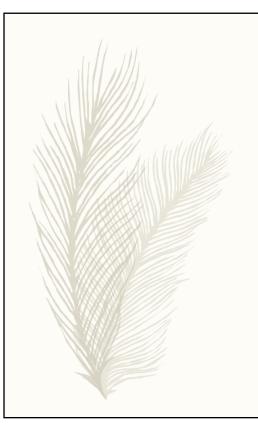
Thank you in advance for your interest and engagement in this important process. Your input helps to make our community stronger.

Miigwech, Chief Larry Roque

WAHNAPITAE FIRST NATION STRATEGIC PLAN 2020-2025



Our traditional name is Wahnapitaeping "That place where the water is shaped like a molar tooth".



Mission

Wahnapitae First Nation is a vibrant, growing, prosperous and proud Anishinabek community whose belief is based on the principle that this land is only borrowed from future generations.

Wahnapitae First Nation will protect the land, water, air and environment while promoting programs and services to our membership in pursuit of a self-sustaining community that will continue to enhance and expand all aspects of traditional, socioeconomic and cultural opportunities by providing spiritual, physical, and emotional support to its members through increased participation and commitment.

Vision

To ensure healthy well-being, and to create, promote, enhance and maintain a greater awareness of traditional knowledge and teachings while following the seven grandfather teachings of respect, love, honesty, humility, wisdom, bravery and truth.

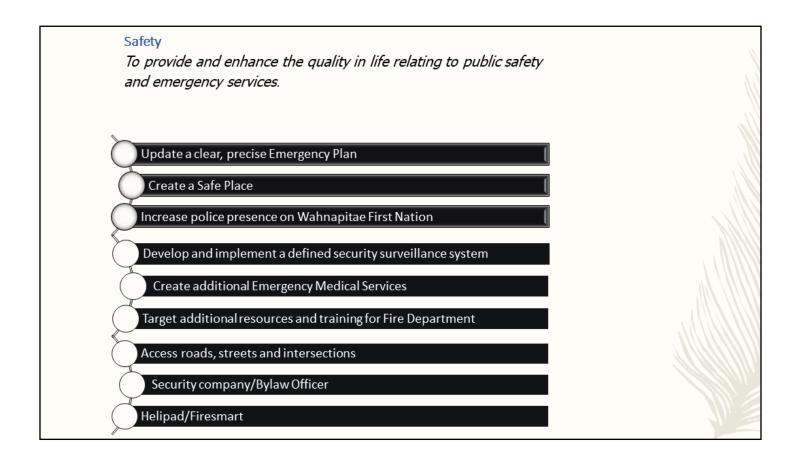
Staff along with Chief and Council gathered in June of 2019 to develop a strategic plan for Wahnapitae First Nation.

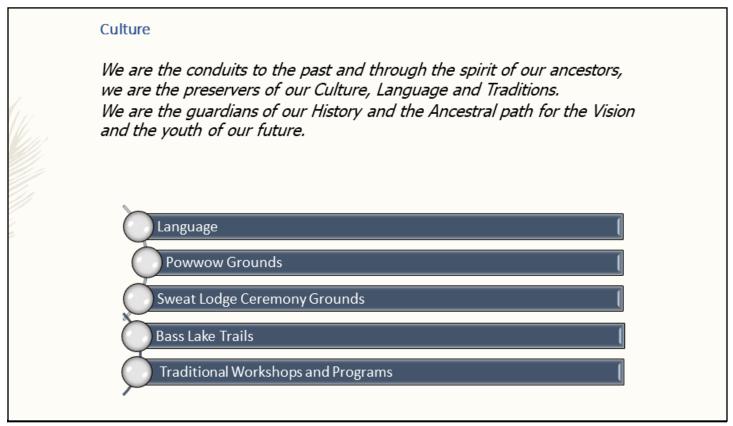
Staff and Chief and Council worked together to develop a SWOT analysis of each department to identify all upcoming plans, projects and programs.

Listed are each department and area of main focus moving forward with capturing your input to develop a community strategic plan.

Please review each focus area and input any focus you think we have missed.

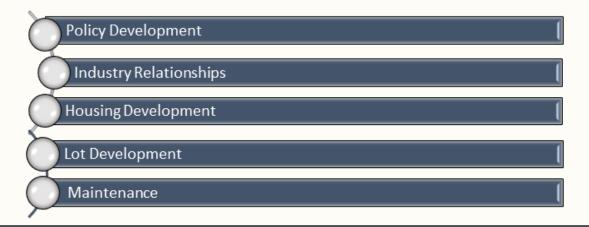






Housing

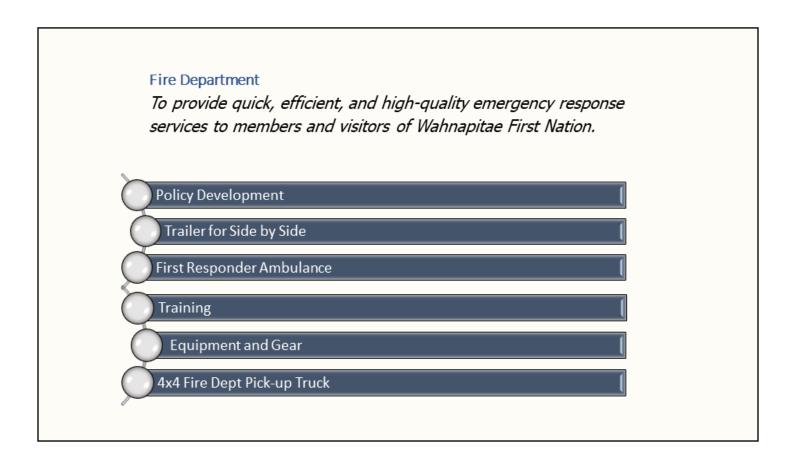
To provide adequate past, present and future housing needs, goals, policies, applications and programs that ensure all members of Wahnapitae First Nation have efficient, well-built, habitations and structures.



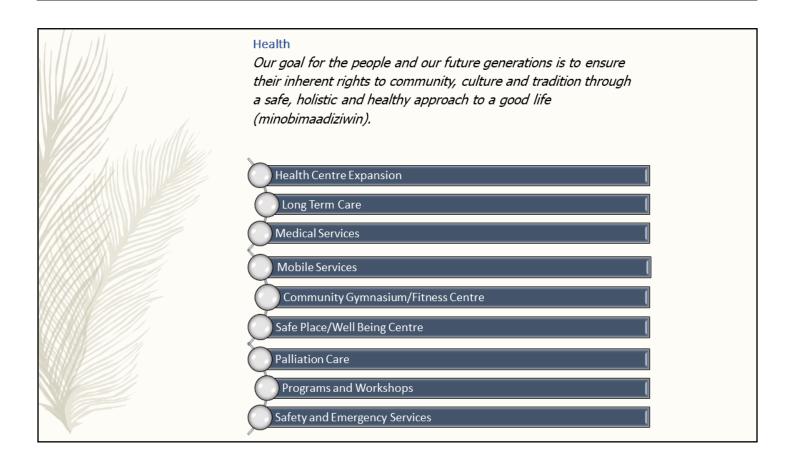
Public Works

The Public Works Staff strive to responsibly deliver, enhance and maintain vital infrastructure along with essential services for the overall good of our community.



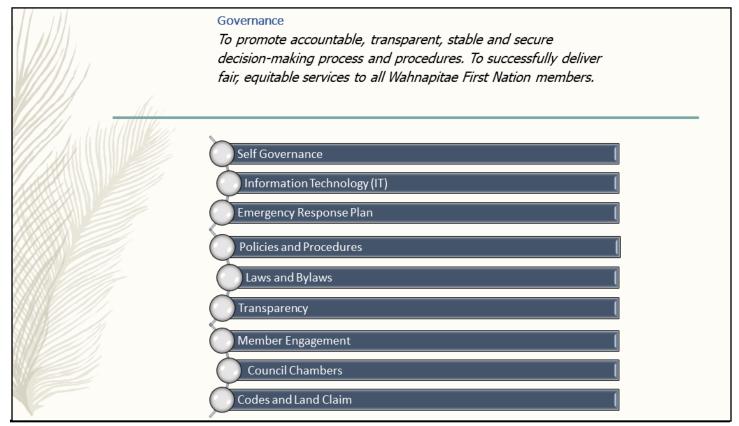


Land/Environment To protect our shkamik-kwe and ensure that the lands and resources are managed in environmentally sensitive and sustainable manner and strengthening our culture for future generations. Fisheries Recycling/Waste Awareness Provincial park Agreements Forestry Biodiversity











Bringing Home the Milnet Bridge



ahnapitae First Nation is bridging the past with its future as it recently acquired and brought home the Milnet bridge in partnership with the City of Greater Sudbury.

This began in Spring 2020, when the City of Greater Sudbury reached out to Wahnapitae First Nation for comments regarding the scheduled replacement of the Milnet Bridge - an 80-foot bailey bridge that crosses the Vermillion River near the old village of Milnet.

To review the details of the project, staff from the City of Greater Sudbury then met with Glen Bateman, Natural Resource Develoment Coordinator, as well as Belanger Construction, the general contractor.

From that stage, Wahnapitae First Nation was directly involved with providing a preinspection to ensure that the Vermillion River would be properly protected from the activities that would be undertaken during the removal and installation of the bridge. This included the installation of silt screen, hay bales, and shoreline booms to prevent any debris or siltation from entering the waterway.

Further discussions with the general contractor revealed an opportunity for WFN to acquire the bridge at no cost.

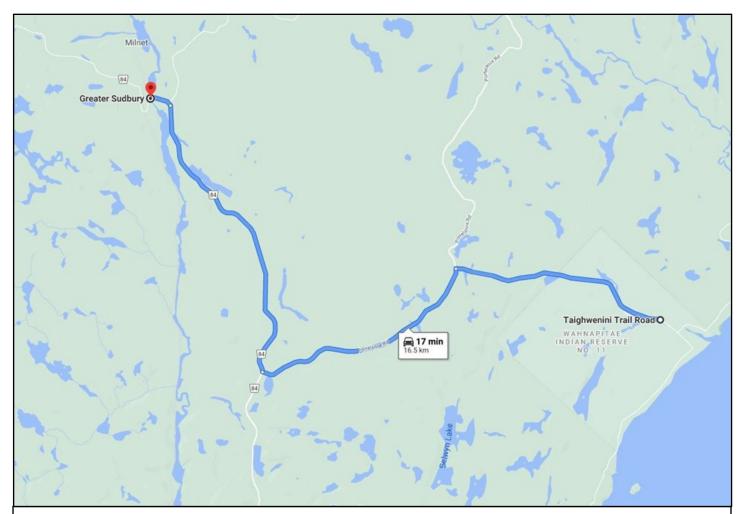
Floyd Roque, a retired MTO bridge inspector currently residing on WFN, joined Bateman — who has his "Non-Destructive Testing" certification — in conducting an on-site bridge inspection to ensure that the structure was suitable for repurposing.

Luckily, aside from some cosmetic deficiencies such as paint and rust, the bridge was deemed usable.

The bridge was then removed and stored at a separate site in preparation for the final delivery to WFN.

(continued on p.20)

Milnet Bridge (continued from p.19)



The Milnet Bridge was transported from its original location outside of the village of Milnet to Wahnapitae First Nation, a 17-kilometre journey which posed its own challenges and required much coordination.

On Oct. 5, staff from the WFN's Public Works and Lands departments arrived at the site to begin preparatory work on the bridge and other related components for delivery. The smaller components were placed in a dump truck and hauled to WFN proper.

With the assistance of Belanger Construction's excavator, and Bruno Gervais' "Low Boy" float and loader, the bridge was secured and prepared for delivery.

Once secured, the bridge undertook the 17-kilometre journey to Wahnapitae First Nation. The biggest challenge was transporting it over the temporary bridge, which only allowed for

one inch of clearance.

Following its arrival at WFN, the Public Works Department offloaded the bridge with the use of an excavator, bulldozer, and backhoe.

The bridge now rests near Post Creek in advance of being cleaned up and repainted.

Its final use for WFN is still under review by the Lands Department.

"You can never have too many bridges - especially free ones!" said Bateman.

For more photos of this work, see P.21

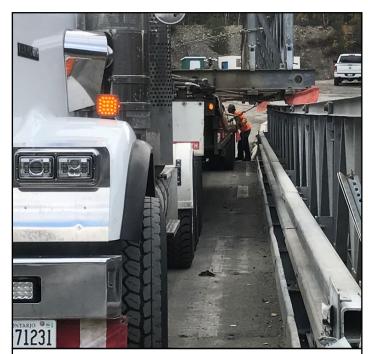
Milnet Bridge (continued from p.20)



Once inspections were conducted, the Milnet Bridge was deemed to be safe and useful for Wahnapitae First Nation.



Moving the bridge required lifting it with an excavator and a loader, while the float truck positioned itself underneath.



Transportation of the bridge had its challenges: the temporary bridge only offered a single inch of clearance.



The bridge itself now sits near Post Creek while Wahnapitae First Nation Lands Department staff determine its use.

Helping the Needy, One Can at a Time

ocal needy families will get an extra helping hand at Christmas thanks to the efforts of the Wahnapitae First Nation waste diversion staff.

Every year, Wahnapitae First Nation waste diversion staff sort and set aside key recyclables such as pop cans and liquor bottles at the landfill site so that they can be donated to a worthy cause. This year, the donation was made to the Chevaliers de Colomb (Knights of Columbus) council from the Ste-Anne des Pins parish in downtown Sudbury, whose Board collected the material for recycling. All told, the Chevaliers de Colomb collected three truckloads and three trailerloads – quite the haul.

The Chevaliers de Colomb are a large

Catholic fraternal order with councils (branches) in thousands of parishes, that work to better the lives of people who need help and support their parish priests in Canada, the USA, Mexico and some European countries.

In the past, the Chevaliers de Colomb has given vouchers or cash to people in need to buy food, medical equipment or other staples to help them with whatever challenges they face. They have raised funds to help build schools and houses in underdeveloped countries, and give gift cards to families in need to buy food for Christmas.

The Chevaliers de Colomb extends its thanks to Wahnapite First Nation for this donation.



Left to right: Pierre Beaumier, Grand Knight (president), Chevaliers de Colomb; Ed Rouge, waste diversion technician, Wahnapitae First Nation; Rock Rousseau, Chevalier de Colomb; and Paul MacDonald, waste diversion coordinator, Wahnapitae First Nation. Not pictured: Chevalier de Colomb council members Jean-Paul Prévost, René Chartrand, Jean Desrochers, and Roger Lamoureux, programs director.

Wahnapitae First Nation receives bat study funding

will be able to undertake research into at-risk bat populations thanks to funding from the federal government.

On Oct. 7, 2020, Marc G. Serré, MP for Nickel Belt – on behalf of the Minister of Environment and Climate Change, Jonathan Wilkinson – announced over \$275,000 in funding for Indigenous communities in Northern Ontario ridings.

As part of this funding, Wahnapitae First Nation will receive \$52,205 over two years to undertake baseline investigations into species at risk bat populations through habitat evaluation, field investigations, acoustic monitoring and community outreach.



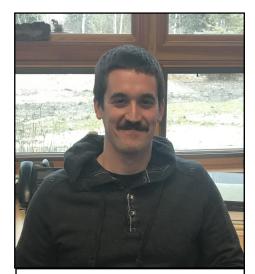
The activities will take place within boreal forest and lake shoreline habitats and exposed rock structures on Wahnapitae reserve lands.

"We're pleased to see support for this project, as bats are considered pollinators and they are important for seed dispersal and are considered an effective pest control, as they are able to consume 30 to 50% of their of body weight in one feeding,"

said Wahnapitae First Nation Chief Larry Roque.

"With a desktop habitat evaluation, field investigation, bat detection monitoring, and community outreach, this important project will be the first step towards ensuring that this species is further protected within our area."

Meet the New Staff at the Lands Department



Mathieu Cayen, Field Tech, brings experience in GIS, for Vale, the City of Greater Sudbury, and the Ministry of Natural Resources and Forestry.



Bryson Mcloughlin, Field Tech, will support the water sampling program and other natural resource initiatives.



Glen Bateman, Natural Resource Development Coordinator, celebrated his one-year anniversary in the role on Oct. 24, 2020.



COMMUNITY NOTICE

Waste Management System Planning Survey

Wahnapitae First Nation members have until Nov. 25, 2020 to have their say on the future of the community's solid waste management system.

On October 14, 2020, Neegan Burnside presented the potential options being considered as part of this process. The presentation was streamed online, and was recorded; it can still be viewed at the link provided below.

In order to provide more opportunities for community input, residents are strongly encouraged to take part by viewing this presentation and providing their input via the links provided below. The first 10 people to submit a survey, whom haven't done so already, will receive a \$30 Canadian Tire gift card. The deadline to submit the survey is Nov. 25, 2020.

Thank you in advance for providing your comments.

- Online Survey Link: bit.ly/3owjWLc
- Consultation Session Recording: bit.ly/34rCkNw
- Consultation Session
 Slideshow:
 bit.ly/3ovflsM
- Draft Waste
 Management Study:
 bit.ly/34spOxh



For more information, please contact Desiree Ducharme, Environmental Coordinator, at (705) 858-0610 ext. 204 or environmentalcoordinator@wahnapitaefn.com

UPDATES-ROCKY'S





Buy 1 Get 1 50% Any Entree

FOR DINE-IN CUSTOMERS ONLY

ANY ENTREE OF EQUAL OR LESSER VALUE BEVERAGE NOT INCLUDED

CAN NOT BE COMBINED WITH ANY OTHER OFFERS

\$1.00 Ice Cream Scoops

COME GET YOUR FINAL TASTE OF A ROCKY'S SUMMER

EACH SCOOP IS \$1.00, YOU MAY GET UP TO 3 SCOOPS IN A BOWL OR CONE WAFFLE CONES .50

CAN NOT BE COMBINED WITH ANY OTHER OFFERS

Free Appetizer

WITH THE PURCHASE OF ANY ENTREE

CAN NOT BE COMBINED WITH ANY OTHER OFFERS

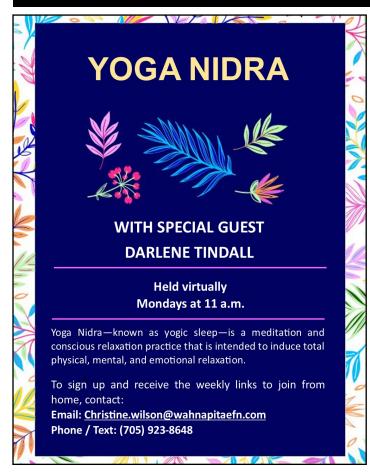
1 Free Slice Pumpkin Pie

WITH THE PURCHASE OF ANY ENTREE

CAN NOT BE COMBINED WITH ANY OTHER OFFERS

35 LOONWAY RD, CAPREOL, ON, POM 1H0 (705) 858-0500

EVENT UPDATES







ACCESS BARS SESSIONS

NOV. 10, 2020 9 A.M. - 4 P.M. FAMILY WELLBEING OFFICE

Join us on Nov. 10, when Darlene Tindall will be offering Access Bars sessions.

Access Bars is a touch therapy directed at 32 points on your head. Potential benefits include relaxation, increased energy, and less stress.

To book your appointment, call Christine: (705) 923–8648

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

EVENT UPDATES

MAKE A VISION BOARD

Members of all ages are invited to participate in making a vision board.

Participants will be able to pick up supplies to make one at home.

When you are finished your board, send us a picture for your chance to win a prize basket full of goodies!

DEADLINE TO REGISTER: NOVEMBER 12, 2020, 12 p.m.

Once registered, you will be notified when your supplies are ready for pick up.





TUESDAY, NOV. 17, 2020 3:30 P.M. - 5:30 P.M.

FAMILY WELLNESS CENTRE 178 LOONWAY ROAD

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

Bring vour own bags!



Diabetes Support Circle

TUESDAY, NOV 17, 2020 3:00 P.M. - 4:30 P.M. THEN EVERY SECOND TUESDAY

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

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

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

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





NUTRITION BINGO

NOV. 19, 2020

JACKPOT: \$150, GIFT CARD PROGRESSIVE TOONIE POT: \$316

SEATING IS LIMITED

CALL WENDY OR HEATHER TO BOOK YOUR SPOT:

(705) 858-7700

EVENT CALENDAR-November 2020								
29	22		15	8 Electronic Waste: Landfill Dropoff	_	Sunday		
30 Strategic Plan Input Deadline (see p.10)	23 "Name the Road" Contest Deadline (see p.5)		16	•	8	Monday		
	24 Soup's On! (12 pm – 1 pm @ Maan Doosh Gamig)	Diabetes Support Circle (3 pm – 4:30 pm Register @ 705-858-7700) Healthy Recipe of the Month (3:30 pm – 5:30 pm @ 178 Loonway Rd)	17 Soup's On! (12 pm – 1pm @ Maan Doosh Gamig)	Soup's On! (12 pm – 1 pm @ Maan Doosh Gamig) Access Bars Session (9 a.m. – 4 p.m. Register @ 705-923-8648) Electronic Waste: Curbside Pickup	3 Soup's On! (12 pm – 1 pm @ Maan Doosh Gamig)	Tuesday	No	
	Waste Management System Planning Survey Deadline (see p.24)		18 Good Food Box Delivery Day	Good Food Box Ordering Deadline (Order @ 705-858-7700)	4	Wednesday	November 2020	
	26		Nutrition Bingo (Register @ 705-858-7700)	Vision Board Registration Deadline (Register @ 705-923-8648) Electronic Waste: Curbside Pickup	5 Congregate Dining (Delivery)	Thursday)	
	27		20	13	6	Friday		
	28		21	14	7	Saturday		