



# WASAUKSING FIRST NATION NEWSLETTER



## JANUARY 2026

**Next Issue: February 01, 2026**

**Submissions Due: January 23, 2026**

Please Visit Our Website: [www.wasauksing.ca](http://www.wasauksing.ca) to see  
Employment Opportunities, Special Events, And More...

### **UPCOMING MEETINGS**

***Community Council Meeting*** - Tuesday January 06, 2026

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

***LARC Committee*** - Wednesday January 07, 2026

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

***Restorative Justice Committee*** - Tuesday January 13, 2026

6:00 p.m.— 8:00 p.m. Gathering Center Meeting Room

***Health Committee Meeting*** - Tuesday January 13, 2026

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

***Citizenship Committee Meeting*** - Wednesday January 14, 2026

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

***Education Committee Meeting*** - ,Monday January 19, 2026

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

***Business Council Meeting*** - Tuesday January 20, 2026

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

***Social Committee Meeting*** - Monday January 26, 2026

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 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**



## Wasauksing Chief | Community Report January 2026

INTRO | ADMINISTRATION | GOVERNANCE | COMMUNITY

### Aanii Kinaweya

Chi Manidoo Giizis is a time of storytelling and reflection. This month brings a spirit of renewal and hope as we begin a new calendar year. Although December was a time to spend with family and friends the Chief and Council continued to work through the holidays. I responded to some community safety matters and worked with consultants on Economic Development and Governance priorities. We also received a legal briefing for review on our Mainland claim which I look forward to discussing and planning next steps.



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

Finances: Completing the 24/25 Budget for Community presentation continues to be a top priority for the Administration. Trial balances were shared by the auditor and the Directors are reviewing them for feedback. The CED is planning for a community meeting to present them after Administration and Chief and Council have had an opportunity to review and address questions with our Auditors in preparation.



Robinson Huron Waawiindamaagewin. I attended the weekend symposium on the (Un) Making of the Metis Claims in Ontario. This was a very factual and academic presentation on how MNO is utilizing Anishinaabek/Cree Ancestors to extract Identity for financial resources.

RHTLF met in December to review legal matters including the disbursement of returned legal fees. There is a meeting tomorrow to vote on resolutions tabled for the CDA and increased accountability and transparency measures.

"The sunshine of a winter's day is a reminder from our eldest grandfather"



## Energy and Mining Opportunities

During December, I worked closely with a consultant to complete a proposal to the Critical Minerals Infrastructure Fund (CMIF) for funding resources to explore mining opportunities. With the support of the consultant we were able to meet the deadline of December 17th. This will provide necessary resources to examine emerging opportunities with proponents. Also available is funding for Energy through Hydro One and IESO that can support exploration of Energy Infrastructure opportunities for Wasauksing.

I continue to take appointments and visits with community members. Please email [chief@wasauksing.ca](mailto:chief@wasauksing.ca) if you would like to schedule an appointment with me. I realize that time management is challenging as representation at important meetings is critical but also want to make myself available for community.

Before the end of the year we followed up with ministries including PDAC and ISC to continue to advance the replacement of the bridge. Next steps are to complete the feasibility of the replacement and explore the option of Wasauksing ownership and transfer of lands. Consultation with key stakeholders will be partnered with ISC.



Community Safety continues to remain on the agenda for Chief and Council. I reached out to the Chief of Missisaugas First Nation in regards to their development of their Trespassing Law. Chief Nanigob openly shared their law for us to use to help Wasauksing develop our own. I scheduled a meeting with Falls Law, Jay Herbert for early in January to explore the development of our Trespassing Law as well as continuation of our Community Safety Plan with Safety Canada. We also met with Arbitus Law to explore declaring a state of emergency.



### Meetings Attended:

AFN Winter Assembly	Dec 2-3	FMB – Accounting Support	Dec 4
Indigenous Youth Entrepreneurship	Dec 4	WFN/WLI Informal meeting	Dec 5
Individual Member	Dec 6	ISC Bridge Replacement	Dec 6
Eagle Staff Care/repair	Dec 7	ANCFSAO Child Wellness Conference	Dec 9 - 11
Chiefs with Minister of Education	Dec 12	Individual Members(x3)	Dec 12
Gaanangdwinmigoo Opening	Dec 12	(Un)Making of Metis Claims	Dec 13-14
HR Tribunal FNFA Hearings	Dec 16-17	WPSHC – Hospital	Dec 15
Legal – RHT WFN Trust	Dec 15	RHTLF – Legal Fees Disbursement	Dec 18

“Winter forms our character and brings our best” Tom Allan



Website:  
[www.wasauksing.ca](http://www.wasauksing.ca)



Contact:  
705-746-2531 x116



Email:  
[chief@wasauksing.ca](mailto:chief@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](mailto:doe@wasauksing.ca)



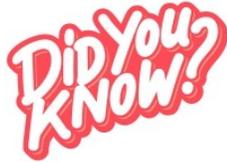
# HEALTH DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026



## Wasauksing Nursing Station

January 2026



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

### Counselling

Evi: January 13  
Aislinn: January 5, 12, 19  
James: January 6 & 20  
Alex:

### Zach- Tread Orthopaedics:

Back in February

### Doctor Visit Dates:

Dr. K. Knight: Back in 2026  
Dr. J. Hamby: Jan 9 & 30

Call Melissa to book an appointment 705-746-2033

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

Call Terri to book an appointment 705-746-2033

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January			HAPPY NEW YEAR!	1 Office Closed	2 Office Closed	3 Full Moon Ceremony
4 Humphrey Skating	5	6	7 Open Gym Night	8	9 Anishinaa-bemowin	10
11 Humphrey Skating	12 Workout Class	13	14 Open Gym Night	15	16 Anishinaa-bemowin	17
18 Humphrey Skating	19 Workout Class	20	21 Open Gym Night	22	23 Anishinaa-bemowin	24
25 Humphrey Skating	26 Workout Class	27	28 Open Gym Night	29 Men's Gathering	30 Anishinaa-bemowin	31



## CARA Programming

Contact Liz: [cra@wasauksing.ca](mailto:cra@wasauksing.ca) | 705-746-2033 ext. 305

# FREE SKATING

AVAILABLE TO ALL  
COMMUNITY  
MEMBERS & THEIR  
FAMILIES

**SUNDAYS 9:30AM - 10:50AM**



**EVERY SUNDAY  
UNTIL MARCH 29TH  
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](mailto:CRA@WASAUKSING.CA)**

## SWIMMING AT THE GRAND TAPPATTOO

Available December 1st 2025 to June 1st 2026

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

**WASAUKSING HEALTH  
DEPARTMENT CARA  
PROGRAM PRESENTS:**

# OPEN GYM NIGHT

Wasauksing Complex Gymnasium  
(1508 Geewadin Road Lane G)

**WEDNESDAYS  
6pm to 7:30pm**

**\*\*Adult supervision needed for children under  
14 years of age\*\***

Contact Liz Tabobondung  
for more information  
[cra@wasauksing.ca](mailto:cra@wasauksing.ca)  
705-746-2033 ext 305





# HEALTH DEPARTMENT

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## CARA Programming

Contact Liz: cra@wasauksing.ca | 705-746-2033 ext. 305

# WORKOUT CLASS:

10 week Virtual Sculpt and Tone program with Lauryn Orr (Come in person or do at home)  
Ages 16+

**MONDAYS - STARTS January 12, 2026**  
6:30pm - 7:00pm



### 2025 WACC Community Ice time



Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30-10:30	Adult/Seniors Skate	Public Skate	Public Skate				
10:30-1130	Daycare	Daycare	Daycare	Daycare	Daycare	Public Skate	Public Skate
11:30-1:00	Public Skate	Public Skate	Public Skate				
1:00-2:00	School	School	School	School	School	Public Skate	Public Skate
2:00-3:00	School	School	School	School	School	Public Skate	Public Skate
3:00-5:00	Shinny ages 0-10	Shinny ages 0-10	Shinny ages 0-10				
5:00-6:00	Shinny ages 0-10	Public Skate	Shinny ages 0-10	Public Skate	Shinny ages 10+	Shinny ages 0-10	Shinny ages 0-10
6:00-7:00	Public Skate	Public Skate	Public Skate				
7:00-8:30	Shinny ages 10+	Shinny ages 10+	Shinny ages 10+	Public Skate	Shinny ages 10+	Shinny ages 10+	Shinny Ages 10+
8:30-9:00	Shinny ages 14+	Shinny ages 14+	Shinny ages 14+	Shinny ages 14+	Shinny ages 10+	Shinny ages 10+	Shinny ages 14+
9:00-11:00	Shinny ages 14+	Shinny ages 14+	Shinny ages 14+				
11:00-12:00	Lights off; Flood	Lights off; Flood	Lights off; Flood				
Midnight	Rink Closed	Rink Closed	Rink Closed				

Please note:

1. Schedule is guideline for use of the WACC Rink, please be respectful
2. Issues of "who is using the rink", refer to this schedule.
3. Vandalism; willful damage; neglect; or disrespectful play, will not be tolerated and may result in loss of rink use privileges.
4. Hockey sticks and pucks; ONLY PERMITTED DURING SCHEDULED "SHINNY TIMES"
5. Hockey helmets and hockey gloves are recommended for "SHINNY TIMES" for all age groups.
6. If a group is not utilizing allotted ice time as noted above, ice is considered "OPEN ICE" (ie PA/PO Days; Snow Days...etc.)

FOR MORE INFORMATION CONTACT LIZ TABOBONDUNG  
705-746-8022 X305 CRA@WASAUKSING.CA



# HEALTH DEPARTMENT

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## Traditional Wellness Programming

Contact Faith: [twkk@wasauksing.ca](mailto:twkk@wasauksing.ca) | 705-746-2033 ext. 312

**FULL MOON CEREMONY**

SATURDAY, JANUARY 3, 2026  
7:00 PM  
SPIRIT ROOM AT HEALTH STATION



Ambe Anishinabemdaa  
(Let's Speak OUR Language)

**Manidoo Giizis  
Spirit Moon**



**AMBE-NISHNAABEMDAA**  
*Anishinaabemowin*

FRIDAYS  
January 9, 16, 23 & 30, 2026

Health Station-Spirit Room  
Light lunch provided  
For more info call Faith at  
705-746-2033



# HEALTH DEPARTMENT

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## Community Health Representative

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

### Support Numbers:



#### I AM IN CRISIS

CMHAMPS Crisis Line: 1-800-461-5424  
Warm Line: 1-866-856-9276

Aboriginal Crisis Line: 1-705-746-2512

#### I NEED HELP KNOWING MY RIGHTS – Psychiatric Patient Advocate Office

North East Mental Health Centre: 705-747-1200 x 3871 / 3872  
Waypoint Centre for Mental Health Care: 705-549-3181 x 2385 / 2389

#### I NEED HELP WITH DETOX / WITHDRAWAL MANAGEMENT

Barrie Withdrawal Management 705-728-4226  
North Bay Withdrawal Management 1-833-434-7800 (New as of August 30/2017)

#### I NEED FOOD

Bracebridge:	Manna Food Bank:	705-646-0114	Salvation Army:	705-645-2602
Huntsville:	The Table:	705-783-5827	Salvation Army:	705-789-3398
Gravenhurst:	Salvation Army:	705-687-2131		
Parry Sound:	Harvest Share:	705-774-9111	Salvation Army:	705-746-5391
Sundridge:	Food Bank:	705-384-1632		

#### I NEED SHELTER/CLOTHING

Salvation Army	Bracebridge: 456 Manitoba St.	Phone: 705-645-2602
	Gravenhurst: 620 Muskoka Rd.	Phone: 705-687-2131
	Huntsville: 4 Mary St. West	Phone: 705-789-3398
	Parry Sound: 16 Gibson St.	Phone: 705-746-9644
Ontario Works	Parry Sound: 705-746-8886 / 1-800-461-4464	
	Muskoka: 705-645-2412 / 1-800-461-4215	
	Sundridge: 705-386-2358	
Churches	Parry Sound, St. James United Church:	705-746-5602
	CMHA Simcoe CARAH House short term stay home (Orillia)	705-728-5044
	Men's Shelter (Orillia)	705-329-2265
	North Bay Crisis Centre	705-472-6204

#### I NEED MONEY

Ontario Works Muskoka: 705-645-2412 / 800-461-4215  
Parry Sound: 705-746-8886 / 800-461-4464

#### I NEED PROTECTION:

Ontario Provincial Police:	911 / 1-888-310-1122	
Muskoka Victim Services:	705-645-5444/1-877-229-2217	Parry Sound Victim Services: 705-746-0508
<b>(WOMEN)</b>	Bracebridge & area / Interval House	705-645-4461
	Huntsville & area / Chrysalis	705-789-8488
	Parry Sound & area / Esprit Place	705-746-4800
<b>(YOUTH)</b>	Simcoe Muskoka Family Connections	1-800-680-4426
	Children's Aid – Nipissing/Parry Sound	1-877-303-0910
<b>(SENIORS)</b>	Muskoka Network for the Prevention of Elder Abuse	705-646-7677

#### DISTRICT HEALTH UNITS

Parry Sound Office:	70 Joseph Street, Suite 302	P: 705-746-5801	Toll-free: 1-800-563-2808
North Bay Office:	345 Oak Street West	P: 705-474-1400	
Burk's Falls Office:	17 Copeland Street		Toll-free: 1-800-563-2808
Huntsville Office:	34 Chaffey St., Huntsville	P: 705-789-8813	
Gravenhurst Office:	2-5 Pineridge Gate	P: 705-684-9090	



Canadian Mental Health Association  
Muskoka - Parry Sound

Addictions and Mental Health Services



## Community Health Representative

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

### Beat the Silent Killer

Make sure **YOUR** household is safe from carbon monoxide poisoning.

Ensure all fuel-burning appliances and vents in your home are inspected annually. Find a registered contractor at [COSafety.ca](http://COSafety.ca)



Install and regularly test carbon monoxide alarms



of all carbon monoxide deaths and injuries in Ontario occur in homes



Symptoms of carbon monoxide poisoning are similar to the flu without the fever

It is often referred to as The Silent Killer



Many Ontario homes have on average **4-6 fuel-burning appliances** that produce carbon monoxide



Fireplace



Portable Fuel Heater



Dryer



Furnace



Stove



Water Heater



Portable Fuel Fired Generator



[COSafety.ca](http://COSafety.ca)  
[@TSSAOntario](https://twitter.com/TSSAOntario)



[ontario.ca/firemarshal](http://ontario.ca/firemarshal)  
[@ontfiremarshal](https://twitter.com/ontfiremarshal)

## Health811

Connect to free health information and services,  
24/7

Call 811 or chat online at  
[ontario.ca/health811](http://ontario.ca/health811)

## ONTARIO TELEMEDICINE NETWORK

### VIRTUAL CARE FOR PATIENTS

Did you know Wasauksing Health Station is able to help you connect with your doctor/specialist through video visits?

Ask your doctor today if this is an option for your next visit!

## Did you know that YOU can now book your own MAMMOGRAM?

If you are between the ages of 40 to 74, you can now self-refer by calling the *Ontario Breast Screening Program* at **1-800-668-9304**



You **do not** need a referral from a health care professional.

*Early detection is key—get a mammogram every 2 years and encourage others to do the same!*

If you have any questions, please call the Health Station at 705-746-2033





# HEALTH DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026



## Mental Health & Addictions

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

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



### MEN'S GATHERING

THURSDAY JANUARY 29TH  
5 PM - 7 PM

WASAUKSING HEALTH STATION

DINNER SERVED AT 5:15 PM ~ ALL MEN WELCOME

\*\*CHILD CARE AVAILABLE ON SITE IF REQUIRED,  
PLEASE CALL THE HEALTH STATION \*\*

705-746-2033 | WASAUKSING HEALTH STATION

### Thinking of suicide?

Help is available.



9-8-8  
toll free, 24/7



9-8-8 Suicide Crisis Helpline

If you're thinking about suicide, or worried about someone you know, call or text 9-8-8 any time for support. Whatever you're going through, you are not alone. 9-8-8 responders are here to help you find a way through.

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

## 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



## SUPPORT GROUP

Develop strategies to manage GRIEF & LOSS

COMING SOON  
STAY TUNED FOR MORE DETAILS



IF YOU REQUIRE SUPPORT NOW

CONTACT

Steve or Melissa at the Health Centre

☎ 705-746-2033



# HEALTH DEPARTMENT

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## Mental Health & Addictions

Contact Steve: [mwtmsw@wasauksing.ca](mailto:mwtmsw@wasauksing.ca)  
705-746-2033 ext. 314

Contact Melissa: [nnadap@wasauksing.ca](mailto:nnadap@wasauksing.ca)  
705-746-2033 ext. 315



**What is a standard drink?**

Liquor 40-50% alc/vol (80-100 proof) Wine 12% alc/vol (24-24 proof) Beer, Cooler, Cider 5% alc/vol (10-12 proof)

Know how much alcohol is in your drink!

myhealthunit.ca



Health Unit  
Bureau de santé




**I'M HERE FOR YOU.**

[NNADAP@WASAUKSING.CA](mailto:NNADAP@WASAUKSING.CA)  
CALL MELISSA AT 705-746-2033, EXT. 313

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

### DID YOU KNOW?

**SAFER DRINKING 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.

**HARM REDUCTION EDUCATION**

**REFERRALS TO TREATMENT CENTRES & AFTER CARE SUPPORT**  
NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

**SUBSTANCE MISUSE AND PREVENTION**



**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



Health Unit  
Bureau de santé

### 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](mailto:nnadap@wasauksing.com)



## Mental Health & Addictions

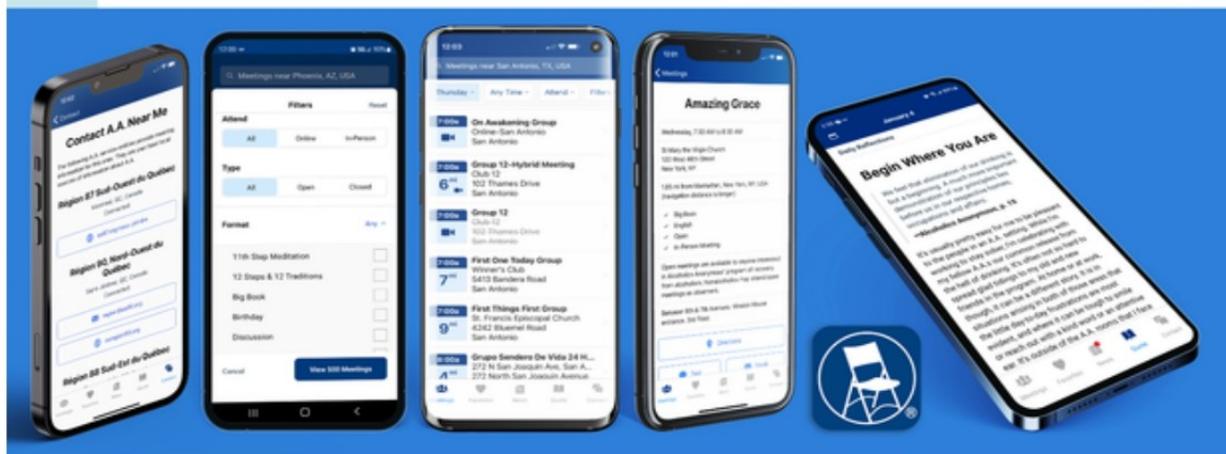
Contact Steve: mwtmsw@wasauksing.ca  
705-746-2033 ext. 314

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

### Alcoholics Anonymous®

### Meeting Guide

is a free-of-charge meeting finder app.



**Download the app**

The app helps people find A.A. meetings and resources near them. A.A. service entities provide the meeting data for the app. Meeting Guide is available for iOS and Android smartphones.

- Listing of both in-person and online meetings
- Information such as meeting format and any notes provided by the group
- Search function to find nearest meetings
- A daily quote feature lets users read from "Daily Reflections"

For additional support with your journey to healthier living contact

📞 Melissa 705-746-2033



nnadap@wasauksing.ca





# HEALTH DEPARTMENT

WFN NEWSLETTER  
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## Summary of Health Data-IPHCO/Other Funding for this fiscal: April 1, 2025 to September 30, 2025

General appointments: # visits/# of differing clients/# of No shows; summaries by position:

C	Position	Funder	# visits	# individuals	# no shows	Recent start date; Events-#days; General Notes
1	Community Health Rep	FNIHB/IPHCO	72	NA	NA	To add immunization clinic #s.
2	Discharge Planner-RN	IPHCO	1241	926	21	No Dr?-tracked by MOH;
3	CARA Worker	Min.Sport/Cul	98	77	NA	Based on programming #s.
4	Doctors	IPHCO	322	119	20	Visiting Drs.-not fulltime.
5	Clinical Coordinator R.N.	IPHCO	901	491	18	Incl RNstudent&RN
6	Nurse Practitioner	IPHCO	1187	958	48	
7	Trad. Coordinator/Practitioner	IPHCO	12	10	0	
8	Medical Transportation	NIHB/FNIHB	892	554	16	Local travel only; Prior App-LD
9	NNADAP/Wholelife	FNIHB/IPHCO/NIHB	477/358	143/187	11/19	Mental Health/Addictions
10	Registered Dietitian	IPHCO/ANISHNAWBEK	441	122	24	
11	Diabetes_SmokeCess_Hrt_RN	IPHCO/ANISHINABEK	503	303	19	
12	Footcare/Nursing-RPN/Tech	FNIHB/IPHCO/ANNATION	1036/35	327/35	77/0	Add. contract-ext. tech-07/25
13	MSW-MWT	IPHCO/FNIHB/MOH	114	28	2	Mntal Wellness Team_IPHCO
14	HCC-RPN	FNIHB/MOH-LTC	584	342	4	Food Security Prg-incl.
15	HCC-PSWs (2)	FNIHB/MOH-LTC	593	401	2	Food Security Prg-ind; Well t/c
16	Private-Practitioner-Al	NIHB/Private	44	19	4	2 <sup>nd</sup> quarter-entries start
17	Alter. Therapies-RMT	FNIHB/1	56	36	1	
		Totals:	8966	5078	286	

## IPHCO/Federally funded programs/services-MH/Trad.Hlmg-Wellness/Addictions Groups April 1 to September 30, 2025:

Program Name	Title of the Program	# sessions to date	# individuals
CARA-Sports and Recreation	Indoor fastball training	4	28
	CARA-Wrk member of Exec. Committee (4)	10	40
Community Health-CHR	Health Fair	1	96
	Baby Group	3	9
	Safe Food Handlers	1	8
Diabetes-Nursing/Dietetics	Canning Program-RD Lead	2	10
	Gardening Group-RD Lead	3	6
	Lunch and Learn	4	4
	Outreach to Wasauksing Kinomaugegawmik	1	15
	Indoor Walking Group	4	0
	Outdoor Walking Group	15	16
HCC Programming	Shawanaga Picnic	1	6
	Health Information and Promotion-Home visits	14	46
	Wellness Checks	25	129
	Meals on Wheels	35	233
	Wahta Christmas in July	1	11
	Christine Island-Elders' Trip Summer'25	1	6
Traditional Healing/Wellness	Full Moon Ceremony	2	4
	MMIW&M-annual May 5-Ceremony	1	11
	Staff Inservice	1	12
	Berry Fast-Coming Out Ceremony	1	12
	Womens' Fast-(Individual)	3	11
TH-Anishinawbemowin	Traditional Wellness; every Friday	13	49
NNADAP-Lunch Support	PSHS-Lunch Program-school year once/month	2	80
		148 sessions	842



## New Spirit Feast

A ceremony to feast, cleanse and re-energize your sacred items (powagan, eagle fan, etc) for the coming year.

Bring a plate or bowl of food to share and please remember to bring your feast bundle.

**Sunday, January 18, 2026**

**12:00 Noon**

**Spirit Room at Health Centre**

Contact Faith for more information

705-746-2033



## WIIDOOKDAHWIN WE-WINA CHI B'MAADIZEYIN COMMUNITY HEALING MODEL

### Who are we?

Wiidookdahwin is Wasauksing's community healing model. The committee consists of community members that have a passion to support community members, and a dedication to support individuals seeking healing. The program has been around since 2003, but the thought began in the 1980's with leadership seeking a different way of supporting the community that was rooted in love, respect, kindness, forgiveness and bravery.

### What is Wiidookdahwin?

Wiidookdahwin is a community program that helps community members and residents' of Wasauksing resolve conflicts in a meaningful and respectful manner. This could involve circle work, counselling, and referrals to internal and external services/programs.

#### *Types of services:*

Restorative Justice, Conflict Resolution, Circle Facilitation, Court Support.

#### *Types of programming:*

Teachings, Ceremony, Talking Circles, Community Engagement, Community workshops and training.

### How to access the program

Make a self-referral or refer someone you know that might benefit from this program. Referrals can also come directly from court or police as a diversion. Contact Waab/Christine for more information: 705-996-6910 ext. 205

**HELPING EACH OTHER  
TO LIVE A GOOD LIFE**

If you are interested in becoming a committee member, please forward your resume or letter of intent to the email below.



705-996-6910 x205



[wiidookdahwin@wasauksing.ca](mailto:wiidookdahwin@wasauksing.ca)



## Cost of Living Rising On-Reserve? Tell Us About it!

Take an anonymous survey about your yearly cost of living in-person on Jan. 27th or 28th/26 and receive a \$150 gift card to your local grocery store for your time and efforts.

ONWAA's 2025-2026  
Culturally Appropriate Market Basket Measure  
Research Collaboration with Wasauksing

Sign-up by Jan. 23rd at 4pm by asking Bobbi Verstraten (705-996 6910) for available time-slots

Must be 18 or older  
and live on-reserve



ONWAA



## TROUBLE ACCESSING PRESCRIPTION MEDICATION?

Participate in an anonymous interview or a focus group about your and/or your family's experience accessing prescription medicine in person in your community on January 27<sup>th</sup> or 28<sup>th</sup> 2026.

ONWAA's 2025-2026 Barriers to Accessing Prescriptions Medication On-Reserve: Research Collaboration with Wasauksing

Sign-up by asking Bobbi Verstraten (705-996 6910) for available time-slots

Deadline to sign up: January 23rd, 4pm



ONWAA

\*Must be 18 or older and live on-reserve



## Community Support Services for January

*Supporting Our Elders & Seniors*

Chi miigwech to Cage Colson for delicious Meals on Wheels preparation over the holiday season, and to Victor King for taking over the shovelling duties.

- Elder Luncheon dates: January 12, 19 & 26
  - Meals on Wheels dates: January 14, 21 & 28
- \* January 26th will also be Self-Care Day for our Seniors/Elders \*

**In-community home visits** can be scheduled for:

- Light housekeeping
- Small meal preparation
- Errands, weekly luncheons
- Wellness check-in
- Snow shovelling
- Conversation or coffee/tea visit ☺



For more information or to schedule a visit:  
Please contact Sean or Kat at 705-996-6910



# SOCIAL DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026

## The Deadly Aunties Comedy Night

AN EVENING OF HIGH-ENERGY COMEDY FEATURING THE HILARIOUS DEADLY AUNTIES!

WHEN: SATURDAY, JANUARY 24<sup>TH</sup> AT 6PM  
WHERE: THE GATHERING PLACE 1126 GEEWADIN RD.

GET READY FOR A NIGHT OF LAUGHTER, FUN, & COMMUNITY CONNECTION!

THIS FREE COMMUNITY EVENT IS OPEN TO ALL – WE JUST ASK EVERYONE TO BRING A NON-PERISHABLE FOOD DONATION TO SUPPORT OUR LOCAL FOOD DRIVE.



HOSTED BY:  
WFN SOCIAL WELLBEING DEPARTMENT  
MC'D BY: NIKEETA TAB  
SPECIAL PERFORMANCE BY:  
TORI TAB  
ADMISSION: FREE  
COMMUNITY GIVE-BACK:  
CANNED FOOD  
DONATIONS APPRECIATED

LNHL FUNDRAISER DURING THE EVENT, WITH DETAILS TO BE ANNOUNCED SOON!



## COOKING CLASS SERIES

BY THE: GIKINOO AMAAGE MINO-BIMAADIZIWIN LIFE SKILLS PROGRAM

STARTING TUESDAY JANUARY 13TH  
5:00 P.M. AT THE CHILD WELLBEING OFFICE  
(RUNS EVERY OTHER TUESDAY – DURATION VARIES BY WORKSHOP)

JOIN US FOR FUN, HANDS-ON WORKSHOPS FOCUSED ON:

- PRESERVING FOOD
- KITCHEN BASICS
- TRADITIONAL FOODS
- BBQING FOR BEGINNERS

FOR MORE INFORMATION: [J.COLSON@WASAUKSING.CA](mailto:J.COLSON@WASAUKSING.CA)  
705-938-4198





# SOCIAL DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026



## Job Fair

Searching for the right job? Explore exciting openings & build connections that matter for your future success right here at home in Wasauksing!



- Food, beverages & snacks
- Raffle prizes, giveaways & hourly draws
- Meet with employers
- On-the-spot interviews
- Admission is FREE!

Wasauksing  
Gathering Building  
1126 Geewadin Road  
Wasauksing First Nation  
P.O. Box 250  
Parry Sound,  
ON, P2A 2X4

27  
FEB

20  
26

10AM  
-3PM

FOR INQUIRIES:

Florence Tabobandung  
705-996-6910 x 204  
owemp@wasauksing.ca



## Job Fair

### Employer Invitation

Looking to hire local talent?  
Join us for the Wasauksing Job Fair and connect directly with community members seeking employment opportunities.



- Meet motivated local job seekers
- Share information about current & upcoming openings
- Build connections within the Wasauksing community
- RSVP By February 13th, 2026

Wasauksing  
Gathering Building  
1126 Geewadin Road  
Wasauksing First Nation  
P.O. Box 250  
Parry Sound,  
ON, P2A 2X4

27  
FEB

20  
26

10AM  
-3PM

FOR INQUIRIES:

Florence Tabobandung  
705-996-6910 x 204  
owemp@wasauksing.ca



# SOCIAL DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026

**CRAFT NIGHT**




Resumes for 2026 on  
Wednesdays starting  
January 14th

*at Gathering  
Building  
5:00 pm to  
8:00pm*

contact: Dean'na Desjarlais  
2321 Shingwak Rd.  
705 996 6910




Happy  
*Birthday*



to our Community Elders



Celebration with a cake at the Elders  
Luncheon Monday January 12th 2026

Made with PosterMyWall.com



# SOCIAL DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026



**JANUARY ZOOM and In-Person Workshops**  
*Gezhoojig Gets People Working!*  
[www.gezhoojig.ca](http://www.gezhoojig.ca)



Resume/Cover Letter  
JAN 13 @ 10:00 a.m.

Programs & Services  
JAN 20 @ 10:45 a.m.



Interview Skills  
JAN 14 @ 10:00 a.m.

Job Search  
JAN 20 @ 10:00 a.m.



Participate for a chance to win a \$50.00 Walmart Gift Card!  
Email [getinfo@gezhoojig.ca](mailto:getinfo@gezhoojig.ca) or call 705 524-6772

Gezhoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152

**DINNER "N BINGO NIGHT**

- FRIDAY JAN 9TH, 2026
- 5:00 TO 7:00PM
- 1126 GEEWADIN RD
- GATHERING BUILDING

Contact: Dean'na Desjarlais  
2321 Shingwak Rd.  
705 996 6910

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# SOCIAL DEPARTMENT

WFN NEWSLETTER  
JANUARY 2026

## SELF-CARE DAY FOR ELDERS

*A day to relax, refresh, and be cared for*

Join us for a gentle self-care day created especially for our Elders

Take time to rest, connect, and enjoy some well-deserved care in a welcoming space.

At The Gathering Center  
Rides available upon request.  
705-996-6910



- Chair massages
- Foot soaks
- Manicures
- Light self-care workshop(s)

Lunch & Light Snacks Provided

January 26 | 9 am - 2 pm

For more info or to register :  
Kathleen Lewis 705-774-3899  
Sean King 705-203-6410

## MOCCASIN MAKING WORKSHOP

- Date: January 14th
- Time: 5pm-8pm
- Location: The Gathering Center

Pre-registration is encouraged  
but not mandatory.

**LEARN TO MAKE YOUR  
OWN MOCCASINS!**

Contact: [j.colson@wasauksing.ca](mailto:j.colson@wasauksing.ca)





# WE ARE RECRUITING

The Citizenship Committee is recruiting members for our youth positions!

Accepting online and in-person applications until:

## FRIDAY, JANUARY 30, 2026

### ROLE:

- The Citizenship Committee meets virtually and/or in-person once per month. It's functions are to advise Council on the Citizenship Code and provide recommendations on individual Citizenship applications.
- 2 youth positions need to be filled.

### APPLICATIONS:

- Will be selected based on date and time received.
- Can be submitted by completing the enclosed application and sending it to the email below, or can be dropped off at the Administration and Gathering Centre.
- Online applications can be accessed [HERE](#)



**LANDS AND  
RESOURCES  
OFFICE**  
PUBLIC WORKS DEPARTMENT

For more information, please contact  
Melissa Baker, Enrolment and  
Administrative Support

✉ [landsadmin@wasauksing.ca](mailto:landsadmin@wasauksing.ca)

☎ (705) 746-2531 Ext 120

🌐 [wasauksingakii.ca](http://wasauksingakii.ca)



# PUBLIC WORKS

WFN NEWSLETTER  
JANUARY 2026

## WASAUKSING FIRST NATION

— CITIZENSHIP COMMITTEE



### COMMITTEE MEMBER APPLICATION FORM

Name (First and Last) :

Date :

D D M M Y Y Y Y

Membership Type :

GENERAL

ELDER

YOUTH (AGES 25 AND UNDER)

I am a Wasauksing First Nation Community Member:

YES

NO

Reason for Applying :

### CONTACT INFORMATION

Address :

City :

Postal Code :

E-Mail :

Phone :

### GENERAL INFORMATION

- The function of the Committee is to advise the Wasauksing First Nation Council on the Citizenship Code and to make recommendations to Council on individual Wasauksing citizenship applications.
- The Citizenship Committee shall be composed of nine members.
- The term of appointment for committee is two years. Members may serve a consecutive two years at their discretion and upon acceptance by Council. All members will participate in Committee orientation following appointment (regardless of new or recurring appointments). Without just cause, committee members absent from three consecutive duly convened meetings will be deemed inactive and the seat will be available for a new appointment.

**More Information :**

1126 Geewadin Road, Wasauksing First Nation, ON  
705-746-2531 x 107 (Office) / [membership@wasauksing.ca](mailto:membership@wasauksing.ca)  
[www.wasauksingakiin.ca](http://www.wasauksingakiin.ca)

MIIGWETCH FOR YOUR INTEREST

Please send completed applications to [membership@wasauksing.ca](mailto:membership@wasauksing.ca)