



WASAUKSING FIRST NATION NEWSLETTER



JANUARY 2025



Next Issue: February 01, 2025

Submissions Due: January 24, 2025

Please Visit Our Website: www.wasauksing.ca to see
Employment Opportunities, Special Events, And More...

UPCOMING MEETINGS

Education Committee Meeting - Monday January 20, 2025

6:00 p.m.— 8:00 p.m. Administration Meeting Room

Business Council Meeting - Tuesday January 21, 2025

5:00 p.m. — 9:00 p.m. Administration Meeting Room

Social Committee Meeting - Monday January 27, 2025

6:00 p.m.— 8:00 p.m. Gathering Center Hall

Community Council Meeting - Tuesday January 28, 2025

6:00 p.m. — 9:00 p.m. Gathering Center Hall

Restorative Justice Committee Meeting - Tuesday February 04, 2025

5:30 p.m.— 7:30 p.m. Gathering Center Meeting Room

LARC Committee - Wednesday February 05, 2025

7:00 p.m.— 9:00 p.m. Gathering Center Meeting Room.

Citizenship Committee Meeting - Wednesday February 12, 2025

7:00 p.m.— 9:00 p.m. Gathering Center Meeting Room

Housing Committee Meeting - Thursday February 20, 2025

6:00 p.m.— 8:00 p.m. Administration Meeting Room

Health Committee Meeting - Date to be Determined, Please
contact doh@wasauksing.ca for any questions.

IN THIS ISSUE

- ◆ ADMINISTRATION
- ◆ JOB POSTINGS
- ◆ EDUCATION
- ◆ HEALTH DEPARTMENT
- ◆ PUBLIC WORKS
- ◆ COMMUNITY VOICE



COMMUNITY Announcements

Wasauksing Fire Department - For Fire Emergencies please **Call 911.**

Anishinabek Police Services - For All Emergencies **Call 1-888-310-1122 or 911.**

Water Treatment Plant - During Office Hours staff can be reached at **705-746-7799.** After
Hour Emergencies and/or During the Weekends Please Contact **705-774-3110**



JOB POSTINGS

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

PHONE:
(705) 746-2531
FAX:
(705) 746-5984

CHIEF
Warren Tabobondung

CHIEF COUNCILLOR
Lindsay McConnell

COUNCILLORS
Pazhe Rice-Menominee
Christina Vasiliou
Alana King
Walter Tabobondung

INTERNAL/EXTERNAL

EMPLOYMENT OPPORTUNITY

PROGRAM AREA: Public Works
POSITION TITLE: Maintenance Worker – WACC & Elder’s Lodge
DURATION: Full-time Permanent
CLOSING: January 21, 2025

Position Summary:

The Maintenance Worker is a full time, permanent position. The Maintenance Worker is responsible for cleaning and maintenance of the Wasauksing WACC (Wasauksing Aboriginal Community Centre) & Elders Residence buildings and grounds.

Duties & Responsibilities:

- Maintain the WACC and elders residence for safety and cleanliness purposes and ensure kept neat and orderly;
- Sweep, vacuum and mop floors in the elders residence and WACC buildings as identified where needed on a daily basis;
- Clean floors, washrooms and mirrors daily;
- Empties trash, dusts, wipes down all areas of high traffic contact;
- Cleans windows and entrance doors, shampoo carpets as required;
- Washes walls and doors as necessary;
- Keeps grounds for elders residence and WACC building outside clean: grass mowing/cutting during the summer, walkways cleared and salted in winter months;
- Prepare purchase order for supplies, purchase supplies, arranges for pick up/delivery of supplies;
- Monitor general condition of WACC and elders residence facilities and reports needs for major repairs to the Maintenance Coordinator. Foresees, problems, prepare recommendations for addressing issues and estimates for costs.
- Develop and maintain a schedule/frequency of required duties, recommend changes/additions as identified;
- Performs minor repairs on appliances, plumbing, machinery, electrical, carpentry, roof, etc.
- Changes filters on air conditioning equipment as per schedule;
- Friendly voice and attitude, strong interpersonal skills;
- Practice workplace safety at all times;
- Performs other duties as assigned by the Maintenance Coordinator;

Education & Experience:

- Ontario Secondary School Diploma (Grade 12) or acceptable equivalent in education and experience;
- WHMIS
- First Aid CPR
- Ability to work with minimal supervision and as part of a team;
- Reliable and able to take initiative;



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Other Requirements:

- Valid Ontario Drivers Class G License is preferred not required;
- Must have reliable transportation to work;
- Ability to lift 50lbs;
- Wasauksing First Nation requires the individual to provide a criminal record check

**Applications must be received no later than January 21, 2025
@ 4:00 pm**

Please send your resume with a cover letter, contact information and two recent employment references to:

Email: hadmin@wasauksing.ca

**We also Accept Online applications through:
<https://wasauksing.bamboohr.com/careers>**

Or package may be dropped off at the following physical address:

**Administration Office
1508 Geewadin Road Lane G
Wasauksing First Nation**

Preference may be given to Indigenous candidates with relevant on reserve employment experience and/or those with knowledge and understanding of the Wasauksing First Nation History and Community.

“Only those selected for an interview will be contacted. We wish to thank everyone for their application.”



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EMPLOYMENT OPPORTUNITY

PROGRAM AREA: Public Works – Waste Transfer
POSITION TITLE: Waste Transfer Attendant & Driver
DURATION: Full-Time Permanent
CLOSING: January 21, 2025

Position Summary:

The Transfer Station Attendant will monitor the disposal of house hold waste and recycling facility for the Wasauksing First Nation. This person will be expected to exercise independent judgement when informing community members of proper disposal of waste and recycling and duties in a safe professional manner. The Transfer Station Attendant shall demonstrate at all times our commitment to service the community. Waste Transfer station is looking for disposal pick up during the work week Monday to Friday, and opening and closing the station on weekends for members to drop off waste.

Duties & Responsibilities:

- Open and close the transfer station in accordance with hours established with the First Nation;
- Assure that only members of Wasauksing First Nation use the transfer station facility;
- Monitor and assist users of proper house hold waste disposal and recycling procedures;
- Visually inspect trash and recycling containers to assure that proper sorting of materials is adhered to;
- Attendant will be responsible in having the containers picked up and emptied in a timely manner;
- Required to work outdoors in varying weather conditions;
- Must demonstrate good interpersonal and oral skills when dealing with the members of Wasauksing First Nation;
- Maintain traffic control when required;
- Maintain the transfer station for safety and cleanliness purposes are kept neat and orderly;
- Practice workplace safety at all times;
- Performs other duties as assigned by the Director of Public Works;

Education & Experience:

- Ontario Secondary School Diploma (Grade 12) or acceptable equivalent in education and experience;
- Ability to speak Ojibway is considered an asset



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Other Requirements:

- Valid Ontario Drivers Class G Licence;
- Must have reliable transportation with insurance coverage
- Ability to work with minimal supervision and as part of a team;

**Applications must be received no later than January 21, 2024
@ 4:00 pm**

Please send your resume with a cover letter, contact information and
two recent employment references to:

**Amanda Worm, HR Manager
Email: hrmanager@wasauksing.ca**

Or package may be dropped off at the following physical address:

**Administration Office
1508 Geewadin Road Lane G
Wasauksing First Nation**

*Preference may be given to Indigenous candidates with relevant on reserve employment
experience and/or those with knowledge and understanding of the Wasauksing First Nation
History and Community.*

*“Only those selected for an interview will be contacted. We wish to thank everyone for their
application.”*



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EMPLOYMENT OPPORTUNITY

PROGRAM AREA: Administration
POSITION TITLE: Chief and Council Assistant (CCA)
DURATION: Full-Time Permanent
CLOSING: January 20, 2025

Position Summary:

Wasauksing First Nation is accepting applications for a Chief and Council Assistant. The Chief and Council Assistant (CAA) reports directly to the Chief Executive Director (CED), to help provide administrative assistant support to the Chief and Council. The Chief and Council Assistant (CCA) is a full-time, permanent administrative position. The Chief and Council Assistant is responsible for providing high-level executive support and results-oriented service to the Chief and Council of Wasauksing First Nation. The CCA is responsible for providing high-level executive support and results-oriented service to the Chief and Council of Wasauksing First Nation, and its sub-committees. Working in a team environment, the Council Assistant is accountable for the efficient operation and administration of the Wasauksing First Nation Chief and Council office, providing a well-organized and effective working environment. The Council Assistant works in a confidential environment where communications often concern complex, sensitive and urgent matters. The upmost responsibility of this position is to maintain a high and strict rule of "Confidentiality" on all information coming through this office and maintain a high confidential environment where communications often concerns complex, sensitive and urgent matters. This role is accountable to CED for Chief and Council for decisions made in the course of work while meeting deadlines and following directions from CED while having a high impact on ensuring credible political relations between First Nation Governments, WFN citizens and other associates.

Duties & Responsibilities:

- Preparation and Distribution of electronic and paper-based correspondence, reports, statements, brochures, publications, presentation and other documents by:
- Drafting, work-processing, editing, proofreading and finalizing
- Compiling data, statistics and other information
- Ensuring documents are distributed as required, and compiling packages, mailing printing, faxing, and copying
- Tracks and follows up on issues referred by the Chief and Council, and ensure issues are addressed and resolved in a thorough, accurate, and timely manner
- Performing Administrative and reception duties on behalf of chief and council;
- Responding to inquires or redirecting on behalf of chief and council;
- Scheduling appointments, travel and meeting schedules, and informing others as needed
- Coordinating and preparing meetings and events on behalf of the chief and council



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- Creating and maintaining manual and computerized information filing systems for minutes, notes, tapes and summaries of meetings; decisions, resolutions, directions and correspondence; reports, forms, policies and other documentation
- Ensuring confidentiality and safety of files
- Following policies and procedures to determine which information is available to citizens
- Preparing and submitting to Finance cheque requisitions, purchase orders, travel claims, receipts and other documentation
- Other duties as assigned by Chief and Council
- Ensuring that decisions, deadlines and directions of Chief and Council are completed as determined by Chief and Council.
- Summaries of meetings, decisions, resolutions, directions and correspondence
- Reports, forms, policies and other documentation
- Developing, recommending and implementing office procedures and systems
- Ordering office supplies, gifts and equipment for office of Chief/CA
- Preparing and submitting to Finance, cheques requisitions and purchase orders
- Maintaining a spreadsheet for Band Support funds and that cheque requisitions, letters and verbal/written reports are submitted back to Chief and Council
- Facilitating communication and procedural flow from Director's, outside agencies, other governments, WFN citizens to Chief and Council/CED
- Arranging for annual events for Chief and Council (such as but not limited to: Friendship Picnic, Staff Appreciation Day, Christmas Dinner & ordering gifts for these occasions)
- Ordering gifts for special occasions staff retirement or staff leaving the organizations
- And any other duties as assigned from Chief and CED

Other Requirements:

- Ability to converse in Anishnabemowin would be an asset
- Must have a proficient level of communication skills, verbal and written
- Must possess exceptional organizational and time-management skills.
- Computer skills is an asset
- CPIC (Criminal records check) required (Vulnerable Sector)
- Driver's license with access to a vehicle is an asset

Applications must be received no later than January 20, 2025

@ 4:00 pm

Please send your resume with a cover letter, contact information and two recent employment references to:

Email: hrmanager@wasauksing.ca

We also Accept Online applications through:

<https://wasauksing.bamboohr.com/careers>

Preference may be given to Indigenous candidates with relevant on reserve employment experience and/or those with knowledge and understanding of the Wasauksing First Nation History and Community.

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INTERNAL/EXTERNAL

EMPLOYMENT OPPORTUNITY

PROGRAM AREA: Social Services
POSITION TITLE: Social Wellbeing Manager
DURATION: Full-Time Permanent Position
CLOSING: January 31, 2025

Position Summary:

Wasauksing First Nation is accepting applications for a Social Wellbeing Manager. The Social Wellbeing Manager is responsible to the Director of Social Services (DoS), for the administration and enforcement of organization policies and procedures, Occupational Health and Safety Act of Ontario. They develop, implement, and monitor all services and components of social wellbeing programs through a culturally sensitive comprehensive program that uses trauma informed practices. The Social Wellbeing Manager provides supervision to the Ontario Works, Restorative Justice, Gaming Revenue, Community Wellness, and Adult Care; While also developing, implementing, and monitoring these areas. Funding sources that the Social Wellbeing program is accountable to is Ministry of Children and Community and Social Services (MCCSS), Ministry of Children and Youth Services (MCYS), Ministry of the Attorney General (MAG), and Indigenous Services Canada (ISC), and Anishinaabe Nation Programs.

Job Duties & Responsibilities:

To manage the social well being by ensuring service excellence in the delivery of all programs and services:

1. To supervise program staff. Including: OW Workers, Contract workers / facilitators, Gaming revenue coordinator, Restorative Justice Staff, Community wellness workers, Adult care indoor/outdoor workers, social services or wellbeing reception, as well as the executive assistant
 - Managing staff includes, but is not limited to: assisting in the recruitment and onboarding process involving new staff under your supervision, providing direction and leadership to staff in the execution of their responsibilities, conducting annual performance evaluations, clinical supervision, planning and implementation of training, addressing complaints, and conducting supervisory and staff meetings.
2. To develop social programs: identify emerging trends and goals, acting on such. Analyzes and documents the need for future staffing as well as preparing necessary documentation. Seeks, applies and maintains funding. Works in alignment with the cultural practices of Wasauksing First Nation.
3. Engage in Working Relationships:
 - Interpersonal relationships with all social services staff, supervisory staff, maintenance staff, DoS, Shelter Manager, Child wellbeing manager, Chief and Chief executive director, other program managers/directors, all required Wasauksing programs and services and community members.



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- Leadership role: Directly supervises the program staff, provides support and direction to 24 hour on call service and counsellors, directly involved with all DoS in coordination and delivery of domestic violence, child welfare and addiction education and support.
- Teamwork: Actively participates in a variety of different meetings, works closely with many different service providers and agencies.
- External Communications: Maintains open communication with the ministry of community and social services, Anishinabek nation, and indigenous services Canada, participates actively in the service network of agencies in the community and the media.
- Financial / Negotiations: Handling a variety of financial matters revolving around funding and proposals, reports, negotiation, budgeting, federal and provincial funding.
- 4. Accountability: Maintaining privacy and confidentiality, relaying health and safety to staff, to ensure clientele is treated with fairness and empathy, to support and develop employees, preparing data and statistics for reports.
- 5. Performs all other job duties as required.

Education & Experience:

- Bachelor's degree in social work or equivalent
- Registered with the college of social work or equivalent.
- Minimum 5 years' work experience in management and leading teams.
- Experience working with vulnerable individuals as well as knowledge of social issues.
- Ability to speak, read and understand Anishnaabemowin (Ojibway Language) is an asset

Other Requirements:

- Excellent managerial skills including: communication, conflict management, problem solving, organization, adaptability, attention to detail.
- Advanced understanding of MS Office, Google, and other software
- Valid Driver's License and reliable personal vehicle
- Willing to work flexible hours as required, including evenings and weekends
- This position requires the individual to work with various families, youth and children. To protect children, youth and vulnerable persons, Wasauksing First Nation requires the individual to provide a vulnerable sector. Or criminal record check

Applications must be received no later than January 31, 2025 @ 4:00 pm

Please send your resume with a cover letter, contact information and two recent employment references to: hrmanager@wasauksing.ca

Or package may be dropped off at the following physical address:

**Administration Office
1508 Geewadin Road Lane G**

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EMPLOYMENT OPPORTUNITY

PROGRAM AREA: First Nation Child and Family Services
POSITION TITLE: OW Income Support Worker
DURATION: Full-Time Permanent
CLOSING: January 24, 2025

Position Summary:

Wasauksing First Nation is accepting applications for a OW Income Support Worker reporting to the Director of Social Services. The Income Support Worker is responsible for administering and delivering the Ontario Works Income Support program to residents of Wasauksing First Nation. Social Assistance will be managed in accordance with the existing Provincial legislation, Ontario Works directives and the First Nations Policy. The Ontario Works program will be provided to members of Wasauksing First Nation respecting the culture and economic aspects of the First Nation.

Duties & Responsibilities:

As directed by the Ontario Works Administrator the Ontario Works Income Support Worker will complete the following:

File/Client Related Duties:

- Maintain a secure filing system with appropriate client information.
- Schedule appointments with the client to determine eligibility and needs.
- Explain income support criteria and guidelines to the client.
- Explain the application process and assist client with completing application forms within the AD Morrison program.
- Verify applicant information including family size and current income and living conditions.
- Refer both eligible and ineligible clients to other appropriate resources.
- Administer and deliver the Income Support Program to ensure the program is delivered in an effective and efficient manner.
- Distribute Monthly Income Statements in a timely manner.
- Prepare Monthly and weekly Payroll in a timely manner for clients and/or suppliers.
- Maintain ongoing communications with clients by including OW Updates in monthly mail out.
- Schedule yearly updates for clients to update their file.
- Data enter information into the AD Morrison Program.
- Provide the appropriate referrals to clients to apply for ODSP or OAS.
- Refer clients to other agencies based on their needs and goals.
- Plan and participate in monthly OW Drop-Ins, Food Banks; career fairs and other community activities.
- Complete monthly Ontario Works Subsidy Claims to submit to Director of Social Services and forward to appropriate funding agencies.
- Submit required additional reports concerning the Income Support Program to Director of Social Services.



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Education & Experience:

- Ontario Secondary School Diploma or equivalent 3 years' experience.

Other Requirements:

- Proficient computer skills including the ability to operate computerized accounting, spreadsheet, word-processing.
- Knowledgeable of the Ontario Works legislation, regulations, policies and procedures for the Income Support Program.
- Wasauksing Policies and Procedures.
- An understanding of the northern economic, cultural and political environment
- Provide a current CPIC.

**Applications must be received no later than Monday, January 24, 2025
@ 4:00 pm**

Please send your resume with a cover letter, contact information and two recent employment references to:

Amanda Worm, HR Manager

Email: hrmanager@wasauksing.ca

Or package may be dropped off at the following physical address:

**Administration Office
1508 Geewadin Road Lane G
Wasauksing First Nation**

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WASUKSING FIRST NATION General Election 2025

The Wasauksing First Nation will be having a General Election to elect a Chief and five (5) Councillors for all eligible voting members. Below are the important dates in the election process.

Ballot Mail Out Period

DATE: Beginning Fri, Dec 27, 2024 – Ending Fri, Jan 24, 2025

Election Day

DATE: Saturday, February 8, 2025
TIME: 9:00 a.m. – 8:00 p.m.
LOCATION: Wasauksing Gathering Place (across from ice rink)
1126 Geewadin Rd

If you reside off-reserve and have not updated your mailing address and wish to receive a mail-in ballot, contact the Electoral Officer at the below contact info or update you mailing address with Daniella Baker, Membership 705.746.2531 or email landsmanager@wasauksing.ca.

If you reside in the community or close by and will not be available to attend the vote in-person on Election Day and wish to receive a mail-in ballot, contact the Electoral Officer at the below contact info.

A handwritten signature in cursive script that reads 'Vaughn Johnston'.

Vaughn Johnston
Electoral Officer

cell/text: 906.379.8796
email: vaughn_johnston@hotmail.com



WASUKSING FIRST NATION General Election 2025

Note

If you reside in the community or close by and will not be available to attend the vote in-person on Election Day and wish to receive a mail-in ballot, contact the Electoral Officer

Vaughn Johnston

cell: 906-379-8796

email: vaughn_johnston@hotmail.com.

Also Ballots have been made available at the front desk of the Administration Complex Building (1508 Geewadin Road, Lane G). contact Bernadette Drake

Phone: 705-746-2531 ext. 100

email: asw@wasauksing.ca

Ballot Mail Out Period

DATE: Beginning Fri, Dec 27, 2024 – Ending Fri, Jan 24, 2025

Election Day

DATE: Saturday, February 8, 2025

TIME: 9:00 a.m. – 8:00 p.m.

LOCATION: Wasauksing Gathering Place (across from ice rink)
1126 Geewadin Rd



ADMINISTRATION

WFN NEWSLETTER
JANUARY 2025

WASAUKSING FIRST NATION

Candidate's names to appear on ballot

Election Day: Feb 8,2025

CHIEF BALLOT
DES ROCHES, Luc
KING-TABOBONDUNG, Jamie Lee
MCCONNELL, Lindsay
TABOBONDUNG, Shane

COUNCILLOR BALLOT
CHYNOWETH (PAWIS), Ethel
CONTIN, Jodi
CURRY, Lance
HESLOP, Travis
KING, Alana (Alaina)
KING, Dakota
KING, Hilton
MCCONNELL, Lindsay
MCGREGOR, Matthew Brian
MCINNES, Theresa
PEGAHMAGABOW, Benjamin James
PEGAHMAGABOW, Laura
PEGAHMAGABOW, Richard
PEGAHMAGABOW, Terry (Skid)
RICE, David M.
RICE, Pazhe
SAYEWICH (MINER), Debra
SWANSON, Neil
TABOBONDUNG, Cynthia
TABOBONDUNG, Walter
TAYLOR, Elizabeth
VASILIOU, Christina

Vaughn Johnston
Electoral Officer

December 27, 2024

Date



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CANDIDATES FORUM



DATE:
Saturday January 18, 2025

START TIME:
1:00 PM

WHERE: Wasauksing Community Complex
Gymnasium

This forum is to provide an opportunity for WFN General Election Candidates to address and take questions from the membership.

The Facilitator will provide rules for this forum to help provide a fair and respectful opportunity for those who wish to participate.

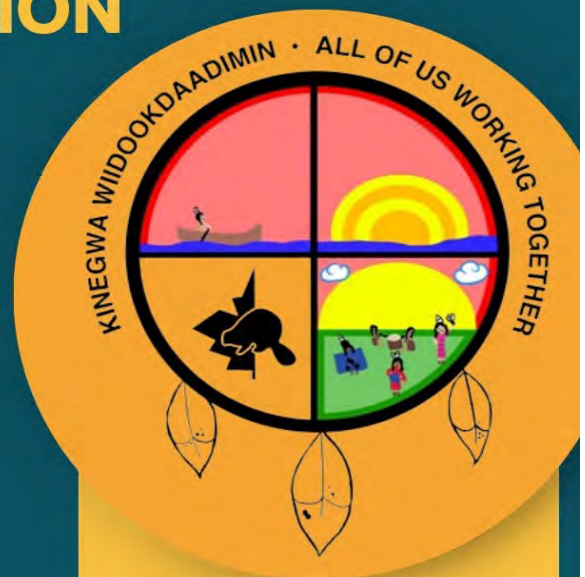


ANNUAL OLG COMMUNITY INFO SESSION

A \$100.00 honorarium for those who attend the info session. In order to qualify for the honorarium, you must be on the WFN Citizenship List, be at least 14 years of age the day of the event and attend the event from start to finish.

Registration will be held the day of the event. Honorariums will be issued via direct deposit on February 14, 2025. If you have changed your banking info, please make sure to provide it at registration.

Volunteer hours available for youth trying to achieve their 40 community service hours.



**SATURDAY, FEBRUARY
1ST, 2025**

10 AM – 2 PM

**Gathering Centre
Hall
1126 Geewadin Rd**

Doors open at 9:00 AM. Morning snack available. Lunch will be provided.

**Please contact Bernadette Drake for more info:
705-746-2531
asw@wasauksing.ca**



Bus License Training



The Wasauksing Education Department is encouraging community members to obtain their bus license! All fees would be covered and training can be arranged to be done in Parry Sound with Hammond.

What you need to begin?

- ✓ Criminal Background & Vulnerable Sector Check (Via APS)
- ✓ Medical Form (Completed by a Doctor or Nurse Practitioner)
- ✓ Once documents are obtained, submit forms to MTO

A blank medical form can be obtained by contacting Dave!

Next steps:

- ✓ Complete training (Online video training & 21 hours behind wheel/observation)
- ✓ Pass written & road test



For questions or if you're interested in applying, please contact Dave McDougall at: doe@wasauksing.ca



EDUCATION

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Migzoons Child Care Centre Program Calendar 2024-2025



	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	
Waabaaga Giizis-Leaves Turning Moon September	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30					
Bnaakwi Giizis- Falling Leaves Moon October		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31		
Baashkaakodin Giizis- Freezing Moon November					1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29	
Manidoo Giizis- Spirit Moon December	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31				
Manidoo Giizooohns- Little Spirit Moon January			1	2	3	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28	29	30	31	
Makwa Giizis-Bear Moon February						3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28	
Ziisbaakdome Giizis-Sugar Moon March	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28	31					
Naabdin Giizis- Snow Crust Moon April		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30			
Namebine Giizis-Sucker Moon May				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30	
Odemini Giizis-Strawberry Moon June	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30					
Mlin Giizis- Berry Moon July		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31		
Manoominike Giizis-Ricing Moon August					1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29	

Early Closure

Stat. Holiday

Professional Development

C and C Designated Holiday

Legend:



The Seven Grandfathers First T-Shirt Campaign

The Seven Grandfathers First T-Shirt Campaign originated in an effort to bring attention to and help with discussions around the racism that our students face. Through a long process involving your Education Committee and Chief & Council, this campaign was born. This is your opportunity to support the campaign by purchasing a t-shirt or sweatshirt with the teaching/gift that resonates with you. The t-shirts and hoodies are being sold at cost:

\$20 for a t-shirt | \$30 for a hoodie | \$20 for a hat

The money will go right back into this program to purchase more items celebrating the teachings/gifts that are truly yours.

All stock is kept with the Education Counsellor, Mike Kalfus, at the Gathering Place. Contact Mike directly to arrange your sale. It is a first come, first served situation and product will not be delivered or mailed. All purchases must be in-person.

Cash or e-transfers accepted.

E-transfer can be sent directly to education@wasauksing.ca.

Get a piece of these beautiful symbols representing each teaching and created by Wasauksing's own Joshua Mangeshig Pawis-Steckley. Support a campaign that is truly yours.



This campaign is supported financially by the Anishinaabek Education System through a grant from the Kinoomadziwin Education Body and was secured in a proposal written by your Education Department.



HEALTH DEPARTMENT

WFN NEWSLETTER
JANUARY 2025



Home and Community Care Clients
PLEASE call in to the clinic at 746-8022 when
you need to CANCEL your booked
transportation.

MIIGWECH





Support Numbers

If you are experiencing an emergency call 911

Police

Emergency: 911
Non-emergency: 1-888-310-1122
Anishinabek Police Services Wasauksing Detachment: 705-746-2213
OPP Parry Sound Detachment: 705-746-4225

Health

Emergency: 911
Ontario Poison Centre: 1-844-764-7669
Telehealth: 811 (24/7 health information and support over the phone)
Niijaansinaanik: 1-855-223-5558 (to report child neglect or abuse)

Mental Health and Addictions

Suicide Crisis Line: 988 (24/7 helpline)
Canadian Mental Health Association Parry Sound/B'Saanibamaadsiwin
Crisis Line: 1-888-893-8333 (24/7 helpline)
Kids Help Phone: 1-800-668-6868 (24/7 helpline for 18 and under)
Hope for Wellness: 1-855-242-3310 (24/7 helpline for Indigenous people)

Protection

Parry Sound Victim Services Crisis Line: 705-938-1476 (24/7 crisis response)
Esprit Place (Parry Sound and area women and children emergency shelter):
705-746-4800 or 1-800-461-1707

Miscellaneous

Transportation - Parry Sound Taxi: 705-746-1221
Wasauksing First Nation Administration: 705-746-2531 *closed statutory
holidays*



HEALTH DEPARTMENT

WFN NEWSLETTER
JANUARY 2025



**I'M HERE
FOR YOU.**

NNADAP@WASUKSING.CA

705-746-2033, EXT. 313

**Want to know more about how
NNADAP can help you?**



MEDICAL TRANSPORTATION



UPDATE FOR YOUR MEDICAL TRANSPORTATION REQUESTS
FOR IN TOWN APPOINTMENTS PLEASE CALL TO
BOOK WITH **24 HOUR NOTICE**
FOR OUT OF TOWN APPOINTMENTS PLEASE
CALL WITH **2 WEEKS NOTICE**

 Dr. Appointments

 Dentist Appointments

 WPSHC Appt.

 Bloodwork

 Eye Doctor

MORE INFORMATION

 CALL HEALTH STATION 705-746- 8022

 email: healthstation@wasauksing.ca



HOPE FOR WELLNESS HELPLINE

The Hope for Wellness Helpline is available to all Indigenous people across Canada.

Experienced and culturally competent counsellors are available to support you anytime. They are reachable by telephone or online 'chat' 24 hours a day, 7 days a week.

Call: 1-855-242-3310

Visit: www.hopeforwellness.ca

The counsellors are available to talk to you about any topic or concern that you are facing.



IMPORTANT NOTICE:

PLEASE keep your
dogs secured when

our

Health, Social Services &

Public Works

Departments visit

Woof, Woof





WASAUKSING HEALTH STATION

FEELING SICK, COUGHING OR SNEEZING?

Looking to combat seasonal illness?

**ASK US ABOUT MASKS, GLOVES,
COVID-19 RAPID TEST AND
VITAMIN D SUPPLEMENTS**

**TO BOOK CLINIC APPOINTMENTS
VISIT OR CALL OUR FRONT DESK**

705-746-2033

healthstation@wasauksing.ca

www.wasauksing.health





KO eHEALTH

Telemedicine services with KO eHealth, offers convenient access to your healthcare provider from the comfort of your own home, health center, or anywhere with internet access.


Transform in-person appointments into virtual appointments with the help of our dedicated KO eHealth team.



MORE INFORMATION:

Regional Telemedicine Navigator

 msm@kochiefs.ca

 1-800-387-3740





Call or text **9-8-8**

Suicide Crisis Helpline

For suicide prevention support 24/7

Help when you need it.

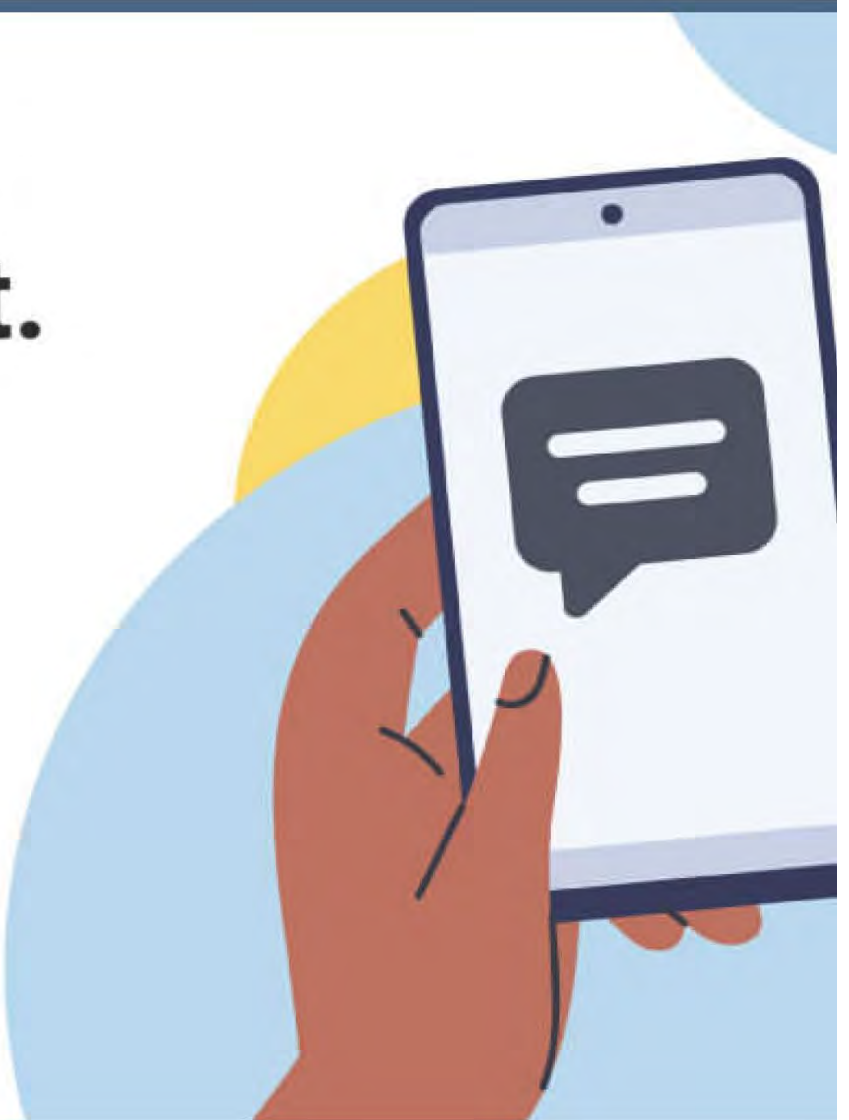


9-8-8

toll free, 24/7

9-8-8

**Suicide Crisis
Helpline**





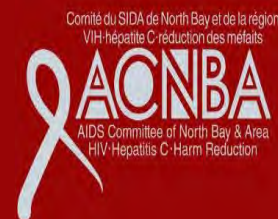
USING DRUGS ALONE CAN INCREASE RISK OF FATAL OVERDOSE.

The National Overdose
Response Service can help.
1-888-688-NORS (6677)



24 hours a day, 7 days a week

Someone will stay on the phone with
you while you use and will **call 9-1-1**
only if you overdose.



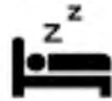


NALOXONE TRAINING

Available anytime at the Health Centre,
call us for more information! 705-746-2033

**NALOXONE
SAVES LIVES.
Get Trained.
Get a Kit.**

SIGNS AND SYMPTOMS OF AN OPIOID OVERDOSE



Cannot be
woken up



Slow, shallow
or no
breathing



Blue lips
or nails



Choking or
gurgling
sounds



Limp body,
cold skin



Small
constricted
pupils

Contact Melissa



705-746-2033



nnadap@wasauksing.ca



SEE AN OVERDOSE? CALL 911.

Even if you've taken drugs or have some on you,
the **Good Samaritan Drug Overdose Act** can protect you.

THIS LAW IS SUPPORTED BY THE ONTARIO PROVINCIAL POLICE OPP/CA/OVERDOSE

TOGETHER

WE CAN!

#STOPOVERDOSES





Seven or more, High risk.

Remember,
pair your alcohol
with water!

*Seven or more drinks
per week increases
your risk of heart
disease and stroke.*



myhealthunit.ca

North Bay Perry Sound District
Health Unit
Bureau de santé
du district de North Bay Perry Sound

DID YOU KNOW?

SAFER DRINKING TIPS

- Set limits for yourself and stick to them.
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking
- Always consider your age, body weight and health problems that might suggest lower limits.



For questions or support, contact Melissa at
705-746-2033 or nnadap@wasauksing.com

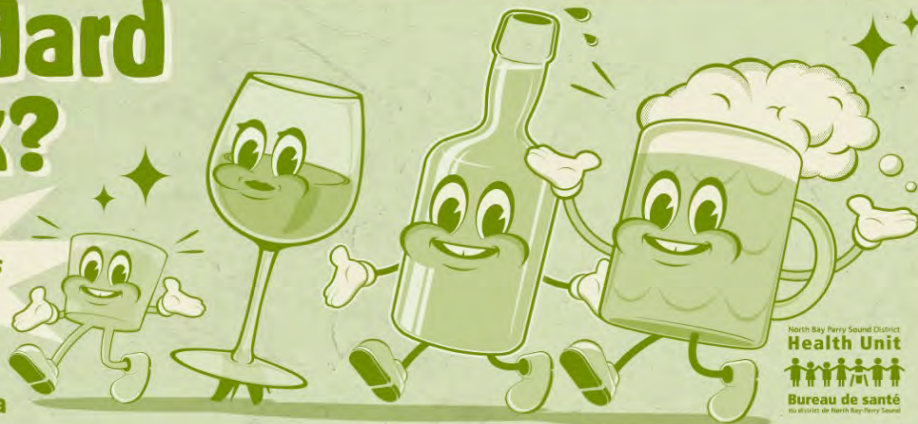


What is a standard drink?

Know how much alcohol is in your drink!

myhealthunit.ca

Liquor	or	Wine	or	Beer, Cooler, Cider
43 ml / 1.5 oz		142 ml / 5 oz		341 ml / 12 oz
40% alcohol content		12% alcohol content		5% alcohol content



North Bay Perry Sound District
Health Unit
Bureau de santé
du district de North Bay Perry Sound

DID YOU KNOW?

SAFER DINKING TIPS - Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

Drinking less benefits you and others.

It reduces your risk of injury and violence, and many health problems that can shorten life.

Low-risk drinking supports healthy lifestyles.



For questions or support, contact Melissa at
705-746-2033 or nnadap@wasauksing.com



Health811

Connect to free health
information and services,
24/7

Call 811 or chat online at
ontario.ca/health811

Ontario  Health811

Season's Greetings!

With a coming New Year, I often consider New Year Resolutions which maintain Wholistic Wellness and Recovery from adverse lived experiences. I want to share an Aboriginal Healing Foundation Guide: "The Stages of Healing." This guide was created by Indian Residential School Survivors as a recognition of the Journey of Self Discovery so many must undertake to heal from traumatic experiences. I hope this sharing can inform our continued quest for Good Minds, Good Hearts, and Good Lives beyond 2025.

Steve Koptie
Social Worker-Mental Wellness Team



The Stages of Healing

The decision to heal

Once you recognize the effects of sexual abuse in your life, you need to make an active commitment to heal. Deep healing only happens when you choose it and are willing to change yourself.

The emergency stage

Beginning to deal with memories and suppressed feelings can throw your life into utter turmoil. Remember, this is only a stage. It won't last forever.

Remembering

Many survivors suppress all memories of what happened to them as children. Those who do not forget the actual incidents often forget how it felt at the time. Remembering is the process of getting back both memory and feeling.

Believing it happened

Survivors often doubt their own perceptions. Coming to believe that the abuse really happened, and that it really hurt you, is a vital part of the healing process.

Breaking the silence

Most adult survivors kept the abuse a secret in childhood. Telling another person about what happened to you is a powerful healing force that can help you get rid of the shame of being a victim.

Understanding that it wasn't your fault

Children usually believe that abuse is their fault. Adult survivors must place the blame where it belongs – directly on the shoulders of the abusers.

Making contact with the child within

Many survivors have lost touch with their own vulnerability. Getting in touch with the child within can help you feel compassion for yourself, more anger at your abuser, and a greater intimacy with others.

Trusting Yourself

The best guide for healing is your own inner voice. Learning to trust your own perceptions, feelings and intuitions becomes a basis for action in the world outside.

Grieving and mourning

As children being abused and later, as adult struggling to survive, most survivors haven't felt their losses. Grieving lets you honour your pain, let go, and move into the present.

Anger: The backbone of healing

Anger is a powerful and liberating force. Whether you need to get in touch with it or have always had plenty to spare, directing your rage squarely at your abuser, and at those who did not protect you even if they could have done so, is essential to healing.

Disclosures and confrontations

Directly confronting your abuser is not for every survivor, but it can be a dramatic, cleansing tool.

Forgiveness

Forgiveness of the abuser is not absolutely required as part of the healing process, although it is often the most recommended. The only essential forgiveness is to forgive yourself.

Spirituality

Having a sense of a power greater than yourself helps you in your healing process. Your spirituality is unique to you. You might find it through traditional cultural practices, through organized religion, meditation, nature, or a support network.

Resolution and moving on

As you move through these stages again and again, you will reach a point of integration. Your feelings and perspectives will stabilize. You will come to terms with your abuser and other family members. While you won't erase your history, you will make deep and lasting changes in your life. Having gained awareness, compassion, and power through healing, you will have the opportunity to work toward a better world.



Excerpt from *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*, by Laura Davis and Ellen Bass Harper & Row, New York, 1988, pages 58-59.



[HOME](#)



Dr. Laurie Zelinger, Child Psychologist

*Board Certified Psychologist
DIPLOMATE: American Board of Professional Psychology
Fellow: Academy of School Psychology
NYS Licensed Psychologist
NYS Certified School Psychologist*

*Registered Play Therapist/Supervisor: Association for
Play Therapy (practice limited to children)*

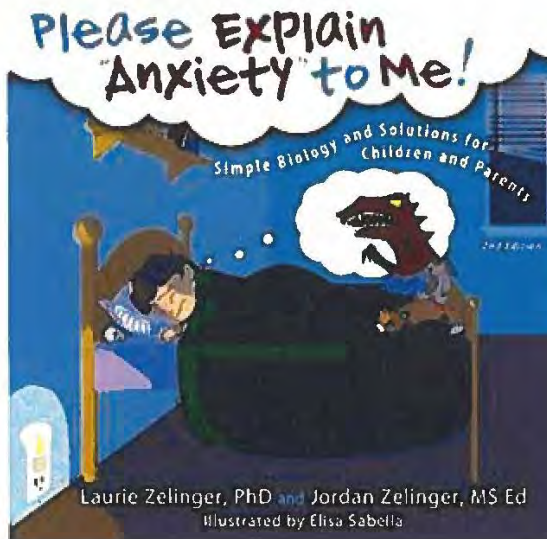
461 Albemarle Road
Cedarhurst, NY 11516
516.295.0993

Email:
DrZelinger@DrZelinger.com
(not confidential)

☰ MENU

Please Explain "Anxiety" To Me

Simple Biology and Solutions for Children and Parents
2nd Edition



Note to parents:

Fear, worry, and anxiety are normal occurrences within the life of a child. Helping children to understand and process these emotions

[Click for a larger view](#)



often falls in the hands of parents, who by their own admission often feel painfully concerned, overwhelmed and unprepared to deal with these kinds of feelings. The only prototypes available to most families are those carried forward from generation to generation, with little information regarding the physiological and psychological facts surrounding anxiety, and even less regard for what children are feeling and thinking in the face of these emotions. Stomach aches, increased crying, refusal to go to school, irritability, changes in toileting habits, sleeplessness and nightmares, tics, eating too little or too much, increased need to sleep with parents, inattentiveness in school, preoccupation with negative thoughts, insatiable needs for reassurance, clinginess, increased startle responses, separation issues, self imposed isolation, repetitive behaviors and sadness can all be indicators of anxiety and worry in a child. How hard is it for a parent to remain calm and understanding in the face of their own child's fears, especially if they are unprepared and unsure of what to say? Becoming alarmed in the face of these behaviors and changes can only exacerbate the situation, and will certainly not do much to calm a child's fears.



In this book, Dr. Laurie Zelinger and our son, Jordan make every effort to provide families with a description of anxiety that children can understand, and suggestions that parents can use when addressing their child's concerns. Using common, everyday language, concepts describing the physiological basis of anxiety are clearly presented in understandable and "user" friendly terms. Parents and children will be enthralled with the "world of dinosaurs" used to depict the physical origins and psychological impact of anxiety. Children will be left with an understanding of "anxiety" consistent with their various developmental levels and parents will have the tools they need to discuss and explain anxiety issues to their children. Reading and re-reading this book with children will demystify anxiety, and provide families with the understanding needed to manage these uncomfortable emotions.

Parents must become aware of the difference between typical feelings of anxiety, and those that represent a more serious "mental health" concern. The simplest rules of thumb are based on frequency, impact upon regular life functions, persistence, and a pervasive sense of either hopelessness or worry. Many issues and transitions in the life a child are expected to cause temporary anxiety. When a developmentally common worry appears to get out of hand however, or stressors remain chronic, then contact with a licensed mental health professional is by all



means indicated. Your pediatrician, the American Psychological Association or the Association for Play Therapy are among the resources that can help you find family support in your area.

Fred Zelinger, PhD ~ Licensed Psychologist

Order from Amazon.com for \$15.95 or from **The Self Esteem Shop** for \$12.99

Now available in **Audio Book** format.

Reviews

Please Explain "Anxiety" to Me! has won our hearts with a simple story, braced by lovely illustrations and valuable techniques! We highly recommend it to help parents understand the different aspects of anxiety and, in turn, enable their young kids to devise their way of steering out of the situation.

Quotidian Tales, February 8, 2022 – **CLICK HERE** to read the complete review

Read what Goodreads has to say ...

★★★★★ By Jackie Paulson (July, 2016) — Do you want to know how to help your children when they get anxiety? Parents can remain calm with the help of this book as it provide families with a description of anxiety that children can understand and suggestions that parents can use when addressing their children's worries. I remember being a child under the age of five and getting my own tonsils out and adenoids out. The author wants to help other parents by writing this book for kids who have too much anxiety and want to get rid of some of it. Signs of anxiety that are common involve emotions and showing signs of a problem include: stomach aches, tics, eating too little or too much, wants to sleep with a parent, inattentiveness in school, separation issues, self-imposed isolation, repetitive behaviors and sadness. I love that the story starts out explaining all types of dinosaurs and their own wants and needs out in the wilderness. Then the author shows and tells the reader how to help their children with fear, worry and anxiety. This book is for kids but also for parents because the parent will want to buy this book to read to their kids to learn about anxiety. © 2016 Jackie Paulson



Special Needs Book Review – I just read a wonderful picture book about anxiety in children! If only my sisters had been able to read *Please Explain "Anxiety" to Me! Simple Biology and Solutions for Children and Parents* by Laurie Zelinger, PhD and Jordan Zelinger when they were growing up. Both my sisters, and, as a consequence, my parents, and the other four siblings struggled and suffered for years because of their overwhelming anxiety. As soon as I had read a few sentences of Dr. Laurie Zelinger's *Introduction*, I knew this book is the answer to many parents' prayers. It is a resource to help adults describe anxiety in a way that children can understand. [Read More](#)

★★★★★ **Wish my parents had had this book before I had to become a humorous Psychology Today blogger**, By Wendy Aron on March 6, 2014

If my parents had introduced me to the concepts in this book as a child, I would have had a much clearer understanding of why my mind instantly manufactures doomsday scenarios at the hint of any change in my routine. Also, my parents would have been able to teach me how to cope more productively with this kind of mind. On the other hand, if this had been clarified, I might not have grown up to be the award-winning humorist, former sitcom writer and Psychology Today blogger that I now am. Whichever child-rearing route you choose, I believe this book would be a valuable resource.

★★★★★ **Highly recommended** – By Juniper on May 27, 2011

Excellent resource for kids and parents on the biology of anxiety written in kid friendly manner. Kids with anxiety will do well to read and reread it. Older kids can research more details on concepts introduced in this book such as the sympathetic nervous system and the amygdala.

KidsReads by Nancy Messmore

Please Explain "Anxiety" to Me: Simple Biology and Solutions for Children and Parents by Laurie Zelinger, PhD & Jordan Zelinger; illustrated by Elisa Sabella; published by **Loving Healing Press**, Ann Arbor, MI; 2010.

Dinosaurs reacted to their environment with anxiety. It was a way to alert them that they needed to fight or run away from danger. Today, we have the same reaction to stress but most of the time we aren't in peril like the dinosaurs were. So how do we deal with those feelings when there



Please Explain "Anxiety" to Me!

Simple Biology and Solutions for
Children and Parents

2nd Edition

Laurie Zelinger, PhD and Jordan Zelinger, PsyD
Illustrated by Elisa Sabella



BASKETBALL NIGHT

AGES 16+

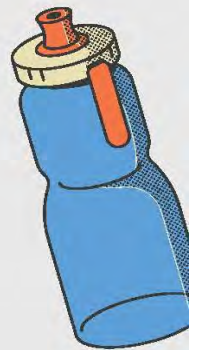
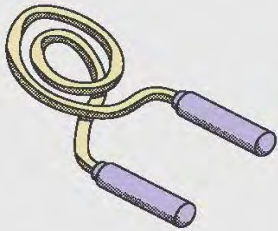
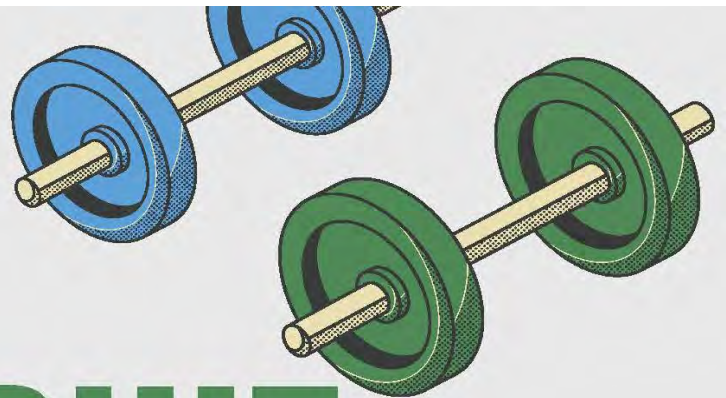
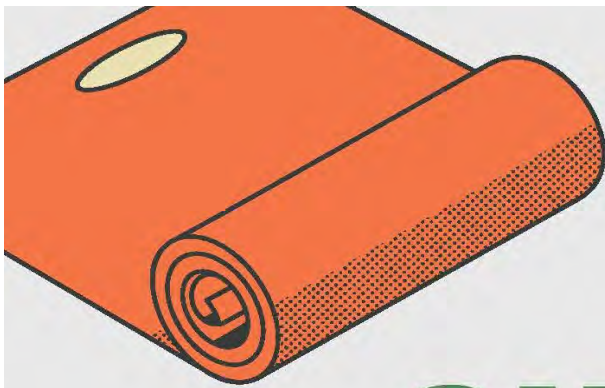
STARTING JANUARY | WEDNESDAYS
8TH 2025 | 7:00PM-8:30PM

Wasauksing Complex Gymnasium
1508 Geewadin Road Lane G

**CONTACT LIZ TABOBONDUNG
TO REGISTER OR FOR MORE
INFORMATION**

CRA@WASAUAKSING.CA
705-746-8022 EXT 305





CIRCUIT WORKOUT

Mondays

6:00pm-7:30pm

Starting January 6th

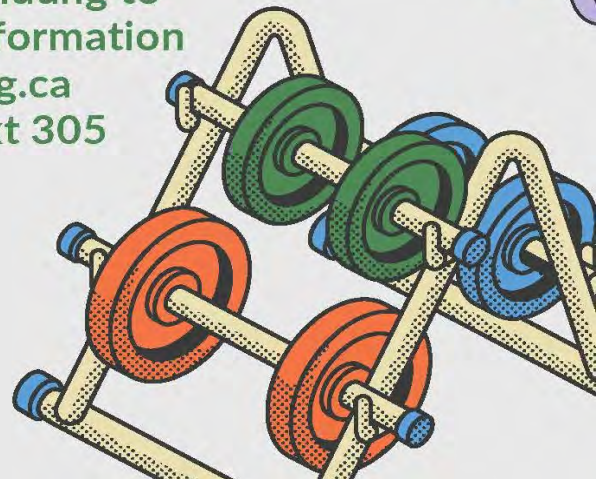
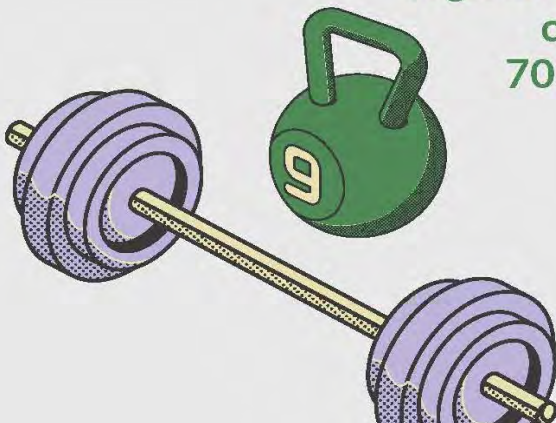
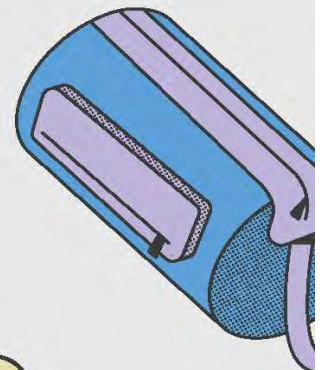
Ages 16+

Wasauksing Complex
Gymnasium

(1508 Geewadin Road Lane G)

Contact Liz Tabobondung to
register or for more information

cra@wasauksing.ca
705-746-8022 ext 305





**WASAUKSING HEALTH
DEPARTMENT CARA
PROGRAM PRESENTS:**

OPEN GYM NIGHT

Wasauksing Complex Gymnasium
(1508 Geewadin Road Lane G)

**THURSDAYS 6:00PM TO 8:00PM
STARTING JANUARY 9TH 2025**

****Adult supervision needed for children under 13
years of age****

Contact Liz Tabobondung
for more information
cra@wasauksing.ca
705-746-2033 ext 305





ICE PALACE GOLF SIMULATOR

WASAUKSING FIRST NATION MEMBERS

- CALL AND BOOK YOUR TIME (PER HOUR)
- BRING STATUS CARD FOR ID PURPOSES
- FOOD AND DRINK ARE YOUR RESPONSIBILITY

173 RANKIN LAKE ROAD, PARRY SOUND

FOR MORE INFORMATION
CONTACT LIZ TABOBONDUNG

CRA@WASAUKSING.CA

705-746-2033





FREE SKATING

AVAILABLE TO ALL
COMMUNITY MEMBERS & THEIR FAMILIES



**STARTS SUNDAY OCTOBER 6TH
9:30AM - 10:50AM**

TRANSPORTATION AVAILABLE UPON REQUEST
PLEASE CONTACT THE HEALTH CENTRE TO BOOK BY 12:00PM ON THE FRIDAY PRIOR



EVERY SUNDAY
UNTIL MARCH 30TH
9:30AM - 10:50AM



HUMPHREY ARENA
15 HUMPHREY DRIVE,
SEGUIN, ON

FOR MORE INFORMATION
CONTACT LIZ TABOBONDUNG
705-746-2033 EXT 305
CRA@WASAUKSING.CA



Health Department CARA Program Presents

SWIMMING AT THE GRAND TAPPATTOO

Available November 1st 2024 to May 1st 2025

Members must sign in at front desk with Status Card

Access cards can be provided to those with children
who have not received their status cards

Contact Liz Tabobondung
for more information or for access cards

cra@wasauksing.ca
705-746-2033 ext 305





Winter **WALKING GROUP**

Keep moving during the cold winter months!

STARTING
JANUARY 9, 2025

LIGHT SNACKS AND
REFRESHMENTS
PROVIDED

Contact Danette or Natalie
at the Health Station with
any questions 705-746-2033

Thursday's 1-3pm at
The Gathering Centre
(unless cancelled due to event)

DROP IN BASIS
NO REGISTRATION REQUIRED



CRAFT NIGHT

Every **Thursday** in January
6-9pm
Health Centre Spirit Room

Sewing machines and some
materials located on site

For more information,
please call Mariah at
705-746-2033 ext. 315



Family Trivia

Saturday January 25th 2025

12:30pm-2:30pm

Lunch provided

Trivia and activities

*contact Liz Tabobondung
to register or for more information*

705-746-8022 ext 305



HEALTH DEPARTMENT

WFN NEWSLETTER
JANUARY 2025



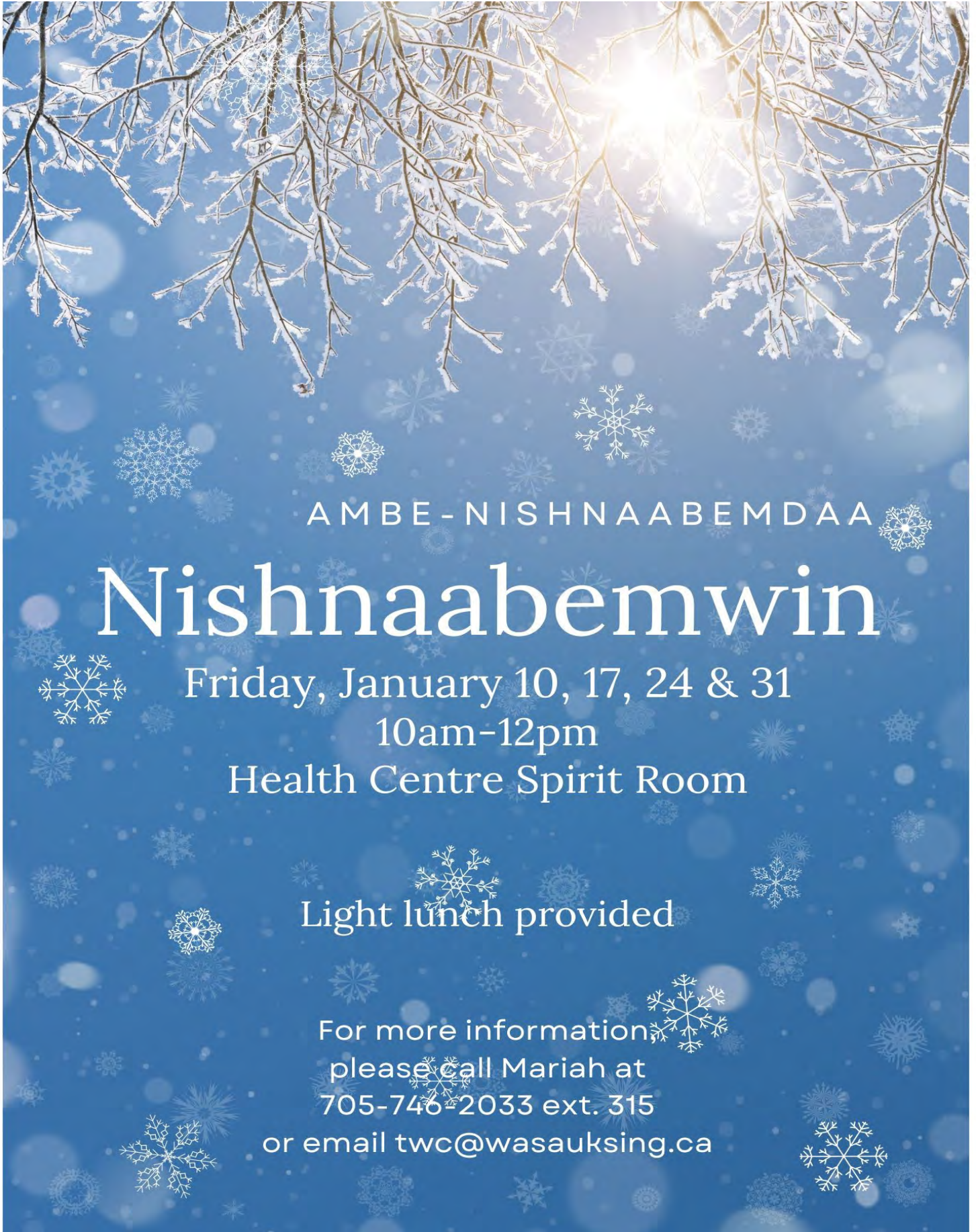
Diabetes Lunch and Learn Bingo

**Wednesday, Jan 29, 2025
12 - 2 PM**

MAXIMUM 8 PARTICIPANTS

Please contact
WFN Health Station to
Register
705-746-2033





AMBE-NISHNAABEMDAA

Nishnaabemwin

Friday, January 10, 17, 24 & 31

10am-12pm

Health Centre Spirit Room

Light lunch provided

For more information

please call Mariah at

705-746-2033 ext. 315

or email twc@wasauksing.ca



ATTENTION

The Water Operators/Delivery Staff would like to remind households that there must be a clear path to their cisterns. Water will not be delivered if cistern access to the water truck is blocked.

Please ensure any obstructions and vehicles are out of the way.

For questions or concerns,
please contact:
705-746-2531 ext. 170 or 171



MIIGWETCH FOR YOUR COOPERATION!



WASAUKSING WATER DEPARTMENT

WATER INSPECTION



Do you want your water checked by the Water Department?

We can come and test the water from your tap and give you a report. If you are on the main water system we can check chlorine, pressure and bacteria.

If you are on a cistern or well, we can inspect and review the system and suggest any maintenance such as: new filters, uv bulb change and test it for bacteria.

INTERESTED? YOU CAN CALL STEVE AT THE WATER PLANT TO ARRANGE AN INSPECTION:



705-746-2531



Fire Rating Criteria Wasauksing First Nation



LOW

Recreational camp fires for warmth and cooking allowed. Controlled burns, fireworks and back country fires permitted all day. Ceremonial fires permitted.

MODERATE

Recreational camp fires for warmth and cooking allowed. Controlled burns, fireworks and back country fires permitted all day. Ceremonial fires permitted.

HIGH

Recreational camp fires for warmth and cooking and fireworks permitted. Controlled burns not permitted unless approved by Fire Chief. Back country fires not permitted. Ceremonial fires permitted.

EXTREME

Recreational camp fires for warmth and cooking permitted from 6pm-8am. Fireworks permitted with approval from Fire Chief. Controlled burns and back country fires not permitted. Ceremonial fires permitted but please notify Fire Chief.

RESTRICTED FIRE ZONE

NO FIRES PERMITTED. Ceremonial fires permitted but please notify Fire Chief.

PLEASE HAVE WATER, RAKES, SHOVELS NEAR BY. PLEASE ENSURE FIRES ARE NOT LEFT UNATTENDED. EXTINGUISH FIRES COMPLETELY. DO NOT USE ACCELERANTS TO START YOUR FIRE.

CALL 911 IF YOUR FIRE GETS BEYOND YOUR CONTROL.

IF YOU HAVE QUESTIONS PLEASE CALL FIRE CHIEF MATT PECAR: 204-620-6606



PUBLIC WORKS

WFN NEWSLETTER
JANUARY 2025



Wasauksing Fire Department is looking for any one who may have old photos of Wasauksing Fire Department over the years, we are looking to have pictures scanned and added to ensure the history of the fire department continues for years to come.

Did you serve with Wasauksing Fire Department? Or have a family member who has passed and served? We are looking for information on when you served and for how long please email, call or drop in to see Fire Chief Matt Pecar 705-746-2531, or firechief@wasauksing.ca

We want to ensure your contributions to the Community of Wasauksing First Nation Fire Department does not go unnoticed and recognized appropriately.



Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January,** and **February.**



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards





Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! **Almost one third** of home Christmas tree fires are caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes more than **one in every five** of the fires.



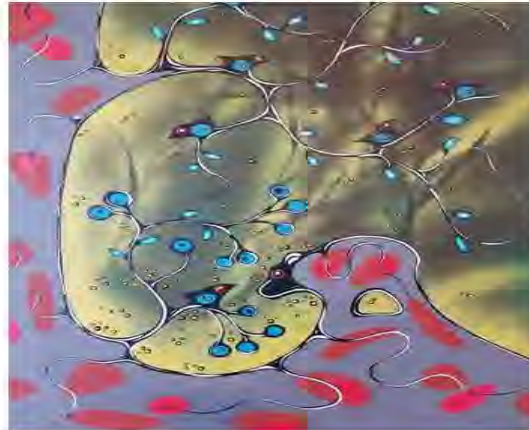
Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169





Indigenous Legal Advice from Indigenous Lawyers



ILAIL Clinic

The purpose of this clinic is to provide culturally appropriate, summary legal advice to Indigenous clients. Lawyers **Cara Valiquette** and **Jay Herbert** will focus on all areas of law, including criminal, child protection, family, and civil law. We provide advice about estates (power of attorney and wills), and Indian Act issues. The clinic will run approximately once per month, at **three locations**. Space is limited, so sign up in advance!

Parry Sound Friendship Centre

What: Legal clinic for Indigenous clients

Where: 25 Church St
Parry Sound, ON P2A 1Y2

When: Feb 5, 2025 - Virtual
March 5, 2025 - in person
April 2, 2025 - Virtual

Time: 1pm – 4pm

Other: Please call 705-774-4008 to book

Zoom link for registered participants:

Meeting ID: 890 0390 1305

Passcode: 753292

Midland Friendship Centre

What: Legal clinic for Indigenous clients

Where: 175 Yonge Street
Midland, ON L4R 2A7

When: Feb 12, 2025 - Virtual
March 19, 2025 - In person
April 16, 2025 - Virtual

Time: 1pm – 4pm

Other: Please call 705-526-5589 to book.

Zoom link for registered participants:

Meeting ID: 878 8192 3910

Passcode: 313689

Barrie Friendship Centre

What: Legal clinic for Indigenous clients

Where: 175 Bayfield St
Barrie, ON L4M 3B4

When: Feb 13, 2025 - Virtual
March 26, 2025 - In person
April 23, 2025 - Virtual

Time: 1pm – 4pm

Other: Please call 249-288-9432 to book.

Zoom link for registered participants:

Meeting ID: 894 1403 2090

Passcode: 789859