



January 2019  
Mnidoo Giizis  
Spirit Moon

# THE REZOUND

## Water is Life



Photo Credit: Warren Schlote and The Manitoulin Expositor  
Pictured L-R: Indigenous and Northern Affairs Canada Regional Director General, Anne Scotton, Councillor Leona Nahwegahbow, Chief Shining Turtle, Councillor Esther Osche, Councillor Cara McGregor and Algoma-Manitoulin-Kapuskasung MP Carol Hughes

*"We know that life is directly connected to the quality of our water, both within and all around us."* **Chief Shining Turtle**

The open house for the newly commissioned \$3.5 million dollar Elevated Storage Reservoir took place on December 17, 2018. Community members Arlene Pitawanakwat and Carmen Pitawanakwat opened the day's gathering by offering prayers and ceremony for *nibi*. Indigenous and Northern Affairs Canada Regional Director General Anne Scotton, Algoma-Manitoulin-Kapuskasung MP Carol Hughes and Father George Gardner were on hand for the official ribbon cutting ceremony. The new ESR is six times larger than the previous stand pipe and will provide water storage to meet WRFN's 50 year planning and growth needs. Councillor and former Chief Leona Nahwegahbow cut the ribbon, while Shawanosowe

students and WRFN community members looked on.

Miigwetch for the relentless dedication of Chief and Council, WRFN Administration, First Nation Engineering Services Ltd. and the Government of Canada for supporting these initiatives and making clean accessible drinking water a priority for the future of Whitefish River.

**Please note that the deadline for submissions for the next issue is Thursday, January 17th, 2019 at noon. Miigwetch!**  
[rezoundeditor@whitefishriver.ca](mailto:rezoundeditor@whitefishriver.ca)

**"A Place of Visions and Dreams"**

**Health & Social Services Manager - Leslie McGregor**

Good day fellow community members!

What an exciting time! We start the New Year off with resolutions on how we are going to improve our lives. I find it amazing that some people can set goals like exercising, eating good (for you) foods, and other resolutions and keep them throughout the year. I find, I fall into the trap of when I am really busy I forget to take care of myself.

December was full of Christmas activities. We hosted the Elder and Youth Christmas Dinner on December 4th. Over 30 Elders attended along with 10 youth. We gifted the Elders with honey from our very own honey bees along with a small tin of treats. I know the staff worked hard at preparing this meal and I appreciate all the hard work and team work that went into this delicious dinner. We also participated in the parade and decorating the trees by the Veteran's memorial.

I know that some of the staff are planning an event or two for over the Christmas Break. I hope you get a chance to participate in them.

January is proving to be another busy month. In the first two weeks after Christmas break, the prevention team staff will be in strategic planning. This is our time to plan for the upcoming year and develop our work plans for both leadership and our funders. This is also our opportunity to meet with our internal partners (other departments) and external partners to discuss how we can collaborate and work together. Following the two week break, programming will be up and running again. Please keep in mind that the nurse prac-

itioner, doctors, dietitians, etc., will still be providing their services at the Health Centre during the strategic planning break. I am also pleased to welcome Louanne Megwanabi to the Health team. She is working with Gail and Winnie in the Food Security program. With her knowledge and culinary skills, she is a great addition.

I have received a memorandum from the Health Coordination Unit at the Chiefs of Ontario office regarding a shingles vaccine called Zostavax®II. It states, "The shingles vaccine is publicly funded free of charge for Individuals aged 65 to 70 years of age. Individuals will be able to receive the Zostavax®II vaccine through their primary health care provider or by a health center that receives vaccines from a public health unit. If an individual goes through the pharmacy, they will have to pay for the vaccine. Please note that only the Zostavax®II vaccine is covered not the Shingrix vaccine." (Memorandum dated December 11, 2018)

Finally, I also am pleased to state that one of very own community members has donated \$500 and asked that I put it towards "where it can do the most good". I have decided to put it towards our bee apiary. Although this community member resides in Victoria, British Columbia, he is appreciative of where his roots are and wanted to gift the community in acknowledgement. I respect the role of bees and thought this is where it can help the most as our apiary is not a "funded" activity.

Have a wonderful New Year, keep safe, and stay warm!

For more information I can be reached at the Health Centre at 705-285-4354 or through email at: [lmcgregor@whitefishriver.ca](mailto:lmcgregor@whitefishriver.ca).



JOIN US IN WRFN'S ANNUAL  
**Baby Welcoming**  
JANUARY 6, 2019  
3-5pm Baby Welcoming  
Kings Day Feast begins at 5pm  
*All Community Welcome*  
Baby Pictures & Welcoming Ceremony  
If you have any questions or concerns please contact  
Courtney, Early Learning Coordinator  
@ WRFN Health Centre at (705) 285-4354 or by email  
[courtney@whitefishriver.ca](mailto:courtney@whitefishriver.ca)

**January 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WRFN Holiday Closure Offices reopen January 8 <sup>th</sup> , 2018		1 <b>HAPPY NEW 2019 YEAR</b>	2	3	4	5
6	7	8 Community Health Nurse	9 Community Health Nurse	10 Nurse Practitioner	11 Dr. Cooper (PM Only)  Community Health Nurse  Dietician Diabetes Nurse Foot Care	12
13	14	15	16 Community Health Nurse	17 Nurse Practitioner	18	19
20	21	22 Community Health Nurse	23 Community Health Nurse	24 Nurse Practitioner	25 Community Health Nurse  Dietician Diabetes Nurse Foot Care	26
27	28	29 Dr. Meikleham (PM Only)  Nurse Practitioner	30 Community Health Nurse	31 Dr. Jeffery (PM Only)  Nurse Practitioner		

**WRFN Health Centre Visiting Health Professionals**

\*unless otherwise indicated Visiting Health Professionals will be in all day\*

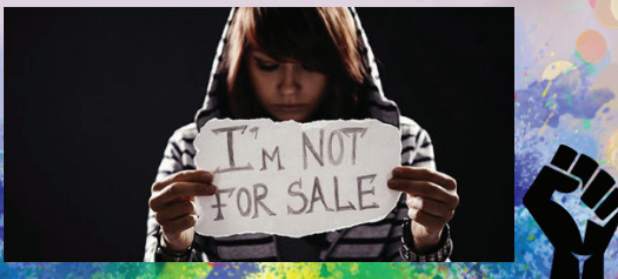


\* Community Health Nurse Lab/Blood Draw Clinic –  
Fridays @ 10:00 am  
Please bring your Requisition(s).  
Appointments recommended.

# SAVE THE DATE

## FEBRUARY 12, 2019


### HUMAN TRAFFICKING COMMUNITY AWARENESS



**Look Beneath The Surface**

It's happening closer to home than you think.  
Learn the signs, get educated about it and be aware!  
Protect our Children, Youth & Community.

For more information, please contact  
Candice Assiniwe, Community Wellness  
at WRFN Health at 705-285-4354 or by  
email [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)



### Community Wellness Worker - Candice Assinewe

Aanii/Boozhoo Community Members!

We started out December with the **HIV/AIDS** and Health Awareness event on December 1, 2018. We had a total of 31 participants throughout the day. I would like to thank all the community members who came out to learn about HIV and Mino Bimaadizwin, living a good life. Laura Liberty, HIV/AIDS Coordinator from Anishinabek Nation gave a lot of information to community members about HIV Prevention and safe sex practices. I am pleased to say Laura will be coming back to educate our youth in the new year, please keep an eye out for the poster once we finalize a date.

We also have the **Anishinaabemowin** program continuing on with Anishinaabemowin Instructor Lisa McGregor, and our Fluent Elder/Grandmother, Marion McGregor every Thursday. The program is already amazing, and I am proud to say that participants are doing very well in learning the language. Not only are we learning the language from the instructors, but its amazing to learn from all levels of speakers from our own community from beginner to fluent. The program is set up so knowledge and information is shared through an Indigenous style of learning. I encourage all community members to come out. Anishinaabemowin will be starting again in the new year on January 10th, 2018 from 6:30-8:00pm.

Also in December, I had the opportunity to

attend the Community Wellness Training with Anishinabek Nation on **Human Trafficking** and how it impacts urban and First Nation communities across Canada. This is an issue that we should all be aware of so that we can protect our most vulnerable, our youth and young adults. This training provided me with the skills to educate community and create awareness about the issue, and what to watch out for if you have that gut feeling that someone you care for may be a victim of human trafficking. Therefore, save the date for an education and awareness event for February 12, 2019. This is an important issue pertaining to educating and creating awareness amongst community members, and families in the efforts of keeping our community safe. All Community Wellness programs try to encompass all ages of the community. Therefore, unless otherwise stated in event or program advertisements, I encourage you all to come out and attend. If your unsure about it, come out and try something new, if child care is an issue please contact me and we can look at solutions. Also, please keep an eye out for upcoming programs in the new future.

If you have any questions or concerns regarding upcoming programs and services provided through the Community Wellness Program, please feel free to contact me at the WRFN Health Centre at 705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca).



The 3rd Annual Youth and Elders Christmas Party was a highlight of the holiday season packed with great food and games for all!





## Anishinaabemowin Language Program


"Aambe gagwe-gikendandaa ji-anishinaabemoyang!"  
"Come on, lets learn to speak Anishinaabemowin!"

**Thursdays  
at the Seven Fires  
Youth & Elders  
Centre!**



**Time:  
6:30pm to  
8:00pm**

Parents, Youth, Adults, Grandmothers, Grandfathers, Aunties, and Uncles are welcome! For more information please contact Candice Assiniwe, Community Wellness Worker at 705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)



In partnership with Nokamis Marion McGregor and Anishinaabemowin Instructor Lissa McGregor.

**Mental Health & Addictions Worker - NNADAP  
Michael Aelick**

Aanii,

During the month of January I will move the **Rekindling Our Fires** program from Saturday to Sunday to give more youth a chance to attend. I was informed by some parents that they are interested in sending their kids to this program but programming on Saturdays is challenging because their children have other commitments like hockey.

Program participants learned last Saturday that building a fire in the Winter time can be a fun challenge. Once the fire is built, they can enjoy some hot dogs, hot chocolate, hot apple cider, and some s'mores. The

new dates for Rekindling Our Fires will be Sunday January 6th and 20th. Topics will include information like: Fire is sacred and should be respected, the basics of fire starting and safety will also be covered. They will also learn that the Spirit of the Fire lives in all things. Depending on the outcome and the interest in the community, this program will run throughout the winter with the eventual goal being Traditional Fire Keeping teachings for the community.

If you have any questions or concerns, please contact me at the Health Centre @ 705-285-4354 or by e-mail [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca).

**Rekindling Our Fires**  
**Sunday, January 6th & 20th**  
**11:00 am- 2:00 pm**  
**Meet at the Parking Spot Across From the Ball Field**  
**Learn the basics of Fire Starting and Fire safety**  
**Open to Community Members 8+**

Please contact Michael Aelick, Mental Health and Addictions Worker at the Health Centre at 705-285-4354 or by email at [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca)

**WRFN HEALTH PRESENTS**

**SKATING PARTY**

**JANUARY 2, 2019**  
**6:30PM - 9:00PM**

*At the Youth & Elders Center*

**Kids under 12 years old MUST be accompanied by a Parent/Guardian**


**FOOD | GAMES**

**RIGHT TO PLAY**

For more information please contact Crystal Clark-McGregor at 705-507-0729 or email at [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca)



The HIV/AIDS and Health Awareness event was held on December 1, 2018 at the WRFN Community Centre. Laura Liberty, HIV/AIDS Coordinator from Anishinabek Nation was on hand to share updated information to community members about HIV Prevention and safe sex practices. Laura will be coming back to educate our youth in the New Year, so keep an eye out for the poster in the mail!



# BASKETBALL

## At Shawanosowe School


Tuesdays & Wednesdays  
7 PM to 9 PM  
Age 18 & up

Fridays 7 PM to 9 PM  
Age 12 to 17

Saturdays & Sundays  
1PM to 4 PM  
Age 14 & up

Gym shoes required & Water bottle  
Starting up on January 22, 2019  
Marshal Jacko will be supervising & volunteering his time on the dates above.

For more information please contact Crystal Clark-McGregor at 705-285-4354 or email; [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca)



### Right to Play Worker - Crystal Clark-McGregor

Happy New Year everyone!

I will have a **Skating Party** on January 2nd from 6-9pm. The Sr. Youth Leadership group will be there fundraising and selling snacks and hot chocolate for their upcoming trip in April.

**7 Generations Meeting**  
Monday January 14, 2019  
5:00pm

Nelson and Mark will be returning on January 17th with **Snowshoeing** for ages 6-10 year old and Basketball for ages 11 and up. Both groups will be meeting at the Shawanosowe School.

This month Right to Play Youth Leadership program will resume on January 22nd, 2019

If you are interested in **Basketball** and

have been wanting to play the game, Marshal Jacko will be volunteering his time to open the School Gym, starting on January 22nd

- Tuesday & Wednesday: age 18 & up 7pm to 9pm
- Friday: age 12 to 17 7pm to 9pm
- Saturday & Sunday: age 14 & up 1pm to 4pm

*The 3C's in life: choice, chance, change.  
You must make the choice,  
to take the chance,  
if you want anything in life to change.*

If you have any questions regarding any programs please feel free to email me at [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca) or contact me at the Health Centre at 705-285-4354.

**Reduce Waste.**

**Bring a Feast Bag!**



		<h2>January 2019</h2> <h3>Community Youth Program Calendar</h3>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 <b>Happy New Year Everyone!</b>	2 <b>Skating Party 6:00pm to 9:00pm At the Youth &amp; Elders Center</b>	3	4	5		
6 Baby Welcoming &	7 Office	8 Office	9 Office	10 Office	11 Office	12		
13	14 Office  7 Generation Youth Council Meeting 5pm to 6:15pm	15 Office	16 Office	17 <b>Noojmowin-Teg Night (every Thursday)</b>  Snowshoeing 6-10 years 4:15pm-5:30pm  Basketball 11-14 years 7-8:30pm	18 Office	19		
20	21 <b>Anishinabek Nation-Health Conference in S.S.M</b>	22 <b>Right to Play Youth Leadership Program Grades 7 &amp; 8 7pm to 9pm</b> Basketball ages 18 & up at the school gym	23 <b>Right to Play Youth Leadership Program High School 6pm to 9pm</b> Basketball ages 18 & up At Shawanosowe	24 <b>Noojmowin-Teg Night</b>  Snowshoeing 6-10 years 4:15pm-5:30pm  Basketball 11-14 years 7-8:30pm	25 Basketball ages 12 to 17 years old at the school gym	26 Basketball ages 14 & up at the school gym		
27 Basketball ages 14 & up years old at the school gym	28 7 Generation Youth Council Meeting 5pm to 6:15pm	29 <b>Right to Play Youth Leadership Program Grades 7 &amp; 8 7pm to 9pm</b> Basketball ages 18 & up at the school gym	30 <b>Right to Play Youth Leadership Program High School 6pm to 9pm</b> Basketball ages 18 & up at the school gym	31 <b>Noojmowin-Teg Night</b>  Snowshoeing 6-10 years 4:15pm-5:30pm  Basketball 11-14 years 7-8:30pm				

**Family Well-Being Coordinator - Shawnessy Jacko**

Aanii, the months of November and December were busy. We had National Addition Awareness Week at the end of November, and Courtney and I presented the impact of Electronics on our daily lives to the youth. The learned how they affect the body and social life.

We officially finished the six week Horseback Riding session. I found it to be both fun and challenging. We were instructed to go through a little obstacle course of mazes, turns, zig zagging, fast trotting and over a makeshift bridge. A big thank you goes out to the Honora Bay Riding Stables staff for being so patient with us and taking that extra time to assist us. It wasn't easy, but I sure would do it again. So be prepared for another session to come in April/May 2019.

The Youth and Elders Dinner brought a good turnout. It was nice to see everyone out and enjoying each other. The food was plenty, entertainment was nice, and Santa was a blast.

"Need a Ride "was done December 13, 2018 which was a return trip to Sudbury for Christmas shopping with lunch provided.

For the first two weeks in January there will be no programming due to our Strategic Planning. The week of January 21-25, 2019 I will attending the 4th Annual Anishinabek Nation Health Conference, "We Need to be Kind to our Spirit," held in Sault Saint Marie.

A **Traditional Family Parenting Workshop** is being held January 26 & 27, 2019 at the 7 Fires Youth and Elders Centre. We also have another fun evening planned for our Family Game Night on January 30, 2019.

If you have any questions or suggestions about programming feel free to contact me at the Health Centre 705-285-4354 or by email at: [shawnaj@whitefishriver.ca](mailto:shawnaj@whitefishriver.ca)

Baa Maa Pii

**TRADITIONAL PARENTING**  
with  
*Carmen Pitawanakwat*

**WHERE: 7 FIRES YOUTH & ELDER'S CENTRE**  
**WHEN: JAN. 26 & 27, 2019**  
**TIME: 10:00AM - 3:00PM**

**ALL WELCOME**


Lunch & snacks provided

Rites of Passage

Guiding our little Bundles

Umbilical Cord Teaching

For more info or to sign up contact Shawna Jacko, Family Well-Being Coordinator at WRFN Health Centre 705-285-4354 or email a [shawnaj@whitefishriver.ca](mailto:shawnaj@whitefishriver.ca)






**WHERE: 7 Fires Youth & Elder' s Centre**  
**DATE: JANUARY 30, 2019**  
**TIME: 5:30pm to 7:00pm**

Please join us for a evening of fun and healthy competition.

Children must be accompanied by a parent/guardian.

For more info contact Shawna Jacko at 705-285-4354 or by email [shawnaj@whitefishriver.ca](mailto:shawnaj@whitefishriver.ca)

**Early Learning Coordinator - Courtney Laundry**

Hello , Aahnii

The New Year is now upon us and I'm looking forward to 2019 and the upcoming programming it will bring. December was a busy month and I'm glad to say it was very eventful and we had a lot of great participation. Our **Parent & Tot Christmas Party** was a success! Lauren and I helped the parents and children with a holiday craft, cookie decorating and we also did some cute photos. The parents and tots really enjoyed themselves.

Last month Shawna and I worked together to create a presentation for NAAW Week on technology and how it affects our bodies and our health. We had super turnout of youth to this event! To finish off the night, everyone got a board game to take home to promote healthy family time.

We have our annual **Baby Welcoming** coming up during the King's Day Feast on January 6, 2019 and I hope to see all the parents of the new arrivals there.

On that note, all programming will be postponed for the first two weeks in January from January 7-18th, 2019, as the Health Care Staff will be working on some Strategic Planning. Regular programming will resume on Tuesday January 22nd.

**Tuesdays - Play Group**  
10:30 AM-1 PM

**Wednesdays - Anishnaabemowin Story Telling**  
10:30-12:30pm

**Thursday - Bi-Weekly Swimming at the Complex**  
10:15am- 1pm  
(Returning Date: January 24)

I hope everyone had a great Christmas and a Happy New Year. I can't wait to see what the New Year has in store for us.

If you have any questions or ideas you would like to share you can reach me at the Health Centre or through email at [courtneyl@whitefishriver.ca](mailto:courtneyl@whitefishriver.ca)

### Food Security Assistant - Winnie Paibomsai

Happy New Year Whitefish River Students, Parents and Community!

Out with the old and in with the new. It was a busy month, filled with cooking or programming from all of us. I can say that it has been a great year as I have been with the Food Security Program for a year and 3 months. I have learned much over the year, both as a participant and by cooking for the many programs. I have also had the privilege to see our students getting awesome lunches. With that being said, after the Christmas break, the Student Nutrition will start back up on January 22, 2019.

Wow! It will be 2019 soon. Where has the time gone? In December I helped with the Christmas Parade and we hosted the Youth and Elder's Christmas Dinner on December 4th. Then, it was off to the WRFN Staff Christmas Party where we all had a good laugh or two with all of the WRFN Staff. Between all of those parties as usual I was busy cooking. I am looking forward to a two week break to spend with my family.

Please remember we do have Anishinaabemowin being offered in the community on Thursday nights from 6:30 until 8:00 pm.

We always have a good story when all is said and done to try and pick up on words that we hear or know. There will also be some holiday programming. I hope that by participating we can build up our relationships with our own families and just have some laughs too.

New Year's is both a new day and a new opportunity to try to live healthier. With goals in mind and also planning for a wedding, I too need motivation to work out. I have a goal in mind to lose a few pounds but doing it in a healthy way, with more exercise. A walk around the block or maybe even getting in a workout or two at the newly re-opened Fitness Centre. They do say that walking is a good cardiovascular exercise as well as a way to shed some inches off the waist. In the New Year let's do our best to support each other in our fitness and health goals.

If you want or need more information, please call me or Gail at the Health Center at (705) 285-4354 or I can be reached through email at [wpaibomsai@whitefish-river.ca](mailto:wpaibomsai@whitefish-river.ca).

Miigwetch!



Heavy snowfall did not deter the participants of the 1st Annual 'Dashing through the Snow' 5k Fun Run held December 2, 2018 in partnership with the Christmas parade.

### Food Security Assistant - Louanne Megwanabe

Aanii Louanne dizshnikaas.

I have been hired to assist with the Food Security Program here in Whitefish River. I am very excited to be part of this program. As many of you know I have catered for a few years now for Whitefish River First Nation and other organizations on Manitoulin Island. I have over 10 years of experience in food preparation, food safety and food service.

As part of my job here, I will be assisting my fellow co-workers in creating a database for a newly acquired food software program called "ChefTec". Getting all information like recipes, food quantities and current food cost data input, will better serve as a quality control for programming, funding and limiting food waste are a few benefits for having this program in place.

I have also been assisting with other programming like the school nutrition program at Shawanosowe School and the schools in town(s) where our students attend, community events and any other food preparation that our wonderful Health Programming entails.

I have a new appreciation for the Health Staff here as they often times are required to go over and above for fellow community members. I am pleased to utilize my skills in assisting with the complete installation of our new food computer program.

If you want or need more information, please call me at the Health Center at (705) 285-4354.

Merry Christmas and Happy Holidays

## 13 Moons Garden

by Michael Aelick



### Plants to Get Choked Up About

In continuation of the local food source theme, I will talk a little bit about two shrubs in our area that both have the word choke in their names. One, I'm sure everyone one has heard of and the other is not as well known about, even though they are being recognized as one of the new super fruits with extracts being sold at health food stores and demand for commercial fruit production growing .



The Chokecherry is a multi-stemmed shrub in the Rose Family that can reach heights of about twenty feet in the south but only reaching heights of six feet in this area. Chokecherries grow in a wide variety of soil types ranging in pH's from 5-8. They enjoy a spot with full sun but will tolerate some light shade. Chokecherries will sucker from the roots and can grow into a dense row of shrubs. This shrub is susceptible to a common

fungal disease called black knot. This fungus can be removed from branches if caught early. It is best to cut it from a young branch in the winter time, as it starts to develop and burn all infected branches. They produce long fragrant clusters of white flowers in early June. The fruits are edible but a very tart and have been described as being astringent and bitter. The pit contains hydrocyanic acid, which is poisonous. The acid is destroyed when the fruit is cooked or dried. Chokecherries are high in anti-oxidants are an excellent source of fiber, vitamin k, vitamin B6, potassium and manganese. Hedges can be planted as an edible snow fence or left for nature. The flowers are an excellent source of nectar for bees and insects and the fruit is an important fall and winter food source for birds.



The Chokeberry is another multi-stemmed shrub in the Rose Family that can form clumps from new stems growing out of the spreading root system. Chokeberries grow to heights averaging around three feet and prefer to be in wet soil growing on the edges of streams, lakes, and bogs. It can also be found in dry sandy or rocky edges of Pine forests. Chokeberries



produce white with pink tinged flowers in the spring. The fruit that resembles little purple/black apples will ripen in late summer but will persist into the winter. The fruit is tart and bitter and is said to be astringent with a taste that

will pucker the mouth when eaten raw. Chokeberries are becoming one of the new super fruits because of it being packed full of antioxidants. The berries can be eaten raw but are usually made into pies, jams, jellies, syrups, and teas. Many of the proposed health benefits come from its high content of nutrients called polyphenols. Research with rats has shown some promise that the berries can help boost the immune system and reduce inflammation related to diabetes as well as being an effective aid at reducing the chances of developing diabetes. The berries are also known to be rich in nutrients and contain vitamins C, B1, B2, B6, K, folate and niacin. They also contain potassium, calcium, magnesium, sodium, iron and zinc. I hope you have found this article informative.

If you have any questions you can post them on my Facebook page @ 13 Moons Garden.

## Education Manager - Jacinta Shawanda

Aanii Kina Weya and Happy New Year!

May this new calendar year bring more joyful experiences, enhanced love for learning and renewed sense of determination to all WRFN Students and their family support networks!

### Reminder to Post-Secondary Students and NEW Applicants:

- WRFN has only one in-take per year for Post-Secondary Funding
- NEXT FUNDING CYCLE for FALL 2019, WINTER 2020 AND SPRING/SUMMER 2020.
- Application for Post-Secondary funding will be available MID to LATE JANUARY.
- The NEW deadline (TBD) will be clearly indicated on the application (MID to LATE May).
- A YouTube video will also be available in February to demonstrate how to complete application and to provide a list of supplementary documents required.
- ALL STUDENTS, both current AND new applicants, MUST SUBMIT AN APPLICATION EVERY YEAR.

### Reminder to Parents and Guardians of Elementary and Secondary WRFN Students:

WRFN Bus Cancellation Process Fridge Magnets are in. If you did not get one yet, please call me at the Administration office. Also, if you need another form of your contact information, in the event of a Bus Cancellation, let me know and I will provide the form for you to fill in.

### **WRFN EDUCATION COMMITTEE requires new committee representatives.(3 seats available)**

The committee's first tasks will be to work with the Education Manager to continue with the Education policy review. Please see ad for committee members in this issue. Chief and Council will approve all appointments to the committee by BCR.

Please keep in touch by calling or e-mailing me. I look forward to hearing from you. If you have any questions, comments or concerns please contact me at 705-285-4335 ext.209 or via email at: [jshawanda@whitefishriver.ca](mailto:jshawanda@whitefishriver.ca).  
**Miigwech**

1<sup>st</sup> Posting – 14-12-2018



### **WHITEFISH RIVER FIRST NATION Education Committee Members Posting Three (3) Committee Members Required**

Interested WHITEFISH RIVER FIRST NATION BAND MEMBERS are encouraged to join the WHITEFISH RIVER FIRST NATION EDUCATION COMMITTEE; the Committee is to consist of six (6) voting members and appointed non-voting members are the Education Manager and the Band Councilor(s) holding the Education Portfolio.

#### **POSITIONS TO BE FILLED:**

1. Committee Member - vacant
2. Committee Member - vacant
3. Committee Member - vacant

#### **Eligibility of Members:**

1. Must be over the age of 18 years of age (Registered Voter).
2. Must be a member of Whitefish River First Nation.
3. Must not be a staff member of **WRFN Education Department**.
4. Some knowledge of WRFN Education Programs and Services.
5. Be committed
6. Must reside on-reserve.
7. Demonstrated desire to see WRFN Education excel and thrive (move forward).
8. At least two members will be appointed for an additional term to maintain continuity.

**For consideration to the Education Committee, please submit a letter of interest January 25<sup>th</sup>, 2019 before 12:00 pm to:**

Jacinta Shawanda, Education Manager  
Whitefish River First Nation  
17A Rainbow Ridge Road, Box 188  
Birch Island, Ontario.  
POP 1A0

E-mail: [jshawanda@whitefishriver.ca](mailto:jshawanda@whitefishriver.ca)  
Fax: 705.285.4534

*Recommendations will be presented to Chief and Council for Approval. We thank all those who apply and look forward to reading your letters of interest.*



### EMPLOYMENT OPPORTUNITY



**Position:** Registered Early Childhood Educator (RECE) **Department:** Child Care Centre  
**Term:** Full-Time Position @ 37.5 hours weekly **Closing Date:** January 8<sup>th</sup> 2019

**Summary:** Under the supervision of the Maamwe Kendaasing Child Care Supervisor. The RECE is responsible for the health, safety and well-being of the children in care. Demonstrate preparation of weekly program plans that reflect the needs of the individual children in care. Ability to demonstrate interpersonal skills dealing with children, parents and co-workers. Must have knowledge of the Day Nurseries Act and its provisions. Other duties as determined by the Maamwe Kendaasing Child Care Supervisor.

#### **Knowledge and Skills:**

- Oral and written communications skills;
- Work well in a team environment;
- Ability to work directly with children ranging from Toddlers to School Age;
- Must possess a great deal of flexibility;
- Knowledge of Aboriginal Culture;
- Must be energetic and active.

#### **DOCUMENTATION WITH APPLICATION**

1. Cover Letter, Resume, Three work related references;
2. Copy of ECE Diploma, equivalent related program or AECEO Certificate;
3. Copy of the College of Early Childhood Educator's Membership;
4. Copy of First Aid/CPR Certificate;
5. Copy CPIC-Vulnerable Screening at own expense;
6. Copy of health assessment, an immunization record and a negative TB 2 skin test.

**Interested applicants please submit complete package to:**

Cheryl Miller-Martin, Supervisor and Cheryl Shawanda RECE-Supervisor  
Maamwe Kendaasing Child Care Centre  
P.O Box 96  
212 Rainbow Ridge Road  
Birch Island, Ontario  
PoP 1A0

- Only those contacted will be granted an interview.

## **Maamwe Kendaasing Cheryl Shawanda, RECE, Child Care Supervisor**

Ahnee from the Maamwe Kendaasing Child Care Centre!

The staff and children would like to wish everyone a Happy New Year and may the New Year bring positive partnerships with your Child Care Centre.

Our Program Advisor, Julie Roberts from the Ministry of Education - Early Learning Division was in to do the annual site inspection. Julie was pleased on the Operations and Management of the Child Care Centre. She also commented on how the learning through play is organized and how quickly we incorporate any changes from the Day Nurseries Act dictated by the Ministry of Education.

As the weather is very cold, please make sure your child has the proper clothing to keep them comfortable outside as we do go out most days. Please ensure as well to have a complete change of clothes at the daycare in case of any accidents!

The Annual Christmas Concert with Shawanosow School was great with excellent performances by all the children. The children were so excited to see Santa who heard we were having our annual Christmas Luncheon with the parents and he came with gifts for every boy and girl. Miigwetch Santa until next year!

Baa-maa-pii Miinwaa



# The Bobcat

Aanii Parents & Guardians



The school year is flying by. We had another fast-paced and exciting month of December together as a school community! Our student activities continue to be in full swing Mondays-Art Club, Tuesdays-Rock Band, Wednesday-Student Planning Committee and Thursday-Drama Club. We will have a few new options for students in the New Year!

## December

During the month of December our students have been anxiously awaiting for Christmas and preparing for all the Christmas activities; the whole school travelled to Sudbury to see the Grinch, the School Christmas Float in WRFN's Annual Christmas Parade, Ugly Sweater Spirit Day, Christmas Concert and our Community Christmas luncheon.

On December 4th, the whole school attended Silver City to see the new Grinch movie. It was a great way for staff, students and

families to start off the month of December. Our School Planning Committee both organized and decorated our school Christmas float and they organized our Ugly Sweater Day. These students continue to show their leadership abilities and more importantly have a voice in our school.

All staff and students are actively organizing and practicing for our upcoming Christmas concert. They are looking forward to celebrating with the community.

Our Community Christmas luncheon was a hit. Turn-out was great by parents and families. A thank you to Gail Jacko and her team for all they did to assist in making this day a success. A thank you to all our staff and parents for all they did as well to make this luncheon a very special lunch for our students. We look forward to our next Staff/Student/Family Breakfast in January.

On behalf of all the staff and students at Shawanosowe we hope all have a Very Merry Christmas and a Happy New Year!!!

**Mr. D. Stargatt**



The Shawanosowe School Planning Committee got a visit from Jolly Old Saint Nick at WRFN's Annual Christmas Parade!



Santa made a special appearance at the Annual Christmas Concert.



Braelyn receives some winter wear courtesy of Olaf at the WRFN Christmas Parade.



*Happy New Year from the Staff & Students of Shawanosowe School!*

# Whitefish River First Nation

# SNOW SHOENING



**For Ages  
6-10 Years**

**4:00 to  
5:30 pm**

**January 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>,  
February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 2019**

**Meet at Shawanosowe School**

## INFO SESSIONS

- Nutrition
- Traditional Teachings

**SNOW SHOES AVAILABLE**



**Registration forms can be picked up at the Whitefish River Health Centre.  
For more information, contact Crystal McGregor - Right to Play Community  
Mentor at (705) 285-4354 or Nelson Wood at 705-368-0229 Ext. 245.**

[www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)

**Band Manager - Art Jacko**

**Aanii Bemaadizijig**

As we say Baamaapii to Mnidoo Giizsoonhs (Little Spirit Moon) and welcome Mnidoo Giizis (Spirit Moon). I would like to wish everyone a Gidinmikaagoom Nibaanamaang miinwaa Nimkodaading! Merry Christmas and Happy New Year!

**Elevated Storage Reservoir (ESR)**

The Elevated Storage Reservoir Project (Water Tower) is complete and on line. The decommissioning of the old Stand Pipe has commenced and when completed will change the view. The Grand Opening on December 17th went extraordinarily well and is always good to see strong community participation.

I would like to acknowledge and thank the Project Team for all their hard work:

1. WRFN Administration: Chief Shining Turtle & Murray McGregor
2. FHR Inc.: Kelvin Jamison
3. First Nations Engineering Services LTD: Joanna Recollet, Kyle Gee, Craig Baker & Glen Hare Jr.
4. Cecchetto & Sons: Vaughn Blacklock & Ron McCrea
5. Indigenous Services Canada: Victor

Li & Frank Monozlai,  
6. UCCMM: Ray Moreau & Kevin Debassige

**Band Custom Election**

The community has chosen and approved the Band Custom Election and this will govern the next election for Chief & Council. Whitefish River First Nation is no longer under the authority of the Indian Act, the authority now rests with the Whitefish River First Nation Citizens.

*The next election for Chief & Council is under the custom election code and there are a few things to keep in mind:*

1. The nomination meeting is on December 22nd from 6pm to 9pm.
2. The nomination process has changed, please refer to the flow chart in the Rezound
3. There are three ways to Vote, at the polling station, mail-in ballots, and electronic voting.
4. Election is for One Chief and Seven Councillors
5. Term of office is Four Years
6. Election is on Saturday February 9, 2019 from 8am to 8pm.
7. Swearing in Ceremony February 11, 2019.

**Cannabis Task Group**

The first meeting of the group was held on December 14, 2018.

**Task Group Members**

1. **Mariette McGregor Sutherland:** Chair
2. **Esther Osche:** Council Representative
3. **Jean Andrews:** Elder
4. **Bonnie Nahwegahbow:** Community Representative
5. **Robert McGregor:** Community Representative
6. **Band Manager:** Administration

**Early Learning Center (Daycare) Construction Update**

Another project which is now underway is the building of our new Early Learning Center (Daycare) connected to Shawanosowe School. Construction has started and there will be more information each month. This project is expected to be completed mid-summer of 2019.

**Reminder:  
WRFN Christmas Shut Down  
December 24 to January 4th.**

**Events**

1. New Year's Eve Fireworks & bonfire beside the Ball Park. Fire Works at Midnight
2. New Year's Day Community Breakfast: WRFN Community Centre, January 1, 2019 – 9AM- 11AM
3. Gimaa Giizhigat Wiikwam Miinwaa Shki-Nkweshgaazwad O-Binoojiinhsa: Kings Day Feast & Baby Welcoming

2018 was another fantastic year, we made history with the Custom Election Code and the new Water Tower and I am certainly looking forward to 2019 and the historical landmarks we, as a community will make.

As always, I am available to the community, please don't hesitate to drop by for a visit and have Mkade Miskodiismin Naaboo (coffee) on us. You can also reached me by phone at 705-285-4335 or cell at 705-863-3027 or email me at [ajacko@whitefishriver.ca](mailto:ajacko@whitefishriver.ca).

**Nahaaw, Baamaapii Miimwaa  
Kawaabmin**



A PLACE OF VISIONS AND DREAMS

**Message from the Whitefish River First Nation  
Chief & Council  
Whitefish River First Nation's Reserve Boundary Claim  
Members' Update**

The Trust Working Group has worked diligently, and appreciates the input of the many members that have contributed during member consultations. This input has contributed to shaping the terms of the trust agreement that will set out how the compensation from Canada for our reserve boundary claim will be managed. At the same time as this important work has been ongoing, Chief and Council have been considering the quantum of compensation that Canada was prepared to offer in 2011. The efforts of the Chief in high-level meetings with officials of Crown Indigenous Relations and Northern Affairs opened up an opportunity to renegotiate a comprehensive settlement of the entirety of this claim. Chief and Council are now pleased to report that in the past months, we have made tremendous progress in our negotiations with Canada. Canada is now engaged in an internal approvals process to seek the necessary federal approvals to allow them to settle this claim.

The federal approvals process involves several steps. Those steps must be followed before the revised settlement agreement can be initialled by Canada's negotiator and the Chief of our First Nation. We are using every opportunity to make sure that process stays on track. This includes scheduling regular check-in meetings with Canada's negotiating team, and high-level political contacts. We will provide further updates as they become available. At this time, Council expects the federal approvals process to be completed sometime in the first half of 2019.

For further inquiries, please contact:

*Franklin Paibomsai*  
Chief Franklin Paibomsai

705-285-4335 Ext. 202, or [frankinp@whitefishriver.ca](mailto:frankinp@whitefishriver.ca)

**WHITEFISH RIVER FIRST NATION**

17A Rainbow Ridge Road, PO Box 188, Birch Island, Ontario POP 1A0  
TEL (705) 285-4335 FAX (705) 285-4532 [www.whitefishriver.ca](http://www.whitefishriver.ca)

Missed an  
issue of  
The Rezound?



Find them  
online at  
[www.whitefishriver.ca](http://www.whitefishriver.ca)



Mr. Nick  
aka Nicholas Francis  
is happy to welcome  
his niece  
Mattina Esquimaux  
into the world on  
December 13, 2018.

Welcomed with love by  
proud parents  
Tina Francis  
& Matt Esquimaux.

Born at  
Health Sciences North  
December 13, 2018.  
3.010 kg  
32.5 cm  
9:55 am



The Annual Parent and Tot Christmas Party was hosted at WRFN Health on December 12th, 2018.



Families of Shawanosome School students were invited to a potluck Turkey Dinner on December 12th, 2018.



Miss Bonnie dished out the turkey for those in line at the Shawanosome School Family dinner.



The Annual Christmas parade included a float for WRFN's Winter Carnival and Pow Wow Royalty.



Delilah and Breahea wear both matching sweaters and smiles.



Tahnee and mom, Anita attend the St. Gabriel Lalement Christmas Bazaar and the WRFN Christmas Parade.



The Kindergarten class 'twist and shout' during the Christmas concert.



Shawanosowe School presented "Miishin Neyaap Noos!" or "Give Me Back my Dad!" by Robert Munsch for the Annual Christmas Concert.



Miss Gagan's Grade 1/2 class sing and dance to "Better Bundle Up!"



Maamwe Kendaasing Child Care Centre performed to "The Fish Song."



Mrs. Claus and the Grinch made an unlikely duo at the Christmas Parade.



Nico steals the show with a guitar solo during the Grade 5/6 performance of "Cold as Ice."



The night's musical finale performed by the entire school was "Winter Holiday."

## Membership - Kathleen Migwanabi

**Membership News** – This month's article will focus on Amendments to the Indian Act. Over the years, amendments to the Indian Act, have significantly changed the ways in which status and membership are determined.

The Indian Act, as amended on **June 28, 1985**, when Parliament passed **Bill C-31 – An Act to Amend to the Indian Act** was brought into accord with the Charter of Rights and Freedoms Act. The Amendment came into effect April 17, 1985. The objective was to uphold three fundamental principles that guided the amendments to the Indian Act: **1) Removal of discrimination; 2) Restoring status and membership rights; and 3) that Indian Bands have the option to control their own membership.**

These provisions of the Indian Act had a major impact on entitlement rules and procedures. The most important changes were: Indian Status can no longer be gained or lost because of marriage; An Indian woman no longer automatically changes band membership upon marriage to an Indian man on another First Nation; Illegitimacy is no longer a factor in determining the eligibility of children; The concept of enfranchisement is abolished; Indian Status can be acquired as a result of adoption for non-Indians. (Legal adoptions or be an adoption according to Indian Custom); and Bands can choose to control their own membership.

Another important change to the Indian Act was made on **December 15, 2010, Bill C-3 - Gender Equity in Indian Registration Act received Royal Assent**. The amendment to the Indian Act came into effect on January 31, 2011. The bringing into force of Bill C-3 will ensure that eligible grand-children of women who lost status as a result of marrying non-Indian men will become entitled to registration (Indian status).

Another important change to the Indian Act was made on **December 12, 2017, Bill S-3, An Act to amend the Indian Act in response to the Superior Court of Quebec decision in Descheneaux c. Canada received royal assent on December 12, 2017**. The Descheneaux decision highlighted residual

sex-based inequities in Indian registration carried forward following the 1985 and 2011 amendments to the Indian Act. It also brought to light the long-standing and unaddressed broader issues relating to Indian registration, band membership and First Nations citizenship. Parts of it came into force on December 22, 2017. This includes immediately extending entitlement to Indian status to individuals affected by inequities relating to the different treatment of cousins, siblings or minors who were omitted from historic lists. Further amendments will come into force at a later date, **once consultations on how best to implement these changes are completed.**

**Information sessions** will be held in the context of the Collaborative Process recently launched by Minister Bennett to consult on Indian registration, band membership and First Nation Citizenship with a view to future reforms. These information sessions will aim to provide context for this process and background information on key related issues with the objective of ensuring meaningful community level participation in the consultation process.

**Information gathering: October 2018 to March 2019**, dialogues with First Nations, Indigenous groups and impacted individuals on the three content streams relating to: the implementation of the removal of the 1951 cut-off; other remaining inequities related to registration and membership under the Indian Act; broader devolution or reform.

Additional information can be found at the Indigenous and Northern Affairs website: <https://www.aadnc-aandc.gc.ca/eng/1522949271019/1522949383224>

Whitefish River has secured funding to host On-Reserve information sessions to engage our members and obtain their feedback on the 2017 amendments to the Indian Act. These sessions will be live-streamed for our off-reserve members.

*Please see flyer regarding the upcoming information session.*



# COMMUNITY INFORMATION SESSION

Government of Canada  
Collaborative Process on  
Indian Registration, Band Membership,  
and First Nation Citizenship  
in response to the Descheneaux Decision

**TUESDAY, JANUARY 15, 2019**

**6:00PM**  
**Dinner 5:00p.m**

Whitefish River First Nation  
Community Centre



## CALL FOR CITIZENSHIP ADVISORY COMMITTEE MEMBERS

**Whitefish River First Nation is seeking  
three Citizens to sit on the WRFN Citizenship  
Advisory Committee.**

The Citizenship Advisory Committee assists the Council and First Nation in making Citizenship decisions.

If you are interested in sitting on the Citizenship Advisory Committee, please submit your letter of Interest

January 18<sup>th</sup>, 2019 at 12:00 p.m. to:

Art Jacko, Band Manager  
17 A Rainbow Ridge Road, PO Box 188,  
Birch Island, ON  
PoP 1A0

or email your letter of interest to: [artj@whitefishriver.ca](mailto:artj@whitefishriver.ca)

# COMMUNITY NOTICE

## Whitefish River First Nation Consultation Information Session



**January 23rd, 2019  
5:30 PM - 8:00 PM  
Whitefish River First Nation  
Community Centre**

**\* Catered Dinner \* Door Prizes \***

For more information please contact Stephen McGregor at 705-285-4335 ext.217 or by email at: [stephenm@whitefishriver.ca](mailto:stephenm@whitefishriver.ca)

### Consultation Coordinator - Stephen McGregor

Ahnii

The past two months have been productive in addressing the critical elements of consultation as it pertains to WRFN. Our Geographic Information System is beginning to take shape as we are obtaining more equipment and software to handle the complexity of a GIS database.

I'm pleased to announce that we will be hosting a Whitefish River First Nation community meeting to discuss the consultation process. I encourage anyone that is a member of WRFN to attend the meeting to engage in the discussion surrounding the issues regarding consultation with proponents. Consultation is a precarious matter to all First Nations when you consider the potential impacts of projects that trigger the duty to consult. We are therefore tasked to consider the role we have in consultation and organize our ideas into a working document that addresses those concerns.

be held on **Wednesday January 23, 2019 at 5:30 pm**. Details of the meeting are presented in the January issue of The Rezound and will be available on the WRFN website. The intention is to discuss the meaning of consultation and how it pertains to WRFN community members. We will identify resources for consultation and identify Proponents and what their role in consultation entails.

The meeting will discuss the current state of consultation in WRFN and most importantly gather critical input from community members regarding:

- A pre consultation checklist.
- Our role as First Nations people in regards to the land and how this impacts consultation.

If you have any questions you can contact me at the Administration Office at 705-285-4335 ext.217 or by email at: [stephenm@whitefishriver.ca](mailto:stephenm@whitefishriver.ca)

Miigwetch

The **Community Meeting** will



### CATERING CALL FOR TENDER

Whitefish River First Nation  
Membership Information Session  
Tuesday January 15, 2019  
Time- 5:00 P.M to 8:00 PM  
Where: WRFN Community Centre

\* Menu to include Dinner for 100 People \*

Your services will also include:

Menu:

Spaghetti Dinner, Garlic Bread, Salad, Dessert, Beverages /Water (No bottled water)  
Set-up Serving Tear down Tidying up Plates and Bowls Cups Cutlery and Napkin  
(Use of kitchen will be at the caterers expense)

**NOTE:** *We encourage Ecofriendly tenders.  
Must follow Canada's food guide recommendations.  
Must conform with allergy restrictions to nut/peanut free cooking.  
Must have 'Food Handler's' designation.  
Please provide copy of food handler's certificate with tender submission.*

**SUBMIT TENDER** by: January 9th, 2019 – 4:00 PM  
to the attention of: **Kathleen Migwanabi, Membership**

Addressed in an envelope: **Membership Catering  
Whitefish River First Nation  
17 A Rainbow Ridge Road, PO Box 188  
Birch Island, ON PoP 1A0**



### First Nations Maple Syrup Seminar



Whitefish River First Nation Community Centre  
6 Rainbow Valley Road, Birch Island  
Friday, January 18, 2019

Tentative Agenda:

- 10:00 AM **Opening Ceremony**
- 10:15 AM **Todd Leuty**, Agro-Forestry Specialist, Ontario Ministry of Agriculture and Food, "New Developments in the Maple Industry."
- 11:00 PM **Mark Leahy**, IAPO Extension Coordinator, "Maple Syrup Making Basics"
- 11:30 PM **Todd Leuty**, Agro-Forestry Specialist, OMAFRA "Update on Regulations for Marketing Maple Syrup"
- 12:00 PM **Lunch**
- 1:00 PM **Keith Nahwegahbow**, Whitefish River FN, "Traditional Land Use Exercise"
- 1:15 PM **Camden Lawrence**, IAPO Business Advisor, "Funding Opportunities"

Tips from Industry Representatives

- 1:45 PM **Brian Bainborough**, Maple Ridge Farm, Gore Bay, Maple Syrup Operator and Lapierre Equipment Dealer.
- 2:15 PM **Josh Holmes**, CDL Dealer, Oro Station,
- 2:40 PM **Dominion and Grimm Dealer**
- 3:00 PM **Door Prizes & Adjourn**

*Maple syrup equipment will be on display!*

To Register Contact:  
Keith Nahwegahbow, Lands Assistant,  
Whitefish River First Nation  
705-285-4335, [keithn@whitefishriver.ca](mailto:keithn@whitefishriver.ca)

**Tenant Counsellor - Kim Laundry**

**Reminder....**

To all tenants/homeowners with propane and oil furnaces, please ensure to check your fuel levels periodically if you are on a pay as you go plan to avoid emergency delivery costs. The Service providers we deal with have additional costs for emergency deliveries on days they are not scheduled to come to the community, they are:

**McDougall Energy - \$250.00**  
**Manitoulin Fuels - \$150.00**

These amounts are in addition to the cost of the fuel.

As of December 7th, 2018 the cost of fuel at Manitoulin Fuels was \$0.8675/L. The minimum delivery is 400 Litres for a cost of \$347.00. These prices fluctuate so you will need to call for an up to date price when you are ready to place an order.

McDougall Energy's current price for propane is \$0.599/L. It costs \$431.28 to fill both

propane tanks, but if you are unable to pay this amount, they also have a minimum delivery for \$300.00. They request that you contact them when you have a minimum of 20% remaining in your tanks to give them time to schedule a delivery.

Both service providers accept payments, of any amount to be made on your accounts to avoid a big bill when placing your order. If you are a pay as you go customer at either of the providers, please take advantage of putting a little on your account every month, week or whatever you can afford.

Tenants are responsible for any additional costs incurred when they run out of fuel.

If you have any questions regarding any programs, don't hesitate to contact me at [kiml@whitefishriver.ca](mailto:kiml@whitefishriver.ca) or through the Administration Office at 705-285-4335.



**NO  
SNOWMACHINES  
PERMITTED**

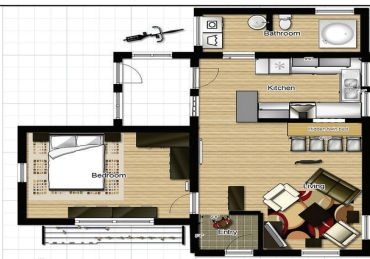


**\*\* IMPORTANT NOTICE \*\***

- This is to remind you that you there should **NOT** be any traffic on your field beds or septic tanks.
- This notice also includes the community centre, school or any other public buildings as well as the soccer and baseball fields.
- A non-exhaustive list of examples which may cause damage to the pipes and potential to cause freeze up include any vehicles or machinery, snow mobiles, dog houses, sheds, decks, outdoor rinks, etc.
- Any extreme weight could crush the distribution pipes or compact the soil.
- In the winter, the compaction of the snow will reduce its natural insulating effect, increasing the chances of the pipes freezing.
- If you are unsure of anything that may have the potential to damage field beds or septic tanks, please contact the Administration Office for clarification.



Pouring concrete for the new Maamwe Kendaasing Early Learning and Innovation Centre.



**NEW HOUSING AND  
BUILDS PLANNING  
SESSION**

**WEDNESDAY, JANUARY 16,  
2019 AT 6:00-8:00 PM**

Ray Moreau, UCCMM Technical Services  
Infrastructure Specialist

Ray has more than 20 years of experience working with First Nations in our area for housing and infrastructure. He has been working directly with our Chief and Council, Operations and Maintenance, and Housing Staff in planning, review of projects, inspections, and reporting in all funding agencies.

Ray will be providing a presentation on what an individual will need to start planning the construction of a new home on the First Nation territory. He will explain what the responsibilities are for the potential new homeowner and will provide an estimate of timeframes before your home is move in ready.

For more information please contact the Housing Department to register before January 10, 2019.

**Ray Moreau  
Infrastructure  
Specialist  
UCCMM Technical  
Services**



**Process for  
Housing  
Construction on  
First Nations**

**Getting Started in  
New Builds –  
Planning**

**WHITEFISH RIVER  
FIRST NATION  
COUNCIL CHAMBERS**

17A Rainbow Ridge Road  
Birch Island, Ontario  
POP 1A0  
705 285 4334 Ext. 214  
[Georginar@whitefishriver.ca](mailto:Georginar@whitefishriver.ca)

**REMINDER**

**Propane  
Furnace**

*Maintenance*

**FURNANCE FILTERS  
SHOULD BE CHANGED  
EVERY 3 MONTHS  
AT MINIMUM, YEAR  
ROUND**





## WHITEFISH RIVER FIRST NATION NOTICE OF ELECTION 2019 CHIEF CANDIDATES LIST

Notice is hereby given that the **Whitefish River First Nation** has called an Election in accordance with the **Whitefish River First Nation Election Code**, for the purpose of electing one (1) Chief and seven (7) Councillors on February 9, 2019 for next ensuing four (4) year term of office.

### NOMINATION MEETING RESULTS

#### NOMINATIONS FOR THE OFFICE OF CHIEF

SURNAME, GIVEN NAMES	NOMINATOR / SECONDER
<b>AGAWA, CARIANNE L.</b>	CLAIRE JANE NAHWEGAHBOW
	KELLY A.J. MARSOLAIS
<b>JACKO, ROSE</b>	BEVERLY GAIL NAHWEGAHBOW
	IRIS NANA AMY WABOOSE
<b>MCGREGOR, DONALD</b>	JOHN EDWARD RECOLLET
	EMMETT EUGENE PITAWANAKWAT
<b>PAIBOMSAI, FRANKLIN (SHINING TURTLE)</b>	MARIDA LYNN MCGREGOR
	BLANCH MARY RECOLLET

Given under my hand at Victoria, British Columbia, this 28<sup>th</sup> day of December 2018.



Lawrence Lewis, Electoral Officer

**For more information please contact:**

<b>Lawrence Lewis, Electoral Officer</b> Office: (250) 384-8200 Email: <a href="mailto:lawrence@onefeather.ca">lawrence@onefeather.ca</a>	<b>Jaclyn Casler, Deputy Electoral Officer</b> Ph/txt: (250) 213-5247 Email: <a href="mailto:jaclyn@onefeather.ca">jaclyn@onefeather.ca</a>
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Office: (250) 384-8200 TF: 1-855-458-5888 Fax: 250 384-5416  
PO Box 35008 Hillside, Victoria, BC V8T 5G2

<https://onefeather.ca/nations/whitefishriver>



Anishinaabemowin Instructor Lissa McGregor and Elder Marion McGregor lead weekly language nights Thursdays at the 7 Fires Youth & Elders Centre. Aambe gagwe-gikendandaa ji-anishinaabemoyang!



Lily and her dad, Phil Bowerman placed in WRFN's Annual Christmas Parade with their Gingerbread House entry.

## WHITEFISH RIVER FIRST NATION NOTICE OF ELECTION 2019 COUNCIL CANDIDATES

Notice is hereby given that the **Whitefish River First Nation** has called an Election in accordance with the **Whitefish River First Nation Election Code**, for the purpose of electing one (1) Chief and seven (7) Councillors on February 9, 2019 for next ensuing four (4) year term of office.

### NOMINATION MEETING RESULTS

#### NOMINATIONS FOR THE OFFICE OF COUNCIL

SURNAME, GIVEN NAMES	NOMINATOR / SECONDER	SURNAME, GIVEN NAMES	NOMINATOR / SECONDER	SURNAME, GIVEN NAMES	NOMINATOR / SECONDER
CYWINK, ANASTASIA (STACEY)	LEE ALPHONSE JACKO	MCGREGOR, LESLIE FLORENCE	CANDICE MARIE JACKO	PITAWANAKWAT, L. (BIRD)	MARK HILARY SHAWANDA
	COURTNEY JADE ANN LAUNDRIE		CRYSTAL MCGREGOR-CLARK		VALARIE ANN MCGREGOR
FRANCIS, NICHOLAS	RAYMOND DENNIS ARTHUR FRANCIS	MCGREGOR, LYNN MARIE	BYRON DAVID MCGREGOR	RECOLLET, JOHN	DONALD GERARD MCGREGOR
	TINA CONNIE MARIE FRANCIS		CHRISTOPHER JOHN WAGOOSH		MARK TROY PITAWANAKWAT
JACKO, CANDICE (ASSINIWE)	CRYSTAL MCGREGOR-CLARK	MCGREGOR, MURRAY JR	RICHARD MICHAEL SHAWANDA	SHAWANDA, DAVE	JACINTA M. SHAWANDA
	TODD THOMAS MCGREGOR		DONALD GERARD MCGREGOR		ZACHARIAH SHAWANDA
JACKO, GAIL MARIE	KATHLEEN MARIA MIGWANABI	MCGREGOR, TODD	BEVERLY GAIL NAHWEGAHBOW	SHAWANDA, JACINTA MARIA	DAVID I. SHAWANDA
	CRAIG ANDREW MCGREGOR		RODNEY ALEXANDER NAHWEGAHBOW		ZACHARIAH SHAWANDA
JACKO, SANDY	CARIANNE LYNN AGAWA	MCGREGOR, VALARIE	CAROLINE ANGELA JACKO	SHAWANDA, MARK HILARY	JACINTA M. SHAWANDA
	CARALYN SARAH MCGREGOR		TONI VALRI ANN KITCHEMOKAMAN		MURRAY NEIL MCGREGOR
MCGREGOR, ANITA RUTH	CARALYN SARAH MCGREGOR	NAHWEGAHBOW, BEVERLY	IRIS NANA AMY WABOOSE	SHAWANDA, MARTHA (MARTI)	EMMETT EUGENE PITAWANAKWAT
	KATHLEEN MARIA MIGWANABI		ROSALYN MARA MCGREGOR		VICTOR ROBERT PITAWANAKWAT
MCGREGOR, BRIAN	BRIANNA ELIZABETH MCGREGOR	NAHWEGAHBOW, LEONA	CARALYN SARAH MCGREGOR	STEVENS, MARILYN	CARL DAVID JOSEPH ZIEGLER
	JULIE ANNE WILDER		BEVERLY NAHWEGAHBOW		SUSAN ELLA SUSAN ELLA
MCGREGOR, CARA (CARALYN)	ANITA RUTH MCGREGOR	OSCHE, ESTHER	ANASTASIA CYWINK	STILL, MURRAY	TONI KITCHEMOKAMAN
	ROSALYN MARA MCGREGOR		ROXANNE MARIE JACKO		VALARIE ANN MCGREGOR
MCGREGOR, FRANCIS EUGENE	MARILYN JEAN STEVENS	PELLETIER, GAIL (KIKI)	EMMETT EUGENE PITAWANAKWAT		
	GREGOR DAVID JOSEPH JOCKO		MARY GRACIE MCGREGOR		

Given under my hand at Victoria, British Columbia, this 28<sup>th</sup> day of December 2018.



Lawrence Lewis, Electoral Officer

**For more information please contact:**

**Lawrence Lewis, Electoral Officer**  
Office: (250) 384-8200  
Email: [lawrence@onefeather.ca](mailto:lawrence@onefeather.ca)

**Jaclyn Casler, Deputy Electoral Officer**  
Ph/txt: (250) 213-5247  
Email: [jaclyn@onefeather.ca](mailto:jaclyn@onefeather.ca)

Office: (250) 384-8200 TF: 1-855-458-5888 Fax: 250 384-5416  
PO Box 35008 Hillside, Victoria, BC V8T 5G2

<https://onefeather.ca/nations/whitefishriver>

## Community Energy Advisor - Tania Jacko

Happy New Year Everyone!

The weather outside is frightful and it's mostly because of climate change.

The words climate change are used together so often, it is easy to tune out and not associate it as a local problem for us here in Whitefish River. As climate change continues and its effects grow, it will become more and more difficult to ignore. This past summer we have already seen some of the effects reach close to home with the bush fires in the Parry Sound area and the extended no burn season.

Climate change is occurring because heat gets trapped in the atmosphere by Greenhouse gases. They are called greenhouse gases because they act the same as the roof and walls of a greenhouse. They allow the heat in, but do not allow it to escape, causing an increase in heat which in turn causes our climate to change. The greenhouse gas effect is necessary to keep our planet from freezing, but too much of anything can produce harmful effects. Such is the case with global warming.

Some greenhouse gases include: nitrous oxide, methane, chlorofluorocarbons (CFCs), and water vapour. Some of these gases naturally occur in the environment but the unsustainable amount of emissions is because of humans and their activities. Of all the Greenhouse gases, Carbon Dioxide receives much of the climate change limelight. When animals and humans breathe, we exhale carbon dioxide. Carbon dioxide gets absorbed by the ocean and plants take it in and release oxygen into the air, which we breathe in.

Unfortunately, that is not all there is to the story. The remains of plants and animal get buried deep into the earth and for millions of years. They get heated and pressurized to make oil, coal, and natural gas. We burn fuel for our vehicles, power plants, and anything else that requires energy. That causes the release of excess carbon dioxide into the atmosphere.

Carbon dioxide is really good at holding onto heat. That's why it takes only a small amount of it to warm the earth and the ocean. The ocean is really good at absorbing a lot of the Carbon Dioxide we emit. The increase of carbon dioxide in the ocean is catastrophic for coral and the cute little marine animals that consider coral reefs their home.

This winter you will probably notice extreme cold weather. This is not evidence that global warming is decreasing. The ocean plays a major role in regulating the earth's climate, but the absorption of heat and carbon dioxide disrupt this system by affecting the ocean's currents. That is why in the winter, we experience extreme cold weather.

The increased heat in the atmosphere is increasing the amount of evaporation, thus decreasing the amount of water in the earth's soil. That's why you will notice drier soil in the summer and an extended no burn season. The increase in evaporation also causes an increase of more water vapour in the atmosphere, which needs to be released at some point. It usually gets released all at once and flash flooding occurs.


The good news is that we determine the outcome of global warming, but we have to act now. For more information about what we can do as individuals and as a community, come visit the Community Energy Program Information Booth at the Annual WRFN Winter Carnival.

If you have any questions or ideas that Whitefish River may be able to pursue in the Energy Sector please feel free to contact me at (705) 285 – 4335 or by email at [energyadvisor@whitefishriver.ca](mailto:energyadvisor@whitefishriver.ca), or stop by the administrative office. You can also ask your Community Energy Committee members.


Remember to turn off the lights when you leave a room that is not in use.

**Gii Waabmin Miinwaa!**

# SAVE BIG WITH THESE ELECTRICITY SAVING TIPS




- SMALLER APPLIANCES USE LESS ELECTRICITY. TRY TO USE A TOASTER OVEN OR A MICROWAVE INSTEAD OF A STOVE WHENEVER POSSIBLE.**
- UPGRADE THE LIGHTING IN YOUR HOME TO LED'S**
- ELIMINATE ENERGY CONSUMPTION BY MINIMIZING PHANTOM POWER. APPLIANCES AND ELECTRONICS STILL USE ELECTRICITY WHEN PLUGGED IN AND TURNED OFF. TRY UNPLUGGING THEM WHEN THEY ARE NOT IN USE**
- KNOW WHAT YOU WANT IN THE FRIDGE BEFORE YOU OPEN THE DOOR INSTEAD OF TRYING TO DECIDE WHILE KEEPING THE DOOR OPEN**
- ENGAGE IN OUTDOOR ACTIVITIES THAT DO NOT REQUIRE ELECTRICITY**
- TRY TO USE AS LITTLE WATER AS POSSIBLE**
- TURN OFF THE LIGHTS WHEN LEAVING A ROOM**
- USE A CLOTHESLINE OR DRYING RACK INSTEAD OF A DRYER**
- LOOK FOR THE ENERGY STAR LABEL WHEN BUYING APPLIANCES**
- MINIMIZE CELLPHONE USE. CELLPHONE BATTERIES REQUIRE ELECTRICAL CHARGE**




# JANUARY 19, 2019 MONTHLY EARTH HOUR

WHITEFISH RIVER FIRST NATION IS  
ENCOURAGING YOU TO REDUCE  
YOUR ENERGY CONSUMPTION



**ON THE THIRD SATURDAY OF EVERY MONTH, PARTICIPATE IN  
A COMMUNITY WIDE EARTH HOUR. BEGINNING AT 8:30 PM  
USE AS LITTLE ELECTRICITY AS POSSIBLE TO DEMONSTRATE  
YOUR COMMITMENT TO SHKAKAMIK KWE**



FOR MORE INFORMATION CONTACT:  
**TANIA JACKO, COMMUNITY ENERGY ADVISOR**

## Whitefish River Warriors Bingo Canteen Schedule

Peewee Boys: December 10 & 13 (15th cancelled)  
 Bantam Girls: December 17 & 20 (22nd cancelled)  
 Tykes: January 3 & 5 (December 31st cancelled)  
 Novice: January 7, 10 & 12  
 Atoms: January 14, 17 & 19  
 Novice: January 21, 24 & 26  
 Bantam Boys: January 28 & 31 & February 2  
 Peewee Boys: February 4 & 7 (9th cancelled)  
 Atoms: February 11, 14 & 16  
 Tykes: February 18, 21 & 23  
 Midgets: February 25 & 28, March 2  
 Bantam Boys: March 4, 7 & 9



### Contacts

Tyke: Amelia McGregor  
 Novice: Richard Shawanda  
 Atoms: Andy Recollet  
 Peewee Boys: Rosalyn McGregor  
 Bantam Boys: Lisa Gardner  
 Bantam Girls: Kathleen Migwanabi  
 Midgets: Paul McGregor

### WRFN Warrior Parents & Guardians:

**Please contact your Team  
Managers ASAP regarding  
Canteen Schedule  
and Donations.**

**Chi-Miigwetch**

## Waste Management Action Plan Coordinator Crystal McGregor

Greetings and Happy New Year!!!

It has been some great learning here in Waste Management over the past few months since I began my contact. In late November I had the opportunity to visit local recycling plants in Sudbury and our current provider Municipal Waste Recycling Centre out of Blind River. It was nice to visit the plants and see firsthand the operations with some helpful staff answering my questions as we toured the facility. This month's issue I will be focusing on the recycling process as this is also a part of my learning path with a recycling course that I am taking. This attached diagram below shows the path of recycling.

Once the recycled product leaves your household it goes to the recycling bins at the local landfill, from there it goes to the MWRC mentioned above, a secondary sort is performed to sort the comingled materials, these are then sold to buys as raw materials to make new products.

Recycling can be a complex process once it has left your household, the main reason is the buying market. In January 2018 the main buyer of plastics around the globe was China and their buying has dramatically reduced and caused some backlog of recycled plastics. China's new demand that recycled plastics must have 0.5% contamination has made it increasingly difficult for sellers. There is no easy answer to recycling, especially plastics. As there is no federal or provincial legislation that defines what can be recycled, we can all do our best to help keep our plastic recycling clean by rinsing or washing away residue from the packaging. To date our Municipal Recycling Facility is experiencing this difficulty of selling plastics to the market. It is also important to note that each First Nation or Municipality chooses what they will recycle. Example would be Whitefish River recycles plastics 1 -6, the next communi-

ty may eliminate and recycle only 1, 2 & 6. Either could change at any time due to the market demand and it is encouraged not to include Styrofoam in your recyclables. Until there becomes standards across the board we can all do our best to recycle. I have developed some recycling information sheets that will be available at the January 19, 2019 recycling information sharing that will give you a better understanding of "what can I and what can't I recycle".

In the coming months as the waste management action plan moves forward there will be a survey to gather findings on the landfill operations and recycling. Many factors to consider when thinking of how we want our future landfill and recycling facilities to operate. As mentioned in the Monster Garage sections of the Rezound It is not feasible to operate the landfill as it currently sits, as with most federally funded services there is simply not enough funding to sustain the service. I have been fortunate enough to go along on the garbage dumps runs and see firsthand the operations and provide general and statistical information to WSP the contractor for the waste management study.

Watch for more information on the recycling information session and adult clothing swap coming on:

**Saturday, January 19, 2019  
10:00 am – 2:00 pm.**

- Don't forget to always rinse or wash away residue on plastics and aluminum/metal cans
- And remember your feast bundles when attending community events.

Should you have any questions or concerns please feel free to contact me at: [crystalmcgregor@whitefishriver.ca](mailto:crystalmcgregor@whitefishriver.ca) 705-285-4335 ext. 221

# Adult Clothing Swap

Recycle, Reduce, and Reuse-Day

Learn more about:

- ★ composting
- ★ recycling
- ★ reducing your electricity consumption

January 19, 2019  
10:00 am - 2:00 pm  
Community Centre

Door Prizes & Lunch

Call Crystal at (705) 285-4335 ext. 221 to register for the clothing swap



### Monster Garage Plant Manager - Murray McGregor Jr.

2019 is finally here, and what a past year we've had! The integration of the Resource Center and Library, the start of construction for the New Daycare, the start of the Solid Waste Study and the final component to upgrading of our water treatment and distribution system, the new Elevated Storage Reservoir.

This by no means is the end of upgrading the distribution system. The lower bowl of the community had some water mains installed in the seventies, and this is old duct tile iron mains. The next phase is to do an investigation on the state of these water mains and if required look at starting a plan of replacement.

This year we have also had some changes to the WRFN fleet which included upgrades to the housing truck which was scheduled for replacement and the upgrades and additions to the Health fleet. WRFN now boasts 25 vehicles in the fleet, all these upgrades are the result of planning and from seeking funding for equipment to run programs and to deliver services.

With the mild El-Niño winter predicted for this year, it has its challenges to public works and infrastructure. With the changing of temperatures from freezing cold to above 0° temperatures the public roads become slippery and at times unsafe for travel. The public needs to keep aware of the changes and be patient, public works does monitor the roads regularly especially when changes to weather is predicted.

Posted in last month's Rezound was the Christmas on-call schedule for the public works crew. These guys work throughout the holidays and every weekend during the winter to ensure services are delivered throughout the community and our water plant is operating properly for all our safety. If you see them on the road give them a wave and maybe say Miigwetch as not everyone gets a break.

If you have any questions or concerns regarding this report do not hesitate to contact my office or drop a line at [publicworks@whitefishriver.ca](mailto:publicworks@whitefishriver.ca)



## WARNING

The Whitefish River First Nation Public Works is issuing a warning to the general public who operate all terrain vehicles (ATVs) and snow machines.

These people need to **STAY OFF** the public building properties especially the areas where septic field beds are located as this type of activity can cause the systems to freeze and fail.

**Be advised to also stay off the ballfield and soccer fields.** Driving on these areas can cause considerable damage, and much time and resources have been spent keeping our grounds nice and neat for the students and general public to use in the summer seasons.

The UCCMM police have been notified and are monitoring these actions. If you are caught you could be charged with mischief and could be liable for the damages caused by your actions.

**Miigwetch.**

#### Whitefish River First Nation Public Works Surplus Vehicle Sale by Sealed Bid

Whitefish River First Nation Public Works is soliciting sealed bids for the following surplus vehicle.

- 1. 2009 Chevrolet Tahoe. V8 gas engine, approximately 325,000 kms.



Sealed bid must be received by **Whitefish River First Nation Public Works Department, PO Box 188, Birch Island, ON, POP 1A0 by Friday January 11th, 2019 at 3:00PM.** The bids will be reviewed and awarded the following week. The vehicle will be sold "as is". Whitefish River First Nation reserves the right to reject any bid and all bids. The successful awarded bidder will be required to take possession of the vehicle within 5 business days of the award. Certified bank cheque is required to take immediate possession of the equipment.

#### Bid for Equipment

#### 2009 Chevrolet Tahoe

Name Of Bidder: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town/Postal code: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Bid Amount: \$ \_\_\_\_\_

Bids must be received by the **Whitefish River Administration Office, PO Box 188, 17A Rainbow Ridge Road, Birch Island, ON, POP 1A0 by 3:00 PM, Friday January 11th, 2019.** A tie between the highest bids will be determined by the date of bids received or if need be, a resubmission between the highest bids.

Enclose this form in a sealed envelope clearly marked "Vehicle Bid". Bid forms available at **WRFN Administration Office Reception.** Contact Murray McGregor Jr. for more information at (705)285-4335 OR [publicworks@whitefishriver.ca](mailto:publicworks@whitefishriver.ca).

#### Employment Opportunities

The McGregor Bay Association is looking for anyone with a skill or talent that would like to offer their services to Bay Residents.

A list of interested Whitefish River First Nation Workers will be included in the Winter Bay's Newsletter.

If you clean houses, paint buildings, garden, build docks, decks, babysit, cater meals or can provide any services, please submit your name, contact information and area of skill to Whitefish River First Nation Administration Office at 705-285-4335.

## Pet Care & Tips



Meow Everyone!

I hope everyone had a nice Christmas and New Year's, and that Santa was good to you all. It took me awhile to get into the Christmas spirit, but the cats and I ended up celebrating. Now we have to wait until the cold winter is over to start thinking of spring. I can't wait. My cats are really putting on their winter fat now, but come spring and after being outside they will run it off. I wish I could do that and maybe I will try. Even the birds outside have been eating a lot of seed. It must keep them warm as it is hard for them to find food this time of year. I remember we used to be outside almost every day skating during daylight and sometimes even into the night time. We got used to seeing in the dark and if the moon was out it was even better. We would also go sliding all the time. Nowadays the norm is sitting inside looking at the computer and gadgets. Back then, there was no such thing, as TV was only for the ones who could afford it. Also there was no running water, no indoor bathrooms and heating was mostly wood. The only places that had special heating was the school and church on top of the hill. It had a big oil stove and the church also had an oil furnace in my day, but before that I'm told it was heated with wood. The old Shawanosowe School used to be heated with coal, but it was nice and warm as I remember. The older boys would help the teacher put coal in the big furnace in the basement if it started to get cold in the classroom. It was one room classroom back then, not like what it is now.

### Some Cat Facts:

- Socks was a stray cat adopted by the family of President Bill Clinton and named by his daughter Chelsea.
- Cats respond more to names that end with an "ee" sound.
- The Russian Blue (like my Luka) is also called the Archangel Blue after the port town of Arkhangelsk, Russian, where the breed originates. They are highly intelligent with a unique silver-blue coat.
- In some cultures, calico cats are supposed to bring good luck, especially luck to do with money.

Well, that is it for another month. The cats and I would like to wish all the people celebrating birthdays and anniversaries this month, good health for many more years to come. Remember to get you cats or dogs fixed to help keep the pet population down in our community. Remember to visit our elderly, shut-ins and the ones not feeling well as I am sure a short visit will cheer them up. Until then take care.

She-Pet Elizabeth, Empress Farrah and Webby Debby.

(The girl cats).

Luka, BJ, Francis, Tinker and Fabio and Tom.

(The boys cats)

And me the Big Cat,

**Dennis L. McGregor**



## Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

Happy New Year!! The beginning of a New Year and a chance to reflect on the year that has passed. Over the last year, I have reported monthly the bigger issues that we have worked on in the community. But at a glance, a great deal has occurred in the last year which includes;

- a) New Elevated Storage Reservoir Construction Completed
- b) Work on the Land Claim Trust process
- c) Work on Land Claim Process
- d) New Daycare Project under Construction
- e) Our Community Wellbeing work - ceremonies
- f) Landfill Site Assessment Project
- g) Renovations to Library
- h) Renovations to Community Gymnasium
- i) Host UOI Grand Council Assembly
- j) Implementing our Election Code
- k) Implementing our Task Force on Cannabis
- l) Celebrations big and small

This year, we have had amazing turnout at many of our community celebrations and we did have many community events every month. It is so nice to see so many of our citizens engaged and attending the events. Thank you to everyone that attended our community events

We are excited to announce the contract signing to begin the construction work on our new Daycare. The Project construction value was approved at \$1.39 Million dollars. J.S. Morgan is the contractor for this fantastic project. If you are at Shawanosowe School, you will see the project under construction. This project would not be possible with a portion of funding that comes from Jordon's Principle. We have applied for support under this umbrella to;

- 1. Support EA's for our students in Espanola
- 2. Daycare Construction
- 3. School bus at Shawanosowe School.

Without this, we simply would not qualify for funding from the Federal or Provincial Government programs. Luckily, the Federal Government has worked with First Nations to make this resourcing available for the very projects we have benefited from. We are fortunate to have been successful in securing these resources to strengthen the efforts to help improve our community. I am thankful these resources have been made available.

We are very excited to announce that our new Elevated Storage Reservoir is completed and now operational. The Grand Opening for the new \$3.5 Million dollar project was a success. The community will have a steady supply of water for the next 50 years. By the time we have the grand opening, the old Stand pipe will be in the process of removal. We hope that you are as proud as we are of this important project. The accent lighting does shine brightly for us, and I have

had many positive responses to the lighting scheme.

We are happy to announcing funding in the amount of \$183,000.00 to complete our Landfill Site Assessment. Our landfill site is rapidly approaching its design life. In anticipation of this, Council is taking the proactive approach to seek your input to find alternatives to the current landfilling process. We have retained WSP Engineers and Planners to carry out the study with in conjunction with our Public Works Department.

We are also pleased to announce the renovations to the Library are near completion. This \$85,000.00 renovation will brighten the library and also make the space functional for a resource Centre. In the New Year, we will schedule a celebration for this important work tied to education.

We are also thrilled to announce the completion of the renovations and upgrade in equipment (\$35,000.00) for our community work out space. Since the commissioning of the new Water Treatment Plant, we have made very good use of this former plant to be used as a gymnasium so we can improve our overall health and well-being.

Council has also identified our task force as well as the time we will need to continue our community discussion on Cannabis. The task force will be meeting on December 14th for their first meeting. We as Council committed to engagement and we are very pleased to have these dates provided as we continue our journey. We look forward to your participation.

To start off the 2019, there will be a fireworks display on Dec 31st. We will start the year with a bang. On January 6th, the Kings Day Feast and Baby Welcoming ceremonies will be held by Chief and Council. Finally, on

January 9th, the Honourable Minister Jane Philpott will visit our beautiful community. Stay tuned for more information on these upcoming events on our social media.

As we close out our mandate Chief and Council was very consistent with our focus on;

- 1) Community Wellness
- 2) Education
- 3) Economic Development

We have been unwavering in our efforts to move forward on wellness. When you look around our beautiful community, you can see that we are making very good progress. We can't rest on our past successes, a lot of great opportunities remains to be brought forward. Our best is yet to come.

*On behalf of Council, we wish all our citizens, a very Happy New Year and bright and prosperous 2019!*

Whitefish River First Nation Annual

# KINGS DAY

# Feast

*Please join as we Celebrate the beginning of a New Year!*

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JAN. 6 2019


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WRFN Community Centre

5:00 PM  
COMMUNITY POTLUCK

PLEASE BRING YOUR FAVOURITE DISH  
TO SHARE  
and your feast bundles

*For more information questions contact the Administration Office at 705-285-4335 or the Health Office at 705-285-4354*

[www.wrfn.com](http://www.wrfn.com)

ADMINISTRATION OFFICE: (705)-285-4335		
NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	franklinp@whitefishriver.ca
Art Jacko	Band Manager	ajacko@whitefishriver.ca
Leslie Recollet	Executive Assistant/Council Clerk	lrecollet@whitefishriver.ca
Esther Osche	Trust Coordinator	eosche@whitefishriver.ca
Diane Gaudette	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
Jacinta Shawanda	Education Manager	jshawanda@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Zach Shawanda	Finance Assistant	zshawanda@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Landrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Manager/IRA	kathleenm@whitefishriver.ca
Keith Nahwegahbow	Lands Assistant	keithn@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
To be determined	Economic Development Officer	To be determined
Tania Jacko	Community Energy Advisor	energyadvisor@whitefishriver.ca
Raymond Francis	Band Representative	rayf@whitefishriver.ca
Stephen McGregor	Consultation Coordinator	stephenm@whitefishriver.ca
Crystal McGregor	Waste Management Action Plan Coordinator	crystalmcgregor@whitefishriver.ca
Tammy Nahwegahbow	Rezound Editor	rezoundeditor@whitefishriver.ca
HEALTH CENTRE: (705)-285-4354		
Leslie McGregor	Health & Social Services Manager	lmcgregor@whitefishriver.ca
Cathy McGregor	Health Centre Receptionist	healthreception@whitefishriver.ca
Doreen Jacko	Community Health Representative	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker - NNADAP	gennyj@whitefishriver.ca
Michael Aelick	Mental Health & Addictions Worker - NNADAP	maelick@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Community Mentor (Right to Play)	righttoplay@whitefishriver.ca
Arlene Pitawanakwat	Child & Family Well Being Coordinator	arlenep@whitefishriver.ca
Shawnessy Jacko	Family Well-Being Coordinator	shawnaj@whitefishriver.ca
Courtney Landrie	Early Learning Coordinator	courtneyl@whitefishriver.ca
Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
Winnie Paibomsai	Food Security Assistant	wpaibomsai@whitefishriver.ca
Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca
SHAWANOSOWE SCHOOL: (705)-285-1311		
Daniel Stargratt	School Principal	principal@shawanosowe.ca
Cara McGregor	Administrative Assistant	admin@shawanosowe.ca
Paula Kakekagumik	Grade 5-6 Teacher	pkakekagumik@shawanosowe.ca
Rick Legrow	Grade 3-4 Teacher	rlegrow@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Victoria Meuleman	JK/SK Teacher	vmuleman@shawanosowe.ca
Sarah Oliver	Special Education Resource Teacher	soliver@shawanosowe.ca
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	bnahwegahbow@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
Jessica Reynish	Education Assistant	jreynish@shawanosowe.ca
Danielle Caicco	Education Assistant	dcaicco@shawanosowe.ca
Nicholas Francis	Education Assistant	nfrancis@shawanosowe.ca
Georgie Eccleston	Education Assistant	geccleston@shawanosowe.ca
Danette McGregor	Native Language Teacher	dmcgregor@shawanosowe.ca
MAAMWE KENDAASING CHILD CARE CENTRE: (705)-285-7777		
Cheryl Shawanda	Supervisor/Educator	daycare@whitefishriver.ca
Dolores Pitawanakwat	Pre-school Educator	doloresp@whitefishriver.ca
Jo-Ann Recollet	School/Cultural Educator	joanner@whitefishriver.ca
Cindy Tarr	Toddler Educator	cindyt@whitefishriver.ca
Blanch Recollet	Cook	blancher@whitefishriver.ca
LIBRARY: (705)-285-1888		
Evelyn Jacko	Librarian	evelynj@whitefishriver.ca

January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WRFN Holiday Closure Offices reopen January 7 <sup>th</sup> , 2019		<b>1</b> New Year's Breakfast Community Centre 9AM-11AM	<b>2</b> Skating Party 6:30PM-9PM 7 Fires Youth & Elders Centre	<b>3</b> BINGO	<b>4</b>	<b>5</b> BINGO
<b>6</b> Rekindling our Fire 11AM-2PM Ball Field  King's Day Feast & Baby Welcoming *Cannabis Conference Video Presentation "Ayaan-gwaa-mizid-daa" "Lef's be careful"  AA Meeting	<b>7</b> BINGO	<b>8</b> Elders Centre Soup & Sandwich Movie/Popcorn 1PM-3PM	<b>9</b> Elders Centre Crafts 1PM-3PM	<b>10</b> Elders Centre MOW's & Cribbage/Euchre 1PM-3PM  Anishinaabemowin 6:30-8PM 7 Fires Centre  BINGO	<b>11</b> Elders Centre Social Tea/Coffee 1PM-3PM	<b>12</b> BINGO
<b>13</b> AA Meeting	<b>14</b> Elders Centre Social Tea / Coffee  BINGO	<b>15</b> Elders Centre Crafts 1PM-3PM  Membership Information Session 5PM-8PM Comm. Centre  Regular Chief & Council Meeting	<b>16</b> Elders Centre Elder's Prize Bingo 1:30PM-3PM  New Housing & Builds Planning Session 6PM-8PM Council Chambers	<b>17</b> Elders Centre MOW's & Board Games 1PM-3PM  Anishinaabemowin 6:30-8PM 7 Fires Centre  BINGO	<b>18</b> Elders Centre Crafts 1PM-3PM  Maple Syrup Seminar 10am-3pm Comm. Centre	<b>19</b> Clothing Swap 10AM-2PM   WRFN Monthly Earth Hour 8:30 PM  BINGO
<b>20</b> Rekindling our Fire 11AM-2PM Ball Field  AA Meeting	<b>21</b> Elders Centre Social Tea / Coffee  BINGO	<b>22</b> Elders Centre Soup & Sandwich Cribbage/Euchre 1PM-3PM	<b>23</b> Elders Centre Baking Pies 1PM-3PM  Consultation Information Session 5:30PM - 8PM Comm. Centre	<b>24</b> Elders Centre MOW's & Games/Puzzles 1PM-3PM  Anishinaabemowin 6:30-8PM 7 Fires Centre  BINGO	<b>25</b> Elders Centre Drop In 1PM-3PM	<b>26</b> Traditional Parenting 10AM-3PM 7 Fires Youth & Elders Centre  BINGO
<b>27</b> Traditional Parenting 10AM-3PM 7 Fires Youth & Elders Centre  AA Meeting	<b>28</b> BINGO	<b>29</b> Elders Centre Soup & Sandwich Crafts 1PM-3PM  Working Chief & Council Meeting	<b>30</b> Elders Centre Movie/Popcorn 1PM-3PM  Game Night 5:30PM-7PM 7 Fires Youth & Elders Centre	<b>31</b> Elders Centre MOW's & Cribbage/Euchre 1PM-3PM  Anishinaabemowin 6:30-8PM 7 Fires Centre  \$ CHI-BINGO \$	Community Calendar 	

### Birthday & Holiday Wishes!

Happy Birthday to our Dad, Calvin on January 5th! Love, Quintin, Aurora & Leonidas	to "Piiniis", My awesome niece, a great friend, we love you, hope all your dreams come true this year. Louanne, Dryden and Mason	Happy Birthday to our daughter Cara on January 15th! Hope your day is as awesome as you! Love Mom & Brian	Belated New Year's wishes to the Community of WRFN! Marj & family	Happy Birthday to: Auntie Tracy on Jan 31st and Cal on Jan 5th XOXO Nicole & Braxton, Sydney, Damon, Mikey, K.C. & Austin
Happy Birthday to our Mom, Tracy on January 31st Love, Quintin, Aurora & Leonidas	Happy Birthday to Tracy, hope your 2019 brings the best for you, you deserve it, a good mother, friend, support. Louanne, Dryden and Mason	Happy Birthday to our youngest daughter Clarissa Jane Andrews, who was born on January 5th, 1982. Lots of love & many best wishes for a good year! Love you! Mom, Dad (Mr. & Mrs. Muzz) & the pet family	Happy Birthday to my son Derek on January 10th! Love Mom	Happy Birthday to Sista Tray-C on Jan 31st XOXO Katt n Craig,
Happy Birthday to the best Mom in the whole wide world! Love you, Hachi	Happy New Year to All! May you be blessed with good fortune and happy times. Best Wishes All!! Louanne, Dryden and Mason	Happy Birthday Piniis aka Jessica, the apple of Grandma's eye! Love you from Grandma, Grandpa, Auntie Munjo, Tenzing, Winston & Sierra	Birthday wishes to: My brother Cash on January 3rd My son Chico who turns 24, on January 7th My Grandson Liam who turns 3 on January 24th Love Va, Steve & Kiara	Happy Birthday to: Cal on Jan 5th Clarissa on Jan 5th Uncle Bon on Jan 26th Jessica on Jan 31st From Katt n Craig, Syd, K.C., Nicole, Braxton & Braelyn
To all WRFN Community Members and their Families. May the peace and joy of the Christmas season remain in your hearts and homes throughout the year. Best wishes for a Happy & Blessed New Year! Pauline & Ed	Happy Birthday to our baby boy Leo who turns 6 on January 14th! Have a terrific year. Love Mom and Dad	Happy Birthday to my son Calvin on January 5th Love Mom	Belated Birthday wishes to: My nephew Anthony McGregor on December 4th My niece Victoria, a Happy Merry Christmas Birthday! Love Va Steve, Kiara & Chico	
Happy Birthday to my wonderful sister Clarissa on January 5th. From Peanut, Dryden and Mason!! Love you to the moon and back!!	Happy 6th birthday to our little brother Leo Love Aurora and Quintin	Happy Birthday to my Grandson Leo on January 14th Love Grandma	Happy Birthday to Sista Trace on January 31st Love Katt, Pat, Dan & Trace	
To the "Mad Dog" Happy Birthday!! Peanut, Dryden and Mason	Happy Birthday to Dolores on January 26th! Love Bully, Marj & family	Happy Birthday to my Grandson Leo on January 14th Love Grandma	Happy Birthday to 300 on January 14th AROO AROO! Pat & Mike	
Belated wishes to my Family & Friends a very Merry Christmas & a Happy New Year! Love Va, Steve, Kiara & Chico Happy Birthday on January 31st	Happy 6th Birthday to Leonidas on Jan 14th, XOXO Auntie Katt, Craig, Sydney & K.C.	Happy Birthday on January 13th to Kylie, the most awesome girl in Birch Island! Love Mommy & Papa	Happy 6th Birthday to Leo on Jan 14th, XOXO Nicole, Braxton & Braelyn	Happy 18th Birthday to our daughter Alex on January 2! Love Mom & Dad