Serpent River First Nation Bi-Monthly Newsletter





2024/2025 A Year in Review

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Mawadisidiwag

Visiting family during the winter months is more than just a holiday tradition — it's a time of connection, reflection, and cultural renewal. In many communities, winter represents a season of togetherness, storytelling, and sharing. It is when families come together to honour traditions, pass on teachings, and create new memories grounded in love and community.

The word Mawadisidiwag means "they visit each other," reminding us of the importance of reconnecting with our relatives and communities. These visits strengthen our sense of belonging, help us carry forward our cultural identity, and nurture emotional well-being.

Whether gathering for feasts, sharing stories by the fire, or taking part in winter ceremonies, these moments remind us that family and community are at the heart of who we are. Through Mawadisidiwag, we continue the circle of connection that sustains us through every season.

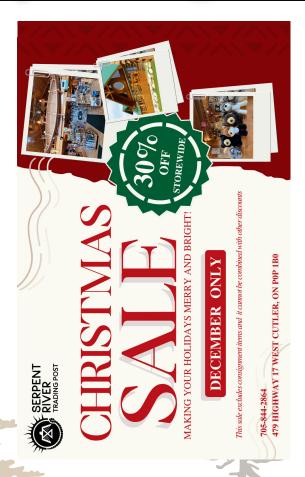


Community Events Calendar December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	IHUKSDAY	FRIDAY	SATURDAY
30	1	2	8	.	и	9
	Walking Program Monday to Thursday, 9-10AM. Start of 60 Day Fitness Challenge Lifestyle Centre	Every Tuesday Kids Hapkido Martial Arts Classes 6PM-8PM, Lifestyle Centre	Every Wednesday and Thursday - Open Gym Nights 6PM-8PM, Lifestyle Centre Gym	Every Wednesday and Thursday - Open Gym Nights 6PM-8PM, Lifestyle Centre Gym Full Moon Ceremony, 7PM-9PM, Kenabutch Family Centre Tipi		Football Clinic Every Saturday 10AM- 12PM Lifestyle Centre
Daycare Bingo 12PM Community Centre	000	Kidney Disease Screening & Luncheon 12PM Kenabutch Health Centre	Community Christmas Party 5PM - 7PM, Community Centre	Elders Christmas Party 12PM - 3PM, Community Centre Diabetes Cafe 10AM-3PM, Kenabutch Health Centre	12	73 Football Clinic Every Saturday 10AM- 12PM Lifestyle Centre
1/4	15	31	u	18	4	20
21 SRFN Office Closure	23	23	7 7	25 Christmas Day	Ecwing Day (Many	73
28 SRFN Office Closure	29	30	31	1	2	3

Community Events Calendar JANUARY 2026

										3
SATURDAY	3	Football Clinic Every Saturday 10AM- 12PM Lifestyle Centre	10		7		た		31	
FRIDAY	2		4		18		23		30	
THURSDAY	1	Every Wednesday and Thursday - Open Gym Nights, 6PM-8PM, Lifestyle Centre Gym	000	Diabetes Cafe 10AM-3PM, Kenabutch Health Centre	\$4		z		52	
WEDNESDAY	31	Every Wednesday and Thursday - Open Gym Nights, 6PM-8PM, Lifestyle Centre Gym	7		か		21		28	
TUESDAY	30	Every Tuesday Kids Hapkido Martial Arts Classes 6PM-8PM, Lifestyle Centre	9	Lunch and Leam With Patricia Toulouse 12:00PM Kenabutch Health Centre	13	Craft & Quit 12PM Kenabutch Health Centre	20	Craft & Quit 12PM Kenabutch Health Centre	12	Craft & Quit 12PM Kenabutch Health Centre
MONDAY	52	Walking Program Monday to Thursday, 9- 10am	v	SRFN Offices Re-open	12		19		32	
	82		National 4	Ribbon Skirt Day	11		18	Daycare Bingo 12PM Community Centre	X	





Family Bingo

Join us for a fun game of Bingo in support of SFRN Daycare!



Mini strips are \$2 Regular strips are \$3

Every purchase helps us create a safe and caring space for our little ones. Come play, have fun, and support a great cause!



DATE

SUNDAY DECEMBER 7TH, 2025



TIME

DOORS OPEN AT 12:00PM GAME STARTS AT 1:00PM



LOCATION SRFN COMMUNITY CENTRE



For more information contact 705-844-2070



Daycare Bingo

Join us for a fun game of Bingo in support of SFRN Daycare!

Mini strips -2 for \$5 Games - \$5 Strip Specials \$1 each Jackpot \$2 each



Canteen will be available



DATE

SUNDAY JANUARY 18,2025



TIME

DOORS OPEN AT 12:00PM GAME STARTS AT 1:00PM



LOCATION

SRFN COMMUNITY CENTRE



For more information contact 705-844-2070



Kids Hapkido Martial Arts Classes

New participants welcome!

New class time begins October 7th!



DATE

EVERY TUESDAY 2025



TIME 6PM-8PM



LOCATION LIFESTYLE CENTRE

For more information contact Sarah Kozeyah at (705)844-1864 or email

sarah.kozeyah@serpentriverfn.com



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HWY 17. SERPENT RIVER

HWY. 17 • SERPENT RIVER
BESIDE THE SERPENT RIVER TRADING POST



Friday Night Social

Friday Night Social is open to everyone.

It is a time for community to gather, eat and share knowledge and skills in a safe and welcoming space. We welcome you to bring your drums, shakers, board games, beading, crafting, etc.



DATE

SEPTEMBER 12, NOVEMBER 14, DECEMBER 12, 2025



TIME

5PM TO 8PM



LOCATION

LIFESTYLE CENTRE
36 BALL PARK, CUTLER ON POP 1BO



For more information, contact:

Robbie Sago

(Call/text) 705-227-0845



Full Moon Ceremony

Welcoming all girls, women, two-spirited and those who identify with feminine energy to give thanks to Grandmother Moon.

Marlene Essex will be conducting.

Skirts encouraged but no mandatory. Bring your bundles and moon water vessel.



DATE

SEPTEMBER 7, NOVEMBER 5, DECEMBER 4, 2025



TIME

7:00PM -9:00PM



LOCATION

KENABUTCH FAMILY CENTRE TIPI 261 VILLAGE ROAD, CUTLER



For more information, contact: Robbie Sago (Call/text) 705-227-0845



Mental Health Services

In addition to the Mental Health and Addictions services provided by Serpent River First Nation Maamwesving offers mental wellness supports.

Crisis, Same Day Sessions, and Walk-in/Drop-ins

These supports are for people who need immediate help. The focus is on safety, stabilisation, and, if needed, referral for counselling, hospital assessment, or other services. Same day sessions are solution-focused, not for trauma work, and you may not see the same counsellor each time.

Long-term Counselling

This service includes an assessment, a treatment plan, and regular sessions with the same counsellor. Clients work toward their goals until they are achieved or the service is closed.



DATE

MONDAY: LONG-TERM COUNSELLING (BY APPOINTMENT)
TUESDAY: CRISIS, SAME DAY SESSIONS, AND WALK-IN
WEDNESDAY: SAME DAY SESSIONS AND INTAKES FOR LONG-TERM
THURSDAY: LONG-TERM COUNSELLING (BY APPOINTMENT)



LOCATION

KENABUTCH FAMILY CENTRE



Contact the Mental Wellness & Minobimaadizing Central Intake Line at 1-844-864-0523.



Personal Trainers

Did you know that we have two certified personal trainers on staff at the lifestyle centre!

Both of our trainers are flexible for sessions that can accomodate your schedule.

Call to meet with a trainer who can work with you to create a plan that will help you reach your goals.

A SRFN Gym membership may be required to use the weight room

For more information contact:



Sarah Kozeyah at

(705) 844-1864 or Sarah.kozeyah@serpentriverfn.com



Talon Horst at

(249) 733-2673 or Talon.horst@serpentriverfn.com



Football Clinic

The new Football Clinic starting November 29th will be open to people

- Of all ages
- Of all interest levels
- Of all skill levels
- · With any amount of football experience

Come discuss football in Northern Ontario and the plans for developing a youth and adult Flag Football team in our area.



DATE

SATURDAYS MORNINGS



11ME 10:00AM - 12:00PM





LOCATION LIFESTYLE CENTRE



For more information contact Talon Horst at (249) 733-2673 or Talon.horst@serpentriverfn.com



Open Gym Nights

Everyone is welcome!

Join us for Open Gym Nights, where people of all ages and interests are encouraged to come out and get active.

Whether you want to shoot some hoops, walk a few laps, or try something new, Talon will make it work! It's a great way to stay moving, have fun, and connect with others in the community.



DATI

WEDNESDAYS AND THURSDAYS



TIME

6:00PM - 8:00PM



LOCATION LIFESTYLE CENTRE



For more information contact Talon Horst at (249) 733-2673 or Talon.horst@serpentriverfn.com



60 Day Fitness Challenge

- Free to sign up
- · Choose exercise on your schedule
- First to complete 60 days wins

*Must be completed in the fitness room under the honour system



DATE

STARTS DECEMBER 1ST 2025



LOCATION LIFESTYLE CENTRE



For more information contact Sarah at (705) 844-1864 or email sarah.kozeyah@serpentriverfn.com



Aqua Fit Shallow-End

Are you interested in low-impact exercise?

If so, come try Aqua-Fit!

- · Aquatic exercise for seniors can reduce pain and relieve arthritis symptoms without the joint discomfort often associated with other types of exercise.
- Transportation available from the Elders Recreation Centre 8:15AM
- · Entry fee and snack provided
- · Please remember the essentials: towel, bathing suit and sandals.



For more information contact Melissa at (705) 844-2418 Ext 444



THURSDAY DEC 4TH, 11TH AND 18TH



9:00AM -10:00AM



LOCATION **ESPANOLA**



Diabetes Cafe

Join us for our friendly drop-in sessions designed for those who are newly diagnosed or currently living with diabetes!

- · Connect with others and take part in monthly discussions and fun challenges to help you thrive while managing diabetes.
- · Light snacks and refreshments will be provided.



THURSDAY, DECEMBER 11TH 2025



10AM - 3PM



LOCATION

KENABUTCH HEALTH CENTRE

For more information contact the Kenabutch Health Centre at (705) 844-2152

Dshindaaniin Mshkikiwan "lets talk medicine"





MAAMWESYING

Lunch and Learn with Patricia Toulouse **Traditional Health Practitioner**



TUESDAY, DECEMBER 2ND 2025

KENABUTCH HEALTH CENTRE



12:00PM



LOCATION

One-on-One appointments also available



Keeping it Renal: Kidney Disease Screening & Luncheon

Hosted by Kenabutch Health Centre and Richard San Cartier

Join us for a free kidney disease screening and a light luncheon. Learn about kidney health, prevention strategies, and available resources in a welcoming community setting.



TUESDAY, DECEMBER 9TH 2025



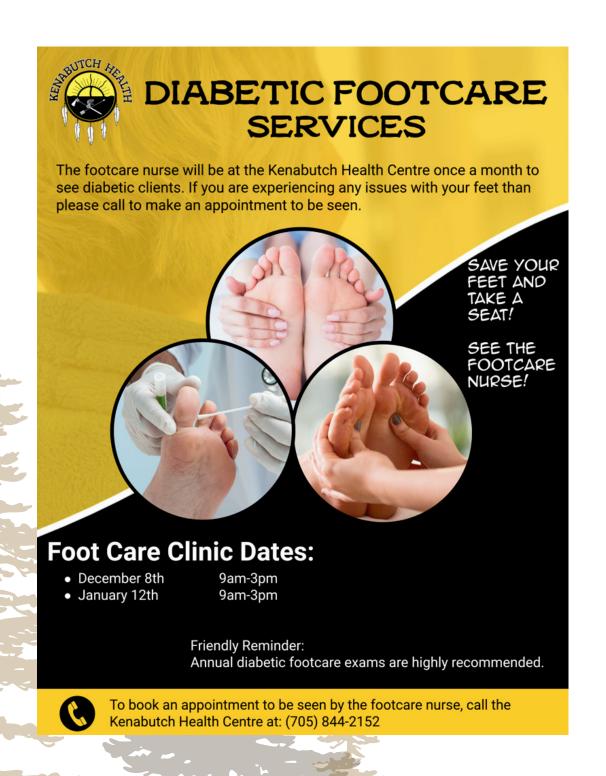
12:00PM - 1:00PM



LOCATION

KENABUTCH HEALTH CENTRE

Register today or call (705) 844-2152 to learn more.





Aqua Fit Shallow-End

Are you interested in low-impact exercise?

If so, come try Aqua-Fit!

- Aquatic exercise for seniors can reduce pain and relieve arthritis symptoms without the joint discomfort often associated with other types of exercise.
- Transportation available from the Elders Recreation Centre 8:15AM
- · Entry fee and snack provided
- Please remember the essentials: towel, bathing suit and sandals.



For more information contact Melissa at (705) 844-2418 Ext 444



THURSDAY JAN 8TH, 15TH, 22ND AND 29TH



9:00AM -10:00AM



LOCATION **ESPANOLA**

Dshindaaniin Mshkikiwan "lets talk medicine"





MAAMWESYING

Lunch and Learn with Patricia Toulouse **Traditional Health Practitioner**



TUESDAY, JANUARY 6TH 2026



TIME

12:00PM



LOCATION

KENABUTCH HEALTH CENTRE

One-on-One appointments also available



Diabetes Cafe

Join us for our friendly drop-in sessions designed for those who are newly diagnosed or currently living with diabetes!

- · Connect with others and take part in monthly discussions and fun challenges to help you thrive while managing diabetes.
- · Light snacks and refreshments will be provided.



THURSDAY, JANUARY 8TH 2026



10AM - 3PM



LOCATION KENABUTCH HEALTH CENTRE

For more information contact the Kenabutch Health Centre at (705) 844-2152



Craft & Quit - Smoking Cessation Program

Is your New Year resolution to cut back or quit smoking?

Join our smoking cessation program for adults aged 18 and older who want to quit smoking or vaping.

In collaboration with Lisa-Marie Naponse, a Health Educator from Maamwesving, we offer the support and resources needed for a successful transition to a smoke-free lifestyle.

Free weekly craft to work on during sessions



TUESDAY JANUARY 13TH, 20TH AND 27TH 2026



12:00PM - 1:00PM



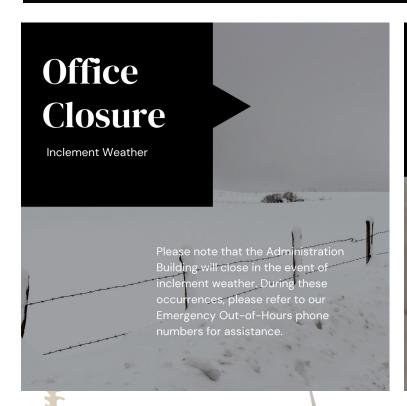
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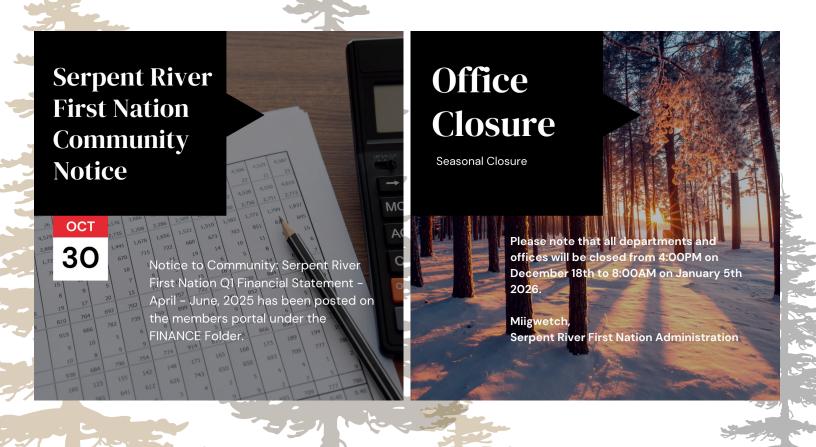
KENABUTCH HEALTH CENTRE

For more information contact the Kenabutch Health Centre at (705) 844-2152 or ashley.sago@serpentriverfn.com

Community Notices









This past year was a busy one completing projects and initiating new ones with a continued focus this year on housing and renovations, Powwow Grounds, Water Distribution, Financial Management, IT and Economic Development Opportunities spurred on by new funding applications.

The following overview highlights key accomplishments from the year, including several projects already underway and scheduled for completion in 2026.

- 2 5 Plex for Single Dwelling Units (one completed and the second close to completion) with 10 community members newly housed
- 2 Mini Homes in Place for Members funded through supported by funding in the amount of \$150,000 through Canada Mortgage and Housing Corporation
- Funding for 2 Additional Mini Homes in the amount of \$260,000 through Community Development Wrap Around Initiative
- 6 RRAP in the amount of \$363,000 completed this year under CMHC for renovations for private homes
- 11 Foundations repaired and sealed
- 5 Homes received funding to support the completion of Bathroom and Accessibility Needs in the amount of \$160,000
- 8 Homes received renovations and repairs to address energy efficiencies and accessibility issues through CMHC in the amount of \$264,000
- 2 new major Off Reserve Housing Projects underway to support members housing needs in Sault Ste. Marie and Elliot Lake
- Actively collecting rent and outstanding arrears to improve our ability to address the needs of members in band owned housing

- \$250,000 in funding from CMHC to support renovations at Geka Wigwam underway and to be completed in 2026
- Continued work underway to address environmental assessments and site design for the Long Term Care project including 12 new microhomes and assisted living.
- New PowWow Ground Improvements including the Seating Area and Necessary Electrical Improvements to ensure safety in the amount of \$200,000
- 3 Band-Owned Homes Completely Refurbished due to Moveouts in excess of \$300,000
- \$180,000 in new funding from Northern Ontario Heritage Fund to support Seating at the PowWow Grounds and some Signage to be installed in the spring of 2026
- \$40,000 in new funding to purchase technology to support Language development for members
- 2 Audits underway, 2024 Completed and AGM Held, 2025 near completion, AGM anticipated for January 2026
- Improved audit capabilities with the new Quick Books Online Software in place reducing costs for the First Nation
- New automated Purchase Order System being implemented, funded by Indigenous Services Canada, will expedite approvals and provide better tracking avoiding delays for programs and services to community
- Financial Statements Implemented to assist members in tracking their financial payments and arrears
- Improved access to paying SRFN Rent, User Fees and Day Care Fees online through your banking institution
- \$254,000 to support improvements in Financial Management for the First Nation from Indigenous Services Canada

- \$370,000 in IT hardware to improve security and IT efficiencies
- Implementation of the Land Based School two days per week at the former Rockhaven School site
- After School Program reintroduced with new programming and a focus on culture-based activities
- Twenty new sets of Firefighter Bunker Gear for our Fire Department to ensure they are safe when protecting our community in the amount of \$64,000
- Continued work on the Cutler Acid Site Remediation and financial support from Indigenous Services Canada in the amount of \$651,000
- Approximately \$3 million in funding secured through the Community Development Wrap Around Initiative to support rising costs related to the Water Distribution Project (pending approval), Project Managers in Housing and Infrastructure (Water), Financial Management, Housing Financial Supports for Replacement Build of a Home destroyed by fire, Funding to support further analysis of IT Infrastructure throughout the First Nation, etc.
- Navigator positions in full swing to support community members needs and accessibility to programming where difficulties
- \$100,000 for the next three years in funding to support Economic Development work from FEDNOR



Funding Applications Submitted and Anticipating Positive Outcomes Soon:

- Anticipation of \$1.7 million successful funding application through Indigenous Services Canada under the Canada Housing Infrastructure Fund for replace lines, improve water distribution and enhance the water distribution north of Hwy 17
- \$75,000 through FedNor to have the Feasibility Study completed for the Community Centre (precedes the NOHFC application immediately following)
- Funding applications submitted to Northern Ontario Heritage Fund to completely refurbish the Community Centre and kitchen and to address structural issues identified in the amount of \$200,000
- Funding to support a feasibility study for a Business Incubator (Mini Plaza) in the Trading Post and Gas Bar to support our community members with entrepreneurial spirit in the amount of \$75,000
- \$47,000 to support new equipment for our Fire Department under the Community Emergency Preparedness Grant
- \$167,000 per year for 4 years for a Full Time Day School Counsellor and Programming under the Legacy Fund (Day School Application)
- Phase 2 and 3 of the Powwow Grounds upgrade in the amount of \$500,000 through the Arts and Heritage (Legacy Grant) and \$750,000 through Northern Ontario Heritage Fund Enhance Your Community Funding

Bring on 2026/27! We look forward to continuing to improve programs and services to our community!



Emergency Readiness for Our Fire Department 115

Serpent River First Nation is proud to share recent investments that support the safety and readiness of our Fire Department.

Through the Community Emergency Preparedness Grant, SRFN received \$47,000 to purchase new equipment that will enhance our volunteers' ability to respond to emergencies.

Additionally, SRFN invested \$64,000 in twenty new sets of Firefighter Bunker Gear, ensuring our firefighters have the highest level of protection while serving the community. The gear was distributed to our volunteer firefighters in November.

A photo of Acting Fire Chief Kim Southwind in the new gear showcases this important upgrade and highlights our continued commitment to supporting the frontline volunteers who protect our community.





RHT Litigation Bulletin



ROBINSON HURON TREATY LITIGATION FUND BULLETIN

November 20, 2025

Update on Joanna Hammond et al v. Serpent River First Nation et al (Federal Court File No. T-893-25)

The Robinson Huron Treaty Litigation Fund (RHTLF) issues this statement to update all 21 Robinson Huron Treaty (RHT)member First Nations regarding yesterday's decision of the Federal Court of Canada to *dismiss* an application for judicial review. The application is related to Serpent River First Nation's decision on the *per capita* distribution amount from its share of the Robinson Huron Treaty Settlement Agreement proceeds.

The Court's dismissal of the judicial review removes another challenge to the validity of the compensation process outlined in the Settlement Agreement - particularly the ability of the RHT First Nations to adopt a distribution approach that it determines is in the best interests of their current and future membership.

With this decision, and the decision to dismiss the Garden River First Nation judicial review on similar grounds, the RHTLF will continue supporting RHT First Nations' compensation distribution efforts.

Robinson Huron Treaty Litigation Fund

Atikameksheng Anishnawbek

Aundeck Omni Kaning

Batchewana First Nation

Dokis First Nation

Henvey Inlet First Nation

M'Chigeeng First Nation

Magnetawan First Nation

Mississauga First Nation

Nipissing First Nation

Ojibways of Garden River

Sagamok Anishnawbek

Serpent River First Nation

Shawanaga First Nation

Sheguiandah First Nation

Sheshegwaning First Nation

Thessalon First Nation

Wahnapitae First Nation

Wasauksing First Nation

Whitefish River First Nation

Wikwemkoong Unceded Territory

Zhiibaahaasing First Nation



Holiday Office Closure

Our offices will be closed for the holidays beginning Thursday, December 19th at 4:00 PM and will reopen on Monday, January 5th at 8:00 AM.

This is a special time to reconnect with family, visit loved ones, and make lasting memories. While our offices take this seasonal break, on-call and emergency services will remain available for those who need support.

We encourage everyone to take this time to check in on one another — bring a meal to a friend or neighbour, visit those who may be spending the holidays alone, and make time for the people who matter most.

Let's welcome the New Year together with kindness, connection, and community spirit.

New Chief and Council

Chief James Owl

George Coughlin
Justin Urqhart
Rebecca Csaszar
Angela Trudeau
Nicole Pelletier
Erin Carne





Celebrating New Housing in Our Community

Serpent River First Nation proudly celebrated the completion of the newly constructed 5-plex housing units with a Ribbon Cutting Ceremony held on October 9, 2025.

The ceremony opened with welcoming words from Chief Wilma-Lee Johnston, followed by a prayer and blessing offered by Councillor Jack Trudeau, to honour the day and those involved in the project.

The Director of Operations, Tracey Seabrook spoke about the journey that brought the project to life, noting that it would not have been possible without the support and partnership of Indigenous Services Canada (ISC) and the Canada Mortgage and Housing Corporation (CMHC). Ishita Panchal. Indigenous Specialist, Northern and Housing Solutions with CMHC, also shared her excitement and pride in seeing the project come to fruition and in supporting the Nation's ongoing housing goals.

In the lead-up to the event, Serpent River First Nation held a community contest inviting members to submit potential names for the new road where the housing units are located. After reviewing all submissions, a community vote was held, and the winning name — Biidaaban Miikan, meaning "New Dawning Road" — was chosen. The name, submitted by a Serpent River First Nation member, represents new beginnings and continued growth for the community.





While one 5-plex has been fully completed and celebrated, construction on the second 5-plex continues, with anticipated move-in dates for those units in the early new year.

This success would not have been possible without the dedication of the Housing Department, the leadership of Chief and Council, and the ongoing support of community partners and funders who share in Serpent River First Nation's vision for growth and wellbeing.



A Message from Koognaasewin

Koognaasewin emphasizes:

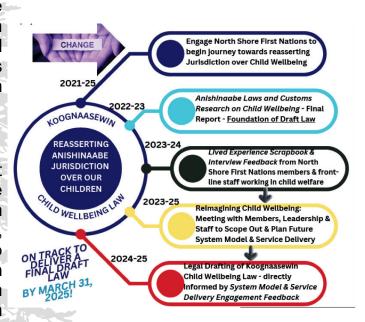
- The Anishinaabe perspective on raising, protecting and caring for children which they did successfully since time immemorial.
- Anishinaabe Tradition, Customs and Practices connection to the land and water, family, language, culture, ceremonies.
- Advancing well-being of the entire community through prevention programs and services.
- Roles and responsibilities for all family members and respecting the rights of children.
- Storytelling as a means of teaching and discipline as a way of teaching children to learn their responsibilities.

The Koognaasewin project is the result of the North Shore Tribal Council's October 2018 resolution concerning child welfare that recognizes the need to restore Anishinaabe jurisdiction for child welfare. The North Shore Tribal Council created the Koognaasewin project team to work with the North Shore First Nations towards the development of a new Child Wellbeing Law that North Shore First Nations can adapt for their families' and children's needs. The Koognaasewin Team continues to collaborate with community-based staff, leadership and rightsholders to prepare a Draft Child Wellbeing Law that will support the reassertion of Anishinaabe control over our children.

The Koognaasewin project has been actively engaging with North Shore First Nations since early 2021 towards supporting each community's development of their own Child Wellbeing Law. As Koognaasewin continues our Year 5 work, below are Koognaasewin Project milestones:

Koognaasewin Highlights

 Our October 2025 Koognaasewin Joint Working Group & Technical Committee Meeting included presentations on Alternative Dispute Resolution approaches, processes, culturally appropriate ways to address disputes that may arise in a community's new Child Wellbeing System where one party may challenge a decision made regarding a proposed intervention in a child wellbeing situation.



A Message from Koognaasewin Cont'd

- The Koognaasewin Team continues to support North Shore First Nations in developing new Child Wellbeing Policies and Procedures.
- The Koognaasewin Team is currently developing a Plain Language version of the generic Draft Koognaasewin Child Wellbeing Law that, once completed, will be made available in print form as well as in digital format online. The purpose of the Plain Language version of the Law is to better engage all North Shore First Nations' members on the key concepts, principles and specific entities outlined in the Law. As sections of the Draft Koognaasewin Child Wellbeing Law are new and somewhat complex, the Koognaasewin Team is confident that a Plain Language version will help unpack the Law and make it more readily accessible and thereby easier for members to read and understand how the Law will impact their community and their family.



 Koognaasewin's November 2025 Joint Committee Meeting focused on supporting North Shore First Nations as they fully scope out their respective Child Wellbeing Service Delivery Models. We continue to collaborate with North Shore First Nations towards developing more detailed program, human resources and service delivery processes. This work includes scoping out both the operational needs (i.e., new staff levels to support reimagined Child Wellbeing programming, updated and new job descriptions, capital – space requirements, etc.) as well as the complementary costing breakdown required to implement all operational aspects.

Key Koognaasewin Work Ahead in Year 5 includes:

- Costing out the new Child Wellbeing System will be our primary engagement focus.
- System Design discussions will drill down, scope out and support the development of community and system-level Child and Family Program policies and procedures, tools, resources, etc.
- Beginning April 1, 2025, North Shore First Nations will start developing their individual strategies for engaging with their rightsholders to determine how their Draft Child Wellbeing Law and plan will be finalized.
- The Koognaasewin Team will continue to support North Shore First Nations with System Design, Child and Family Program Development, Costing, and supporting the consultation process ahead.

A Message from Housing and Infrastructure

Garbage Day is every Friday.

- Please have your garbage out by 8am at the end of the driveway to be picked up.
- All garbage must be in garbage bags; any loose garbage will not be collected.
- Please be mindful and do not place broken glass in your garbage as it poses a safety risk for our staff.

Transfer Station Hours:

Monday-Friday 8:30am - 3:30pm

- Please be advised that the Serpent River First Nation Transfer Station is not a dump.
- Please place waste in the proper bins
- Please do not throw ANY garbage in the metal bin.

Winter Safety and Snow Maintenance Reminder

As the snow season begins, we would like to remind everyone of a few important safety and maintenance tips to help keep you safe this winter.

Snow Shovelling and Plowing:

- Use safety salt or sand on walkways and steps to help prevent slips and falls.
- Take your time when shovelling move snow in smaller loads and wear proper footwear with good traction.



Heating and Propane Safety:

- Never use propane heaters or open flames indoors they can create serious fire and carbon monoxide risks.
- Check your propane levels regularly and call early for delivery to avoid running out.



Rememberance Day Ceremony

On the cool, crisp morning of November 11, Serpent River First Nation gathered to honour and remember the sacrifices of our veterans during a heartfelt Remembrance Day ceremony.

The event was led by Jack Trudeau, who opened with a prayer and guided the ceremony. Vallee Trudeau read In Flanders Fields, and Zoe Horst shared the Commitment to Remember. Community members Max McLeod, Hunter Jacobs, Justin Urquhart, and Lee Simpson-Johnston offered both the opening and closing drum songs.

Following two minutes of silence, wreaths were laid in remembrance of those who served and sacrificed, and Jack Trudeau read the list of names of those who served.

The ceremony was well attended by community members and staff, with the SRFN Daycare workers and children walking over to take part in the observance.

In Flanders Fields

BY JOHN McCRAE

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Spirit of the Spoon

The Spirit of the Spoon cooking class, hosted by staff from Bimose Mamaawi, was a wonderful opportunity for connection and good food over eight weeks in October and November

Each Thursday evening 21 families gathered on Zoom after receiving grocery and recipe deliveries right to their homes. The sessions brought people together to cook, share stories, and enjoy the comfort of a home-cooked meal—all from the warmth of their own kitchens.

Meals included chicken and dumplings, pulled pork sandwiches, tater tot casserole, tortellini meatball soup, Chicken fajitas, and cornflake-crusted fish and chips. Several families joined in each week, enjoying both the food and the friendly conversation.



This program is finished for the year, but with such strong community interest, we're hopeful to continue the program in the New Year!









Annual Trunk or Treat

On Thursday, October 30th, members from several departments joined in the fun by decorating their trunks and transforming the Administration Building parking lot for the annual Daycare Trunk or Treat event.

Daycare staff walked over with the children in wagons, bags in hand, excited to see the colourful displays and collect some special treats. The kids left with big smiles — and bags full of juice boxes, candy, colouring supplies, chips, and chocolate!

This annual tradition is a wonderful way to bring staff and children together in celebration. Miigwetch to everyone who took part and helped make it such a fun morning!



Hydro One/ Waasmoowin **Community Update**

Project update and invitation to community open house

Northeast Power Line

November 2025

Hydro One continues to support growth in northeast Ontario as demand for energy in the region increases. In 2024, Hydro One in collaboration with Indigenous communities, began to develop the proposed Northeast Power Line, a single circuit, 500-kilovolt transmission line between Hanmer Transformer Station (TS), located in Greater Sudbury, and Mississagi TS, located near Wharncliffe.

The project will be constructed parallel to the existing transmission line between the two stations and within a combined corridor. It includes the reconfiguration and expansion of both stations to accommodate the new line.

The project follows Hydro One's industry-leading First Nation Equity Partnership Model and will offer proximate First Nations 50 per cent of the equity on the transmission line component of the project.

Environmental process

The environmental process for this project has involved the completion of several technical studies as well as engagement with Indigenous communities, government agencies, interest groups and interested community members. The findings will be published in an Environmental Report.

On October 22, 2025 the Ministry of the Environment, Conservation and Parks published a new, project-specific regulation, that allows the project to proceed upon fulfillment of the regulatory conditions. All subsequent project permitting and approval requirements remain.

This project will require Leave-to-Construct approval from the Ontario Energy Board (OEB) under Section 92 of the Ontario Energy Board Act. Once all permits and approvals have been obtained, construction is anticipated to begin in 2027 and be completed by the end of 2029.

Project update

Hydro One invites you to attend our community open house sessions in Hanmer, Elliot Lake and Wharncliffe. Join us to learn more about the updated field program, provide feedback on the project and discuss any questions with the project team.

Contact us

We'd like to hear from you. If you have any questions or require additional information, please contact Community Relations at:





1.877.345.6799 Community.Relations@HydroOne.com

Si vous souhaitez une copie de cette notification en français, envoyer un courriel au projet pour en demander une copie.



Please join us

Wednesday, November 26, 2025, 3 to 7 p.m. Elliot Lake Royal Canadian Legion Branch 561 10 Alberta Road, Elliot Lake, ON P5A 1Z6

Wednesday, November 26, 2025, 3 to 7 p.m. Wharncliffe Community Hall 4847 ON-129, Wharncliffe, ON POR 1L0

November 27, 2025, 3 to 7 p.m. Hanmer Centennial Community Hall 4333 Centennial Drive, Hanmer, ON P3P 1G6

Thursday,

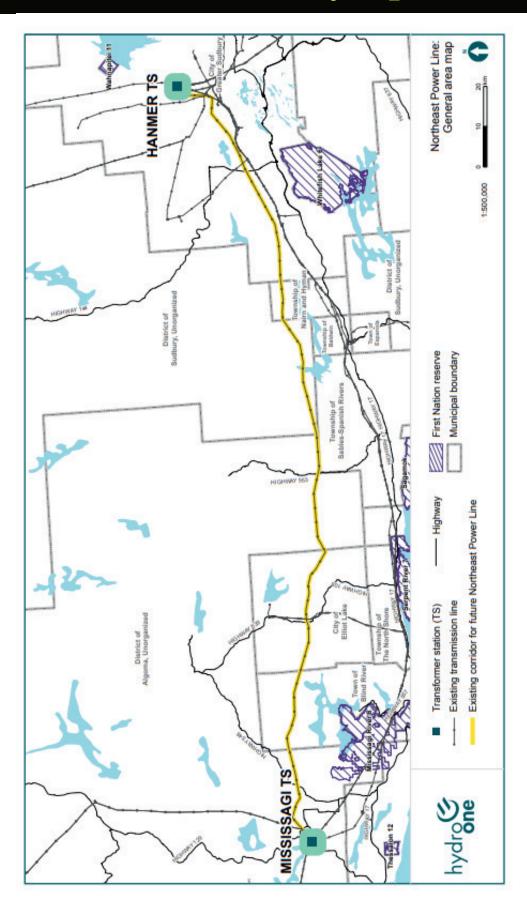




HydroOne.com/ NorthEastPowerline



Hydro One/ Waasmoowin Community Update



Freedom of Information and Protection of Privacy Act

transparency and consultation. The information is collected under the authority of the Environmental Assessment Act or is collected and maintained for the purpose of oriesting a record that is available to the general public and Potection of Privacy Act. Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. For more information, please contact the Ministry of the Environment, Conservation and Parks' Freedom of Information and Privacy Coordinator at 416.314.4075 or Folmecp@centario.ca. All personal information included in a submission - such as name, address, telephone number and property location - is collected, maintained and disclosed by the Ministry of the Environment, Conservation and Parks for the purpose of

Waasmoowin Energy Career Gateway Recap

On Thursday, November 05, 2025, Serpent River First Nation partnered with Waasmoowin Energy to host a Career Gateway event for the seven other communities involved in the Hydro One Transmission Line project.

Over 100 attendees had the chance to connect with organizations like Aecon, Valard, Hydro One, and Employment Options to learn about various career, training, and employment opportunities related to the Hydro One/Waasmoowin Energy project, which is set to begin in Spring 2027.

The event included dinner and door prizes and was a great success thanks to the collaboration between Serpent River First Nation and Waasmoowin.

More engagement events are scheduled for the new year as the project advances. Thank you to everyone who helps ensure a successful event, including our community partners and all who attended. Miigwetch.



A Reminder from the Health Department Regarding Influenza

Flu Clinics will continue throughout December. Watch your mail and online for more information.

About the flu

The flu is a serious illness that is caused by a virus.

People experience a number of symptoms, including:

- fever
- · muscle aches
- · extreme fatigue

For some people it can lead to pneumonia, which is a more serious illness. Some people can become very sick and will need hospital care.

In Canada, seasonal flu activity can begin as early as October and continue as late as May. Peak flu season is in a 10 to 16 week period that usually starts in December. Between 10% and 20% of the population will get the flu each year.

Who can get it?

Anyone can get the flu. If you have it, you can infect others a day before your own symptoms even appear. You're also contagious for up to 7 days after you get sick. Children and people with weak immune systems can spread the flu virus for a longer period of time.

High-risk groups

Some people have a higher risk of complications or hospitalization from the flu. This includes, for example, children under 5, those over 65 years of age, pregnant women, people with underlying health conditions and Aboriginal Peoples.

Symptoms

Symptoms usually start 1 to 4 days after exposure to the virus. In most adults, the flu lasts 2 to 10 days. It sometimes lasts longer for the elderly, children and people with chronic illnesses. You may have the flu if you experience:

- fever
- chills
- cough
- runny eyes
- stuffy nose
- sore throat
- headache
- muscle aches
- extreme weakness and tiredness
- some people may have vomiting and diarrhea, though this is more common in children than adults

A Reminder from the Health Department Regarding Influenza Cont'd

Flu vs. common cold

The symptoms of the flu and the common cold are very similar.
Unlike a case of the common cold, the flu can lead to serious health problems like pneumonia.

Use this chart to help determine if you have a cold or the flu.

Symptom	Cold	Flu			
		Often high (102°F – 104°F or 39°C - 40°C). Starts			
Fever	Rare	suddenly, lasts 3 to 4 days. Not all people with flu will			
		have a fever.			
Headache	Rare	Often, can be severe			
Muscle aches	Sometimes, usually mild	Often, can be severe			
Feeling tired and weak	Sometimes, usually mild	Often, can be severe, may last 2 to 3 weeks			
Fatigue (extreme tiredness)	Unusual	Often, can be severe			
Sneezing		Sometimes			
Chest discomfort	Sometimes, mild to	Often, can become severe			
and/or coughing	moderate				

If you get the flu.....

If infected, be sure to:

- stay home and get plenty of rest
- drink lots of fluids
- · avoid drinks with caffeine
- take basic pain or fever relievers but do not give acetylsalicylic acid (ASA or Aspirin®) to children or teenagers under the age of 18
- treat muscle pain using a hot water bottle or heating pad — apply heat for short periods of time
- take a warm bath
- gargle with a glass of warm salt water or suck on hard candy or lozenges
- · use spray or saline drops for a stuffy nose
- avoid alcohol and tobacco
- Call your doctor or health care provider if:
- you don't start to feel better after a few days
- your symptoms get worse
- you are in a high-risk group and develop flu symptoms

Protect against the flu

To avoid getting sick:

- · Get the flu shot early and every year
- Wash your hands often
- Cover your mouth and nose with a tissue when you cough or sneeze
- Try not to touch your face
- Stay at home when you're sick
- Clean (and disinfect) common surfaces and items



A Message from Health, Home, and Community Care Departments

Aaniin, Boozhoo!

As we enter the winter season, I want to extend my gratitude to our community for your continued commitment to health and wellness. December is a time for reflection, celebration, and caring for one another. It's also a time when we must remain vigilant about our health, especially as colder weather can bring challenges.

Health is a shared responsibility. Let's continue to walk together in wellness, honoring our traditions and supporting each other through the season.

Key Updates:

- Flu and COVID-19 Vaccinations: Clinics are available throughout December. Protect yourself and your loved ones by staying up to date. The next clinic will be on Election Day at the Community Centre. You can also get your flu or Covid vaccine at the clinic but please call to determine the best time to present.
- · New Nurse Practitioner at the Kenabutch Health Centre. We welcome Michal Williams to our community beginning on November 17th. Michal will be scheduling appointments on Mondays and Tuesdays. Michal will be scheduling Episodic and Acute care appointments only. Please call the Kenabutch Health Centre to get more information or to schedule an appointment.
- · Indigenous HIV/AIDS Awareness Week (Dec 1–7) This week begins on World AIDS Day (December 1) and focuses on raising awareness, reducing stigma, and promoting culturally safe HIV prevention and care in Indigenous communities. Indigenous Peoples represent about 5% of Canada's population but account for nearly 20% of new HIV diagnoses, with Indigenous women disproportionately affected. Please watch your mail for upcoming events.
- · Clinic Schedule for the Christmas Shutdown. The calendar for the clinic schedule will be posted in the community and on social media.

Here's to a holiday season filled with love, happiness, fellowship and memories. Decorating the tree, exchanging gifts, celebrating traditions, watching heartwarming movies, enjoying a festive meal, volunteering —whichever ways you choose to celebrate, our wish is that you make it as enjoyable as ever!

On behalf of the Community Wellness Department Team and our staff, we wish everyone a safe, healthy and happy holiday season and all the best in 2026.



Update on the Maamwesying Ontario Health Team Cont'd

Lower Limb Preservation

LLP Lived Experience Stories! The Maamwesying OHT is in the process of creating a small booklet that will have multiple lived experience stories from past LLP clients. Each of these stories will be related to our seven Grandfather Teachings. It is our goal that this booklet will provide hope, comfort, and knowledge to our clients as they are facing the unknown. If you have any good news stories or client stories that are related to the LLP work, we invite you to please share your story so we can include in the booklet. If you have any questions, please connect with Vanessa Brandow, LLP Project Assistant at vanessa.brandow@maamwesying.ca

Televu glasses, a cutting-edge telemedicine tool that enables real-time, hands-free communication between healthcare providers and specialists. By integrating this technology, we aim to enhance early detection, streamline consultations, and facilitate prompt interventions for patients at risk of lower limb complications. This initiative will not only improve patient outcomes but also strengthen the overall healthcare network by bridging gaps in access to expert care. Each community will be receiving the Televu glasses to use in client care in the clinics

Mental Health and Addictions

The Mental Wellness and Addictions Service Enhancement Project aims to: facilitate enhanced access to, and coordination of, Mental Wellness and Addictions services for the MOHT attributed population.

Guiding Principles of the Mental Wellness and Addictions Project Charter

- <u>Center Community Voices.</u> This work is approved, and guided by, the MOHT Leadership Council
 and Relative and Family Advisory Council to ensure that community members and voices are
 actively involved in shaping the project's objectives, direction, priorities, and outcomes through
 an inclusive engagement and co-design process.
- <u>Strengthen Local Capacity.</u> Strengthen skills, leadership, and infrastructure in community to support uptake and sustainability of the work.
- <u>Foster Collaborative Partnerships.</u> Develop and nurture respectful, reciprocal relationships with core, collaborative, and supportive partners; local healthcare organizations, and informal networks to support our shared goals.
- Ensure Transparency and Accountability. Through regular reporting and engagement, ensure open communication about all project decisions, progress and challenges and integrate mechanisms to allow for community feedback and project accountability.
- Reflect and Adapt the work Based on Community Input. Seek and integrate ongoing evaluation and feedback to refine project activities and ensure responsiveness to emerging needs and priorities.

MOHT Leadership Council Approval. Once the MOHT Leadership Council decides to move forward with a priority/project, Engagement Events are held across the MOHT catchment area that include front line providers, relatives/families, and leadership representation from across the continuum of care to identify the scope and top priorities for the project.

A session was scheduled for the end of November with SRFN but has to be rescheduled to a later date.

A Message from Home and Community Care

The Home and Community Care Program at Serpent River First Nation is dedicated to supporting Elders and individuals with disabilities by providing compassionate, culturally respectful care that promotes dignity, independence, and quality of life. Our team works closely with clients and families to ensure care is tailored to individual needs.

The Home and Community Care Program supplements but does not replace our clients' efforts to care for themselves with the assistance of their family, friends and the community. We help those who want to keep their independence in their own home and to be close to their loved ones as long as possible.

The goals of the Long Term Care Unit:

- To provide in home care for our Elders & Disabled in the community so they can remain at home longer.
- Foster a safe, nurturing environment for residents of the Geka Wigwam Elders Lodge
- Provide opportunities for social and wellness activities for our Elders in the community

Key Services

- Personal Support Worker (PSW) Services: Assistance with daily living activities such
 as bathing, dressing, and mobility.
- Nursing Services: In-home nursing care and health monitoring.
- Assisted Living Services: Support for semi-independent living with access to medical and personal care.
- Home Repairs and Maintenance: Minor home modifications to ensure safety and accessibility.
- Case Management: Coordination of care plans and services tailored to individual needs.
- Seniors Recreation and Activity: Social and wellness activities to enhance mental and physical well-being.
- Care to Geka Wigwam Residents
- Help Line: This personal response service ensures that clients living on their own can get quick assistance—24 hours a day. The client just presses the help button (pendant or wristband) and a certified Helpline monitor will respond, assess the situation and contact the appropriate help, whether it be a neighbour, relative or ambulance.
- Medical Equipment Loan Cupboard: This service provides a wide range of medical equipment such as walkers, canes, hand rails, commodes, and hospital beds that are available for loan on a short-term basis.
- Seasonal Services: Assistance with seasonal help around the home for HCC clients who are unable to safely do it themselves is available. This includes snow removal, grass cutting, and seasonal housing cleaning.
- Well Being Checks: Some clients living alone or home alone after a change in medical condition may benefit with a check in from a PSW. The HCC program offers scheduled security checks in person or by phone.

A Message from Home and Community Care Cont'd

If you are interested in receiving services, please call:

Home and Community Care Coordinator at the Geka Wigwam Elders Lodge, 705-844-2818

Referral to the Home and Community Care program can be initiated by the applicant and/or family member, community program, external agencies and primary health care providers.

You are eligible for services if you meet ONE of the following criteria:

- · Elderly persons in need of support services
- · Adults with physical and mental disabilities
- · People of any age who require support services at home for short periods while recovering from being hospitalized

AND

You are eligible for services if you meet ALL of the following criteria:

· You are a resident of Serpent River First Nation

· Your condition is such that adequate service can be provided at home with resources available in the program

There is no significant risk of harm to the service provider

End of Term

As the current four-year term for Chief and Council comes to a close, we extend our gratitude and appreciation to the Chief and Councillors for their dedicated service to the Serpent River First Nation community.

Chief Wilma-Lee Kerri Commanda Michelle Owl John (Jack) Trudeau Steve Meawasige Shirley McLeod

Miigwetch to Chief and Council for your commitment to our community and your contributions to the growth and success of Serpent River First Nation.

NAAW National Addictions Awareness Week

Serpent River First Nation came together for a meaningful and engaging National Addictions Awareness Week (NAAW), honouring this year's theme: Walking Together Towards Wellness.

The week offered opportunities for reflection, celebration, and community connection, with events held across multiple days.

The week began on Monday with a peaceful sunrise ceremony followed by a community breakfast.

On Tuesday, events continued at the Community Centre with a full schedule of speakers and information booths. Guest speakers shared their personal experiences and messages of hope, and community attendees responded with positive feedback. The day closed with a community dinner attended by approximately 60 people.

Wednesday offered a dedicated Self-Care Day, where participants enjoyed foot baths during the morning session. In the afternoon, a guided paint session provided a relaxing and creative space, with about 15 community members taking part.

On Thursday, Crystal Kimewon led a Bundles and Medicine Bag teaching workshop from 1–4 p.m. at the Elders Recreation Centre.



NAAW National Addictions Awareness Week Cont'd

The community also came together on Thursday evening to recognize and honour sobriety, nominating 11 individuals—both on and off reserve—who received acknowledgment for their strength, commitment, and continued wellness at Thursday evening's Recognition Dinner.

145 people were in attendance at the recognition dinner, the community celebrated individuals successes. The ceremony was hosted by Master of Ceremonies Joe Owl, with keynote speaker Crystal Kimewon offering messages of healing, empowerment, and community unity.

Together, these events celebrated resilience, supported wellness, and highlighted the importance of walking together on the path to healing.



Community Feedback Survey: We Want to Hear From You!

We're exploring new ideas for structured activity evenings at the Lifestyle Centre — and we need your input.

We would like to hear your feedback on:

- Hours of operation
- Equipment available
- Athletic activities such as badminton, pickleball, cornhole, volleyball, or basketball, etc
- Games & social activities
- Improvements you would like to see at the Centre



Your input will help us shape fun, engaging, and inclusive opportunities for health, wellness, and connection.

Scan the QR code below to complete the survey and share your ideas.

Your feedback will help us shape fun, inclusive, and engaging programming for everyone in our community.

If you have any questions or inquiries contact Talon Horst:



talon.horst@serpentriverfn.com

Talon's Work Schedule:

Wednesday & Thursday: 12:00 PM - 8:00 PM

Friday: 10:00AM - 6:00PM Saturday: 8:00 AM - 4:00 PM









Stay Connected

Reminder:

- All upcoming events are listed on ourFacebook page
- They are also pinned at the top of our Facebook page on the "Featured" section



Upcoming events Tue, May 27 at 4:30 PM and 9 more Kids Hapkido Martial ... 0 Interested · 1 Going Wed, May 28 at 4:30 PM and 4 more Bimose Mamaawi Anis... 9 Interested · 1 Going Mon, May 26 at 4:30 PM and 5 more Bimose Mamaawi Anis... 20 Interested · 1 Going See all events



Serpent River First Nation Administrative News and Events

For questions, inquiries, and newsletter submissions contact: communications@serpentriverfn.com

