



THE REZOUND

Ojibways of Whitefish River First Nation

October 2016
Binaakwii Giizis

Community Engagement Session - MTO



One of the three discussion groups at the Ministry of Transportation community engagement session at the WRFN community centre. Each group listed their concerns and suggestions to correct the issues.

On Sept. 28, representatives from the Ministry of Transportation visited WRFN. Three sessions were held: Shawanosowe School, Seven Fires Youth and Elders Centre and the community centre.

The representatives listened to the concerns from WRFN citizens about the safety of the highway 6 portion that comes through our community.

Highway speed, difficulty when crossing, visibility when crossing, seasonal traffic patterns and parking along the highway were some of the many concerns.

Some suggestions to correct these issues were: rumble strips, reduce the highway speed, roundabouts, gateways, variable message signs, amber flashers and better snow removal.

Fifth Annual Bobcat Run

This year marks the fifth annual Bobcat Run for Shawanosowe School. The run will be held on Oct. 13.

Participants will walk the courses at 9:30 A.M. with the first races beginning at 10:00 A.M. A bobkitten run is also on the agenda beginning at 9:45 A.M.

This year there are 14 divisions, each female and male from the ages of 6-12 have their own division. In addition, two divisions for 13+ year old boys and girls. Medals and team awards will be awarded after the final race.

New this year is the Team Spirit trophy and banner. This will be awarded to the school who demonstrates the

most support for their runners and good sportsmanship skills throughout the day.

UCCM Police will be on hand to mark off the route for the runners. We want all runners to be safe while participating in the Bobcat Run.

During the run, Maple Heights Rd., Rainbow Ridge Rd. and Ogimaa Wabakekik Rd. may be unavailable for use during races. Please take this into consideration and make arrangements for that day.

Good luck to all those participating from Shawanosowe School! Go Bobcats!



Around the Community



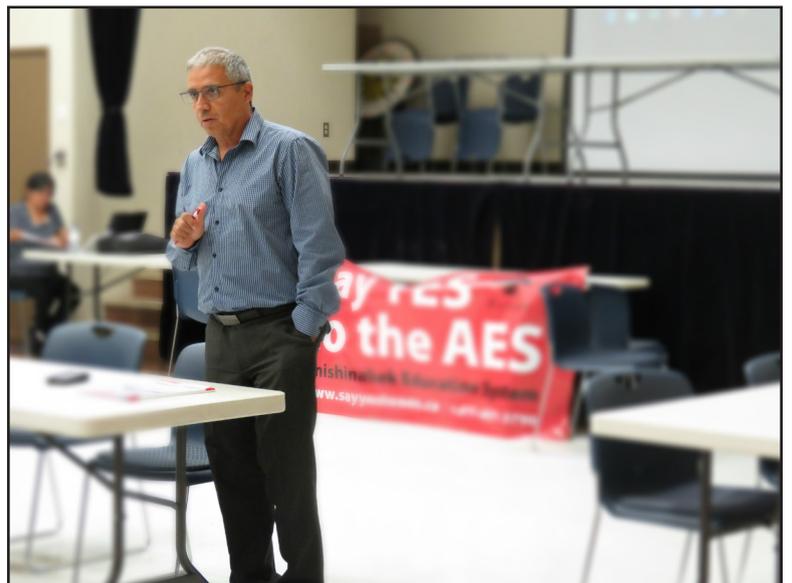
The Elders group held their annual pig roast at Rainbow Lodge on Sept. . Community members Val Boyter and Joyce McGregor watch the cook carve up the meat for their meal.



On Sept.22, Mnaamodzawin Health Services launched their hypertension management program. They discussed healthy eating, menu planning, exercise strategies and blood pressure measurements.



The audit presentation by BDO Canada took place on Sept. 15. Community members had the opportunity to ask questions during the presentation.



Chief Franklin greeted community members at the AES information session on Sept. 20 at the community centre.



Community Announcements

Happy Birthday to our mom, Karen, on Oct. 23!
We hope your day is fabulous!
 Love, Brianna & Johnny

Happy Birthday to my grandma, Karen, on Oct. 23. I hope papa spoils you!
 Lots of love, Izzy

Happy Anniversary to my parents, Brian and Karen, on Oct. 7th. Love, Brianna, Johnny & Isla

Happy 1st Anniversary Mike n Tah on Oct. 10th.
 XO XO Craig, Katt and family

Happy Birthday Wishes to our cousins:
Damon on October 2nd
Tahnee on Oct 19th,
Carrie and V-A on Oct. 31st!
Luv Nicole, Braxton, Braelyn, Sydney, and K.C.

Happy Birthday Wishes to:
Damon on Oct. 2nd,
Tahnee on Oct 19th
Carrie and V-A. on Oct 31st! Hope you gals have a spook-tuclar day!
And to my godmother Lulubelle on October 31st
From Katt n Craig




CMHC and WHITEFISH RIVER FIRST NATION INVITE YOU TO ATTEND

A Basic Home Maintenance and HRV Maintenance workshop

DATE & TIME:
 October 18 from 5pm to 9pm Basic Home Maintenance
 October 19 from 5pm to 9pm HRV Maintenance
 A light meal will be served.

LOCATION:
 Whitefish River First Nation Community Centre,
 6 Rainbow Valley Road,
 Birch Island.

RSVP: by Friday, October 14, 2016 at 12:00 pm
 Doors will still be open if you did not register by Oct 14, but please try to RSVP to Georgina Recollet for catering purposes.
 Phone: 705-285-4334 x 214
GeorginaR@whitefishriver.ca

TRAINER: Keith Maracle, KLM Enterprises



Keith Maracle is a consultant and trainer with over 30 years of experience in the housing industry. Keith is one of the founding members of the Ontario Indian Inspector Unit. He provides training for First Nations on many housing related workshops such as CMHC's Builders Series.

Learn About:

- How to identify and deal with day-to-day home repairs
- Propane Heating and Maintenance
- How to prevent mold from becoming a major problem
- How Ventilation controls moisture and helps maintain good indoor air Quality
- How HRV's work – their function and purpose
- How to maintain the HRV and Balance HRV's
- Effect of irritants and pollutants on your health

Attendees are responsible for their travel costs/accommodation to attend the workshop.




Canada 

Garden Committee Meeting

Tuesday October 4th, 2016

Health Center

6 p.m.—7p.m.

Calling all community members! Come on out to meet your garden team and share your ideas for the Community Garden! Light snacks and refreshments provided.

The Garden Committee will meet the **first Tuesday of the month.**

For more information contact Gail Jacko or Tyler Agawa at the Health Centre (705) 285 4354







Why Ban Bottled Water?

Here are some facts that highlight why banning water is an environmental and social justice issue.

- In Toronto, they toss 100 million plastic bottles per year (the City of Toronto is considering a ban of water bottles in their offices because of the waste).
- Two of the largest bottle water sellers, Coca-Cola and Pepsi, use municipal water (e.g. Dasani and Aquafina). The unprecedented demand for their products increases demand for public water, which they purchase at a substantially lower price than households are asked to pay. Experts speculate that if the trend for bottle water consumption continues, it could lead to the privatization of municipal water supplies.
- 17 million barrels of oil are used in the production of water bottles yearly - enough to fuel 1 million cars for a year.
- It takes 3 times the amount of water to produce the bottle as it does to fill it.
- Only 1 in 5 water bottles are recycled - the other

4 contribute to 3 billion pounds of waste, most of which is sent overseas (e.g. India) for downcycling (recycled to cheaper plastic which ends up in landfills); a small percentage of water bottles are incinerated (contributing to air pollution).

- Between 2003 and 2006, the federal government spend \$8.6 million to provide bottled water in public buildings, even though good clean tap water was readily available - this money could be used to support other social programs.



Website Survey Results

Brianna McGregor, Communications

The results are in! The people of Whitefish River have spoken!

Most of those who took the time to complete the survey agree that our current website is very outdated.

Many are frustrated they cannot access the website on their handheld devices. Most of the participants of the survey use a handheld device as their primary source to access the Internet.

Participants want to see more information on the website. Some suggestions are to have forms accessible by login, drop box for resumes, department summaries, calendar of events and staff photos.

We will be launching a new website. This new website will be modern, mobile-friendly and easy to use.

We will be incorporating some of the suggestions from the surveys. The new website will be launched in the coming weeks.

Everyone that participated was entered into a draw for three \$50.00 gift cards. Our receptionist, Diane, drew three names on Sept. 30. Congratulations to Beverly Paibomsai, Brian McGregor and Lisa Cywink!

Miigwetch to everyone that took time to participate in the website survey! Be sure to watch for an announcement regarding the official launch date of the website!



Education Department

Vanessa McGregor, Interim Education Manager



As Fall arrives and the leaves begin to change colour, the WRFN Education Department is well into another academic year.

I would like to extend a warm welcome back to the principal, teachers, educational assistants, parents, volunteers and most importantly, the students! It is great to see all the students returning to school.

As we are only a few weeks into the academic year, I would like to take this opportunity to state a few reminders for all students/parents/guardians.

POST-SECONDARY STUDENTS

- Please ensure that you are keeping the Education Department up-to-date. Any changes to your academic plan must be reported to the Education Department as quickly as possible.

- It is also important to keep your contact information current as well. Please notify the Education Department of any changes to email, address or phone number.

- The Post-Secondary Education Policy was updated in March 2016 and a hardcopy was sent out with your sponsorship letters. Please review this policy to ensure you are up-to-date and if there are any questions, please notify the Education Department.

ELEMENTARY & HIGH SCHOOL STUDENTS

- Please inform the bus drivers of any changes to your pick-up and drop-off schedules. This is very important as we do not want anyone to miss the bus.

- Please remember to sign up for the late bus run at your respective main office if you are going to be participating in any after school programs.

- We are very fortunate to have our own buses with very gracious drivers. Please respect these drivers as they are responsible for your safety. Disruptive behaviour will be reported to the Education Department.

- To avoid potential choking hazards, there is no eating or drinking on the bus.

- Please be at your respective bus stops a few minutes early. Students should be waiting outside and be prepared to board the bus as soon as it comes to a safe stop. This ensures that the bus is kept on schedule.

COMMUNITY MEMBERS

- Drivers, please watch out for our students. Slow down when driving by them and if possible, give them a wide berth.

- Drivers travelling in both directions must stop for a stopped school bus with its upper red lights flashing **

- When you approach the bus from the front, stop at a safe distance to let children get on or off the bus and cross the road**

- Do not move forward until the red lights have stopped flashing or the bus begins to move**

**Taken from Ontario Ministry of Transportation – When Driving on a Road WITHOUT a Median

If you have any questions or concerns there are various ways to connect with the Education Department. Email: education@whitefishriver.ca, phone: 705-285-4335 ext. 218 or stop by Office 131 in the Administration Office.



Message from Chief Shining Turtle Sturgeon Clan, Ojibway Nation

The Anishinabek Education System (AES)

Whitefish River is a proud member of the Union of Ontario Indians. The Union of Ontario Indians has been working on the restoration of jurisdiction since 1995.

In that year, the Chiefs of the Union of Ontario Indians approved a resolution for negotiations on Education.

In 2002, the Chiefs in Assembly approved an agreement in principle for Education. Since 2002, until 2015 the details of the agreement were worked on by Canada and the Anishinabek Nation.

In November 2015, the Anishinabek Nation started a process of community approval for the Anishinabek Education System (AES).

Chief and Council have supported this process since 1995 and have shared the content of the agreement at 3 sessions with citizens of Whitefish River in preparation for a vote to be held in November 2016 on the AES.

The key elements of the Anishinabek Education System include:

1. Participating First Nation control of Education from K-12 on reserve.
2. Promote Anishinaabe customs and language.
3. Anishinaabe education standards recognized for easy transition of students between schools.
4. New central Education Body
5. Support funding continues for post-secondary students.

Please take some time to visit the Union of Ontario Indians website to get more information on the Anishinabek Education System. There will be continued community dialogue up to the voting period on the AES.

We held our annual community meeting for the Audit

presentation for the fiscal year 2015/16.

The independent opinion of the auditor is that the consolidated financial statements present fairly, in all material respect, the consolidated financial position as of March 31, 2016 and the consolidated results of its operations, change in its net financial assets and cash flow for the year ended in accordance with Canadian public section accounting standards.

The auditor makes “no qualification” about the audit, which states they are very satisfied with audit as presented. The audit indicates a general deficit of \$42,001.00 on a budget of \$8,041,550.00 or a deficit of 0.522% which is very small.

I wish to thank my administration, especially finance for completing this year’s annual audit. Let’s all hope the new Liberal Government will live it to its commitment to lift the 2% cap on our program funding, so we can grow our services to better meet the needs of the community.

Four capital projects to discuss:

1. We are building 5 new housing under our CMHC agreement for this fiscal year, the 5 units are under construction in the Maple Heights Subdivision, this work is being constructed by BICC.
2. The outdoor rink is getting a facelift with a new concrete topping and new boards to round out the project, by Christmas, our kids will be able to skate on our new rink. This work is also be constructed by BICC.
3. We are undertaking a Engineering Study on the capacity of the Water Tower(reservoir) led by First Nation Engineering Services Limited. The study will be used to lever resources from INAC to construct a new Water Tower for the community’s 25 year growth plan.
4. New Community signs, expect to see our new community signs up by the end of October, the first one will go up on the south end of the community and our northern sign will go up at the original surveyed line north on highway 6.



Message from Nishin Meawasige Band Manager

Ahnii, Boozhoo, October is a busy month for everyone. Students are well underway in the respective classes and families are gearing up with extra-curricular activities including hockey and cross country running.

Don't forget to come cheer on the runners at the 5th Annual Bobcat X-Country Run on October 13, 2016. Every year keeps getting better and better! Go Bobcats!

For this month's newsletter, I would like to focus on providing new updates on the same two important topics I addressed in September 2016 issue – Anishinabek Education System & Education Constitution, and Boundary Claim

Anishinabek Education System & Education Constitution Update

In order for WRFN to opt into the Anishinabek Education System, it must also have an approved Education Constitution.

A draft of this document was made available during the WRFN powwow this past August 2016 and reviewed at a community information session on August 22, 2016.

It was further reviewed by another community information session on September 20, 2016 and subsequently by Chief and Council on October 27, 2016.

Based on review and input to date, the latest draft education constitution is being included in a Special Edition of the Rezound for October 2016 release for your further review and feedback leading up to the scheduled Chief and Council Working meeting on October 25, 2016, where it will be approved for your final consideration leading up to the ratification vote from November 28 to December 2, 2016.

A final community engagement session to obtain your

input is being scheduled for October 18, 2016.

If you have any questions on the draft Education Constitution, please contact myself at the office by telephone or email, or better yet, drop by my office for a visit.

Boundary Claim Update

The Trust Development Working Group met on September 24, 2016 to discuss the development of a Trust for WRFN. It is important to note that WRFN is in the preliminary stages of developing a Trust for the Boundary Claim.

The Trust Development Working Group is not a decision-making body, rather will provide recommendations to Chief and Council on what sort of Trust model will best meet the needs of WRFN based on input from WRFN citizens.

A Terms of Reference for this working group was reviewed and approved on September 24, 2016.

The Trust Development Working Group will be organizing a series of community engagement sessions both on and off reserve, including webcasting, to obtain input directly from all WRFN citizens on this important matter.

In addition, WRFN is working on updating our community website for launch in November 2016, where regular community updates on the Trust Development process will be included. Keep an eye for a monthly bulletin on the Trust Development process this month.

If you have any questions regarding the abovementioned topics and/or any other matters pertaining to the WRFN Administration, please do not hesitate in contacting my office.

Chi Miigwetch!



Monster Garage

Murray McGregor Jr.,

It is that time of year again, the time of year when the friendly winds of summer start to turn to the cool winds of the fall.

This season change strikes a familiar tone to public works crew, getting summer projects wrapped up and start preparing for the next season.

The public works crew will be digging sections of the paved roads that have become compromised due to weather and soil conditions. This type of maintenance is necessary to ensure our roads last longer and save passage for its users. Local road company Pioneer Construction is expected to do the repairs after the compromised pavement is removed and the patch work repaired.

Already the winter sand has been prepared for the next season, the winter sand has been delivered and mixed with safety salt and stored in the storage dome. After the fall projects have been completed the public works crew will turn their attention to preparing the equipment for the winter season. Arrangements have been made to have the furnaces in the public buildings serviced. This practice is necessary to ensure the buildings are ready for the next season.

The water plant operators had another opportunity to do some hometown training, another program developed by Ontario First Nation Technical Services water specialist Richard Shawanda was implemented here, the guys got to gain more insight into the maintenance and cleaning of drinking water

cisterns (water holding tanks), currently there is 36 drinking water cisterns in and around the community, the operators were shown what to look for if there are problems with the installation of if the cisterns will start to fail or the cover material needs to be replaced or upgraded.

The operators also got to review some best practices for the delivery of potable drinking water, already we have a very good system in place, testing every load of water for chlorine and turbidity, water plant operations does a monthly e-coli and total coliform testing to ensure members on the drinking water cisterns have clean potable water safe for consumption.

Water plant operations will also starting the fall fire hydrant flushing program, the operators are fully trained with this type of maintenance, fire hydrant flushing is necessary to ensure all fire hydrants are in working order, water mains are flushed and all hydrants pumped out to prevent freeze up.

Water plant operations will be starting the week of October 3, 2016 and the week of October 10, 2016. Plant Managers office has been busy preparing reports for the Industrial Park, assisting with the outdoor rink project and preparing the First Nations Infrastructure Investment Plan.

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

Mnidoo Mnising Employment and Training

Marilyn Stevens, Program Manager

Mnidoo Mnising Employment and Training will be celebrating twenty-five (25) years, on October 15, 2016.

Currently, Mnidoo Mnising Employment and Training serve the five (5) First Nations communities, on and off reserve.

Those communities include Whitefish River First Nation, Aundeck Omni Kaning First Nation, Sheguiandah First Nation, Sheshegwaning First Nation and Zhiibaahaasing First Nation.

In the beginning Mnidoo Mnising Employment and Training was called Mnidoo Mnising Area Management Board and served seven (7) First Nations on Manitoulin Island and District

During the last twenty-five (25) years, many clients have come through the doors and obtained training enhancing their employment skills and opportunities.

Changes have occurred with respect to criteria, eligibility and what clients are able to be served.

We invite all those individuals who have been trained in the past to our 25th Anniversary Celebration, October 15, 2016, Aundeck Omni Kaning First Nation Multi-Use Complex, 5:00 p.m.

Please R.S.V.P. by October 5, 2016, to Marilyn Stevens, Program Manager, 705-285-5555 leave a message or email at mmet1@hotmail.ca.



Feature: Your Tax Exemption Rights

Kevin Restoule, Union of Ontario Indians

As a First Nation citizen, you have many rights, some of which are affirmed by the federal and provincial governments through the issuance of a status card. One of them is the right to tax exemption within the province of Ontario, but how exactly does this right work?

The government of Ontario has guaranteed the right to tax exemption to all status First Nations people on certain goods and services, regardless of location of residence. This means that if you have a federal-issued status card, purchases that you make may be entitled to an exemption from the 8 per cent provincial sales tax (PST) portion of the harmonized sales tax (HST).

There are two possible ways to obtain this exemption. The first is what is called the point of sale exemption, which requires the purchaser/status card holder to present their original status card at the time of purchase for the retailer to visually confirm the card, document the registration number and process the transaction without including the 8 per cent portion of the HST.

It is important for status card holders to know that no other identification or information is required except their government issued status card. In addition, the government does not require retailers to submit copies of status cards, so photocopying the card is not necessary. The collection of this unnecessary data violates privacy rights, even if it is store policy.

The second method is to complete and submit an application by registered mail with original receipts to the Ministry of Finance for a refund on the tax paid. Due to the refund being given through the mail, the Ministry of Finance does require that a photocopy of the status card (both sides) accompany the application for their visual confirmation.

As seen with the recent Morris Home Hardware incident in Ottawa, some retailers choose not to honour the PST exemption and, unfortunately, due to the wording in the legislation, it's not legally enforceable by the Ministry of Revenue. In most cases, problems at the register can be blamed on training issues where a cashier is simply unaware that First Nations are entitled to the tax exemption or does not know the procedure to provide the exemption.

In the interest of customer service, it makes sense for a retailer to honour the exemption and encourage the return business of their First Nation customers. The Morris Home Hardware store owner has since issued an apology and is now honouring the tax exemption for First Nations.

Retailers are not allowed make any price adjustments concerning status First Nations customers in order to compensate for the exemption as this constitutes a human rights violation on the grounds of discrimination and is against the law, even if it is store policy.

The Ontario Ministry of Finance has implemented a hotline service at 1-866-ONT-TAXS (1-866-668-8297) that will accept calls from citizens to report retailers that:

- refuse to provide the tax exemption for First Nation customers upon presentation of a valid status card;
- insist on the collection of unnecessary personal information (such as taking a photocopy of a status card, address, phone number, email, signature etc.) as a requirement before providing the exemption;
- raise the price on purchased items that qualify for exemption;
- insist that you pay the full tax at the time of purchase and submit your receipt to the Ministry of Finance for refund;
- are unsure about how to process tax exempt transactions; or
- are confused or are under the wrong understanding about the rules for First Nations tax exemption.

Calling the Ministry of Finance hotline to file a report regarding a retailer will help to:

- educate the retail community at large about tax exemption for First Nations;
- allow for policy and perspective changes of retailers and facilitate easier tax exemption processing in the future; and
- protect and exercise your First Nation right to tax exemption.

Off-reserve customers of telecommunications such as cable, satellite, telephone, cell phone and internet may establish a monthly exemption through their service provider, or mail in monthly billing statements to the Ministry of Revenue for a refund on the PST portion paid.

Take-out and delivery food off-reserve over \$4 is also PST exempt, however, fast food establishments in Ontario may not be equipped to provide the exemption, so retain your receipts for mail-in refund.

As a consumer, it is your right to decide which retailers you wish to do business with. If you do not agree with store policy, you have the right to go elsewhere.



Community October

Sunday	Monday	Tuesday	Wednesday
Note: Details on events are provided in the Health Centre News.			
2. Harvest Feast Potluck 4-7PM	3.	4. Garden Committee Mtg 6-7PM	5.
9. Fall Fasting Ceremonies/ Feast	10. Happy Thanksgiving Office is Closed!	11.	12. Pets Plus Us 5-8PM
16.	17.	18. Basic Home Maintenance 5-9PM	19. HRV Maintenance 5-9PM
23.	24.	25.	26.
30. Wreath Making 10:30-7PM	31. Wreath Making 9-2:30PM		



LEGEND:

Health Centre

Community Centre

Seven Fires Centre



Activity Calendar October 2016

Wednesday	Thursday	Friday	Saturday
			1.
	6.	7. Fall Fasting Ceremonies	8. Fall Fasting Ceremonies
Challenge	13. Healthy Workplace Chal- lenge Lunch & Learn 11:30-1PM	14.	15.
Dance	20. Healthy Workplace Chal- lenge Lunch & Learn 11:30-1PM	21. Zombie Family Dance Par- ty 7-11PM	22.
	27.	28.	29.



Council Chambers

Ball Park

Arbour

Rainbow Lodge



Ontario Works - Rate Increases

Emma Recollet, Ontario Works Administrator

The Ontario government has now approved amendments to the Ontario Works General Regulation (O. Reg. 134/98) and Administration and Cost Sharing regulation (O. Reg. 135/98) to implement the social assistance rate increase announced in the 2016 Ontario Budget.

The following is a summary of the Ontario Works changes that will be effective October 1, 2016:

- The maximum basic needs amount for singles will increase by \$25, from \$305 to \$330 per month.
- The board and lodge rate for singles will increase by \$25, from \$489 to \$514 per month.
- The basic needs and shelter maximums for Ontario Works families will increase by 1.5%.
- The adults living with parents rate will increase by 1.5%.
- The board and lodge rate for families will increase by 1.5%;
- No change to the maximum shelter amount for singles.

In addition, the following rates and benefits will increase by 1.5%:

- Temporary Care Assistance
- Dependents with Dependents rates
- Advanced Age Allowance
- First Nations emergency hostel services per diem (board and lodge, and personal needs allowance)
- Remote Communities Allowance
- Personal Needs Allowance
- Special Boarder Allowance
- Guide Dog Benefit
- Budgetary requirements for residents of interval and transition homes

WREATH MAKING & ALL SOULS DAY FEAST



Please join us in a time of remembrance of our loved ones, community members & Ancestors who have passed on.

How?
By making a wreath to commemorate their memory

When?

- October 30, 2016 from 10:30am to 7:00pm
- October 31, 2016 from 9:00am to 2:30pm

Where?
At the WRFN Community Center



The All Souls Day Celebration and Feast Will Take Place on November 1, 2016 throughout the day at the WRFN Community Centre



For More information, please contact Candice Assiniwe, Community Wellness Worker at the Health Centre at 705-285-4354 or at candicea@whitefishriver.ca .

TRADITIONAL HEALING SERVICES

WITH KENN PITAWANAKWAT

THURSDAY & FRIDAY
October 17 & 18, 2016
NOOJMOWIN-TEG HEALTH CENTRE



Noojmowin Teg Health Centre
A place of healing



Health Canada

Sante Canada



Find us on Facebook

"Noojmowin Teg Health Centre"

Call Rachel Manitowabi Anishinabe Aadziwin Manager at (705) 368-2182 for further information or to book an appointment. www.noojmowin-teg.ca



Economic Development

Keith Nahwegahbow, Economic Development Officer

Unlimited Internet! I have been getting a lot of questions about the status of the internet project. And yes, I have picked up the Wi-Fi internet file.

There still is work that needs to be done here but the main plan is in place for more affordable wireless internet here in WRFN. The long wait for the internet to start up might have worked in our advantage.

With the advancement in technology there might be a feasible hardware upgrade that will reduce start-up costs.

I am going to start to look for interest from the community to gain a rough idea on the amount of potential clients here in WRFN. For more information please feel free to call or come see me in the economic development office.

And finally the Economic Development Strategic Planning session has been planned for Nov. 19th, 2016.

The Strategic Planning is an exercise to bring together community member's collaboration, input, suggestions and support for planning economic development opportunities for our beautiful and growing community.

This exercise will be utilized to help us identify, define, and assess current and future projects to be carried out over the next five years.

All community members are strongly encouraged to

participate in this session if possible. If you cannot attend there will be 2 other sessions to be held at different times of the day or night to reach community members that cannot attend during the day.

For more information see the advertisement in this issue of the Rebound or call and come see me in the economic development office.



Economic Development Strategic Planning Session

Community Engagement
Interactive Working Session
Aligning Community Priorities

November 19th, 2016

WRFN Community Centre
Starting @ 9:00 AM

1st 20 people get a special gift basket!

DOOR PRIZES: TBD

(You have to have fully participated in the planning session to be entered into the draw for a chance to win a door prize)

LUNCH: Will be served at 12:00 noon.

Facilitated by: Kenjgewin Teg Educational Institute

For more information please contact Keith Nahwegahbow,
Economic Development Department at 705-285-4335 or email: keithn@whitefishriver.ca

Call for LNHL Committee Members

CALL FOR LNHL COMMITTEE MEMBERS – WRFN WARRIORS VOLUNTEERS and HOCKEY PLAYERS.

The 46th Annual LNHL will be hosted by Moose Cree First Nation in the City of Mississauga on March 12 – 16, 2017.

It's time to prepare and continue with fundraising efforts to send our Warriors Teams to the LNHL.

Volunteers are required for the LNHL Committee. If you are interested in volunteering your time for the LNHL committee, please submit your name to Nishin Meawasige, Band Manager.

8 Teams that have expressed interest in entering teams in the following divisions:

Tyke, Novice, Atom, 2 Pee Wee Teams (Boys & Girls), Bantam Boys, 2 Midget teams (Boys & Girls). Volunteers are required with coaching, trainers and managers.

A WRFN Warriors Information Meeting for parents, players, coaches and fans has been rescheduled for Wednesday October 12th, 2016 at the WRFN Council Chambers at 6:00 p.m.

Contact Kathleen Migwanabi at (705)285-4335 or by email at kathleenm@whitefishriver.ca



Visiting Medical Professionals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3.	4. Nurse Pract. (All day) Dr. Meikleham (P.M.)	5. CHN (All day) Dr. Renwick (All Day)	6. Nurse Pract. (All day) Dietitian (A.M.)	7. Dr. Cooper (P.M.) CHN (All day)	8.
9.	10.	11.	12. Dr. Renwick (P.M.) CHN (All day)	13. Dietitian (A.M.) Nurse Pract. (All day)	14. CHN (All day)	15.
16.	17.	18.	19. Dr. Renwick (All day) CHN (All day)	20. Dietitian (A.M.)	21. CHN (All day)	22.
23.	24.	25. Dr. Cooper (P.M.) Nurse Pract. (All day)	26. CHN (All day)	27. Nurse Pract. (All day) Dr. Meikleham (A.M.) Dietitian (A.M.)	28. CHN (All day) Diabetes Team (All Day) Foot Care (All day)	29.
30.	31.					



Health Centre News

Youth and Children:

- There will be no youth programming Oct. 3rd & 4th, also from Oct. 24th to 28th.
- The youth fundraising committee meets on Oct. 11th & 18th at the Espanola High School.
- Rec Night at the youth centre every Wednesday from 5-7PM.
- Youth Drop In every Friday night from 6-10PM.
- Parents and Tots swim every Friday from Oct. 7th to Nov. 18th. Contact Arlene for more information.

All Ages:

- There will be a harvest potluck feast on October 2.
- There is fall fasting ceremonies on Thanksgiving weekend. A feast will follow on the last day (Oct. 9).
- On Oct. 12 there is a pets plus us challenge at the community centre from 5-8PM. Contact Candice for more information.
- There's a halloween family dance on Oct. 21 from 7-11PM at the community centre. Games and prizes!

SWIMMING

PARENTS AND TOTS SWIM!
At the Espanola Recreation Complex

Dates: **FRIDAYS** (October 7th, 14th, 21st, & 28th
AND November 4th & 18th, 2016)

Time: 10am to 11am
(bus leaves from the Day Care at 9:15am
and returns at 1pm)

Lunch is provided at Cortina's right after the swim!

For more information contact:
Arlene Pitawanakwat
Child and Family Well-Being Coordinator
705-285-4354

**GARDEN FEAST
POTLUCK**

Sunday October 2, 2016
4:00pm — 7:00 pm
Community Centre
Feast Open to All

Favourite Recipe Contest
Enter your favourite recipe for a chance to
win a great prize!

For more information contact Gail Jacko or Tyler
Agawa at the Health Centre (705) 285-4354



Parish Council Update

Mary Grace McGregor, Parish Council Volunteer

We made \$2634.10 on our fundraiser for the church on Sept. 4 2016.

Kiki Pelletier had volunteered to do the fundraiser with a yard sale and turkey dinner. It was held at the community center from 8 am to 7 pm. It was more of a bazaar with games and a prize bingo, with the canteen being open all day.

We started off with a breakfast at 8 am till everyone was served that wanted breakfast. Then the day proceeded as planned.

Turkey dinner was being served as people came along. Judy Nowegabow donated 60 servings of bread pudding with sauce and Lucy Ann Trudeau of Blind River and Mary Grace McGregor donated the turkeys. Kiki donated the salad and other fixings.

Kiki was also in charge of everything with help from friends Winnie Paibomsai, Kenny, Marty Shawanda, Mingo Lavallee, Bev. Paibomsai and Arianna.

The day went by fast and everyone seemed to enjoy the event. We had a fair number of people come in for the dinner. We also had people donating cash and some donated by cheque and we also got some very nice prizes donated by

members of this community as well as merchants from Little Current with the help of Jackie Harley, Parish Council member.

Also in-kind donation of the Community Center rental from Whitefish River First Nation. Without the help and generosity from the community of Birch Island and the businesses in Little Current I think we would not have been as successful.

Chi Miigwetch to all the people who donated and supported this event. We hope to continue fundraising for our church and your help and donations are so appreciated.

Our main expenses are to pay for the propane, hydro bill and church insurance. Our estimate for heating the church for the winter is \$5000.00 .

Our next fundraisers will be the kitchen on Bingo nights on Sept. 26, 29 and Oct. 1. Come on out and support us, order your supper starting at 5 pm or donate something for us to sell.

Parish Council Members:

Jim McGregor - Chairperson
Jackie Harley - Secretary
Carl Ziegler - Treasurer
Mary Grace McGregor - Volunteer

Membership Office

Kathleen Migwanabi, IRA & Lands Assistant

The membership office is open daily to assist band members with membership such as renewing your status card or registering life events. Life events are required to be registered. These include births, name change, marriages, divorces, and death.

Birth reporting: Parents, it is your responsibility to register your child for Indian Status as soon as possible. A newborn is covered under the parent(s) until their first birthday. If you child is not registered as a status Indian, then the parent(s) is financially responsible for non-insured health benefits. To register your child, a registration form is required to be completed by the parent(s) and the long form birth certificate is required (also known as statement of live birth).

At this time, you may also wish to register your child for Citizenship or Probationary Citizenship with Whitefish River First Nation. Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply. Applications for Citizenship and Probationary Citizenship are available upon request.

Main Benefits of Indian Status and Band Membership (Citizenship) may include:

- 1) Indian Status: possibly post-secondary education assistance, non-insured health coverage, treaty payments (if applicable), and exemption from certain federal and provincial taxes.
- 2) Band Membership (Citizenship): right to reside on reserve, right to housing, voting privileges within the band, and right to community involvement and affairs.

MAILING ADDRESS UPDATE

Members of Whitefish River First Nation, please update your mailing address and contact information with the WRFN Membership Clerk. Your mailing address is required for voting purposes within the band, (i.e. elections, referendums), as well as distributing information.

Please contact Kathleen Migwanabi at the WRFN Administration Office at (705)285-4335 ext. 208, FAX: (705)285-4532 or by email at kathleenm@whitefishriver.ca



Maamwe Kendaasing Child Care Centre

Danette McGregor, RECE & Child Care Supervisor

Aanii from Maamwe Kendaasing Child Care Centre

Happy Thanksgiving!

We are at the end of the Second Quarter and it is time for the Annual Child Care Inspection Renewal. Our Program Advisor, from the Ministry of Education – Early Years Division will be on site for inspection.

For the month of October we will be learning about the importance of Thanksgiving, the fun and excitement of Halloween, and we will also be discovering the new season that has arrived. We will be enjoying a lot of outdoor fun to explore the beautiful colors and smells of fall. This gives us a great opportunity to explore our senses involving some great science experiments. I am excited to watch the children discover the beauty of nature and the world that surrounds them.

On Wednesday, October 28, 2016 is designated the 16th Annual “Child Care Worker & Early Childhood Educator Appreciation Day” in recognition of the education, dedication and commitment of child care workers to children, their families and quality of life of the community.

A reminder, we also specialized in our cultural component in the program, the direction during this season is the Western Doorway, the Colour is Black the Sacred Medicine is Sage and the seven grandfather teachings is Honesty & Humility. Our morning circles will be Monday’s @ 9:00 a.m and Friday’s @ 9:00 a.m.

If you see any of the staff acknowledge them and thank them for the work they are doing.

Happy Birthday to:

Jo-Ann, Cindy, Blanch; Miigwetch for your hard work and dedication.

Felicity – October 17

For more information on the mandated document of “How Does Learning Happen? Ontario’s Pedagogy for the Early Years. This website will provide an opportunity to explore the documentation released in great detail and the “Best Practice” for the child care centre, through play based learning.

Special Activities:

And for the new Child Care Early Years Act – 2014

October 10, 2016 – Child Care Closure “Happy Thanksgiving”
October 26, 2016 – Child Care Worker Appreciation Day

Visit the Ministry of Education website at <http://www.edu.gov.on.ca/childcare> for more information.

Openings: in our Toddler Program, contact the Child Care Centre or come by and pickup an enrollment application.

Pumpkin Halloween Cookies

- You'll need:
- Apple Cookie Cutter
 - Batch of sugar cookie dough*
 - Red food coloring
 - Green cookie icing
 - Thin pretzel sticks broken in half (you need one half for each apple)
 - Raisins



* Note: For the best results, the sugar cookie dough should be on the stiff side. You might have to knead a little extra flour into store-bought doughs so the cookies will hold their shape well during baking.

Instructions:

1. Wearing plastic kitchen gloves, knead red food coloring into the cookie dough (this is a fun job for kids). Wrap the dough

- in plastic and keep it chilled until you're ready to use it.
- 2. Heat the oven. Cover your work surface with flour-dusted wax paper, and roll the dough out to 1/4-inch thickness.
- 4. Use the template and a kitchen knife to cut out the cookies, and then bake them according to the recipe directions. Transfer the cookies to a wire rack to cool.
- 5. Working with one cookie at a time, gently press the broken end of a pretzel stick half into the top of the apple. Then generously frost the upper half of the cookie with green icing, spreading it right over the base of the pretzel. Use the knife to create a wavy lower edge so the icing looks like it is dripping down over the apple.
- 6. For eyes, press whole raisins into the icing. Snip a third raisin in half and use one piece for a nose.



Pet Care and Tips

Dennis L. McGregor, Community Member

Hello everyone! It has been awhile since you heard from me and my cats.

Well to bring you up to date, I lost four cats last year. Old Tom stopped coming the beginning of March. I had to take Timothy to the vet at the beginning of March and found he developed this terrible disease, "Blastomycosis", and I had to put him to sleep.

The mother cat, Cecilia, was killed by a dog who came on to my deck where she was. My baby, Ankasenamum disappeared on June 12 of last year. I looked for her all over the place and I could not find what might have happened to her.

So from 12 cats, I am down to eight. I was in mourning for awhile from the loss of my cats.

I still have to get BJ fixed so I hope to take him to the vet next month.

I hope all of you who have pets made sure you provided a lot of cold water and shade for them when we had our heat waves. I tried to keep mine inside when it got really hot outside and I put out lots of cold water for them if they were outside.

Well, it is that time of season for fleas and I can see my cats are starting to scratch. I must get some medication from the vets to kill the fleas.

Webby is coming along fine, she is the cat that was found in the dumpster along the cottage lots. Everyone that comes to the house that sees her says she's a beautiful cat.

Some cat facts:

- In French, cat is chat, in German it is Katze, and in Italian it is Gatto.
- A frightened cat can run at speeds of up to 31 mph (49km/h), slightly faster than a human sprinter.
- The tabby cat is one with a distinctive coat that features dots, strips and swirling patterns. It is often mistaken as a breed of cat, when in fact the term

"tabby" refers to its coat. (My Khafra was a tabby)

- Cat families usually play best in numbers. Cats and kittens should be acquired in pairs whenever possible.

Well that is it for now until next time. Remember to visit the elderly or those who are at home sick.

Remember to get you dog(s) or cat(s) fixed to help keep the pet population down in our community.

Dennis L. McGregor

She-Pet Elizabeth, Empress Farah, Webby Debby (The Girls)

Luka, BJ, Tinker, Fabio and Francis (The boys)

HALLOWEEN ZOMBIE DANCE PARTY

HALLOWEEN HIT FACTORY

October 21
7:00pm to 11:00pm
WRFN Community Center
Music provided by DJ
Fun & Games Provided by
the Health Centre!

DANCE OFFS! CONTESTS! ZOMBIFIED FOOD!
PRIZE FOR BEST DRESSED ZOMBIE FAMILY
PRIZE FOR SCARIEST ZOMBIE
ZOMBIE SPOT DANCE PRIZES TO BE GIVEN!

Games and loads of DEADLY FUN!!!!



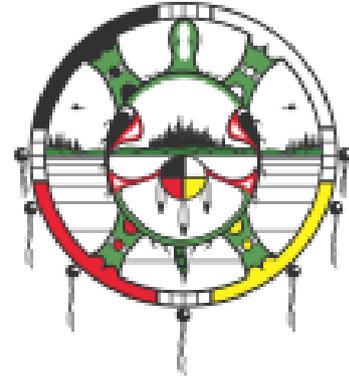
Aanii,

We are pleased to inform you Mnaamodzawin Health Services is now on Facebook.

We will be posting our events and activities via Facebook.

Please feel free to Like and Share our page to your community pages.

If you would like your community's health activities to be posted to our Facebook please email: cara@mnaamodzawin.com



TAKE CONTROL OF YOUR FINANCES FOR A BETTER TOMORROW

DEBT MANAGEMENT WORKSHOP

WEDNESDAY NOVEMBER 9th, 2016 from 6-8pm
Council Chambers - 17 Rainbow Ridge Road

YOU WILL LEARN:

- * WHAT IS A GOOD CREDIT SCORE
- * HOW TO CHECK CREDIT SCORE
- * HOW TO REPAIR BAD CREDIT
- * HOW TO BUDGET
- * HOUSING FINANCE

LEARN IF YOU QUALIFY FOR A MORTGAGE/LOAN TO BUILD, PURCHASE OR RENOVATE A HOME

Immediately Following Debt Management Workshop

HOME OWNERSHIP AND YOU

INFORMATION SESSION

For More Information Contact Georgina Recollet at (705) 285-4335

Whitefish River First Nation 

 **First Nations Market Housing Fund**

TAKE CONTROL OF YOUR FINANCES FOR A BETTER TOMORROW

DEBT MANAGEMENT WORKSHOP

THURSDAY NOVEMBER 10th, 2016 at Noon
Council Chambers - 17 Rainbow Ridge Road

YOU WILL LEARN:

- * WHAT IS A GOOD CREDIT SCORE
- * HOW TO CHECK CREDIT SCORE
- * HOW TO REPAIR BAD CREDIT
- * HOW TO BUDGET
- * HOUSING FINANCE

One-on-one personal meetings with representatives of First Nations Market Housing Fund. Call housing to make an appointment.

THURSDAY NOVEMBER 10th, 2016 from 9am-4pm

HOME OWNERSHIP AND YOU

OUTREACH SESSION

For More Information Contact Georgina Recollet at (705) 285-4335

Whitefish River First Nation 

 **First Nations Market Housing Fund**

SAY YES TO AES

Who is affected?



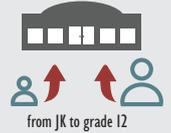
33 Anishinabek First Nations in Ontario

up to **52,000** Anishinabek

or about 1/3 of First Nation people in the province

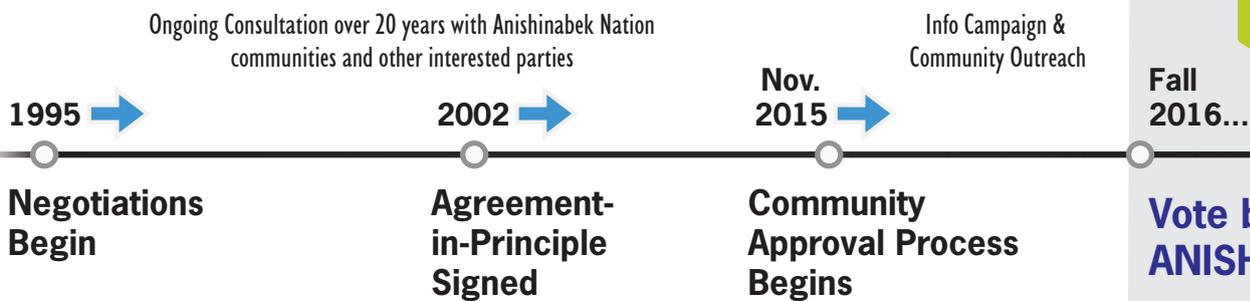


up to **4,000** students on reserve



- 1 Fort William
- 2 Long Lake #58
- 3 Pays Plat
- 4 Pic Mobert
- 5 Biigtigong Nishnaabeg
- 6 Red Rock
- 7 Biinjitiwaabik Zaaging Anishinaabek
- 8 Atikameksheng Anishinabek
- 9 Michipicoten
- 10 Mississauga #8
- 11 Ojibways of Garden River
- 12 Aundeck Omni Kaning
- 13 Sheguiandah
- 14 Sheshegwaning
- 15 Whitefish River
- 16 Zhiibaahaasing
- 17 Dokis
- 18 Henvey Inlet
- 19 Moose Deer Point
- 20 Nipissing
- 21 Magnetawan
- 22 Wahnapitae
- 23 Wasauksing
- 24 Aamjiwnaang
- 25 Alderville
- 26 Algonquins of Pikwakanagan
- 27 Beausoleil
- 28 Curve Lake
- 29 Chippewas of Georgina Island
- 30 Chippewas of Kettle & Stony Point
- 31 Chippewas of Rama
- 32 Mississaugas of Scugog
- 33 Munsee-Delaware Nation

Looking Back/Looking Ahead



If approved, next step = Anishinabek education laws and federal legislation to put agreement + AES in place

At a Glance: the Anishinabek Education System (AES)

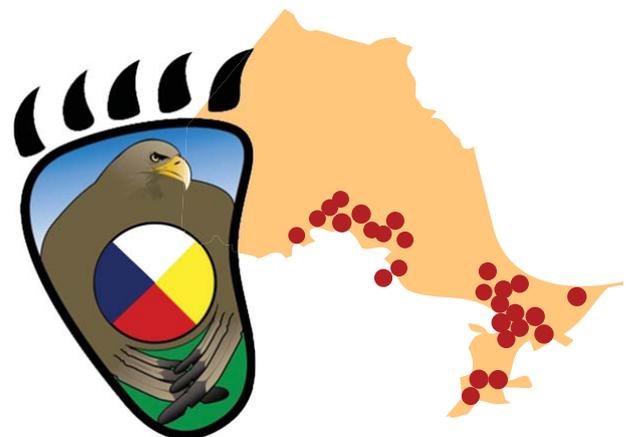
Participating First Nations control education from JK to Grade 12 on reserve

Promotes Anishinaabe customs and language

Anishinaabe education standards recognized for easy transition of students between schools

New central Kinoomaadziwin Education Body (KEB) with school board-like powers

Support funding continues for post-secondary students



The logo created by the Anishinabek Nation for the Anishinabek Education System (AES) is meant to symbolize the beliefs and values of Anishinabek.