



WASAUKSING FIRST NATION NEWSLETTER



JULY 2025

Next Issue: August 1, 2025

Submissions Due: July 25, 2025

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

UPCOMING MEETINGS

Community Council Meeting - Wednesday July 02, 2025

6:00 p.m. — 9:00 p.m. Administration Meeting Room

LARC Committee - Wednesday July 02, 2025

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

Citizenship Committee Meeting - Wednesday July 09, 2025

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

Health Committee Meeting - Tuesday July 08, 2025

5:00 p.m. — 7:00 p.m. Health Spiritual Room

Education Committee Meeting - Monday July 21, 2025

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

Business Council Meeting - Tuesday July 15, 2025

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

Restorative Justice Committee Meeting - Tuesday July 22, 2025

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

Housing Committee Meeting - Thursday July 17, 2025

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

Social Committee Meeting - Monday July 28, 2025

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

IN THIS ISSUE

- ♦ CHIEF & COUNCIL
- ♦ ADMINISTRATION
- ♦ EDUCATION
- ♦ HEALTH DEPARTMENT
- ♦ SOCIAL 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**



CHIEF & COUNCIL

WFN NEWSLETTER
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Wasauksing Chief | Community Report June 2025

INTRO | ADMINISTRATION | GOVERNANCE | COMMUNITY

Aanii Kinaweya

Waabgonii Giizis is a time of blossoming. Chief and Council are exploring with legal partners the advancement of our Mainland Land Claim. Council is now attending their respective portfolio committees. The Chief and Council continue to direct that Administration complete the outstanding audits. 22/23 is in Draft Form and we have been assured we will be reviewing it this month. We have been updated from the CED that the 23/24 has moved from adjustments to sampling. 24/25 should be on the verge of closing.



Administration Briefing on the most pressing issues that impact the community:

The Swing Bridge: Received a letter from ISC load limits are lifted to 10 tonne/axl. We took a presentation form a Lobby group to support this initiative.

Legal Issues: Legal Presentation completed to C&C and BCR to retain legal has began. Finances: Audit 22/23 draft to be presented this month. Date for Community presentation to be set.



Robinson Huron Waawiindamaagewin gathering on May 20 – 23 Discussions included: Treaty Curriculum, RHW partnership with Waubetek for Housing Mortgage program. Treaty Research for land use Mapping completion for Wasauksing's Mainland.

Elders – Chief Councillor Liz and I will be having Elder meetings on Monday Mornings at 11am. Elders are wanting to be engaged as well by RHW for Treaty research.

"A flower cannot bloom without sunshine, and a man cannot live without love" –
Max Muller



What do we want? Land Back! When do we want it? Now!

I attended a protest for the Provincial Bill -5 at Queens Park. The message from the people is clear. We need to be idle no more. Our rights and title are being challenged by both the Provincial and Federal Governments again. There is a need to rise up and assert our inherent rights as stewards of the land. The Canadian and Ontario governments are using the economic threat from the American Trump policies to fast-track resource extraction and the greed for money is sacrificing the health of our original mother, threatening negative impacts to the land, plants, animals, and the people.

- Anishinabek Nation Chief's Gathering this week. Agenda items include: Bill 5, Corporate AGM's, Economic Development, Citizenship; 2 generation cut-off, Language, ANGA, Repatriation of our Ancestors, Child and Youth Death Review Transformation, Lands: Great Lakes, Aerial Spraying, Infrastructure; housing, water, wastewater, Health, and Child Wellness

During the June 2nd Protest in Toronto I was able to meet with Citizens who reside off territory and would like to thank them for reaching out. I continue to extend an invitation to meet, call, or visit so please email or call the Admin office. I monitor both email and voicemail regularly and welcome visits from our community who live outside the confines of a Federal Reservation.



I extend our thoughts and prayers to the communities in Alberta, Saskatchewan, and Manitoba as they struggle through the forest fires in the West. I also want to extend my sincere condolences to the Judge family. Mental Health, Addictions, and Suicide touch each of us personally and I am reminded by the family to send a message "reach out for help". Let's end stigma

Rights and Responsibilities:



In closing It was tremendously powerful to be part of a collective of First Nation's across the country converged on Queens Park to demonstrate our opposition to legislation that will impact our rights as title holders of the land. These rights are enshrined by our Ancestors by a Creator given responsibility to be land protectors. The fought for these rights to be enshrined in the Constitution of Canada and upheld by numerous Supreme Court Decisions. The Chiefs and Grand Chiefs of our Nations are seeing the increasing need for us to mobilize and be ready to stand up and be "idle no more". I look forward to hearing from the community and finding volunteers to support and organize our community to be more present. I'm sure our people will feel the power of us coming together and assert our Creator given rights. Miigwech.

"Let us put our minds together and see what life we can make for our children." – Sitting Bull



Website:
www.wasauksing.ca



Contact:
705-746-2531 x116



Email:
chief@wasauksing.ca



Notice

Please be advised that
the Administration,
Nursing Station, Day
Care, School, WACC, &
Gathering Center will be
Closed:

Tuesday July 1, 2025
for Canada Day
Miigwetch



CALL OUT FOR TRUSTEES

* THE MTIGO MIN TRUST IS REQUESTING SUBMISSION OF RESUME'S FORM INTERESTED WASAUKSING FIRST NATION CITIZENS (ON/OFF RESERVE), TO APPLY FOR POTENTIAL TRUSTEE CANDIDACY.

* THE SELECTION COMMITTEE WILL HOLD INTERVIEWS AND SELECT NEW MEMBERS TO JOIN THE TRUST POOL.

* APPLICATION CLOSING DATE: TILL TRUST POOL IS FULL.



PLEASE SEND YOUR RESUME WITH A COVER LETTER, CONTACT INFORMATION TO:

ADAM GOOD, CHIEF EXECUTIVE DIRECTOR
EMAIL: ced@wasauksing.ca

OR PACKAGE MAY BE DROPPED OFF AT THE FOLLOWING PHYSICAL ADDRESS:
ADMINISTRATION OFFICE
1508 GEEWADIN ROAD LANE G
WASAUKSING FIRST NATION

NOTE: THIS HAS NOTHING TO DO WITH THE RHT TRUST



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

Legend:

C and C Designated Holiday Professional Development Stat. Holiday Early Closure



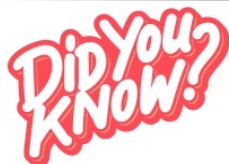
HEALTH DEPARTMENT

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Wasauksing Nursing Station

July 2025



Health has a website!
wasauksing.health
another way to keep up to date!

Whole Life Counselling

Evi: July 22
Aislinn: July 7, 14, 21
Alex: July 18, 25

Call Melissa to book an
appointment 705-746-2033

Zach- Tread Orthopaedics:

July 23
August 20
September 17

Call Terri to book an
appointment: 705-746-2033

Doctor Visit Dates:

Dr. K. Knight: July 2, 9, 23, 30
Dr. J. Hamby: June 2, 3, 24

Call Terri to book an
appointment 705-746-2033

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July		1 Office Closed	2 T-Ball Night	3 Outdoor Walking Gardening	4	5
6	7	8 Youth Soccer	9 T-Ball Night Full Moon Ceremony	10 Outdoor Walking Gardening	11 Health Fair Slo Pitch	12
13	14	15 Jake Agoneh Youth Soccer	16 Jake Agoneh T-Ball Night	17 Jake Agoneh Outdoor Walking Gardening	18 Slo Pitch	19
20	21 Jays Care	22 Jays Care Youth Soccer	23 Jays Care T-Ball Night	24 Jays Care Outdoor Walking Gardening Men's BBQ	25 Jays Care Slo Pitch	26
27	28	29	30	31		



HEALTH DEPARTMENT

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CARA Programming:

Contact Liz Tabobondung for additional
information:

cra@wasauksing.ca

705-746-2033 ext. 305

**JAYS CARE
FOUNDATION**

**JULY 21ST TO JULY 25TH
2025**

**9AM TO 1PM
AGES 8-12**

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

**705-746-2033 EXT 305
CRA@WASAUKSING.CA**

REMINDER

Co-Ed Slo-Pitch

Friday Nights
Started June 6th
Ages 16+



UPCOMING

EVENTS

Youth Soccer:

Tuesday Evenings
Started June 3rd
Ages 3-5: 5pm-6pm
Ages 6-9: 6pm-7pm
Ages 10-13: 7pm-8pm

T-Ball:

Wednesday Evenings
Started June 4th
Ages 3-5: 5pm-6pm
Ages 6-9: 6pm-7pm

Youth Slo-Pitch

Friday Evenings
Started June 6th
Ages 10-13: 4pm-5pm
Ages 14-16: 5pm-6pm



HEALTH DEPARTMENT

WFN NEWSLETTER
JULY 2025



CARA Programming:

Contact Liz Tabobondung for additional information:

cra@wasauksing.ca

705-746-2033 ext. 305

VENDORS WANTED

**FOR THE 2025 ALL ONTARIO NATIVE
FASTBALL CHAMPIONSHIP IN
WASAUKSING FIRST NATION**

AUGUST 22ND TO AUGUST 24TH 2025

**Kinsmen Park (Parry Sound)
Wasauksing First Nation**

**For more information or to register as
a vendor email: 2025aonf@gmail.com**

VENDOR INFORMATION

Rate:
Vendor rate for entire weekend- 50.00 for WFN members,
150.00 for Non- member vendors

Registration:
• Vendors must register and pre-pay by 4:30 pm on August 15, 2025.
• Complete vendor registration form
• You will be assigned a vendor spot.

Vendor Information:
• Each vendor site is 12x12 and each vendor site is assigned.
• First Nation owned vendors will be given priority.
• No refunds for any reason.
• Set-up time starts Friday noon and Sat & Sun morning before 9:00am.
• There will be no parking inside ballfield grounds.
• Must have own equipment; we do not provide extension cords or tables/chairs.
• No generators permitted.
• Tournament organizers are not responsible for lost or stolen items, injury or financial loss.



Are you interested in
volunteering for the All
Ontario Native Fastball
Championship on
August 22-24?

Email to sign up at

2025aonf@gmail.com

2025 ALL ONTARIO NATIVE FASTBALL CHAMPIONSHIP VOLUNTEERS NEEDED!!



Volunteers needed from
August 22nd to August
24th 2025

Ages 13+ volunteers

Jobs include:

- Registration & Entry
- Floaters
- Field Convenors
- Field Maintenance
- Scorekeeping



HEALTH DEPARTMENT

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Traditional Wellness Programming:

Contact Faith: twkk@wasauksing.ca
705-746-2033 ext. 312



Regular programming to resume in August

Watch for the new dates in the next newsletter!

Anishinaabemowin

Craft Night

Full Moon Ceremony



HEALTH DEPARTMENT


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Home & Community Care Updates

Contact Vanessa: hssrn@wasauksing.ca
705-746-8022

NIHB CLIENTS NON-INSURED HEALTH BENEFITS



FOR ONTARIO CLIENTS TO
FIND OUT NIHB SERVICE
PROVIDERS - PLEASE CALL
EXPRESS SCRIPTS CANADA
TOLL FREE @
1*888*441*4777. LISTEN TO
THE OPTIONS AND CHOOSE
CORRECT BENEFIT OPTION,
YOU WILL BE TRANSFERRED
TO A BENEFIT ANALYST WHO
WILL ASSIST YOU IN FINDING
OUT WHAT IS COVERED.



YOUR HEALTH CARE
PROVIDER CAN ALSO REACH
OUT ON YOUR BEHALF.



HEALTH DEPARTMENT

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Community Health Rep.

Contact Audrey-Anna: chr@wasauksing.ca
705-746-8022

Forward together

Building connection to support our personal health journeys

WASAUKSING HEALTH FAIR

July 11th, 2025 | 10 am - 3 pm

Wasauksing Health Station

Come and join us for wellness sessions, health education and community togetherness.

10 am - Welcome address from the Director of Health

12 pm - Lunch served from 12 till 1:30

1 pm - Community Round Dance, Community Complex Gym

Celebration of Volunteers and Award Presentation

Wellness Sessions are available, sign-up will open at 10 am.



SHARPS DISPOSAL

Community Safety is our priority

We have 3 new Sharp Disposal Sites located in the Community with support from the North Bay Parry Sound Health Unit!

- ✓ Used Needles
- ✓ Blood Sugar Sensors
- ✓ Broken Glass
- ✗ NO GARBAGE



Health Station



Ball Field



HEALTH DEPARTMENT

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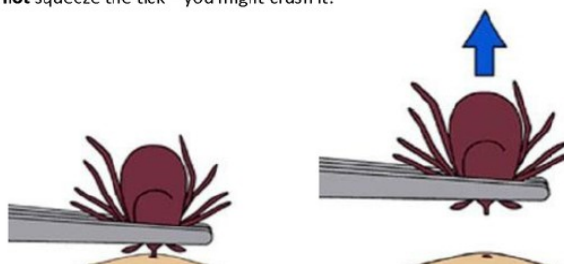


Community Health Rep.


Contact Audrey-Anna: chr@wasauksing.ca
705-746-8022

How to remove a tick

- 1) Removing a tick is the same for humans and animals. It's important you **do not crush or damage the tick** because it could cause Lyme bacteria to pass from the tick into your bloodstream.
- 2) Use fine-tipped tweezers and grasp the tick as close to your skin as possible.
Do not use a lit match or cigarette, nail polish or nail polish remover, petroleum jelly (for example, Vaseline), liquid soap or kerosene to remove the tick.
- 3) Pull the tick straight out, gently but firmly.
Do not jerk or twist the tweezers while pulling the tick out.
Do not squeeze the tick – you might crush it.



- 4) Once you have removed a tick, wash your skin with soap and water and then disinfect the bite site with rubbing alcohol.
- 5) Place the tick into a small container with a lid and contact your local health centre and/or take a zoomed in picture of the tick (beside a dime or coin) to show relative size.
- 6) Please email a picture of the tick as well as a completed tick submission form to:

 Indigenous Services Canada Services aux Autochtones Canada

First Nations and Inuit Health Branch
195 Henry Street, Unit 6C
Brantford, Ontario N3S 5C9

TICK SUBMISSION FORM

First Nation Community Name: _____

Please find enclosed _____ tick (s) sent to you for identification and testing.

* Patient name: _____
Contact Telephone # (patient): _____
Complete Mailing Address (patient): _____

* Where was the tick most likely acquired? _____
(Be as specific as possible e.g. Town/City, cottage, provincial park etc.)

* Travel in past 2 weeks (check one): ☐ No travel ☐ Don't Know ☐ Yes
If yes, which localities were visited? _____
(Be as specific as possible e.g. Town/City/Province)

* Date the tick was collected or removed: _____

* Was the tick attached (feeding)? _____ Was the tick attached to a Human? _____ Animal? _____

* Tick sent by: _____

Please mail tick to:

Email completed tick submission form and zoomed in photo of the tick (beside a dime) to:

Trudy.Stanfield@sac-isc.gc.ca

*mailing address will be provided once form and photo are received

* The information in these fields is mandatory and is essential to the tick surveillance program. Failure to provide this information may result in rejection of the specimen.

Office Use Only

Identification No. _____

Tick Species: _____ No. _____

Stage: _____ Engorgement: _____

Condition: _____

Identified by: _____

Date: _____



HEALTH DEPARTMENT

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Dietitian & Diabetes Programming

Contact Natalie: rd1@wasauksing.ca
705-746-2033 ext. 325

Contact Danette: cdern@wasauksing.ca
705-746-2033 ext. 309

COMMUNITY GARDEN GROUP

Thursdays (starting July 3, 2025)
2-3 pm
@ the Health Station

Love gardening or want to learn? Whether you're a seasoned grower or just curious, everyone is welcome- especially if you don't have space to garden at home!

Drop in!
No registration required.

Contact Natalie
with questions
@ 705-746-2033



Book an appointment

Do you want to book an appointment with Natalie or Danette?
Please call 705-746-2033



OUTDOOR WALKING PROGRAM

DATE:
THURSDAY'S
(JUNE 5-
SEPTEMBER 25,
2025)

TIME:

12:30-1:30PM

LOCATION:
MEET AT THE
WACC



- RAIN OR SHINE
- Pedometers & Walking Poles Available
- Beverages Available

JOIN US AND GET
SOME STEPS IN!

NO REGISTRATION REQUIRED
CONTACT THE HEALTH STATION
FOR MORE INFORMATION
@ 705-746-2033



Mental Health & Addictions

Contact Steve: mwtmsw@wasauksing.ca |
705-746-2033 ext. 314

Contact Melissa: nnadap@wasauksing.ca
705-746-2033 ext. 315

This is a reminder about how important it is to **“Think About Our Thinking.”** Here are some **Thinking Traps** which according to **Cognitive Behaviour Therapy** counselling practice, can lead to: **“Stinking Thinking.”** Please reach out for conversations on how to **delay and control racing thoughts.**

Steve Koptie, Social Worker

Thinking Traps	Examples
Fortune-telling: This is when we predict that things will turn out badly. But, in reality, we cannot predict the future because we don't have a crystal ball!	<i>“I know I'll mess up.” “I will never be able to manage my anxiety.”</i>
Black-and-white thinking: This is when we only look at situations in terms of extremes. For example, things are either good or bad, a success or a failure. But, in reality, most events call for a more “moderate” explanation. For example, cheating once on your diet does not mean you have failed completely. You had a small setback, and all you need to do is to get back on your diet tomorrow.	<i>“Anything less than perfect is a failure.” “I planned to eat only healthy foods, but I had a piece of chocolate cake. Now my diet is completely ruined!”</i>
Mind-reading: This trap happens when we believe that we know what others are thinking and we assume that they are thinking the worst of us. The problem is that no one can read minds, so we don't really know what others are thinking!	<i>“Others think I'm stupid.” “She doesn't like me.”</i>
Over-generalization: This is when we use words like “always” or “never” to describe situations or events. This type of thinking is not helpful because it does not take all situations or events into account. For example, sometimes we make mistakes, but we don't always make mistakes.	<i>“I always make mistakes.” “I am never good at public speaking.”</i>
Labeling: Sometimes we talk to ourselves in mean ways and use a single negative word to describe ourselves. This kind of thinking is unhelpful and unfair. We are too complex to be summed up in a single word!	<i>“I'm stupid.” “I'm a loser.”</i>
Over-estimating danger: This is when we believe that something that is unlikely to happen is actually right around the corner. It's not hard to see how this type of thinking can maintain your anxiety. For example, how can you not feel scared if you think that you could have a heart attack any time?	<i>“I will faint.” “I'll go crazy.” “I'm dying.”</i>
Filtering: This happens when we only pay attention to the bad things that happen, but ignore all the good things. This prevents us from looking at all aspects of a situation and drawing a more balanced conclusion.	<i>Believing that you did a poor job on a presentation because some people looked bored, even though a number of people looked interested and you received several compliments on how well you did.</i>
Catastrophizing: This is when we imagine that the worst possible thing is about to happen, and predict that we won't be able to cope with the outcome. But, the imagined worst-case scenario usually never happens and even if it did, we are most likely able to cope with it.	<i>“I'll freak out and no one will help.” “I'm going to make such a fool of myself, everyone will laugh at me, and I won't be able to survive the embarrassment.”</i>
Should statements: This is when you tell yourself how you “should”, “must”, or “ought” to feel and behave. However, this is NOT how you actually feel or behave. The result is that you are constantly anxious and disappointed with yourself and/or with others around you	<i>“I should never feel anxious.” “I must control my feelings.” “I should never make mistakes.”</i>



HEALTH DEPARTMENT

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Mental Health & Addictions

Contact Steve: mwtmsw@wasauksing.ca |
705-746-2033 ext. 314

Contact Melissa: nnadap@wasauksing.ca
705-746-2033 ext. 315



International Self-Care Day
Thursday, July 24, 2025

Self-Care Matters: Take Time for You!

*Prioritize Your Well-being
You Matter!*

Self-care isn't selfish—it's essential for your mental well-being and overall health. Prioritizing self-care matters because:

Mental Health Matters

It helps you Set Boundaries

It Builds Resilience

It has Physical Health Benefits

EXERCISE
LIMIT SOCIAL MEDIA
SLEEP & REST
CONNECT WITH FRIENDS
READ A BOOK



BARBECUE

MEN'S GATHERING

JULY 24 & AUGUST 28
5 PM - 7 PM

WASAUKSING HEALTH STATION

BBQ ~ FIRE ~ PRIZES





ONTARIO WORKS NEWSLETTER

JULY 2025



Upcoming

Come join us at the Annual
Employment Fair on
Tuesday, July 15 from
10am-2pm at the **Gathering
Centre**

We will have booths, draws,
a BBQ lunch and really cool
door prizes!

Drop off your Income
Statement and say hi!

Resume Writing Workshop

Polish up your resume before
our Employment Fair! **July 15 @
9am** in the Gathering Centre
Boardroom

Reminders

Spouse and adult children need to
sign the income statement and
participation form.

If income statements aren't
received by the requested date, it
will cause your payment to be
delayed.

Important Dates

JULY 15th

- **INCOME STATEMENTS DUE**
- **EMPLOYMENT FAIR** 10am-2pm
- **RESUME WRITING WORKSHOP**
9am in the Boardroom

Contact Us

Bobbi Verstraten

OW Income Support
owinc@wasauksing.ca
705-996-6910 x 206

Patricia Rice

OW Employment Assistance
owemp@wasauksing.ca
705-996-6910 x 204



keep going,
keep *growing*



SOCIAL DEPARTMENT

WFN NEWSLETTER
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WASAUKSING FIRST NATION EMPLOYMENT FAIR

Tuesday, July 15, 2025
10:00 am - 2:00 pm
Wasauksing Gathering Centre
1126 Geewadin Road

For more information or to book a table,
please contact Patricia Rice OW Employment
Assistance Worker at 705-996-6910 ext 204
or by email at owemp@wasauksing.ca



SOCIAL DEPARTMENT

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**JULY
5
2025**



WASUKSING PRIDE PARADE LOVE IS LOVE

JOIN US IN SUPPORTING OUR COMMUNITY PRIDE!

**11AM PARADE BEGINS STARTS AT WASUKSING BRIDGE
ENDING AT THE WACC**

MUSIC | SPECIAL GUEST | BAR B Q



LOUD & PROUD



**FOR MORE INFO EMAIL WASUKSINGPRIDE@GMAIL.COM
OR CONTACT FLOW 705-938-4290 OR KELLIE AT 705-996-6910**



SOCIAL DEPARTMENT

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CHILD WELL BEING LAW Q&A



Friday, July 11th 2025

At The Gathering Place

Dinner Catered by: Quartz Kitchen at 5:30 PM.

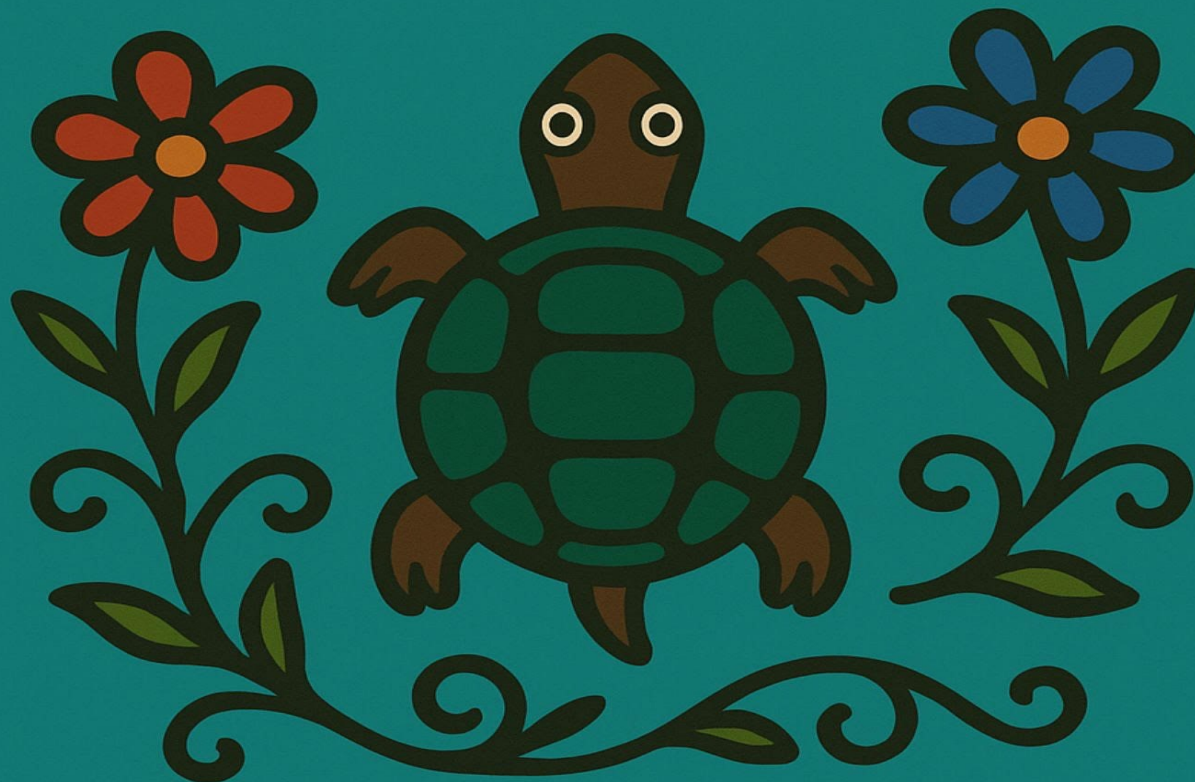
Info sharing. Door prizes.

SPECIAL GUEST: ANISHINABEK NATION





AGENDA



5:30pm: Dinner served

**6:30pm: Information sharing/
presentation/Q&A**

**7:15pm: Draw winners
announced**

7:30pm: Event end



Presented by the Social Well Being Department



PUBLIC WORKS

WFN NEWSLETTER
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STATUS CARD RENEWAL

REQUIREMENTS TO APPLY: ALL DOCUMENTS ARE ORIGINAL AND NOT EXPIRED

ADULTS 16+

- DRIVER'S LICENSE
- PASSPORT

2 REQUIRED:

- HEALTH CARD
- ORIGINAL BIRTH CERTIFICATE
- PREVIOUS CIS CARD
- FIREARMS LICENSE
- STUDENT ID WITH PHOTO
- TEMPORARY HEALTH CARD DOCUMENT
- GUARANTOR DECLARATION

MINORS

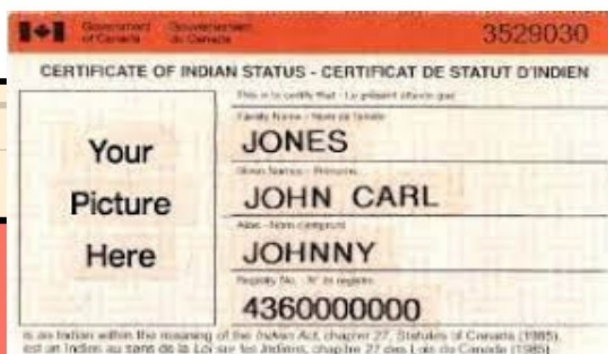
PARENT/GUARDIAN:

- DRIVER'S LICENSE
- PASSPORT

MINOR 15 & UNDER:

- HEALTH CARD
- ORIGINAL BIRTH CERTIFICATE
- PREVIOUS CIS CARD
- TEMPORARY HEALTH CARD DOCUMENT
- GUARANTOR DECLARATION

***please note, if an applicant only has (1) of the secondary identification requirements listed above and they are known to the issuing IRA officer for a minimum of two years, they may complete a Guarantor Declaration in the membership office.*



MONDAY - THURSDAY



9:30AM - 2:30PM

FOR SCHEDULING AND APPOINTMENTS CONTACT MELISSA BAKER

(705) 746-2531 EXT. 120

LANDSADMIN@WASAUKSING.CA



PUBLIC WORKS

WFN NEWSLETTER
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Medicinal Plants Walk



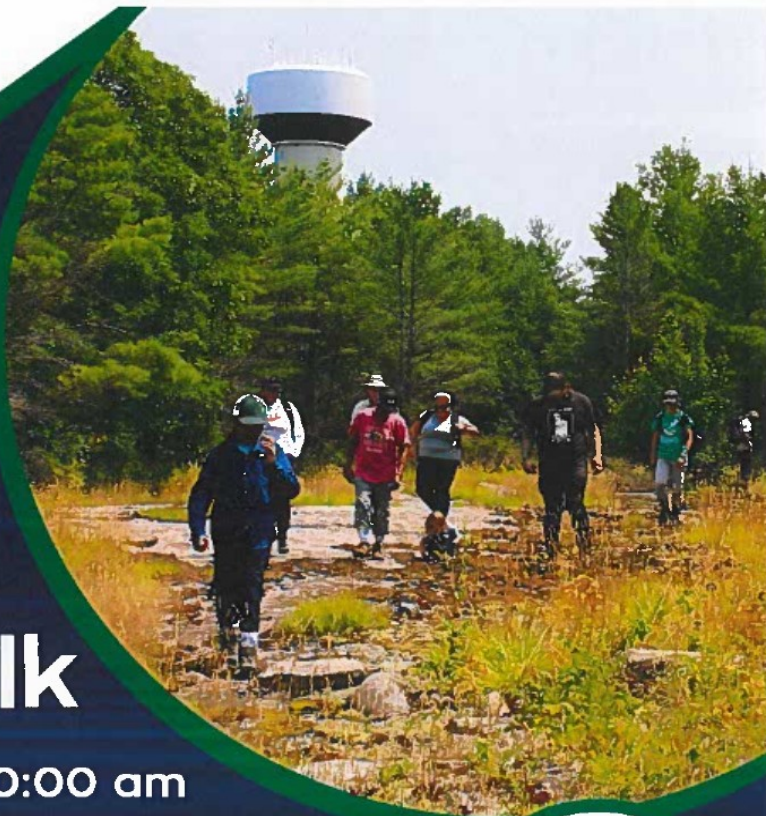
September 13th, 10:00 am



Meet at the Gathering Place

Join us for a walk led by Joseph Pitawanakwat from Creators Garden. Share knowledge and learn all about medicinal plants and their properties!

Lunch will be provided!
All ages welcome.



**SAVE
THE
DATE!**



To register, scan the QR code or
email sevans@georgianbaybiosphere.com



GEORGIAN BAY
BIOSPHERE
MNIDOO GAMII



November 15, 1950 - January 21, 2025

*Saturday, July 12th, 2025 begins at 11
1126 Geewadin Road.
Wasauksing First Nation Island Reserve*

Gather to share memories of Alex and the wonderful life we experienced with him.



In Loving Memory of
Alex Zygniuk
Mzinbii'ge nini

November 15, 1950 - January 21, 2025

During the evening of January 21, 2025, our friend, partner, brother, uncle, father and grandfather Mzinbii'ge nini Alexander Zygniuk began his journey, with the support of his wife Doris who was by his side.

Named after his grandfather Alexander Cygniuk, Alex was born in 1950 in Toronto to Jean Rice and Stefan Zygniuk. In his early years, he grew up on Wasauksing, raised by his grandmother and became fluent in Anishinaabemowin. Through his education in Toronto public and high schools he became a skilled artist, leading him to a career as a talented journeyman lithographer and a widely-collected artist with work displayed throughout the world. Living throughout Canada, Alex enjoyed the finer things of life and described himself as a lifelong learner, world traveller, an avid fly fisherman, a musician, a vintage motorcycle lover and an artist. He was known as the first Indigenous person to practice Kung Fu in Toronto and was a member of the Toronto Northern Legs Southern Fists and before that Hong Luck, a Traditional Kung Fu and Lion Dance Club. He also ran a kick boxing club for youth.

Alex was a registered member of the Masonic Lodge in Hong Kong, a certified small plane pilot, an NDP candidate and a caretaker for a sacred site on Wasauksing. Upon his return to Wasauksing, Alex had a career in First Nation policing for over 20 years throughout southern Ontario. He



WHAT TO DO IF YOU SUSPECT AN OVERDOSE



THERE ARE TWO TYPES OF KITS: AN INJECTABLE NALOXONE KIT AND A NASAL SPRAY NALOXONE KIT – EACH COMES WITH THEIR OWN SUPPLIES. EACH KIT ALSO CONTAINS EDUCATION MATERIAL AND CONTACT INFORMATION THAT COULD HELP PREVENT FUTURE OVERDOSES. IF YOU SUSPECT SOMEONE IS HAVING AN OVERDOSE, FOLLOW THESE STEPS:



01

Shout their name and shake their shoulders.

If they are unresponsive, call 9-1-1.

02

Give naloxone (1 spray into nostril or inject 1 vial into arm or leg).

Opioids last longer than the naloxone, so it's very important to seek medical attention, even when naloxone is given and symptoms improve.

If using the spray: Lay the person on their back. Support their neck and tilt their head back. Peel back the package and remove the device. Place the tip of the nozzle in one nostril. Press the plunger firmly to release naloxone into the person's nose.

If using the injection: Tap the ampoule (the vial containing the medicine) to send all the liquid to the bottom. Snap open the ampoule by breaking off the top. Using the syringe and needle included in the kit, pull the plunger to draw up the liquid. Inject it into muscle in the upper arm or upper thigh. Press the plunger all the way down.



03

Give 30 chest compressions and two rescue breaths

(if you are comfortable doing so).

04

If there is no improvement after 2-3 minutes, repeat steps 2 and 3.

Stay with the person.

05

If the person begins breathing on their own, or you have to leave them alone, put them in the recovery position.

Roll them on their side with their head tilted back slightly to open the airway. Their hand supports their head and their knee stops the body from rolling onto their stomach. Monitor them, as they may be confused, upset or going into withdrawal when revived. Do not allow them to use more drugs.



OVERDOSE MYTHS

DO NOT	REASON
Put the person in a cold bath.	They may drown or go into shock.
Make the person vomit.	They may choke.
Inject the person with something else (i.e. salt water, cocaine, milk).	They may be seriously harmed. Only naloxone can reverse the overdose.

KITS ARE AVAILABLE FOR FREE

NALOXONE KITS ARE AVAILABLE FOR FREE AT ANY COMMUNITY PHARMACY AND PUBLIC HEALTH CLINICS. IF CARRIED AT THE RIGHT PLACE AND THE RIGHT TIME, THESE KITS CAN SAVE LIVES.

OPIOID DEPENDENCE THREATENS THE LIVES OF MANY PEOPLE EVERY DAY. NALOXONE IS A SAFE AND EFFECTIVE WAY TO RESCUE PEOPLE, ALLOWING MORE TIME TO ACCESS EMERGENCY SERVICES AND AFFORDING THE OPPORTUNITY TO ACCESS COMMUNITY RESOURCES TO HELP PEOPLE TO MOVE TO REHABILITATION AND RECOVERY.



DON'T RUN. CALL 9-1-1.

Every drug poisoning is a medical emergency.

Recognize the signs and call 9-1-1 right away:

- choking, gurgling or snoring sounds
- extreme drowsiness, difficulty walking, talking, or staying awake
- inability to wake up, even when shaken or shouted at
- slow, weak, or no breathing
- cold and clammy skin
- blue lips or nails
- very small pupils
- dizziness and confusion

The Good Samaritan Drug Overdose Act can protect you.

Even if you've taken drugs or have some on you, the *Good Samaritan Drug Overdose Act* can protect you. This means those who seek emergency assistance during a drug overdose, including youth, will not be charged for offences such as simple possession.

APS officers and other first responders carry naloxone; we just want to assist.

Carry naloxone.

Naloxone is a safe, lifesaving medication that can temporarily reverse an opioid poisoning. Naloxone will not harm someone who does not have opioids in their system. When in doubt, use it.





COMMUNITY VOICE

WFN NEWSLETTER
JULY 2025

**Now serving Wasauksing First Nation and Parry
Sound areas
Clean & courteous service**



Call us today!



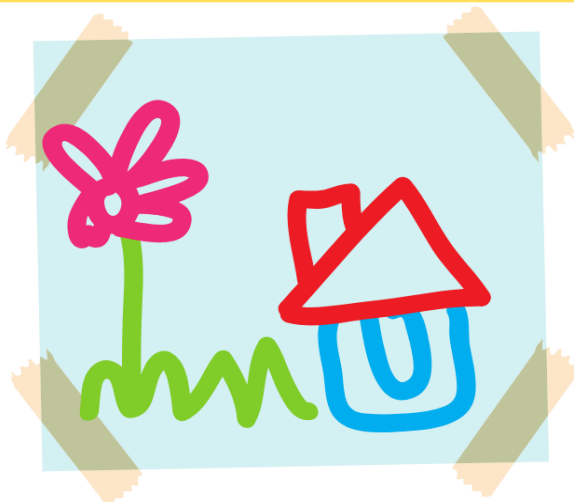
COMMUNITY VOICE

WFN NEWSLETTER
JULY 2025



Niijaansinaanik
Child and Family Services

URGENT: Indigenous families needed to provide in-home care for indigenous children and youth.



Keep Our Children in Our Communities!

Alternative Caregivers provide a temporary home for a child/youth and provide care, love and support.

Become an Alternative Caregiver today.

1-855-223-5558

nijcfs.com



COMMUNITY VOICE

WFN NEWSLETTER
JULY 2025

WE ARE SEEKING

VOLUNTEER DRIVERS

Volunteering provides empowering opportunities for people of all ages that help build community.



Our Volunteer Drivers:

- Receive free training
- Are reimbursed a competitive mileage rate for use of their vehicle
- Create a positive impact on the overall well-being of children, youth, and families
- Build on existing experience



1-855-223-5558

volunteerservices@nijcfs.com

nijcfs.com/volunteer



Niijaansinaanik
Child and Family Services



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Niijaansinaanik
Child and Family Services

PRESENTS

**FREE BBQ
COME MEET THE
PREVENTION TEAM**

**Summer
BBQ**

**Thursday July 3rd, 2025
11:30AM to 1:00PM**

Niijaansinaanik Child and Family Services
1120 Geewadin Road
Wasauksing First Nation