

December 2018
Mnidoo Giisoonhs
Little Spirit Moon

THE REZOUND

Lest we Forget Gaawiin Ka Nenmaasii Naanik



On November 11, 2018, Whitefish River First Nation gathered for Remembrance Day ceremonies at the Veteran's Memorial Cenotaph. This year also commemorated the 100 year Anniversary of the Armistice signing of WWI. Welcoming remarks were delivered by Chief Shining Turtle, followed by an opening prayer offered by Councillor Esther Osche. An Honour Song was provided by local Biitaabeness drum, and 'In Flanders Fields' was read aloud by Councillor and veteran Gerald McGregor. Family members and youth of our honoured veterans then placed wreaths and offered tobacco in the sacred fire. A light lunch of soup and sandwiches was delivered by our Health Centre Staff, where

winners of the Remembrance Day Poster and Essay Contest were announced. A total of 21 posters and one poem were on display, from grade school though high school ages.
Pane Makwendmin, Always Remember.

Please note that the deadline for submissions
for the next issue is
Thursday, December 13th, 2018 at noon.
Miigwetch!
rezoundeditor@whitefishriver.ca

"A Place of Visions and Dreams"

Health & Social Services Manager - Leslie McGregor

I am getting excited for the Christmas season! We have planned an Elders and Youth Christmas Dinner on December 4th, 2018 at the Community Centre. It is a wonderful opportunity for the seniors in our community to mingle with the youth. The Christmas parade looks like it's going to be a fun event as well as the Annual Christmas Concert by the students of Shawanosowe School. Santa Claus is coming to town!

In addition, the Community Health Representative (Doreen Jacko) and Early Learning Coordinator (Courtney Landrie) will be hosting a workshop on Lice. They will be bringing in Lice Squad to demonstrate effective lice removal from hair. This will be held on December 11, 2018 (see flyer in the newsletter). I have been participating in the language classes organized by the Community Wellness Worker - Candice Assinewe. I must say I am learning a lot and enjoying the classes.

Coming in December, I will be attending a conference in Toronto on Health Transformation. In 2016, the Anishinabek Nation (Union of Ontario Indians) agreed

to move towards health transformation which would provide increased control of health to and by First Nations. The concept is similar to the way First Nations health services are delivered in British Columbia where the health transfer agreements are multi-governmental among the federal government, provincial government, and First Nations governments. I will also continue training in the field of Emergency Preparedness Planning with upcoming training by the Chiefs of Ontario office on Incident Management.

I do look forward to the Christmas break. Some of the Health staff are planning community activities over the Christmas break. Look for their posters in the newsletter and post-office!

Have a Merry Christmas everyone!

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

LICE PROBLEM?
WE ARE HERE TO HELP!

COMMUNITY WORKSHOP

With it being winter and our children are dressing for the colder weather the lice season is now here. We are here to help, we will be sharing some prevention tools and tricks to get rid of them. We will sharing natural remedies and treatments you can try.

Speaker:
Sudbury Lice Squad

Light Snacks & Beverages will be provided.

December 11, 2018
7-8pm @ Community Centre

For more information please contact Doreen Jocko, Community Health Representative or Courtney Landrie, Early Learning Coordinator at WRFN Health Centre @ (705) 285-4354

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WRFN Health Centre Visiting Health Professionals  <p>*unless otherwise indicated Visiting Health Professionals will be in all day*</p> <p>* Community Health Nurse Lab/Blood Draw Clinic – Fridays @ 10:00 am Please bring your Requisition(s). Appointments recommended.</p>						1
2	3	4	5	6 Nurse Practitioner	7 Dietician Foot Care	8
9	10 Dr. Cooper (PM Only)	11 Community Health Nurse	12 Community Health Nurse	13 Dr. Meikleham (AM Only)	14 Community Health Nurse Dietician Diabetes Nurse	15
16	17	18 Community Health Nurse	19 Community Health Nurse	20 Dr. Jeffery (PM Only) Nurse Practitioner	21 Foot Care (AM Only)	22
23/30 WRFN Holiday Closure December 24, 2018 – January 4, 2019	24/31	25 	26	27	28	29

The Fitness Centre is Ready to take Members! Open 24/7!



How do you get a gym membership?

STEP 1: Pick up and complete a gym member application at the WRFN Administration Building or Health Centre.

STEP 2: Once you complete your form, please hand in your application and make payment to Brian McGregor, Finance Assistant at the WRFN Administration Office.

STEP 3: Once your payment is received, it will take up to 24 hours for your key access to become activated, therefore key fobs can be picked up at the Front Desk Reception of the WRFN Health Centre the next day.

For more information about fees & membership, please contact Candice Jacko-Assiniwe, Community Wellness Worker or Mike Aelick, NNADAP Worker at the WRFN Health Centre at 705-285-4354 or via email at candicea@whitefishriver.ca or maelick@whitefishriver.ca

Community Wellness Worker - Candice Assinewe

Aanii/boozhoo Community Members!

In the month of November we started **Anishinaabemowin** every Thursday from 6:30pm to 8:00pm with Elder Marion McGregor and Anishinaabemowin Instructor Lissa McGregor at the Seven Fires Youth & Elders Center. Classes are going very well and as you know it is vital to our culture as Anishinabek to learn Anishinaabemowin as part of revitalizing our culture and customs. As well as how important it is to our identity. Therefore, I encourage all community members and fluent elders to come out to participate, learn and even share knowledge. Snacks and refreshments provided!

We also ended the month with **Beaver Pelt Mitt** making and the program was a success! Participants learned and picked up new skills and enjoyed the two-day program. There was a lengthy waiting list and a lot of community members showed a lot of interest, therefore we will be having another session in the new year and registration will be on a first come, first served basis. In order to register in the next workshop, you must be a first-time participant as we are trying to ensure equal opportunity with the resources we have. Also, if you have already participated in a previous hat or mitt making program and have not finished your project by then, you are still welcome to

bring your materials to have more guidance from the facilitator.

On December 1st, 2018 it is **HIV/AIDS Awareness** day, therefore we will be having some speaker presentations and health and wellness booths and activities set up at the Community Centre from 10:00am to 2:00pm. Lunch will be provided and there will be foot soaks and seated massages as well for participants. It is essential to our community that we learn about this disease, create awareness and the goal of the awareness day is to provide accurate and up-to-date information about the prevalence of HIV in the Aboriginal community and the various modes of transmission. It is important to bring your families, your youth out to learn. There will be door prizes and loads of information for you! Please come out!

I would like to wish everyone a very Merry Christmas! And a Happy New year! Please be safe during the holiday season and watch out for one another!

If you would like more information and would like to contact me about any of the programs or services that are provided, please contact me at the Health Centre at 705-285-4354 or you can email me at candicea@whitefishriver.ca.

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Anishinaabemowin Language Program

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

Thursdays!
Starting November 8th, 2018 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

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



Kiki Pelletier and mother, Mary-Grace McGregor learn to make moosehide hats and mittens at the Beaver Pelt Craft making workshop on November 24 & 25, 2018.

Right to Play Worker - Crystal Clark-McGregor

"Winter is coming" – GOT

I am looking forward to December 4th, as this will mark our 3rd Annual Elder's and Youth Christmas Party. We will be gathering at 6:00 pm at the Community Centre, starting off with a few fun games and a delicious turkey dinner to follow.

The Sr. Youth Leadership Program on December 5th, has been cancelled.

The Badminton program will end on December 6th. The program was a great success with both the kids and older youth trying their hand at a new sport. We all had a good time learning the terms, how to keep score, serving and sharing some good laughs in the process. Thank you to Nelson Wood and Mark Peltier of Noojmowin Teg Health Centre for coming out to deliver this program. Keep an eye out for the upcoming activities in January.

**RIGHT TO PLAY
YOUTH LEADERSHIP PROGRAM
CHRISTMAS CELEBRATION NIGHT
December 14, 2018
Youth and Elders Center
7:00PM TO 10:00PM**

The 7 Generation Youth Council has been

growing in numbers! I am very excited to be working with these inspiring Youth. They will be hosting a Kid's Christmas Entertainment at the Community Center on Friday December 21st from 6 pm - 8pm. They will also be serving popcorn, magical hot chocolate and some other favourites.

Shawanosowe School will be hosting their Annual Christmas Concert on December 19th, so there will be no Youth Leadership Program that evening, but I hope to see the WRFN Youth come out to support your siblings, and cousins that evening.

Save the Date: On December 28th, I will be taking a group a youth between the ages of 12-18 years old over to AOK for a sliding party.

**Kids help phone – 1-800-668-6868
or text CONNECT to 686868**

Wishing everyone, a season of gladness, a season of cheer, and to top it all off, a wonderful year! Merry Christmas & Happy New Year!

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



**December 2018
Community Youth Program**



RIGHT TO PLAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 World Aids Day & Wellness day
2 Birch Island Christmas Parade	3 7 Generation Youth Council Meeting 5pm to 6:15pm	4 Elders & Youth Christmas Dinner at the Community Center from 6-8pm	5 Staff Party (no Sr. Youth Leadership Program)	6 Last night of Badminton at the School gym 6-10 years 4:15pm-5:30pm 11-14 years 7-8:30pm	7 Recreation Night at the School Gym 6-10pm	8
9	10	11 Right to Play Youth Leadership Program Grades 7 & 8 7pm to 9pm	12 Right to Play Youth Leadership Program High School 6pm to 9pm	13	14 Right to Play Youth Leadership Program & 7 Generation Youth Council Christmas Celebration Night!	15
16	17 7 Generation Youth Council Meeting 5pm to 6:15pm	18 Right to Play Youth Leadership Program Grades 7 & 8 7pm to 9pm	19 Shawanosowe School Christmas Concert	20	21 Kid's Christmas Entertainment at the Community Center 6-8pm (Winter begins)	22
23	24	25	26	27	28	29
Happy Holiday's Everyone!						Sliding party in AOK
30	31					

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

For more information please contact
Crystal Clark-McGregor at 705-507-0729
or email at righttoplay@whitefishriver.ca



Kid's

CHRISTMAS ENTERTAINMENT

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

7 Generation Youth Council Presents

2018 FRIDAY DECEMBER 21 **6PM**

AT THE COMMUNITY CENTER

For more information please contact
Crystal Clark-McGregor at 705-285-4354 or email at righttoplay@whitefishriver.ca



What is Jordan's Principle?

(taken from: <https://kidshelpline.ca/get-info/what-jordans-principle/> and <https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle/submit-request-under-jordans-principle-step-1.html>)

Jordan's Principle is designed to ensure all First Nations children and youth can access the products, services and supports they need, when they need them. Under this legal rule, First Nations children and youth can access any public services (such as physical health, mental health, educational supports, early childhood services and more) without having to face inequities because they're First Nations. The deadline to access this funding is March 2019 as it is unknown whether it will be available past then. However, families who have accessed these services for their child/youth, will continue to have services past the March 2019 deadline.

Jordan's Principle is a legal rule in Canada. It helps ensure First Nations children and youth can access the public services they need, when they need them, and without prejudice.

Types of Services Covered Under Jordan's Principle

From July 2016 to September 30, 2018, more than 165,000 requests were approved under Jordan's Principle. These included:

Health

- mobility aids
- wheelchair ramps
- addiction services
- services from Elders
- mental health services
- specialized hearing aids
- traditional healing services
- services for children in care
- assessments and screenings
- transportation to appointments
- medical supplies and equipment
- long-term care for children with specialized needs
- therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)

Social

- social worker
- land-based activities

- personal support worker
- specialized summer camps
- respite care (individual or group)
- specialized programs based on cultural beliefs and practices

Education

- school supplies
- tutoring services
- teaching assistants
- specialized school transportation
- psycho-educational assessments
- assistive technologies and electronics

Who can use Jordan's Principle?

Jordan's Principle is available to all First Nations children in Canada. A First Nations child under the age of majority in their province/territory of residence can access Jordan's Principle. It does not matter where the First Nations child lives in Canada. First Nations children and youth can request services under Jordan's Principle whether they are:

- on or off reserve
- status or non-status

Who can send requests?

Any parent can apply for their child/youth from Indigenous Affairs email at aadnc.infopubs.aandc@canada.ca or **1-855-572-4453** or seek assistance from the Jordan's Principle navigators at Anishinabek Nation (Union of Ontario Indians) at **(705) 497-9127** or **1-877-702-5200**.

A request for a child or children in the same family or with the same guardian can be submitted by:

- parents or guardians caring for a dependent First Nations child under the age of majority in the child's province/territory of residence
- a First Nations child above 16 years of age
- an authorized representative of the child, parent or guardian
- written or verbal consent must be provided by the parent or guardian

A request for a group of children from multiple families or guardians can

be submitted by:

- a community or service provider, who can request services, such as:
 - respite care
 - wheelchair ramps
 - support programs
 - educational assistants
 - transportation to school
 - local therapeutic specialists, etc

What's the history of Jordan's Principle?

Jordan River Anderson was from Norway House Cree Nation. He was born in Manitoba in 1999 with multiple medical challenges. He spent his entire life in the hospital, despite clearance to live at home with proper care.

Unfortunately, the federal and provincial governments couldn't decide on who should pay for that care. (Depending on whether they live on or off reserve, different levels of government support certain services for First Nations children and youth.) Jordan died at the age of five without ever going home or living outside of the hospital. He waited over two years in hospital for the funding dispute to be resolved. His story is what inspired Jordan's Principle.

For more information:

Contact Indigenous Services:

- get more information about Jordan's Principle
- request funding for a product, service or support
- get copies of forms
- seek reimbursements
- start an appeal

You can reach them through:

- Jordan's Principle representatives across Canada
- local service coordinators in First Nations communities or organizations across Canada (contact your local Jordan's Principle representative to get this information)
- Jordan's Principle Call Centre: **1-855-JP-CHILD (1-855-572-4453)**, open 24 hours a day, 7 days a week
- email: aadnc.infopubs.aandc@canada.ca
- teletypewriter: **1-866-553-0554**

Whitefish River First Nation Annual

KINGS DAY



Feast

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

JAN.

6

2019

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*



JOIN US IN WRFN'S ANNUAL

Baby Welcoming

JANUARY 6, 2017

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
courtneyl@whitefishriver.ca

Early Learning Coordinator - Courtney Laundrie

Hello, Aanii

It's the holiday season and December is already upon us! I am looking forward to the upcoming month as I have many fun events planned. I have Christmas activities planned on the **Play Group Days**, so parents are encouraged to come out and make Christmas ornaments, decorations and gifts to share with your families and loved ones.

There is still bi-weekly **Parent & Tot Swimming** at the Complex in Espanola. We have two dates remaining in December on the 6th and 20th. If you haven't signed up, there is still time just call the Health Centre. As a notice for participants in Parent & Tot Swimming, the program will resume again in the New Year.

Doreen and I also have a "**Lice Workshop**" coming up on December 11, 2018 from 7-8 pm at the Community Centre. We have the Sudbury Lice Squad coming in to do a presentation to share cleaning tips and prevention. Keep an eye out for the flyer.

Lauren and I also have a **Parents & Tots Christmas Party** on December 12, 2018 at the Health Centre.

Join us for an afternoon of visiting, crafts, and lunch.

I would like to keep everyone in the loop on activities and programming time changes, postponements or cancellations. For the parents who would like to receive emails regarding program reminders and calendars, please send me your email so I can add you to a group email.

Here are the current changes made.

Program Time Changes

Play Group

Tuesdays - 10:30 am -1 pm

Anishnaabemowin Story Time

Wednesdays - 10:30 am -12:30 pm

New posters have been distributed, so remember to update your calendars and my apologies for any inconvenience this may have caused.

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



Courtney referees during fierce Game Night competition.



Food, fun & laughter were shared on Family Game Night held November 7, 2018.

Parent & Tot

Christmas PARTY

Eat, Drink & Be Crafty!

DECEMBER 12TH
11:00AM - 1:00PM

WRFN Health Centre

Let Courtney (705-285-4345) or Lauren (705-368-2182) know if you can make it!

Lunch, crafts, cookie decorating.
Lots of fun for kids (0-6yrs) and parents!!



Whitefish River
FIRST NATION

NEW SUDBURY SHOPPING CENTRE TOYS R US

12 seats available!
Sign up early to avoid disappointment!

DECEMBER 13, 2018

LUNCH PROVIDED **TIME: 9:00-5:00pm**

NEED A RIDE?
Parents/Guardians interested in a ride to do your CHRISTMAS SHOPPING

Call WRFN Health Centre at 705-285-4354 or email shawnaj@whitefishriver.ca to reserve your seats.

Family Well-Being Coordinator - Shawnessy Jacko

Anni,

We had our first **Family Game Night** on November 7, 2018 at the 7 Fires Youth and Elders Centre. We had a delicious spaghetti dinner accompanied by Harry Potter themed snacks. Thank you to the two lovely and talented ladies, Courtney and Crystal for the preparation of these snacks. It was a good turnout and we are looking forward to hosting another night of more fun family interaction. Stay tuned for an upcoming poster.

Adult Horseback Riding Sessions, held Wednesday evenings are coming to an end with only two more lessons to go. I'm sad to say we will soon be finishing up the six week lessons. I am looking forward to rounding up another group of six adults, age 18 and over for the spring 2019 session. As for the lessons, we are now on the horses, hanging on with our legs, and steering the reins with a fast trotting pace. This may look very easy to do when you see this, but if you are not used to riding horses it is actually very challenging. You need to be very clear with your direction and position your body weight properly with your heels

down. Once you get going, the feeling of riding a horse is awesome. It truly amazes me.

During the month of December, I will first be assisting the **Youth and Elder's Dinner** on December 4, 2018 at the Community Centre. Next, we have a call for registration for participants in the **"Need a Ride?"** Christmas shopping excursion to Sudbury. For Parents/Guardians that are interested, Whitefish River First Nation Health is offering a return trip to New Sudbury Shopping Centre and Toys R Us. This will take place December 13, 2018, with a departure time, from the WRFN Health Centre, at 9:00am and return to Birch Island for 5:00pm. Lunch will also be provided and we only have 12 seats available so participants will be registered on a first come, first served basis. Make sure you call or stop by to reserve your spots for this event!

If you have any questions or concerns please do not hesitate to contact me by phone (705) 285-4354 or by email at shawnaj@whitefishriver.ca.

Baamaa pii

Mental Health & Addictions Worker - NNADAP - Michael Aelick

Aanii, November came in cold and strong, but it did not slow us down at the Health Centre. It was a pleasure to see everyone that came out for the **All Soul's Day Feast**. From November 25th to the 30th we hosted some great events for **NAAW** week that I hope everyone enjoyed. The interest in the Rekindling Our Fires program is growing and I hope more people continue to attend throughout the colder months.

During Saturdays in December, on the 8th and 22d, I will continue to host the **Rekindling Our Fires** program. Fire is sacred, one of the four elements, and should be respected for the power that it has. For the Rekindling Our Fires program, the basics of fire starting and safety will be covered. Depending on the outcome and the interest in the community, this program will run throughout the winter.

We are coming into the Holiday Season with Christmas celebrations coming up. I would like to take this opportunity to remind people to drink responsibly and please do not drink and drive - always have a sober driver arranged for transportation.

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

Child & Family Well-Being Coordinator - Arlene Pitawanakwat

Ahni community members, Wow another month just flew by again! The days are just flying by and it has been another busy month. My position as Child & Family Well-Being Coordinator entails working with families as a Prevention Worker. I do my best to keep families out of the child welfare system and support families who are dealing with the system. If you see me out there in the community, don't be shy to say hi especially if you have any questions.

even throughout the holidays, so if there are any questions, please do not hesitate to call me. Some of my activities for the past month have included: providing relief for some of the foster parents, transportation to events for families and family court home visits. We are doing our best to keep our families in the community.

Kina Gbezhgomi Child & Family Services is always looking for Foster Homes and we need more in our community. If you are interested, please do not hesitate to call Kina Gbezhgomi for more information at 1-705-859-2100 or me at (705) 285-4354. My emergency

number is: 705-863-2554.

I think it's important to keep our children in our beautiful territory, as there are more opportunities to access our culture and traditions with extended family. To all the families out there, "think before you drink", make sure the kids are safe - they are our future and precious to us! I would like to wish each and every one of you a safe and happy holiday season.

If you have any questions or concerns, please contact me at the Health Centre (705) 285-4354 or through email at arlene@whitefishriver.ca.

December will be a short work month and I think we are all looking forward to the holidays! Working with child welfare matters is my priority,

Rekindling Our Fires

December 8th & 22nd
11:00 am- 2:00 pm
Meet at the Health Centre

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

Food Security Assistant - Winnie Paibomsai

Well November has come and gone and the Student Nutrition Program has been busy with programming!

We began by honouring our loved ones at the All Soul's Day Feast on November 1st. Remembrance Day brought with it brisk weather as we gathered as a community for our veterans, past and present to commemorate their sacrifices for our freedoms today. November was also busy with NAAW week, Diabetes awareness and Movember in recognition of Men's Health. We all need to help each other to be better and live healthier.

Our freedom of choice in life includes the choice to live a healthy lifestyle. Some of our choices are not so healthy as a result of our increasingly busy lifestyles which don't always allow us to cook a hot meal and sit down to eat as a family unit. Other times, it is our budgets that don't allow for healthy choices. Take heart that there are some programs that can help! We encourage community members to take advantage of the GOOD FOOD BOX program, containing fresh produce which comes in on the 3rd Tuesday of every month. A small box is \$9.00 and large box is \$17.00. Yum!

Ongoing programming includes our Community Breakfasts held up at Shawanosowe

School on the 3rd Tuesday of the month. This is so the children of the community have a chance to sit and eat with family as they are busy pupils in and out of school.

We still offer student lunches for off-reserve students, if your student has not signed up there is still time! Up at Shawanosowe School, we deliver the 10:40 am Nutrition Break option of hot cereal, casseroles and fruit as well as hot lunch on Thursday afternoons and soup on Fridays.

With the Holidays around the corner, we have a tendency of eating and drinking more sugary treats. Indulging in treats like cookies or pop over the holidays is to be expected, but if you do indulge, do it responsibly and be mindful of your sugar intake over the holidays. We may know of family or friends that are diabetic or just trying to watch their eating habits. Let's all try to drink more water over the holidays to flush the sugars from our system and be a little more diligent with what we put into our bodies and the tolls that it takes on our liver, kidneys and pancreas.

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@whitefishriver.ca.

13 Moons Garden

by
Michael Aelick



They Came From Afar.

Winter has come, blanketing the ground with snow. This often brings thoughts of agony about shoveling driveways and the inability to garden. It is however a very important stage of growth for the natural plants that surrounds us. Without the period of cold damp weather a great majority of seeds from plants like the Sugar Maple would not break dormancy and grow into a syrup and sugar producing tree that is an important traditional food source. I'm going to focus the winter articles on traditional food sources both traditional to the area as well as those introduced through trade with other nations. In this article I will talk about two food sources that have been introduced to the area through trade.

A'ski bwan, known as **Jerusalem Artichoke** or **Sunchoke** is a perennial sunflower that originates from eastern North America, it spread around North America being cultivated as a pre-contact food source. This plant can be found in the community behind the Library and the Seven Fires Youth and Elder's Centre. This sun flower grows from 4 to 9 feet in height, bearing multiple yellow flowers at the top which are 3-4 inches in size and bloom from the end of August until frost time. The tubers that slightly resemble that of ginger are what are grown for the food source. The tubers can be grated raw into salads, boiled and or mashed like potatoes, roasted or added to soups. The tubers do not contain starch like potatoes do. They contain inulin which converts into fructose which is better than sucrose for the people who suffer from diabetes. Plants will spread, sometimes invasively, forming colonies from rhizomes and self-seeding. Once planted, they are difficult to remove. Tiny pieces of tuber left in the soils will sprout. Plants are best planted in areas where their spread will not affect other plants or plantings.

Gozigwaakomin, known as **Saskatoon Berry** is a shrub that can reach heights of 16 feet. The fruit resembles that of blueberry but is closer related to the apple and is part of the service berries like the Juneberry that grows in the area. It is thought that the Saskatoon Berry was sought after and traded in this area and this is why some plants established locally. Unlike the blueberry which only tolerates acidic soil, Saskatoons can tolerate just about any soil type they are planted in but do prefer to be in sandy loam. The berries have been described as tasting sweet with a nutty almond like flavor. Just like its cousin the apple, the berries will continue to ripen after they have been picked. The berries are full of fiber, protein, antioxidants and are an excellent source of manganese, magnesium, iron, calcium, potassium, copper and carotene. They have been considered a better source of calcium than red meats, vegetables and cereals and are high in natural sugars and vitamin C. Saskatoon's are ready to be picked when they turn blue or dark purple and are no longer hard, which is usually at the end of June into July. Saskatoon's produce fruit on the previous years, or older wood, with vigorous branches around four years old being the most productive. To keep the tree productive prune in early spring removing diseased, damaged, dead or weak branches. You can also prune out some of the older less productive branches, making the cut as close to the base as possible. This pruning will also open up the canopy allowing for new growth as well as allowing more air and sunlight in.

I hope you have found this article informative. If you have any questions you can post them on my Facebook page @ 13 Moons Garden.

Youth & Elders
CHRISTMAS
DINNER
DECEMBER 4th, 2018
6:00pm - 8:00pm

WRFN Community Centre

For more information, contact Doreen Jacko or
Crystal Clark McGregor at (705) 285-4354

Education Manager - Jacinta Shawanda

Aanii Kina Weya!

Hope all is well in every household of our community.

This past few months I have had the privilege of attending KTEI's Decolonizing Education Certificate program. Two modules have been completed to date with 4 more to go. Participants may attend any of the remaining modules for a fee. The first two modules (Intro. to Indigenous Perspectives and Policy, Land, Treaties and Governance) have been fantastic!

If you or someone you know, works in the education field, the next few modules may be of interest: Social Control Policies AND Race, Internalized Oppression, Power and Privilege: Taking a Critical Gaze. The next will be offered two days in January 17 & 18, 2019 and subsequent module dates are to be determined: Call KTEI for more information.

Reminder to Post-Secondary Students:

As per WRFN PSE policy – Please remember to submit your first Term/Semester Grades to me as soon as possible. January living allowances will be sent upon your successful completion of September – December classes. Remember ask for help from your Academic Advisors/Counsellors – we are all here to help you succeed in your academic endeavours. Happy studying and wishing you all the best of luck on December Exams.

Reminder to Parents and Guardians of WRFN Students:

I have included the Bus Cancellation Process in this issue of the Rezound. Fridge Magnets have been ordered and will be ready for distribution soon.

Hopefully everyone enjoys this change of seasons and the upcoming Holidays.

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.

Miigwech

	<p>Whitefish River First Nation</p>	<p>If you prefer to be informed via text or email, then send your contact information (cell phone number or e-mail) to the Education Manager, Jacinta Shawanda. E-mail: jshawanda@whitefishriver.ca Office phone #: 705.285.4335, ext. 209 Business cell: 705.968.0224</p>
	<p>BUS CANCELLATION PROCESS</p>	
<p>LISTEN TO LOCAL RADIO BROADCASTS</p>	<p>IF ESPANOLA BUSES are cancelled</p>	<p>THEN WRFN BUSES to Espanola are</p>
	<p>IF MANITOULIN BUSES are cancelled</p>	<p>THEN Local run to Shawanosowe School is cancelled</p>
<p>PLEASE NOTE: Espanola schools AND Shawanosowe School will remain open. Parents/Guardians have the option to transport their child(ren) to and from school in the event of Bus Cancellations.</p>		
<p>ALL NOTIFICATIONS OF BUS CANCELLATIONS WILL BE MADE BY 7:30 AM</p>		
<p>Education Manager will notify Bus Drivers via TEXT</p>		
<p>Executive Assistant will put notices on our Facebook page and Website: www.whitefishriver.ca</p>		



Maamwe Kendaasing brings some Christmas spirit to WRFN in the form of handmade decorations!

Reduce Waste.

Bring a Feast Bag!



Librarian - Evelyn Jacko

Come and expand your mind or just relax it.

Aanii fellow community members! November was an eventful month, and I hope you are all enjoying this lovely winter weather.

I thank everyone for their patience during the Library renovations. Changes are happening fast and the construction is moving forward rapidly. They have now completed, the east side of the building and will soon be starting on the west side.

I've noticed people sitting in their cars outside of the WRFN Library to access using the complimentary WiFi. I don't mind, as it is free to

use, I do however ask that you come in, for statistical purposes to sign in to show that the WiFi is being used. Everyone matters and everyone counts.

I look forward to your visits, and signing in for statistical purposes helps with our yearly funding.

Merry Christmas to all and to all a great Happy Holiday season.

Hours of Operation & Contact Information

Tuesday - Saturday: 1pm-7pm
 Phone: 705-285-1888
 Email: evelynj@whitefishriver.ca

Maamwe Kendaasing - Cheryl Shawanda, RECE, Child Care Supervisor

Ahnee! From the Maamwe Kendaasing Child Care Centre:

The winter months are here along with the cold and flu season. Maamwe Kendaasing kindly requests that if your child is sick, please keep them home until they are feeling better.

The children will be learning how to prepare for the winter months. We have asked that all parents have their children dress appropriately for the cold weather. We do our best to go outside for daily fresh air, even if it is for a short period of time.

Also, for the safety of all children enrolled at the Maamwe Kendaasing Child Care Centre, we are encouraging parents to communicate with the Day

Care, School, Bus Drivers as well as the alternate people picking up your child, as to where your child is, and who will be picking them up. We have encountered several situations where alternate arrangements have been made but not all parties involved are aware of the arrangements. Please be responsible in communicating to everyone involved as to the arrangements made involving drop-offs and pick-ups.

Another reminder is to please update Daycare Staff of new phone numbers (emergency contacts) and changes in your work or school schedule. If an emergency situation should ever arise with your child(ren) and you cannot be reached, we will contact your emergency contacts that are on your child's file.

Programming

The Maamwe Kendaasing Child Care Centre maintains programming based on the Children's interest and what the children are talking about, each theme is designed and is incorporated to fit the child's intellectual skills.

Themes for the month of Mnidoo – Giizis (Sprit Moon) December 2018

- Legends, Storytelling (Traditional Seasonal)
- Christmas, Winter Solstice (Special Days)
- Mshkodewashk-Sage (Medicines)
- Wabzhashi -Marten (Clan/ Animals)
- Hibernation (Animal Activities)
- Wild Game (Traditional Foods)

Special Activities:

- Scholastic book order Due Date December 3rd 2018
- Annual Children Christmas Concert December 19th, 2018 (Community Centre @ 6:00 p.m.)
- Annual Children & Parents Christmas Luncheon - December 20th, 2018
- **Christmas Holidays Day Care Closed December 21, 2018 - January 7, 2019**

Maamwe Kendaasing wishes everyone a safe and enjoyable holiday season! Merry Christmas and Happy New Year!

"Challenge of the day: find something good in everyone." ~Author Unknown

Baa-maa-pii Miinwaa

The Bobcat 

Aanii Parents/Guardians,

The school year is flying by. We had another fast-paced and exciting month of November, as a school community! Our student activities continue to be in full swing with Art Club Mondays, Rock Band Tuesdays, Student Planning Committee meeting on Wednesdays and finally Drama Club rehearsals on Thursdays.

November

During the month of November our students participated in field trips to Science North and Lake Laurentian. In addition, we have had presenters coming to Shawanosowe School from Science North, the Health Unit and UCCM.

During Treaties Recognition Week, November 5-9, 2018, our students started the week by learning about our local treaties with Esther Osche. Our students were engaged in a variety of activities to deepen their learning about Treaties and their local community. Our Student Planning Committee have continued to highlight their leadership abilities throughout our school events. Our own Remembrance Day Ceremony on November 9, 2018, was led by the students who helped organize and also participated in the event. In addition, Gerald McGregor came to talk to the students about the important role of peacekeepers. Progress reports were sent home on November 14th with Parent/Teacher interviews held on November 15th from 4-7pm.

Our hatcheries have been set up in both the Grade 3 /4 and Grade 5/6 classrooms, and we are anticipating

the arrival of the eggs, which are to be delivered the first week of December. We had our second Staff/Student/Family breakfast this month which was extremely well attended. A thank you to the WRFN Student Nutrition program for the meal. We hope to continue to grow and see more family members at our next Staff/Student/Family Breakfast. In an effort to reduce waste as well as our carbon foot print, all students have received their feast bags this month after learning about their importance.

December

December is sure to be a busy time at Shawanosowe School. Students and staff are excitedly planning and practicing for the Christmas Concert on December 19, 2018 for their production of the ice-fishing tale "Give Me Back my Dad!"

- December 4th - School Trip to Silver City Sudbury to watch The Grinch
- December 7th - Spirit Day- Ugly Christmas Sweater Day
- December 18th - Christmas Concert Set Up
- December 19th- Christmas Concert at 6 pm at the Community Centre.

Attendance and Safe Arrival

If your child is going to be absent or late arriving, please call the school at 705-285-1311. Please remember if buses are cancelled and the school is

open we still require you to call to advise us if your child will be staying home. As well, no child should be dropped off earlier than 8:20 am as we do not have supervision until that time. Safety is our number one priority.

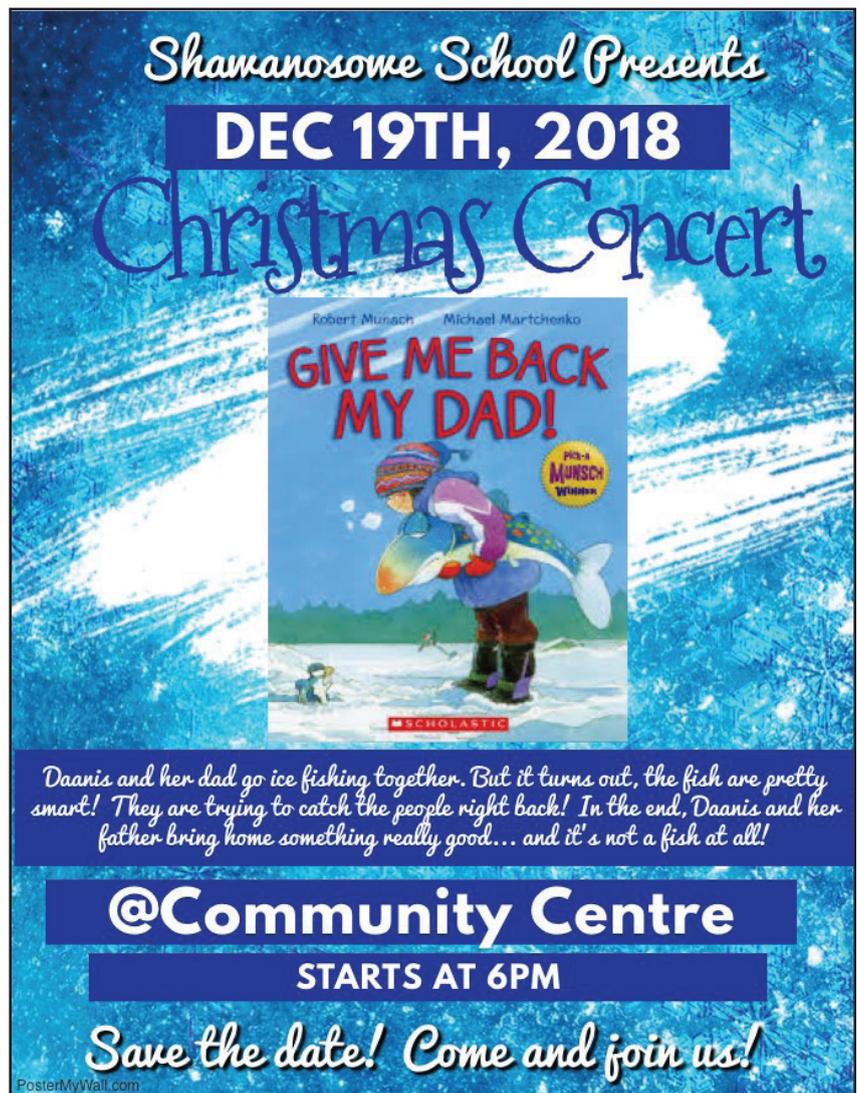
Reminders

Just a reminder that December 21st

is the last day of school. On behalf of the staff and students at Shawanosowe School we wish all families and community members a very Merry Christmas and a Happy New Year!

Thank you,

Mr. D. Stargratt
Principal



Shawanosome School Presents
DEC 19TH, 2018
Christmas Concert

Robert Munsch Michael Martchenko
GIVE ME BACK MY DAD!
PICTURED BY MUNSCH WINNER
SCHOLASTIC

Daanis and her dad go ice fishing together. But it turns out, the fish are pretty smart! They are trying to catch the people right back! In the end, Daanis and her father bring home something really good... and it's not a fish at all!

@Community Centre
STARTS AT 6PM

Save the date! Come and join us!

PosterMyWall.com

Band Manager - Art Jacko

Aanii Bemaadizijig

As we say Baamaapii to Baas-hkaakodin Giizis (November - Freezing Moon) and welcome Mnidoo Giisoonhs (Little Spirit Moon). This month I'd like to take the time to reflect back on my time thus far in my responsibilities as the Band Manager.

It's been just over a year since I started and looking back, my office has been really engaged, activities are very fluid, and WE have accomplished much in this short time.

To give some perspective on this, the following are some of our key accomplishments

1. The Elevated Storage Reservoir Project (Water Tower) in essence is completed and will be coming on line the first week of December. We are now planning for the Grand opening on December 17th. All the partners who came together to make this happen will be at the Grand Opening. This is an exciting time for Whitefish River and I'm hoping to see many of our community members for the Grand Opening.

2. This summer saw another successful Annual Pow Wow! This Annual celebration is a true team effort and it is encouraging to see so many community members pitching in to ensure its continued success.

3. We completed the Draft Trust Agreement. Our Trust Coordinator, Esther Osche continues to share updates with detailed information in her monthly articles in The Rezound.

4. We developed and approved the Band Custom Election Code. This is a huge step as we are setting our own course. There are changes with respect to the nomination process, please see the flow chart in this month's Rezound. We will continue with polling stations and mail-in ballots, the only change is that electronic voting has been added.

5. Chief and Council have taken action on the legalization of the recreational use of cannabis by way of a Moratorium on

cannabis dispensaries within WRFN. This was to allow time for community knowledge on exactly what cannabis dispensaries are. The Task Group has been formed and they will begin with their meetings soon. As the Task Group begins with community engagement sessions, it will ultimately be the community who will decide on this. There will be more information provided to the community and a section will be added at the next Rezound.

6. Another project that is now underway is the building of our new Early Learning Center (Daycare expansion). Construction has started and there will be more updates provided each month until the project is completed. We are hoping the project will be completed mid-summer of 2019.

Important Upcoming Dates:

1. Annual Christmas Parade and Craft Bazar - December 2nd
2. ESR Grand Opening - December 17th
3. Shawanosowe School Christmas Concert - December 19th
4. WRFN Christmas shut down - December 24th to January 4th
5. New Year's Eve Fire Work & Bonfire- December 31st at Midnight
6. Welcome the New Year, Community Breakfast - January 1st

This has been an incredible year and I am very proud to work with the people of our community. We had a lot of laughs and worked hard! At times our tasks were not easy, but together we accomplished a lot. This is truly an amazing community.

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.

Nahaaw, Baamaapii Miimwaa

Kawaabmin



Art Jacko accepts a donation from Albert Willis, Manager of Mclean's Mountain Wind Farm on behalf of the community of Whitefish River.

Missed an issue of The Rezound?

Find them online at www.whitefishriver.ca

**WHITEFISH RIVER FIRST NATION
NOMINATION INSTRUCTIONS**

Want to Nominate more people? Complete additional copies of the Chief and Council Nomination Form following the same instructions as above. Please note that only one copy of the Elector Declaration form is required by each Nominator.

**For more information please contact Lawrence Lewis, Electoral Officer
Jaclyn Casler, Deputy Electoral Officer**

Ph/txt: 250-213-5247 TF: 1-855-458-5888 Fax: 250 384-5416 Email: jaclyn@onefeather.ca
PO Box 35008 Hillside, Victoria, BC V8T 5G2
<https://onefeather.ca/nations/whitefishriver>



You're invited to..
An Open House

*Please join us in celebration
of our
Elevated Storage Reservoir!*

*Monday,
December 17, 2018
11:30 am*

Agenda

Opening Remarks
Chief Franklin Paibomsai
Minister of Indigenous Services
Jane Philpott
Ribbon Cutting
Lunch

For more information

705-285-4335 ext 201
lrecollet@whitefishriver.ca
www.whitefishriver.ca

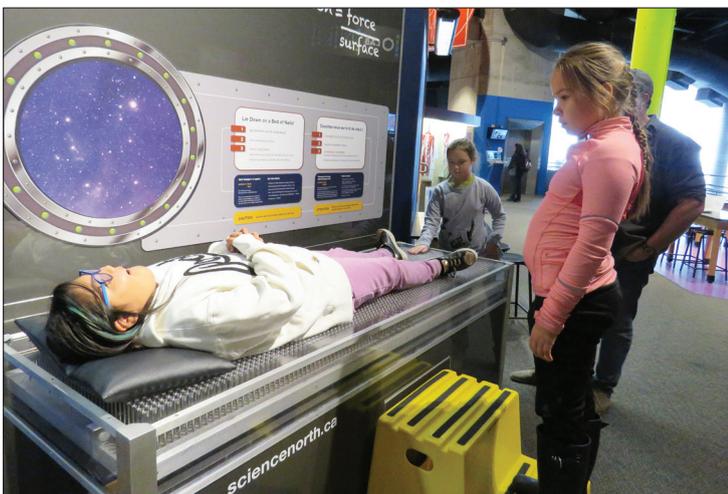




For the 2nd time since 2005 WRFN hosts the Union of Ontario Indians Grand Council. The gathering was hosted at the Manitoulin Hotel & Conference Center on November 14 & 15, 2018 and this year our Shawanoswe School students stole the show as they helped open the annual gathering. The Chiefs were very impressed with the maturity of our WRFN youth ambassadors, as they participated in the first part of the Grand Council.



Breaking ground on construction for the new Maamwe Kendaasing Early Learning and Innovation Centre.



Victoria lays on Science North's bed of nails during a Shawanoswe School class trip.



Sheldon, Caroline & Kiki make medicine pouches during NAAW week activities.



WRFN Health invited special guest speakers Mervin and Carol Anne Cheechoo to the NAAW week Recovery Supper & Family Dance.



Naomi enjoys her walking time with Miss Jessica.



Councillor Gerald McGregor was an honoured guest speaker at the Shawanosowe School Remembrance Day Ceremony held on November 9, 2018 and organized in part by the Shawanosowe School Planning Committee pictured here.



Isla & Waylon join in on WRFN's tree decorating contest.



L'il Miss Wawaskinaga Delilah McGregor represents WRFN proudly at Laurentian's round dance.



Shawanosowe Staff get in the holiday spirit.



Barb Recollet makes beautiful moose hide mitts at the Beaver Pelt craft making workshop on November 24 & 25, 2018.



Merry Christmas and Happy New Year from Shawanosowe School!

Whitefish River First Nation Boundary Claim Trust Working Group

Greetings!

My name is Esther Osche. As the Trust Coordinator for the Whitefish River First Nation Boundary Claim Trust Working Group, I provide a monthly report on the on-going activities related to finalizing the draft Niigaan Naabidaa Trust Agreement. The Trust Working Group worked diligently to shape the terms of the Niigaan Naabidaa Trust Agreement based on the input provided by members that have contributed during member consultations. The finished draft Trust Agreement was approved by the Whitefish River First Nation Chief and Council. The Niigaan Naabidaa Trust Agreement has yet to be ratified by the members of Whitefish River First Nation. The Trust Agreement will only take effect after it is ratified by the members.

Purpose of the Niigaan Naabidaa Trust Agreement:

A Trust Agreement is a Rule Book that preserves and protects the settlement funds for today's and future members.

A Trust Operates as a separate legal entity and its function, along with those of the Trustees, are limited to receiving the Settlement funds, investing the Trust property and, making annual payments to the First Nation for the purposes described in the Trust Agreement. The decision to how to spend the annual payment is left up to the community.

The Trust Working Group's Role in the Development of the Draft Trust Agreement: The Working Group provided representation and input into a draft Trust Agreement template. They have now finished this task with input gathered from the members at community engagement sessions. The finished draft Trust Agreement was approved by the Chief and Council on September 18, 2018. The date for the ratification vote on the Trust Agreement will be set in the near future.

Trust Coordinator Update: Since the bulk of the work for the Trust Working Group has now been completed, I have changed up the format of reporting until such time as the Trust Working Group reconvenes to address any further items for the Niigaan Naabidaa Trust Agreement. As reported last month, the Chief and Council made a request to modify the Trust Agreement's preamble to include a clearer historical viewpoint which leads up to the Settlement Agreement and thus the Trust Agreement. I hope to present the approved additions to the preamble in my update in next month's Rezound.

New: Establishment of a **Trustee Selection Committee** (3 members) will take place in the near future to assist in the selection and screening of applicants for **member trustee** positions (2 members). The Terms of Reference for the **Trustee Selection Committee** were approved by the Whitefish River Chief and Council on September 18, 2018 and are ready for operation.

APPOINTMENT OF TRUSTEES AND EX-OFFICIO TRUSTEES :

It is important to establish and train the Trustees who will manage the Trust Account. This is completed ahead of time to avoid any delays in receipt of the Settlement funds and operation of the Trust. The release of the funds and operation of the Trust are contingent on a successful vote for the Settlement Agreement and the Trust Agreement.

Section 5.5 of the Niigaan Naabidaa Trust Agreement states:

Council shall, by Council Resolution, establish a trustee selection committee of interested Members to assist in the selection and screening of applicants for a Member Trustee position whenever a Member Trustee is to be appointed. The committee shall be made up of at least three (3) Members who are at least twenty-five (25) years of age and who are not a member of Council or applying to be a Member Trustee. In addition, the committee shall include one Councilor as an ex-officio member of the committee.

Section 5.6 of the Niigaan Naabidaa Trust Agreement states:

The trustee selection committee will operate in accordance with the terms of reference approved by Council, from time to time, and will follow the trustee selection process approved by Council, from time to time.

The Call Out for interested Trust Selection Committee members will take place in mid-December 2018. If you are interested please respond.

Number of Trustees: The Trust Agreement specifies five (5) in total as follows: 1 corporate trustee, 2 member trustees, and 2 ex-officio trustees (non-voting) comprised of 1 youth aged 18-25 and 1 councilor.

Role of the Trustees: Section 3.2 of the Trust Agreement states: The Trustees shall hold and invest the Trust Property for the benefit of the Beneficiary, WRFN, upon and subject to the use, transfer or release of the Trust Property as directed or authorized by the Trust Agreement. The selected Trustees will also be required to participate in such training as the Corporate Trustee or Council may require in order to assist them in the understanding and fulfillment of their duties and obligations relative to the Trust Agreement. The training will get underway as soon as the Trustees and Ex-Officio members are established.

TRUST ACCOUNT: Section 12 of the Trust Agreement states the Trustees will open (1) Trust Account. A trust account has now been set up in preparation of the Trustees being established and will be finalized at a future date.

IMPORTANT: I continue to focus on the collection of member contact addresses and emails. I encourage all members to contact family near and far to file to ask them to send their contact information to my attention. This will be extremely important for communications that will be sent out regarding new developments.

You can send the Trust Coordinator either a letter addressed to:

**Trust Coordinator
P.O. Box 88
Birch Island, ON
PoP 1A0**

or, email at eosche@whitefishriver.ca or, telephone call at 1-800-265-4335 and request to be put on a mailing and email listing to receive important information on future Trust developments.

Please help spread the word to family and community acquaintances to update their contact information by contacting our office at the number and email address provided above.

Have you reviewed the Trust Working Group Report? The **Report on the Community Engagement Sessions** has been uploaded to the Trust Developments Portal location on our website. Please give the report a read to keep updated on our next steps. The Report can

also be made available upon request to the Trust Coordinator by email at eosche@whitefishriver.ca or, by telephone at 1-800-265-4335.

New Trust Name: Niigaan Naabidaa meaning "Let's Look Ahead".

The Trust's new name will remind us to always look ahead when making decisions, to make decisions that will ensure a better future for our community and especially for our community's children, to look at how those decisions will impact future generations, those yet unborn and to make only those decisions that will be beneficial for them. This honors the teachings of our ancestors who instruct us to think 7 generations ahead. This name implies that not only will we look to the future, to the ones who will come after us, but we also look to the past, i.e., the wisdom of our ancestors, the ones who came before us.

Referendum Vote for Ratification of the Trust Agreement: There are no updates to provide at this time. The Chief and Council continue their discussions with Canada on the finalization of the Settlement Agreement. Further updates will be provided as they become available.

Questions? Please send a letter or, email to the above-noted mail and email addresses to the attention of Esther Osche, Trust Coordinator. A response will be prepared and sent back to you. **Miigwetch and Thank You** to all those members who have sent in your inquiries so far.

The WRFN Trust Process Chart: The process chart has been revised to take into account our recently completed tasks. **Please note**, reference to the October and November Referendum Vote tentative timelines have been removed. Further updates will be provided as those dates have yet to be determined. **The Chart will continue to be subject to change in a future edition to accommodate the plans for the Referendum Vote to approve the Trust Agreement.**



For more information please feel free to contact me at WRFN Administration at 705-285-4335 or via email at eosche@whitefishriver.ca.



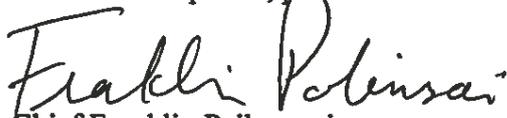
A PLACE OF VISIONS AND DREAMS

**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:


Chief Franklin Paibomsai

705-285-4335 Ext. 202, or franklinp@whitefishriver.ca

WHITEFISH RIVER FIRST NATION

17A Rainbow Ridge Road, PO Box 188, Birch Island, Ontario P0P 1A0

TEL (705) 285-4335 FAX (705) 285-4532 www.whitefishriver.ca

Lands Manager - Kathleen Migwanabi

Check It Out - The Bear Facts

Black bears are considered highly efficient hibernators. They sleep for months without eating, drinking, urinating, or defecating. Hibernators with lower body temperatures, such as chipmunks, woodchucks, and ground squirrels, cannot do this. These smaller mammals must awaken every few days, raise their temperatures to over 94 degrees, move around in their burrows, and urinate. Some of them must also eat and defecate during arousals. Black bears have far more insulative pelts than the smaller hibernators. As a result, bears' body heat is lost very slowly, enabling them to cut their metabolic rate in half and still make it through winter, maintaining temperatures above 88 degrees--within 12 degrees of their normal summer temperature. (Excerpted from "A Bear In Its Lair" by Lynn Rogers, Natural History Magazine, October 1981).

Length of Hibernation: The length and depth of hibernation is genetically programmed to match the regional norms of food availability. Bears commonly go for seven months without eating — from mid-September until mid-April. Hibernation is deeper and can last over 7 months in the northern portion of the black bear range where abundant, high quality food is available only from May through August. To do that and remain in good condition requires changes in physiology, and some of these changes create conditions in bears that would cause problems in people.

Bear Health & Human Medicine – Interesting

How bears remain healthy in winter, and how their adaptations may be used to improve human medicine, have recently become subjects of study at some of the leading medical research centers in the country. For example, bears that are living off their fat have cholesterol levels more than twice as high as their summer levels and more than twice as high as the cholesterol levels of most humans. Yet bears have no known problem with hardening of the arteries or with the formation of cholesterol gallstones. Medical studies have shown that bears in winter produce a bile juice, ursodeoxycholic acid, that may help them to avoid problems with gallstones. When given to people, this acid

dissolves gallstones, eliminating the need for surgery. Black bears also greatly reduce their kidney function in winter. They do not urinate for months but still do not poison their bodies with waste products such as urea. The urea is somehow broken down and the nitrogen from it is reused to build protein. This ability to build protein while fasting allows the bears to maintain their muscle and organ tissue throughout the winter. They only use up fat. Evidence is accumulating that the physiological changes that occur in hibernating black bears are controlled by hormone-like substances. These substances also produce hibernation-like effects when injected into other species - both other hibernators and non hibernators, suggesting possible uses in human medicine.

Did You Know?

Aboriginal people noted the locations of dens they found in the fall and returned to them in winter to kill the bears for food. They respected bears and had special ceremonies surrounding the killing and eating of them. The first moon of January was called the bear moon because it is then that the cubs are born and then that the bears begin to lick their paws.

It was believed that mother bears washed their newborn cubs with fresh snow when they were born. Snow during the bear moon meant that another cub had been born and that the bears, which had control of the weather, were calling for fresh snow to wash their young! It was also believed that bears walk on berries all summer, crushing the different kinds into their paws so that in winter they can lick their paws and obtain the essence of the berries for sustenance in winter. Yummy!

Now for the scientific observation: Cubs are born in late January or early February. Bears commonly lick their paws in late winter and early spring because their pads and toe pads flake off during hibernation, and the newly exposed skin is not yet toughened up.

I like the aboriginal observation better –both are interesting! Have a good winter bears!

Any questions regarding Lands, please do not hesitate to contact me at (705)285-4335 or by email at kathleenm@whitefishriver.ca

Lands Assistant - Keith Nahwegahbow



My name is Keith Nahwegahbow, the new Lands Assistant for WRFN. I am excited for the new position as I studied Environmental Technician/Technology in school and my work experience has primarily been in the field of natural resources. My passion has always been in protecting the environment and I am excited to bring in my knowledge of natural resource science to the position. I look forward to working with the Whitefish Falls Fish and Game Club to integrate WRFN into the Walleye hatchery program. We will also continue to work with the AOFRC with the fish population stud-

ies in the water surrounding WRFN. Another of my goals is to start working with the forest management units and be included in the forestry planning process.

Immediately, however I will assist our Lands Manager with the busy department. Familiarizing myself with all the lease holdings in WRFN. This includes the continued management of the WRDC lease holdings. Ensuring compliance and maintaining the filing system. Right away it will be mainly administrative duties. I look forward to providing my input on environmental issues as they affect First Nations.

In November, I will be taking the introduction to Lands Management Course delivered by the North American Lands Management Association (NALMA). This training will increase my understanding of the role of Lands Assistant. Through this two day course I will learn legislation as it pertains to the management of lands on a First Nation. I will be learning the land request process through the Indian Lands Registration System.

I'm grateful for this opportunity and I look forward to using some of my gained knowledge within my home community of Whitefish River.

I can be reached at WRFN Administration at 705-285-4335 or through email at keithn@whitefishriver.ca.

Consultation Coordinator - Stephen McGregor

Ahnni,

I'm pleased to say that my first month as Consultation Coordinator has been busy and exciting. I have the fortune to work with a great team in the Administration Building and I am confident that my tenure will be productive. I am pleased with the progression in the consultation development as the research into consultation policies has led me to some interesting concepts.

The course we are undertaking is being done in other communities across the nation and I have the opportunity to utilize their perspective to reflect on their process as it pertains to our community. There are plenty of First Nations that face the consultation process and are now coming to terms with the idea of UNDRIP (United Nations Declaration on the Rights of Indigenous Peoples) as it pertains to First Nation's Communities. Many other communities both large and small have been through the process in order to safeguard our rights. In this perspective, Whitefish River, though small in the grand scheme of government and First Nation's

affairs may have a larger role to play.

We must therefore be mindful of our role as First Nation's people and give this process deliberate and serious consideration. The GIS aspect plays an important part in the consultation process as we must be appropriately prepared to discuss our responsibility to address any development that concerns our territory or land. Our GIS system will reflect our values in regards to the landscape of WRFN and I am confident in our collective role as a community to safeguard these values.

We are quite fortunate to have access to equipment available for GIS database development. Also important and integral to the process is the knowledge base that already exists within our administration building and community itself in regards to safeguarding the resources that we treasure.

If you have any questions you can contact me at the Administration Office at 705-28-4335 ext.217, or by email at stephenm@whitefishriver.ca

Membership News

Membership hours have been reduced and appointments are encouraged as there will be periods when I will be out of the office.
Call 705-285-4335 Ext. 208

REQUEST TO UPDATE MAILING & CONTACT INFORMATION:

We are asking all Registered Members and Citizens of Whitefish River First Nation to please update your mailing address with the Membership Office. Your mailing address is required for voting purposes within the band, (i.e. elections, referendums), as well as distributing important information. You may also update your contact information by registering in the membership portal on our website at www.whitefishriver.ca

Certificate of Indian Status (CIS) Cards - If you require a status card, you are required to provide **two(2) pieces** of government issued identification.

Acceptable forms of identification are:

- Certificate of Indian Status Card
- Birth Certificate,
- Canadian Passport (counts as 2 pieces)
- Driver's License,
- Provincial Health Card,
- Firearms License,
- Employee ID Card,
- Provincial ID Card,
- Student ID Card
- or a Guarantor Form

longer does mail out applications for status card renewals. You may attend the WRFN Membership office to apply for a paper laminate card, or contact the nearest First Nation to see if they would issue you a card.

IMPORTANT CHANGES TO REGISTRATION

Due to the recent changes to the registration program, Indigenous Services Canada has introduced the integrated application process. For New Registrations, applicants can now apply for registration and have the option to apply for Secure Certificate of Indian Status Card (SCIS) at the same time.

To register a child (15 years and Under), Required documents:

- Original long form Birth Certificate (also known as statement of live birth), and
- Child Application

New Registration Adult 16 and Older

- Original Long Form Birth Certificate
- Adult Application

If applying for the Secure Certificate of Indian Status Card (SCIS):

- Guarantor Form (holder of SCIS card, Chief, Councillor, IRA, etc.) can sign as guarantor
- Copy of 1 I.D. (front & back) from parent/guardian (e.g. Driver's License, health Card, passport, etc.) signed by guarantor
- 2 passport Style photos
- **Marriage Reporting:** Original marriage certificate and marriage reporting form is required
- **Death Reporting:** A death Certificate is required to register the death of a registered band member

CITIZENSHIP - Whitefish River is a section 10 band under the Indian Act and determines its own Citizenship (Band Membership). **Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply.**

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

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

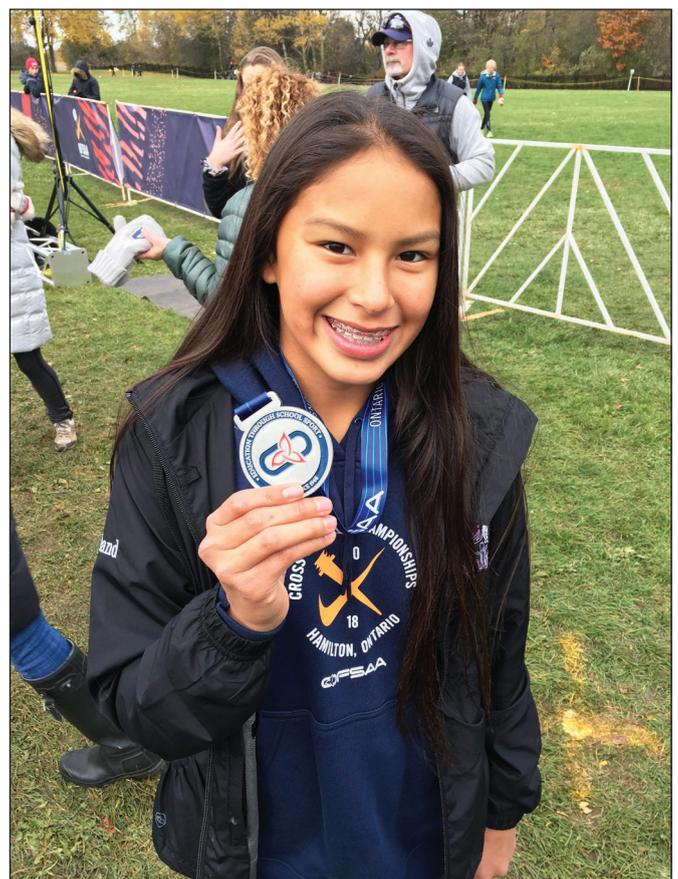


NOTICE:
WRFN Membership Office
will be **Closed** on the
following dates:
December 3 – 7th, 2018
&
December 19 – 21, 2018

Please be advised that the membership office **no**



Congratulations to local athlete, Avery Sutherland who ran with the Lo-Ellen High School Midget Girls cross-country team, who were this year's silver medallists at OFSAA. Individually, Avery placed 11th overall, out of 300 racers. OFSAA was hosted on November 3rd, 2018 in Hamilton, Ontario. Pictured with Avery is her father and coach Greg Sutherland. Way to go Avery!



Preventing Frozen Pipes

Before freezing weather

Preventative maintenance (building envelope – keep the cold weather outside).

- Seal/caulk windows, doors, electrical outlets and ensure weather-stripping is in good condition
- Insulate wall cavities
- Insulate water pipes exposed to cold temperatures or drafts

Preventative maintenance (heating systems).

- Maintain heating equipment according to manufacturer recommendations
- Inspect filters and piping for obstructions (dust, sludge, etc.)
- Verify that dampers, vents, and valves are in the proper positions, allowing for adequate air movement/water flow

Consider monitored low temperature alarms in strategic locations to provide warning prior to freezing conditions.

Frequently inspect (daily) unoccupied building areas susceptible to cold weather conditions for cold temperatures, drafts, dampness, water staining, etc. (vacant tenant spaces, mechanical rooms, sprinkler rooms, concealed spaces, etc.). Maintain a log of all inspections.

Know the locations of all water system piping (are lines contained in wall cavities or ceiling spaces that may experience colder temperatures than adjacent rooms?).

Keep portable electric heaters available. Note: Portable heaters should only be used as a last resort and a temporary solution. Ensure extension cord use is limited and that the heaters have tip-over protection and a thermostat.

During freezing weather

Allow water to trickle slowly from faucets during abnormally cold weather. This helps prevent pipes from freezing.

Areas with domestic water lines:

Don't set thermostats (including vacant areas) lower than 13°C (55°F).

Buildings equipped with fire sprinkler pipes:

Areas with wet system sprinkler system piping (including sprinkler valve rooms for wet and

dry systems) must be maintained at a minimum of 5°C (40°F) to be in accordance with fire code requirements intended to prevent freezing lines.

Open cabinet doors and run fans to allow warmer air to circulate around the plumbing (where piping is situated within enclosed vanities along exterior walls).



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



**** 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.

Christmas Energy Saving Tips

Lights

If you are in the market to purchase new Christmas lights, think of purchasing led lights since they consume less energy than incandescent lights.

Wait until after dark to turn on your lighted decorations.
Remember to turn them off before you go to sleep.

Timers can be beneficial if you have trouble remembering to turn off your lights

Turn off the room lights if you have your Christmas tree lit. The lights from the Christmas tree should be adequate lighting for you to navigate around the room.

Cooking

Try to get most of your baking done at one time. Heating your oven uses a lot of energy, but it takes the same amount of energy to heat a full oven as it does to heat an empty oven. By cooking several dishes at one time you can reduce your oven's consumption.

Turn off the oven a few minutes early and let the residual heat finish the cooking.
Keep the pot lids on so that your food will cook faster and use less energy.

Consider using smaller appliances for the smaller jobs. Toaster ovens and microwaves use less energy than an oven.

Entertainment

Turn the heat down while guests are over to let extra body heat warm the room.

Bundle up and go for a walk to look at the neighbourhood lights.



DECEMBER 15, 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

Community Energy Advisor - Tania Jacko

Oh Hello there and welcome to: The Life and Times of Your Plastic - Part Deux.

When your plastic bottle is put in the recycling bin, it is shuttled to a recycling plant. Once it arrives, it is put on a conveyor belt and it is once again sorted.

It is then put on conveyer belts and is mechanically and manually sorted from paper, glass, metals, and garbage. To ensure that the same type of plastics are stored together, the sorting process occurs several times both manually and mechanically. A machine uses optics to sort the plastic by colour, and another machine uses air to sort it by weight. It then gets perforated, flattened, and compacted so that it can be stored, until it is ready to be cleaned.

Next it is shredded to ensure that there is no more liquid left in the bottle. It then gets washed again to rid the plastic of labels and put in a corrosive bath to get rid of the caps. The caps are a different plastic which float to the top of the corrosive bath and are manually sifted out.

From there, it gets shipped again to another factory to be turned into chairs, carpets, fleece, comforters or the ever desirable and always fashionable polyester suit. Each object requires an extensive process which most likely includes heating the plastic so that it is malleable and then it gets cooled. All these processes from extracting natural gas from the earth, to manufacturing the plastic into a bottle, to it being filled with liquids, to it being shipped to stores to sit in fridges until you purchase the one-time-use bottle, to it being put in the plastic bin, to be shipped to a recycling plant and sorted, then being turned into a recycled object requires a tremendous amount of electricity. If that were not enough, since the recycling industry is a global one, it also produces vast amounts of greenhouse gas emissions.

That's if it gets recycled. If it does not it winds up sitting in a landfill, compressing with other garbage, and combining with rainwater to create a toxic mixture of what it called leachate. Leachate gets into groundwater harming ecosystems and wildlife. A lot of the times it ends up in the ocean. Discarded

plastic does not degrade. It takes 1000 years for it to breakdown.

Although recycling reduces the amount of natural resources extracted from the earth, the other two R's, reducing and reusing, are far more environmentally friendly. Here are some tips to reduce your consumption and make your way to a "zero waste" lifestyle

- Refuse single use plastic or single use anything for that matter
- Make a habit of bringing your refillable water bottles, travel mugs, and thermoses with you when you are on the "go"
- Eat "for here". No take-out packages
- Opt for package free produce
- Use paper lunch bags that you bring from home if necessary
- Bring your own shopping bags
- Shop in bulk
- Bring your own utensils and Tupperware for leftovers
- Take your bundles to community feasts

Additionally, reduce your electricity consumptions by going to <https://www.affordabilityfund.org/> to sign up to receive free energy saving devices.

FREE Energy Saving Upgrades

<https://www.affordabilityfund.org/>

Affordability Fund Ontario

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, or stop by the administrative office. You can also ask your Community Energy Committee members.

As always, remember to turn off the lights when you leave a room that is not in use.

P.s. **Merry Christmas**

Christmas Food and Toy Drive: November 13th-December 7th!



The UCCM Anishnaabe Police Service challenges you to help us in our collection of non-perishable foods and new toys for families this Christmas!



Your donations can be dropped off at any of the following locations: UCCM Police Station, UCCMM Tribal Council, Kenjgewin Teg, Waubetek, Mnidoo Mnising Employment and Training, Sheshegwaning Health Centre, Kina Gbezhgomi (M'Chigeeng Office and Wikwemikong Main Office), Noojmowin Teg / Mnaamodzawin, Sheguiandah Band Office, Whitefish River Administration Office

Forget
By Alexis McGregor

Forget,
Forget the grey,
The darkness all around
The faint calls screamed from far away,
Forget the thoughts
The images stuck inside your brain,
The river that flows
But not of the blues we see today,
Forget all that was lost
All the sorrow
All the pain,
Forget the helplessness
And the sounds that echo on,
But don't forget,
Don't forget the freedom felt
The honour
Or the courage
Though many live below the graves
You should feel so lucky to be here today,
Don't forget the ones who died
With other brave Canadians
By their side

First Place Poetry Submission by Alexis McGregor
2018 WRFN Remembrance Day Poster & Essay Contest.

In Memory of
Donald McGregor Sr. Ogimas

I miss my dad.
On December 20th it will be 16
years since he passed away.
He did have a great sense of
humour and was very
protective over his children.
I think he watches over us.
Many times I will be caught
at seeing 12:17 on the clocks at
home or in the car.
I think he is reminding me
that he will always
be our angel in heaven.
I see his looks so much in my kids
and now in my grandson too.
It seems like yesterday
when I saw him last,
but so much time has passed.
I miss my dad.

Love, Kiki



Waste Management Action Plan Coordinator - Crystal McGregor

It's here...December which brings Christmas and the end of the calendar year. Some have been preparing for weeks, for some we are the last minute sort of people, some may not prep or celebrate at all. For many it's a time for family gatherings with those near and far, some have time off from work, or maybe taking a nice vacation. The holiday season is likely the most damaging month for the environment with all the extras that cannot be recycled and food waste. A bit of information in this issue of the Rezound to help you be aware of some of the impacts proper and improper recycling can have.

Why can't Christmas wrapping paper be recycled?

Christmas wrapping paper. The materials that go into making some wrapping paper mean it's not always accepted for recycling. *It is often dyed, laminated or contains non-paper additives, like gold and silver coloured shapes, glitter or plastics, which can't be recycled.*

Look for alternate ways to reduce your impact getting that gift ready to put under the tree. Reuse paper gift bags from previous years, clothe bags are well worth it and can be used for any occasion, and your imagination is the best helper to reduce waste. Also, keep in mind the packaging the gift comes in, many boxes are recyclable but can become contaminated

and turn it all to waste with those clear plastic windows. When you are breaking your boxes down for recycling remove the windows and make sure to flatten the box. Break larger boxes down into 24" x 24". I automatically do this with tissue boxes, break it down and take out the plastic film (not recyclable) and put in with my cardboard.

Electronic Recycling Bin

Please keep in mind that not all items with an electrical outlet are accepted in the bin. The main items accepted are televisions, cellular and non-cellular devices, desktop and portable computers, desktop and stand-alone printers, personal portable audio systems, home and car audio equipment. Household appliances are not accepted.

TEXTILE WASTE

I mentioned in last month's Rezound that I was exploring an idea with a textile recycling organization to pick up our remaining textiles after a clothing swap in the community. I have since learned from the organization that it would not be feasible for them to provide this service as they are in Southern Ontario. I will continue to investigate other options to help divert as much textiles from our landfill site. A clothing swap will be organized for the New Year. For those that are unaware there are donation bins in Espanola that accept gently used clothing.

When we chose not to recycle this is the average time that it will take these items to decompose.

- Plastic bottles: 70-450 years
- Plastic bag: 500-1000 years
- Tin can: around 50 years
- Leather shoes: 25-40 years
- Thread: 3-4 months
- Cotton: 1-5 months
- Rope: 3-14 months
- Cigarette: 1-12 years
- Styrofoam: 500+ years
- Nylon clothes: 30-40 years
- Glass bottles: 1-2 million years
- Hairspray bottle: 200-500 years
- Fishing line: 600 years
- Aluminum can: 200 years
- Sanitary napkins & diapers: 500-800 years

Consequently when you think of these items that can be recycled, example; a tin can estimates 50 years to decompose but it is typically in a black/green garbage bag – now it takes that tin can approximately 1050 years to decompose. Anything recyclable that is put in a normal plastic garbage bag now takes an additional 1000 years to decompose. One way to help the composition of items we cannot currently recycle is biodegradable bags, a little bit more on the pocket book but it will be more environmentally friendly. I am on a continuous learning path with regards to recycling, it is an extremely vast subject with many variables to contribute to our recycling

here in Whitefish River. One major variable is that markets are changing their buying habits, meaning they are being more restrictive to what they will buy to recycle to make new products. One of the reasons it can be quite challenging to keep educated on proper recycling. The acceptable and the unacceptable. To help me better education you on recycling I will be going onsite to the company that provides their recycling services for our community to see firsthand their operations. Another site visit will be to the Sudbury recycling plant. The more information I gather, the more I can share with you to help us to all be better recyclers. In addition to the site visits I am also taking an online course in recycling, this is giving me deeper insight to the origins, legislation and operations of the overall recycling program in Ontario.

Wishing everyone a Merry Christmas and Happy New Year!! Have a safe and enjoyable holiday season filled with family and friends making lasting memories.

**3R's Reduce, Reuse, Recycle
Make us of your Feast Bundles
for all your holiday meals.**

Should you have any questions or ideas feel free to contact me at the Administration office or at:
crystalmcgregor@whitefishriver.ca



**Mental Wellness Team
needs your help!**

Name Me!

I am a courageous wolf who provides comfort in times of crisis. But I need a name!



Winner will receive a \$50 gift card and me!

Deadline: November 30 at 4:00 PM

Email your Entries to:
CRNameourmascot@gmail.com or stop by Naandwechige Gamig main lobby

***Winner will be announced December 13 on the Wikwemikong Health Centre Facebook Page**

PosterMyWall.com

**WHITEFISH RIVER WARRIORS
CHRISTMAS RAFFLE**



Grand Prize: \$1000 Ca\$h
2d Prize: \$500 Ca\$h
3rd Prize: Christmas Hamper (\$100 value)

Draw Date: Thursday, December 20, 2018 @ M5 Bingo

**1000 Tickets Printed
\$5 each**

Tickets available from Warrior Coaches/Managers and Parents

**Thank you for your support!!!
All proceeds are for the 7 Whitefish River Warrior teams attending LNHL 2019**




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

"Patience" is a learned attitude when dealing with life's challenges, patience is also very important when dealing with services and programs. As we all know no vehicle or piece of equipment is 100% reliable. We can only plan regular maintenance and address repairs as required. When unexpected repairs are needed time and resources are required to address the repair and to continue with the regular scheduled service. Friday, November 16th, 2018 was a sure test for the public works crew's readiness. Not only did we get a surprise dumping of snow but the water truck was still in the garage getting repaired. The crew scrambled to get the roads and public buildings opened in a safe and timely manner and were able to secure a water delivery truck from our neighbouring First Nation of Sheguiandah. The roads were cleared and the water was delivered three or four hours later than normal. Kudos to the public works crew!

As a result of this latest challenge a **Standard Operating Procedure (SOP)** will be developed to assist planning and mitigation for when the water truck is out of service. Listed below is an example of how the SOP will look and the procedures the public works crew and management will do in these types of situations.

This **Standard Operating Procedure (SOP)** will be used if water delivery service is delayed more than one to two hours or out of service for the day.

Purpose:

To provide water delivery operations clear direction and course of action when the water delivery truck is

unavailable. To provide the public who require water delivery service of course of action and what to expect if service is delayed or canceled.

1. Water truck operator to notify Public Works Manager and/or Band Manager if the water delivery service will be delayed or cancelled.
2. Public Works Manager and/or Band Manager will notify administration office to place on WRFN social media site of the delay or cancellation.
3. If water delivery cancellation is required, water delivery will commence the following day with own or rental water delivery truck.
4. Public Works Manager and/or Band Manager will have social media sites and administration reception updated periodically on or when water delivery service will commence.
5. When homeowners on drinking water citrines notice a delay in water delivery service, if capable to review WRFN social media sites of updates or call the administration office for information/updates.
6. Homeowners on drinking water citrines to reduce water usage to ensure they do not run out water during delay or cancellation.
7. Public Works Manager and/or Band Manager will have social media sites and administration reception updated when water delivery service will commence.

This same type Standard Operating Procedure will be developed for weather delays such as large snowfalls, freezing rain and or extreme cold.

The new daycare project is going ahead as planned, the project was posted for contractors from the area to bid on. In total 6 contractors bid on the project with the contract awarded to W.S. Morgan Construction Limited of Parry Sound. The construction por-

tion of the project is expected to take 35 weeks with the company breaking ground the week of November 26th, 2018. **The Project team team has encouraged the contractor to hire local labor, therefore if you are interested on working on this project, have an updated written resume and cover letter ready and submitted to W.S. Morgan for review.**

There will be **NO** changes to the water delivery, curbside garbage pickup, and landfill operations schedule during the 2018/19 Christmas Holidays.

Once again we have snowmobilers out and about in the community. This is a great winter activity for people to get out and enjoy the winter. However snowmobilers need to be reminded to please stay off the public properties (front of Administration Office & back of the Health Center), as there are septic lines and water lines buried. There is a possibility of running over critical areas which could force the frost down and freeze these important lines. Anyone running their ATV or snowmobiles over septic field beds could cause damage and the system could potentially freeze. Even dogs tied up on the field bed or storage shelters built on the field bed will cause the system to fail.

From myself and all the Public Works crew, have a safe and Merry Christmas and a safe and Happy New Year.

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.

**PUBLIC WORKS CHRISTMAS ON-CALL SCHEDULE
2018 - 2019**

Week of December 23 - 29, 2018

Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
Mark -WTP Darin-WC Marcus-WC	Mark-WTP-T&R /WC Marcus- WC	Mark-WTP/WC Darin-WD Marcus-WC	Mark-WTP-T&R/WC Marcus-WC Darin -WD Marcus -Garbage Pick up Todd-Landfill	Mark-WTP/WC Darin-WC	Mark-WTP,T&R /WC Andy-WC Darin -WD	Andy-WTP /WC Marcus-WC Todd-Landfill

Week of December 30, 2018 - January 5, 2019

Sunday 30	Monday 31	Tuesday 01	Wednesday 02	Thursday 03	Friday 04	Saturday 05
Andy-WTP /WC Marcus-WC	Andy-WTP-T&R /WC Darin-WC	Andy-WTP/WC Darin-WD Marcus-WC	Andy-WTP-T&R /WC Darin -WD Marcus-WC Marcus-Garbage Pick up Todd-Landfill	Andy-WTP/WC Darin-WC	Andy-WTP-T&R /WC Darin -WD Todd-WC	Mark-WTP /WC Darin-WC Todd-Landfill

Updated Nov. 30/18

Legend

- WTP - Water Treatment Plant (On-Call)
- T&R - Testing & Recording at Water Plant
- WC - Winter Control (On-Call)
- WD - Water Delivery (Tuesday, Wednesday & Fridays)



Free Christmas Dabbers!
Turkey Draws!
Christmas Hamper Draw!

WRFN
Minor Sports
CHI-BINGO
Thursday, December 20th

3 - \$1000 JACKPOTS
DOORS OPEN - 5:00 PM
MINI-GAMES - 6:45 PM

Whitefish River First Nation
Community Centre

For more information contact Jake Pakosigan
at 705-285-0671

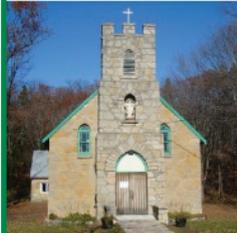


St. Gabriel Lalement
Christmas Mass Schedule

Regular Sunday Service
December 23, 2018
11 am

Christmas Eve Service
December 24, 2018
11 pm

Christmas Day Service
December 25, 2018
11 am


Pet Care & Tips

Merry Christmas and Meow everyone!

Boy, Old Man Winter kind of started early this year I think? Even my cats are staying in the house now. BJ still likes to go outside but comes in later at night to sleep on his favourite spot on the carpet by the couch. I am listening to Christmas music on my TV music channel and watching the fireplace channel as well, but there's no music on that channel yet. In the past, when I was well, I would enjoy this time of year with decorating and putting the lights up. I would have had some of my lights on by now, as in the past, I would try and to beat everyone with putting my lights up. It seems as I grow older, I am not into it very much, and being unwell does not help. I am trying to get into the Christmas Spirit if I can find it, although to me it seems to be too much work. I remember well, enjoying the walk in the bush to find that perfect tree for my living room.

Well, back to the cats. Tom, is still here and getting big. Favio, who used to be the smaller of the boy cats has this year, packed on the pounds. She-Pet Elizabeth is letting me pet her more now, as she used to be the one who did not like to be touched. I am also trying to pick up Empress Farrah more so she will get accustomed to me. Webb Debby is not too bad and Luka will let me pick him up some times. I also have my Blue Jays, Black Squirrels, Red Squirrels, Chipmunks, Chickadees and Nuthatches among others that I feed on my front deck. Blue Jays like the peanuts I put out and so do the squirrels.

SOME CAT FACTS:

- Jaguars are the only big cats that don't roar.
- "Puss in Boots," a Brothers Grimm fairy tale, tells the story of a cat that helps his poor master attain wealth through trickery.
- Cats, like people, are prone to asthma. Dust, smoke, and other forms of air pollution in your cat's environment can be troublesome sources of irritation.
- If your cat brings you birds, mice or other wild animals, it is trying to please you by giving you a gift. (My cats do a lot of this).

Well, that is it for another month, stay warm and don't forget your furry babies. Remember to keep them well fed with a nice warm place for them to stay and sleep on these cold winter nights. Remember to spay and neuter your pets to help keep the pet population down in our community. Remember to visit our elderly, shut-ins and the ones not feeling well. I am sure they will enjoy your little visit

Merry Christmas from me and all of my cats. I hope Santa brings you what's on your list and let's all do our best to stay warm.

She-Pet Elizabeth, Empress Farrah and Webby Debby (The Girl cats)

Luka, B.J. Tinker, Francis and Fabio (The Boy Cats) and almost forgot and Tom.

And me the Big Cat,

Dennis L. McGregor.



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

Season's Greetings. This year has gone by really fast. I have reported monthly on the bigger issues that we have worked on in the community. But at a glance, a great deal has occurred in the last year including:

- 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) Community Breakfast for NNDAP
- h) Chiefs of Ontario Assembly in Toronto
- i) Host UOI Grand Council Assembly
- j) Implementing our Election Code
- k) Implementing our Task Force on Cannabis
- l) Remembrance Day Celebrations

We hosted the Union of Ontario Indians Grand Council for the second time at our Manitoulin Hotel and Conference Centre. Forty Chiefs and Councils from across Ontario participated in our Annual Fall Assembly. Many regional and national issues were discussed at the Assembly; including how we wrestle with the issue of Cannabis. Many of the First Nations were very impressed with our efforts to address this locally. We have 15 communities ask for our literature on Cannabis that included our special edition of the Rezound, tool kit

and of course our engagement strategy. It was a great pleasure for Whitefish River to again host the Annual Union of Ontario Indians Grand Council. This year, we had a great community turn out for our Annual Remembrance Day Celebrations. I was impressed to see many of our younger citizens taking part at this event. Remembrance Day is an important day to honour those brave souls and the sacrifices they've made, as well as recognizing our responsibilities in maintaining peace for future generations. Thank you to everyone that attended our Remembrance Day event.

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. You will see construction work on site beginning on November 27th. This project would not be possible with a portion of funding that comes from Jordan'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 also eagerly anticipating the completion of our new Elevated Storage Reservoir. The grand opening for the new **\$3.5 Million dollar** project will be held on December 17, 2018. The community will now have a steady supply of water for the next 50 years! This is fantastic news! By the time we have the grand opening, the old Stand pipe will be demolished and the 1200 cubic meter tower will be fully operational. 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.

The new ERS holds 1200 cubic meters of water. That works out to **2,640,000 lbs.** of lake water!! Well, what does that mean? Here are some equivalences to help describe how much water is in that tank:

1. 2018 Ford 1/2 truck with a V6- we would need about 648 trucks to equal the same weight.
2. Santa Claus – we would need 10,153 visits to equal the same weight.
3. Adult African Elephant – we would need 198 to equal the same weight.

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, in conjunction with our Public Works Department.

Council has also identified our task force as well as the time we will need to continue our community discussion on Cannabis. 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.

As we move forward Chief and Council continue to be focused on;

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

We are 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 holiday season and bright and prosperous 2019!

Chief and Council Meeting Schedule							December 2018
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7	8	
Christmas Parade		Assembly of First Nation Assembly - Ottawa	Assembly of First Nation Assembly - Ottawa	Assembly of First Nation Assembly - Ottawa			
9	10	11	12	13	14	15	
		Chief and Council Regular Meeting	Meeting with Kina Gbezhgomi				
16	17	18	19	20	21	22	
	Grand Opening for the Elevated Storage Reservoir(ESR)		Shawanosowe School Concert				
23/30	24/31	25	26	27	28	29	
	Christmas Eve New Years Eve - Fireworks	Christmas Day	Boxing Day				

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 Laundrie	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 Laundrie	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	vmeuleman@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

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Community Calendar</h1> 						1 World AIDS & Community Wellness Day 10AM – 2PM Community Centre BINGO
2  WRFN Christmas Parade AA Meeting	3 Elders Centre Christmas Wreath 1PM-3PM BINGO	4 Elders Centre Soup & Sandwich Christmas Wreath 12PM-3PM 3rd Annual Elders & Youth Christmas Dinner 6pm-8pm Comm. Centre 	5 Elders Centre Christmas Wreath 1PM-3PM	6 Elders Centre MOW's & Wreath Making 12PM-4PM Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	7 Elders Centre Drop-In Tea & Coffee 12:30-3PM	8 Rekindling our Fire 11AM-2PM Health Centre BINGO
9 AA Meeting	10 Elders Centre Christmas Crafts 1PM-3PM BINGO	11 Elders Centre Soup & Sandwich Christmas Crafts 12PM-4PM Lice Squad 7pm-8pm Comm. Centre  Regular C&C Meeting	12 Elders Centre Christmas Crafts 2PM-4PM Parent & Tot Christmas Party 11am-1pm Health Centre 	13 Elders Centre MOW's & Wreath Making 12PM-4PM Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	14 Elders Centre Drop-In Tea & Coffee 12:30-3PM	15 WRFN Monthly Earth Hour 8:30 PM  BINGO
16 AA Meeting	17 Elders Centre Christmas Baking 1-3PM ESR Open House! 10AM BINGO	18 Elders Centre Soup & Sandwich Christmas Baking 12-4PM	19 Elders Centre Christmas Wreath 1PM-3PM Shawanowse School Christmas Concert 6pm Comm. Centre 	20 Elders Centre Christmas Luncheon 12-2PM Anishinaabemowin 6:30-8PM 7 Fires Centre \$ CHI-BINGO \$	21 Elders Centre Drop-In Tea & Coffee 12:30-3PM Right to Play Kid's Christmas Entertainment 6pm Comm. Centre 	22 Rekindling our Fire 11am-2pm Health Centre BINGO
23/30 WRFN Holiday Closure December 24, 2018 – January 4, 2019 AA Meeting	24/31 BINGO	25 Merry Christmas 	26	27 BINGO	28	29 BINGO

Birthday & Well Wishes!

<p>Happy Birthday Selena! On December 9th Love Jeremiah and Zach</p>		<p>Happy Birthday to my nephew Tecumseh aka Cubby on December 10 Love Aunt Marti and Family</p>	<p>To, all my family, extended family, friends, and co-workers I would like to wish you a Merry Christmas and a Happy New Year! Diane</p>	<p>Happy Birthday to Delma & Johnathon who celebrate together on December 2nd. Love, your family.</p>
<p>Happy 4th Birthday on December 4 to our baby girl Miss Pheobe Olympia We hope all the sparkles and sunshine brighten up every day for you this year. Love Mommy, Daddy & Brothers</p>		<p>Happy Birthday to my beautiful granddaughter NayNay on December 12. Love Nokimis Marti</p>	<p>Happy 14th Birthday Ava on December 22nd. Love Dave</p>	
<p>Happy 4th Birthday on December 27th to the Greatest Son & Best Little Brother ever, Uriah Taibossigai! You bring us so much happiness! Lots of love from Mom, Dad, & Laila</p>	<p>Happy 10th Birthday Tecumseh Paibomsai You're a decade old and such an amazing son, brother, uncle and cousin! May your golden Birthday be a memorable one, we love you to infinity and be- yond! We wish you all the best in this coming year as you're in the double digits now. Love Mom, Timo, big brothers Edward and William</p>	<p>Happy Birthday Auntie Katt Love, Mikey, Q & A, Leo, Damon & Austin</p>	<p>Happy Birthday Ava! Lots of love, Auntie Crystal</p>	
<p>Happy Birthday Katt on December 14th From, Pat, Katt, Trace & Dan</p>	<p>Happy birthday to my Granddaughter Pheobe Fox! Love Grandma Marti and Family</p>	<p>Happy Birthday to my niece Saika Pitawanakwat! Love Aunt Marti</p>	<p>Happy Holidays to the Community of WRFN! From Marti and Family!</p>	<p>Happy 10th Birthday Sonshine! You make us so proud. Happy Golden Birthday! Love Mom, Dad, Lila & Diego</p>
<p>Happy Birthday Cheyenne! Love Crystal</p>		<p>Happy Birthday to my Sister Honarine, on December 10th, Love Diane</p>	<p>Happy Birthday to our Mom Katt Love K.C., Nicole, Syd, Blue, Brax & Brae</p>	<p>Happy Birthday Nakia on December 10th. Your bestie, Lucy</p>
		<p>Happy Birthday to my Sister Honarine, on December 10th, Love Diane</p>	<p>Happy 5th Birthday to my beautiful Nay Nay on December 12 Love Mommy, Solo, Dad, Ella & Vaya</p>	<p>Happy Birthday Nakia! Love Aunty Bonnie, Uncle Franklin, Eli, Ira, Mishomis & Nokomis</p>
		<p>Happy Birthday to my brother Marcus! Love your sister, Marti</p>	<p>Happy Birthday to our Aunt Carmen! Love Marti and Family</p>	