



November 2018
Baashkaakodin Giizis
Freezing Moon

THE REZOUND

7th Annual Bobcat Run



By Rick Legrow

This 7th Annual Shawanosowe Bobcat cross-country meet was held on October 11th, 2018. This year's event involved a total of ten schools from the Manitoulin Island, Espanola, and Massey areas. We hosted over 300 runners between the ages of 3 to 13, and many family members as well, who all braved the unseasonably cold weather to come out and support their athletes. This was a great opportunity for students to come together and represent their school and community values as well as their commitment to physical fitness and fun. The weather was cold, windy, and unpredictable, but in the end the sun came out and it made for a fun, memorable day for everyone!

Students raced for individual medals for first, second and third place, and all of our runners received Bobcat participation ribbons. Central Manitoulin Public School retained their title from last year and won back-to-back overall team for their outstanding racers.

Overall, a great time was had by all. Students enjoyed the various baked goods and barbeque items made by our dedicated volunteers and community. Students and coaches alike both loved the music which was provided DJ Blake Debassige. A huge thank-you goes out to Blake for his continuous support and always creating a vibrant and positive atmosphere.

I would like to offer a Chi Miigwetch to all of the volunteers from the community who

continue to make this event possible; Public Works (for their amazing job setting up the site), and the staff at the Whitefish River Administration (for helping to organize and set up the event), Whitefish River First Nation Health Team (for setting up a First Aid tent and helping take care of our young people), UCCM Anishnaabe Police (for controlling traffic, leading our runners, and keeping them safe), and a Chi-Miigwetch to all the staff at Shawanosowe School for contributing their part (making signs, food preparation, helping run the event and the canteen).

It's always amazing to see how the whole community comes together to make this event happen. It shows how we are committed to the fitness of our young people and creating unity within our surrounding communities.

Well Done Bobcats, Whitefish River, and our Friends!

**Please note that the deadline for submissions
for the next issue is**

Tuesday, November 20th, 2018 at noon.

Miigwetch!

rezoundeditor@whitefishriver.ca

"A Place of Visions and Dreams"

Health & Social Services Manager - Leslie McGregor

Good day fellow community members,

During the month of October, the Health Centre staff was very busy. We started the month off helping with the Bobcat run hosted by Shawanowsow School. Also, during the same week, we took some residential school survivors to the Indian Residential School Survivor event in Toronto. Barb Recollet was instrumental in organizing the trip and we had an opportunity to learn a lot of new things. I was happy that I got to attend a presentation about the Everlasting Fire wampum belt by Allan Corbiere. I loved learning about our history and this knowledge filled me with pride, humility, and an appreciation of how our ancestors looked out for us.

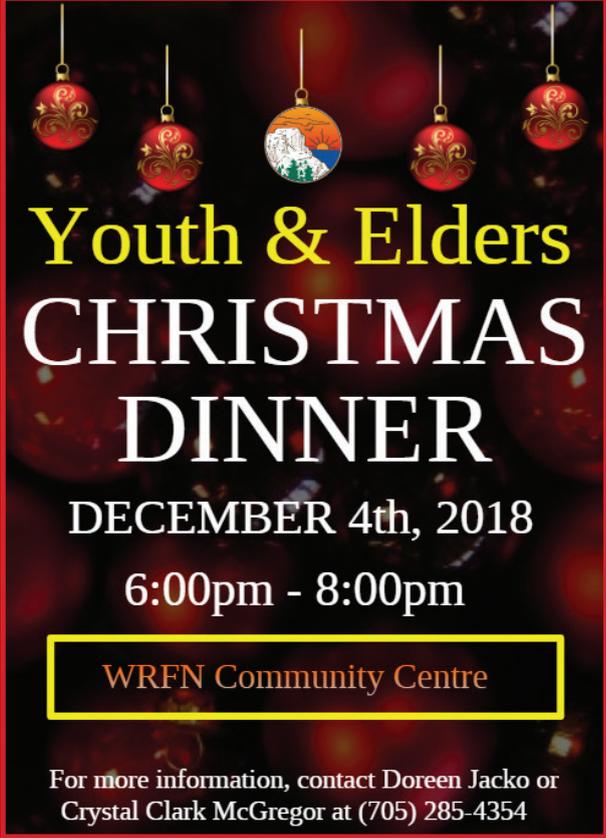
The Health Staff also participated in the Cannabis Conference hosted by our Chief and Council. Peggy McGregor organized this event in a short time frame and it turned out really well. I was especially proud to see Mariette Sutherland moderating the discussions. It is nice to see our own community members with so much knowledge, experience, and skills and then using them to help our community. It truly warms the heart. I did present on the health implications on Cannabis with assistance from Candice Assinewe, Community Wellness Worker, and Mike Aelick, Mental Health and Addictions Worker. Because I forgot to do this in my presentation, I would like to acknowledge all of my teachers. These teachers have been my instructors, Knowledge Keepers, Elders, family members, co-workers, community members – the list is endless. I just wanted you to know that I have listened and learned.

Also during this month, I participated in Emer-

gency Preparedness Planning. This was a 2.5 day course with a lot of information and learning packed into this short time frame. I was fortunate that we were given this valuable information and from this training, I, alongside the Public Works Manager, will be completing Whitefish River's Emergency Preparedness Plan. We also hope to do a table top exercise identifying hazards and risks within the community and later testing our plan, and roles and responsibilities in a mock disaster exercise.

I hope you got a chance to attend our Bee Honey extraction. We have collected honey from our bees and held a workshop on how to cook with honey at the Fall Harvest Feast event. I am impressed with how much the Health Staff are learning about bee-keeping and excited with the opportunity to use the honey collected.

Finally, for those people who require EpiPen auto-injectors, good news! The Non-Insured Health Benefits program at Health Canada are providing temporary open benefit coverage for AUVI-Q epinephrine auto-injectors. Epinephrine auto-injectors are used to deliver an emergency treatment of adrenaline when a person is having a life-threatening allergic reaction (anaphylaxis). The AUVI-Q auto-injector delivers the same dose of medication as an EpiPen, but has a retractable needle. For more information on Non-Insured Health Benefits updates, please see the link You can get more information on-line at: <https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/announcements/auvi-q-patient-information.html> or contact the Health Centre at (705) 285-4354.



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



Don't Forget!
FALL BACK
 DAYLIGHT SAVING TIME
 Set Your Clocks

November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WRFN Health Centre Visiting Health Professionals				1 Nurse Practitioner	2 Dietician Diabetes Nurse Foot Care	3
4	5	6 Nurse Practitioner Community Health Nurse	7 Community Health Nurse Flu Shot Clinic 10 am – 6pm	8 Nurse Practitioner	9 Dietician	10
11  REMEMBRANCE DAY Lest We Forget	12 WRFN Offices Closed	13 Community Health Nurse	14 Dr. Cooper (PM Only)	15 Dr. Meikleham (PM Only) Nurse Practitioner	16 Community Health Nurse Diabetes Nurse	17
18	19	20	21 Community Health Nurse	22 Dr. Jeffery (PM Only) Nurse Practitioner	23 Community Health Nurse Foot Care	24
25	26	27 Nurse Practitioner	28 Community Health Nurse	29 Nurse Practitioner	30 Community Health Nurse Dietician Diabetes Nurse	
unless otherwise indicated Visiting Health Professionals will be in all day				* Community Health Nurse Lab/Blood Draw Clinic – Fridays @ 10:00 am Please bring your Requisition(s). Appointments recommended.		

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
The last three months were quite steady for the Community Wellness Program. Each month since August we had various community ceremonies and cultural activities taking place. This past month, for the week of October 15th-19th, 2018, we had visiting **Traditional Practitioners** from the north working with our community members, giving teachings and conducting ceremonies. I would like to thank everyone who came out to be a part of these gatherings. Much of the goal in being a part of our ceremonies is to provide opportunities for healing and to connect to our culture and language. More importantly, any opportunity to be on the land is healing in itself. If you did not have the opportunity to come out, I encourage you to spend some time outside on Mother Earth - even if it is for a walk.

I would like to thank everyone for their patience with the opening of the **Fitness Centre**. I realize it was a lengthy wait for community members to gain access. However, in order for the centre to be fully functioning and have 24hrs/7 days per week access, we had to wait for Northern Security to get the proper equipment, and properly install the security fob system. Now that the Fitness Centre is fully functioning, community members can access a membership by picking up a Fitness Centre form at the WRFN Administration Office reception. Membership fees can be paid on the spot with Brian McGregor, WRFN Finance Assistant. Once payment is made you can pick up your fitness centre fob from the WRFN Health Centre front desk the following day at 3:00pm. Also, Matthew Assiniwe, registered Kinesiologist and Certified Exercise Physiologist with Exercise is Medicine Canada, will be conducting Fitness Centre Orientations on November 6th, and 13th, 2018. We encourage community members who have become a new fitness centre member to

register for one of these sessions. Sessions are 30 minutes in length where you will receive training on proper use of equipment and gym safety protocol. **Also, if you are an Ontario Works (OW) or Ontario Disability Support (ODSP) Client, please contact Emma Recollet, Ontario Works Administrator at the WRFN Administration building to see if you qualify for subsidized membership for the fitness centre.**

IMPORTANT NOTE: Although moderate physical activity such as brisk walking is safe for most people; health experts suggest that you **talk to your doctor** before you start an exercise program if any of the following apply: you have heart disease, any physical injuries, or impairments; you have asthma or lung disease; or if you have type 1 or type 2 diabetes. The gym is open 24 hours, 7 days a week for gym members; therefore you use at your own risk. We strongly encourage you to use the buddy system.

Also in November 2018, we have the **Anishinaabemowin program** for youth (13+), adults and elders starting up again with Nokamis Marion McGregor and Anishinaabemowin Instructor, Lissa McGregor. The program will take place every Thursday starting November 8th, 2018. If you are a beginner or fluent speaker you are welcome to come out and participate in peer to peer learning. This program is an excellent opportunity to mentor and teach or learn. All levels of learners are welcome! No need to sign up, just come out! Snacks and refreshments will be provided!

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.



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.

CRAFT MAKING WORKSHOP

BEAVER PELT

November 24th & 25th 2018
From 9am to 4pm
Location: WRFN Community Centre

2 Day Workshop
For ages 18 and up



**Hats
Mitts
Moccasins!**



Child's Beaver Pelt Hat - size small
November 2011



Mens gloves - size large
December 2016

Facilitator:
Paulette Aiabens
Limit of 10 Spaces Available

To Register Please Contact:
Candice Assiniwe, Community Wellness Worker at the WRFN Health Centre at 705-285-4354 or via email at candicea@whitefishriver.ca



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

Aanii,

During the week of October 16 – 18, 2018 I attended the annual National Native Alcohol and Drug Abuse Program (NNADAP) conference in Sault Ste Marie. This was a great opportunity to meet and network with other NNADAP workers from Ontario. I learned a lot and brought back some good resources. In the last week of October, I was busy with Wreath Making, Birch Bark feast plate making, Halloween, and Talking about Grief and Grieving.

Coming up in November, on Saturday the 10th and 24th, I will continue to host the Fire Safety and Fire starting program. Fire is one of major elements

and is very powerful. The Spirit of the fire lives within all things. This program starts off with the basics of fire starting and, closely tied with that, fire safety will be covered. Depending on the community interest, I hope this program will run throughout the winter months.

The last week of November we will be hosting some great events for National Addictions Awareness Week. Keep your eye out for more information and agenda for that week.

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

**Child & Family Well-Being Coordinator
Arlene Pitwanakwat**

Ahnii Community members

Wow! The month of October flew by and November is already starting! Has anybody started their Christmas shopping yet? I haven't and the days are just flying by!

The Foster Care and Customary Care session that was to be held on October 10, 2018 was postponed due to a Memorial service. I will be rescheduling this event soon.

During the month of October, I was very busy. Because I work with child welfare and families, I had a lot of home visits, case conferences, supervised visits, and other child welfare tasks.

In the latter part of October, I assisted

with the Wreath-making activities leading up to All Souls Day.

There are events throughout the month planned with my partners Courtney Laundrie, Early Learning Years Coordinator, and Shawnessy Jacko, Family Well-Being Coordinator. Look for the information in the Rezound, WRFN Social media outlets and by mail.

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

See you at our events!

Rekindling Our Fires

November 10th & 24th
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

National Addictions Awareness Week

Save the Dates

NOVEMBER 25th - Dec 1st 2018

For more information please contact Michael Aelick, Mental Health and Addictions Worker at the Health Centre 705-285-4354 or by email at maelick@whitefishriver.ca

INFANT/TODDLER PLAY GROUP

LEARNING TOYS
LOTS OF BOOKS
STORY TIME
CRAFT SESSIONS
SINGING & DANCING
LANGUAGE DEVELOPMENT
SENSORY PLAY
MOTHER GOOSE IN ANISHINAABEMOWIN

PARENTS AREA WITH TEA & COFFEE
LUNCH AND SNACKS AVAILABLE

ALL PARENTS & TOTS WELCOME

EVERY TUESDAY FROM 11 AM - 2 PM
STARTING NOVEMBER 6TH, 2018

For more information contact Courtney @ Daycare Lower Level, by phone @ (705) 285-4354 or by email @ courtney@whitefishriver.ca

ATTENTION PARENTS!

**ESPANOLA REGIONAL COMPLEX
8 Week Swimming Program**
Starting: Nov. 8th @ 11AM - 11:55 AM
**(NOV 22nd, DEC 6th & 20th, JAN 10th,
24th, FEB 7th & 21st)**

Bus will leave Health Centre at 10:15 sharp.
Lunch Provided @ Health Centre upon return

FREE INFANT/TODDLER PARENT SWIMMING

Bring your children out to enjoy the pool for the winter!
Enjoy a safe, fun and bonding experience with your child/ren
while socializing with other parents!



Please sign up at Daycare Lower Level, or contact Courtney @
courtneyl@whitefishriver.ca, or (705) 285-4354.

Early Learning Coordinator - Courtney Laundrie

Hello, Aanii

The month of October went by very fast and I'm happy to say that we had a great turn out for the Open House of the Early Learning Program. I would like to thank the community members who came out to support and I look forward to working with all the parents and children. On that note, we did have 3 draws at the open house. The winners were Joyce McGregor for a \$25.00 Freshco card, K.C Migwanabi for a \$25.00 Indigo card and for our children's draw went to Serenity for a \$25.00 Mastermind Toy store gift card. Congratulations to all our winners and Miigwetch to everyone who came out.

At the open house, I asked for feedback and ideas. I will be posting all the questions and my response from my questionnaire, so just a heads up

that all of your questions will be answered. I appreciate all the feedback and look forward to the upcoming year of planning.

In the next few weeks, I do have some activities going on. We have **Parent-Child swimming** starting November 8th and this program will run bi-weekly after the start date. Please call or sign up at the Health Centre. We also have **Playgroup** starting which will begin on November 6th and **Anishinaabemowin Stories and Song time** with Marion McGregor starting November 14th. Keep an eye out for flyers and dates.

If you have any questions feel free to contact me via email at courtneyl@whitefishriver.ca or through the Health Centre at (705) 285-4354.

Family Game Night !

**PLEASE JOIN US FOR A
NIGHT OF LAUGHS, FUN, AND
UNFORGETTABLE MEMORIES.**

Date : November 7, 2018
Where: Whitefish River Community Center
Time : 5:30 pm to 7:00pm



**Board games and light
snacks are provided.**



For more info contact Shawna Jacko or Courtney Laundrie
at 705-285-4354 or by email shawnaj@whitefishriver.ca
courtneyl@whitefishriver.ca



Family Well-Being Coordinator Shawnessy Jacko

Aanii,

On September 27, 2018, we held a **Medicinal Ointment workshop** with Coco Nucifera which was sponsored through Mnaamodzawin Health Services. At the workshop, we made Baby Ointment and Arthritis muscle cream - which was a hit. The ingredients that were used are all natural and can be found on Manitoulin Island. It was a nice to see all ages of community participating. The three lucky winners of the door prizes were presented with their own little care package from CocoNucifer. Congratulations the door prize winners Joyce McGregor, Anastasia Cywink, and Helen Jacko.

The month of October was a busy month. We started a **Horseback riding program for adults 18+** at Honora Bay Riding Stables. Unfortunately, Honora Bay Riding Stables could only accommodate six participants for 6 week sessions; however, if there is significant interest then we can run another program in the Spring. We did have to post-pone two sessions and will be starting up again on November 7, 2018. It's interesting working with the horses. We are

learning a lot about these spiritual creatures and building individual self-confidence at the same time. Thank you to the participants who had shared the awesome pictures of the first two sessions. I am looking forward to getting back on the horses.

We also had the **Traditional healers** come in during the week of October 16-19, 2018. I also attended a Family Well-Being Conference in Toronto, Ontario that was held on October 23 - 25, 2018. I gained a lot of new insights, information and knowledge that I look forward to applying them to programs within the community.

Coming up on November 7, 2018, Courtney and I will be hosting a **Game Night** at the Community Center, so dust off your old and new games. This evening game night will have Harry Potter theme snacks.

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

Baa Maa Pii.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	For more information on Youth programming please contact Crystal Clark-McGregor at the Health Center 705-285-4354 or you can reach me by email righttoplay@whitefishriver.ca			1 All souls day	2 Youth Center Drop in Nights 7pm to 10pm	3
4	5 7 Generation Youth Council Meeting 5pm to 6:15pm	6 Right to Play Youth Leadership Program Grades 7 & 8 7pm to 9pm	7 FAMILY GAME NIGHT 7:00PM TO 9:00PM	8 Noojmowin-Teg Badminton Night (every Thursday) 6-10 years 4:15pm-5:30pm 11-14 years 7-8:30pm	9 Youth Center Drop in Nights 7pm to 10pm	10 Rekindling our Fires 11:00am to 2:00pm Ages 8 & up (contact Mike for more info)
11	12	13 Volleyball Night in AOK!!! (More info to come & permission forms needed)	14 Right to Play Youth Leadership Program High School 6pm to 9pm	15 Noojmowin-Teg Badminton Night (every Thursday) 6-10 years 4:15pm-5:30pm 11-14 years 7-8:30pm	16 Youth Center Drop in Nights 7pm to 10pm	17
18	19 7 Generation Youth Council Meeting 5pm to 6:15pm	20 Right to Play Youth Leadership Program Grades 7 & 8 7pm to 9pm	21 Right to Play Youth Leadership Program High School 6pm to 9pm	22 Noojmowin-Teg Badminton Night (every Thursday) 6-10 years 4:15pm-5:30pm 11-14 years 7-8:30pm	23 Youth Center Drop in Nights 7pm to 10pm	24 Rekindling our Fires 11:00am to 2:00pm Ages 8 & up (contact Mike for more info)
25	26 National Addiction Awareness Week (NAAW) →	27 Youth Leadership Program Programs postpone	28 Youth Leadership Program Programs postpone	29 Noojmowin-Teg Badminton Night (every Thursday) 6-10 years 4:15pm-5:30pm 11-14 years 7-8:30pm	30 Youth Center Drop in Nights 7pm to 10pm	

Right to Play Worker - Crystal Clark-McGregor

Hello November.

New month, new beginnings! Right to Play registrations forms still need to be signed by parents and guardians! Forms can be found at the Whitefish River First Nation Health Center or you can email me at righttoplay@whitefishriver.ca.

This month, I am looking forward to four weeks of programming with both the **Jr. & Sr. Youth Leadership Programs**. We will also be taking a trip to a nearby community for some games and fun. Please keep an eye out for more information and poster.

FYI - Youth Leadership Program will be **postponed on November 27 & 28** due to National Addictions Awareness Week (NAAW) session/workshops.

Seventh (7th) Generation Youth Council will continuing with their bi-weekly meeting. If you are interested and you are between the ages of 12 to 25 years old, then you are more than welcome to come out and

share an idea(s) or if you want something to change this is the space to do it!

FREE Badminton with Noojmowin-Teg Health Staff Nelson Wood and Mark Peltier, will be taking place every Thursday at the Shawanosowe School Gym. Children between the ages of 6-10 are scheduled between 4pm - 5:30pm and the older youth ages 11-14 can come on out from 7 - 8:30pm. All equipment is provided, so come on out to try something new!

DROP IN NIGHT'S ARE BACK!!!! Every Friday from 7pm to 10pm. If you are needing a space for homework or want to watch a movie, come on down. I am looking forward to seeing you!

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.

7 Generation YOUTH COUNCIL

MONDAY'S

(Nov 5 & 19, Dec 3 & 17)

Bi weekly Meetings
Open to ages 12 to 25 years old
5:00PM to 6:15pm

At the Youth & Elders Center



Together
Everyone
Achieves
More

For more information please contact Crystal Clark-McGregor at 705-285-4354





*Anishinaabemowin
Stories & Songs
with Marion McGregor*

WEDNESDAYS AND FRIDAYS
STARTING NOVEMBER 14, 2018
11:00PM - 1:00PM
DAYCARE LOWER LEVEL
LUNCH AND REFRESHMENTS WILL FOLLOW



FOR MORE INFORMATION CONTACT COURTNEY LAUNDRIE
THROUGH THE HEALTH CENTRE BY PHONE AT 705 285-4354
OR BY EMAIL AT COURTNEYL@WHITEFISHRIVER.CA

Food Security Assistant - Winnie Paibomsai

It seems that the month has come and gone by so quickly. There is always lots to do for our Student Nutrition Program. I have learned through the years as a cook, chef and a mom, to eat fruits, vegetables, and home prepared meals is better for me. In addition, for our students, what we cook is prepared with love and the utmost positive vibes. So please stop by the Health Center for an application for the Student Nutrition Program.

I hope that the community made it out to some of the seasonal events that were held in October including the Bobcat Run, the Cannabis Conference, Fall Harvest Feast and Wreath Making. So how does this all tie into food you ask? Well, when we look at what some of our paths are, we all know mine is FOOD. I love cooking and over the Thanksgiving holiday, we had lots to eat. When you come from a big family like mine, it can be like cooking for an Army. Holiday meals are a good time to reflect and remember those that have gone on before us and a good way to acknowledge them, is to feast them. They too, need

to have a meal and if you're like me, you want to make sure that they have had a good feed.

I am making a change for myself. I'm going to challenge myself to get more active with walking, eating healthier, and maybe even getting in a workout or two at the newly reopened Fitness Centre. I too need a bit of motivation just like anyone else. It's so much easier to sit at home after a day's work and not want to work out. However, if I'm going to "talk the talk" about healthy eating habits, I also need to "walk the walk". So if you need a partner to workout with or even just take a walk, give me a shout and let's do this together!

If you already have a student that is signed up please don't hesitate to contact us to let us know a menu idea as we are very open to taking requests from the students. 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



The First People of the Bee World

Recently we harvested honey that our Honey Bees worked really hard to make. Some of the feedback I overheard during this day was most people didn't realize that the Honey Bee has been imported and is not a native species to our area. Honey Bees are a relatively new addition to Ontario and have been imported here for honey production as well as for pollinating agricultural plants. The Honey Bee is just one of 400 different bee species in Ontario and they are discovering new species all the time. There are two different types of native bees in Ontario, the Social bees, and the Solitary Bees. Like the Honey Bee the Native Bees are under threat of population decline and extinction. Some of the reasons why they are in trouble is they don't forage over great distances, they do not reproduce in large numbers, and their food sources and nesting sites are being eliminated. Native bees have been greatly overlooked for pollination and it is thought that they do most of the pollination that Honey Bees get credit for.

Like the Honey Bee, Bumblebees are social and they do produce a small amount of honey but not enough for commercial opportunities. The honey is produced in little wax pots as opposed to a wax comb. Ontario has 16 different species of bumblebees. Females live together in a hive of up to 50 members. Bumblebees tend to build their hives on the ground, in compost, under decks, with old mouse nests or vole holes being their favorite places to nest. The majority of the hive dies in the winter; the queen hibernates, and then emerges in the spring to start a new colony. Bumblebees are a declining species everywhere, and some species are under threat of extinction.



Picture showing Leaf-cutter Bee cutting a leaf.

houses are designed for Mason bees, and Leaf-Cutter Bees. They are very harmless since they do not have a hive to protect, and tend to not sting unless provoked. Mason Bees are spring pollinators and are usually the first to emerge while Leaf-cutter Bees hatch near the end of spring and do all of their pollinating over the summer. They're three times more efficient at pollinating than Honey Bees because of their very hairy bodies and that they forage for pollen and not for nectar. Both Mason Bees and Leaf-cutter Bees lay eggs in pollen in hollow reeds or twigs. The eggs will hatch and eat the pollen,



Picture showing Leaf-cutter Bee cocoon on top, Resin Bee larvae in the middle, and Mason Bee cocoons on the bottom.

turning into a cocoon that will overwinter and emerge as full grown bees in the spring. The female eggs are the first to be laid and the males are laid near the opening. In the spring time the males emerge, wait for the females, do their job and die shortly after. The female spend the rest of their time busily collecting pollen and laying eggs. Mason Bees need clay nearby to cap off and separate each egg chamber. Leaf-cutter Bees will cut half circles out of leaves and use them to build the different chambers to lay their eggs 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.

Maamwe Kendaasing - Cheryl Shawanda, RECE, Child Care Supervisor

Ahnee from the Maamwe Kendaasing Child Care Centre:

The Eleventh moon of Creation is November the Freezing Moon, a time when the Star Nation is closest to us. As every creature and being prepares for the coming fasting grounds, we are reminded to prepare ourselves for spiritual path by learning the sacred teachings and songs that will sustain us.

As the Winter months are fast approaching and cold/flu season is also here we kindly ask 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.

Please bring the following Go-jiing (Outdoor) Clothing;

- Wiikwaan – Hat,
- Mjikaawnak – Mitts,
- Zoogpo Miiknot – Splash/Winter pants,
- Biiskawaagan – Jacket
- Mkizinan – Boots
- Naabkawaagan – Scarf
- Miiknoot – Pants
- Mdaas(an) – Socks,

- Bagweyaan – Shirts
- Mkizin(an) – Shoes &
- Biitoo – Gwiwnan - Underwear

Programming

The Maamwe Kendaasing Child Care Centre maintains open programming for children to learn through play on a daily, weekly and monthly basis, each theme is designed and is incorporated to fit the child's intellectual skills.

Themes for November 2018

Week 1- Numbers & Remembrance Day

Week 2- **Signs of Winter**
Week 3- **Hibernation**
Week 4- **Dressing for Winter**

Native Cultural Theme for the month of Mskoden-Giizis (Freezing Moon) 2018.

- Preparing for Winter (Traditional Seasonal)
- Feast of Dead (Special Days)
- Mkadewaa -Black (Color)
- Mooz-Moose (Clan/ Animals)
- Wild Game (Traditional Foods)

Special Activities:

Look for Circles Day: Nov. 2nd, 2018

Day Care Picture Day: Nov. 7th, 2018

Day Care Closure : Nov. 12th, 2018 Remembrance Day

World Kindness Day: Nov. 13th, 2018 (Should be kind everyday)

PD Day: Social until noon - Nov. 16, 2018

National Child Day: Nov. 20 2018

Daycare Closure: Nov. 30, 2018 - Staff Training linking land based inquires to Early Learning.

Baa-maa-pii

The Bobcat 

October Happenings at Shawanosowe School

We hope that all families are enjoying the beautiful weather we still have. We had another fast-paced and exciting month of October together as a school community! Our student activities are full swing: Arts Club, Running Club, Student Planning Committee and we have added Drama Club and Rock Band.

Our Bobcat Cross Country Club travelled to the communities of Wiikwemkoong on October 4th and to Sagamok Anishnawbek on October 10th for their respective meets. Our 7th Annual Shawanosowe Bobcat Cross Country meet was held on October 11, 2018 and a total of 10 teams participated this year! A great day was had by all. Miigwetch to the volunteers, staff, students and community members for contributing to the success of this Annual event. Next year, we hope to be even bigger and better!

In October, Teachers and students worked together to complete the DRA (Developmental Reading Assessment) for all students from SK-Grade 6. We also had our first Family/ Staff/Student breakfast. Look for more dates in the months to come. EQAO 2016/2017 results were sent home to parents on October 20th. Our school staff continue to hone their skills in both literacy and numeracy to continue improvement in our student achievement. Additionally, we had our Student Planning committee take an active leadership role with both Spirit Days and Halloween. The students planned 80's day, Crazy Hair or Hat Day, a Door Decorating Contest for Halloween and a Halloween Costume Contest. We look forward to continuing to work with them to have their voice in our school.

Upcoming Events in November:

- November 1st:** JK/SK and Grade 1 / 2 class trip to Lake Laurentian
- November 2nd:** Spirit Day- Crazy Hair or Hat Day
- November 5-9th:** Treaty week. Our students

will be engaged in a variety of activities to continue their learning about Treaties and their local community.

November 14th: Student Progress Reports sent home.

November 15th: Teachers will be holding Parent Teacher Interviews from 4 -7 pm. Teachers will contact all parents to schedule a time for Parent Teacher Interviews. If parents are unable to attend on that day, they can contact the teacher for an alternate day that works better for them. We want all parents to attend as you are our partners in your child's development and academic growth.

November 16th: Professional Development Day. Our teachers in partnership with Wiikwemkoong will take part in a Professional Development on Language and Culture.

November 20th: Family / Staff / Student breakfast at 8:50 am- all parents are encouraged to come start off the day with their children

November 21st: UCCM presentation to our Grade 5/6 class

November 28th: The Community Health Nurse will visit all classes starting at 9:30 am with a 'Germs and Clean Hands presentation, as part of a proactive approach to cold season.

Attendance and Safe Arrival

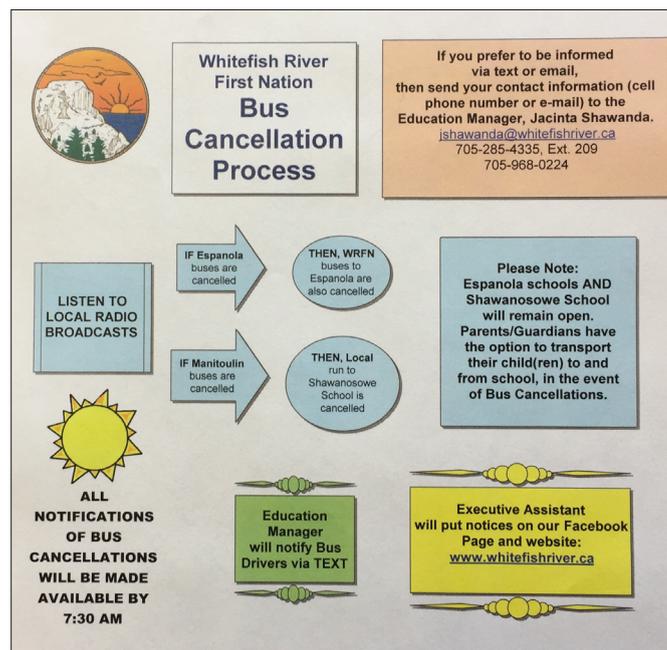
If your child is going to be absent or late arriving, please call the school at 285-1311. Please remember if buses are cancelled and the school is open we still require you to call to advise us that your child will be staying home. As well, no child should be dropped off earlier than 8:20 am as we do not have supervision until that time. Safety is our number one priority.

Reminders

Just a few reminders that Nov. 16th is a PD Day and Nov. 21 is early dismissal. As well, if your son/daughter has signed up for a Club, they will be ready for pick up at 4 pm. We hope that all students had a Safe and Happy Halloween!

Miigwetch,

Daniel Stargratt Principal



Whitefish River First Nation Bus Cancellation Process

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. jshawanda@whitefishriver.ca 705-285-4335, Ext. 209 705-968-0224

IF Espanola buses are cancelled THEN, WRFN buses to Espanola are also cancelled

IF Manitoulin buses are cancelled THEN, Local run to Shawanosowe School is cancelled

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.

ALL NOTIFICATIONS OF BUS CANCELLATIONS WILL BE MADE AVAILABLE BY 7:30 AM

Education Manager will notify Bus Drivers via TEXT

Executive Assistant will put notices on our Facebook Page and website: www.whitefishriver.ca

Education Manager - Jacinta Shawanda

Aanii Kina Weya!

Time is sure flying by, it is Mid-Term Exam season already in the world of Post-Secondary Education. I hope all is going well for our WRFN students. Attention Grade 8 and High School students – it is never too early to start planning for your Post-Secondary Education Experience. If there is enough interest, Keith Nahwegahbow and I may be able to arrange trips to Colleges and Universities in Sault Ste. Marie, Sudbury and North Bay. If you are in Grades 8 through 12 and would like to visit any of these facilities please contact me as soon as possible.

For the Parents and Guardians of our Bussing students – please see the attached flyer regarding the Whitefish River First Nation Bus Cancellation Process. Please call or e-mail me to let me know if you have a preference in notification method.

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.

**Whitefish River First Nation
Veterans' Monument
November 11, 2018
10:45 am**

AGENDA

- Welcoming remarks – Chief Shining Turtle
- Opening Prayer – Mrs. Esther Osche
- Veteran's Honour song – Harvey Bell
- Flanders Field – Mr. Gerald McGregor
- Acts of Remembrance
- Silence (2 minutes) 11:00 am
- Flags to be raised
- Canada in Anishnaabemowin
- Whitefish River First Nation Roll Call – Mr. Gerald McGregor
- And placing of the wreaths
- Lunch – Soup and Sandwiches
- Essay and poster winners announced



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.

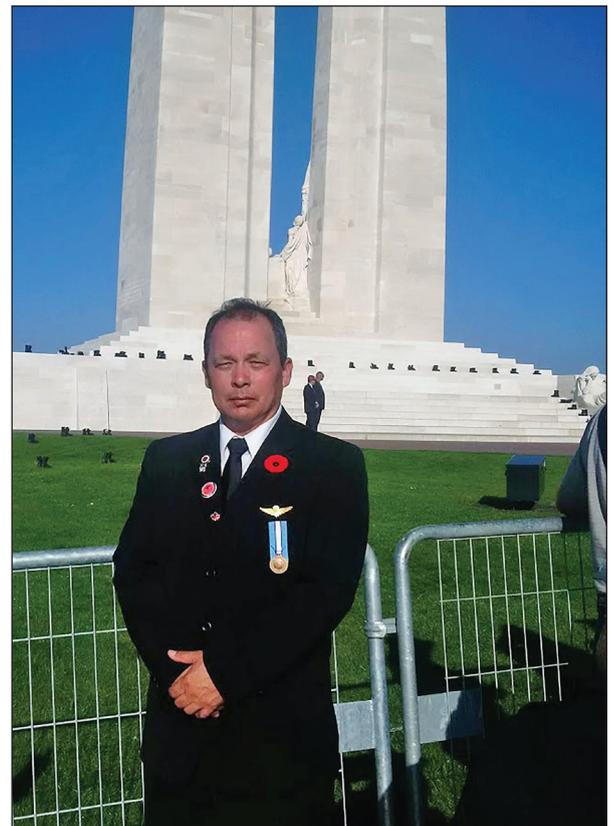
- John McCrae

Acts of Remembrance

They shall grow not old,
As we that are left grow old
Age shall not weary them,
Nor the years condemn.
At the going down of the sun
And in the morning
We will remember them.

Response:

We will remember them



Councillor Gerald McGregor, who was representing First Nations Veterans visited the Canadian National Vimy Memorial on April 9, 2017.

In 1922, the French government granted use of the land for the Memorial and battlefield site to the people of Canada "freely and for all time." This war memorial site in France is dedicated to the memory of Canadian Expeditionary Force members killed during the First World War.

It also serves as the place of commemoration for Canadian soldiers of the First World War killed or presumed dead in France who have no known grave.

The monument is the centrepiece of a 100-hectare (250-acre) preserved battlefield park that encompasses a portion of the ground over which the Canadian Corps made their assault during the initial Battle of Vimy Ridge offensive of the Battle of Arras.



Sylvia Shawanda, Marion McGregor & Barb Recollet attended the IRSS Legacy Celebration on October 9-11, 2018.

Toronto Council Fire Native Cultural Centre hosted the three-day celebration featuring workshops, ceremonies and events at Nathan Phillips Square in Toronto.



Band Manager - Art Jacko

Aanii Bemaadizijig

As we say Baamaapii to Bnaakwii Giizis (October- Falling Leaves Moon) and welcome Baashkaakodin Giizis (November – Freezing Moon), exciting happenings continue in the community.

Community Consultation on Cannabis

On October 17, 2018 recreational use of cannabis was legalized in Canada through the Cannabis Act and the Ontario Cannabis Store opened its on-line store. Ontario will licence recreational cannabis stores in Ontario in April of 2019.

It's important for the community to know that both Canada and Ontario have not consulted WRFN regarding their respective plans regarding cannabis. In the absence of this, Chief and Council have taken action by way of a moratorium to allow time for meaningful community engagement and consultation.

We had our Community Consultation regarding the legalization of Cannabis at the Manitoulin Hotel & Conference Centre on October 13 & 14, 2018.

There is much to be learned regarding cannabis and the invited speakers helped conference participants disseminate all this information. The community members who attended got to see the many moving parts with regard to cannabis yet till want-

ed to learn more. In light of this there will be other community sessions planned in the near future.

A Task Force on cannabis will be formed as well to assist the community of Whitefish River as we move forward.

Elevated Storage Reservoir

The project remains on schedule and will be operational as planned. Shewanosowe School students are making bats boxes which will be installed by the new water tower. These bat boxes will provide a home for the bats in the area.

Ceremonies are being finalizing and more information will be provided very soon.



Band Custom Election

History was made on September 29th when the community said yes to the Band Custom Election Code. Whitefish River experienced another historical moment, on October 18th when the Minister of Indigenous Affairs removed Whitefish River First

Nation from the Indian Act for elections. The upcoming elections to be held on February 9, 2019 will be the first time the Chief and Council will be selected through our own custom election code.

As most of you are aware, there are similarities that continue but there are also some changes in the way our election will be done. Some of those changes involve on how nominations will be carried, how many times one can nominate and second a nomination and who can nominate are just a few. The new election code also allows for electronic voting.

Administration is in the process of developing a number of communications that outline the changes and what you as the elector must know. Please stay tuned for more information.

Staffing

I would like to welcome Stephen McGregor to our Administration Team, Stephen is our new Consultation Coordinator / GIS Technician.

Keith Nahwegahbow will be leaving his role as Economic Development Officer and will be starting his new role as the Lands Assistant. There will be a posting shortly to fill the position in Economic Development.

Upcoming Events / Items

1. November 1st: Towaagnikeng (Tasewong) – All Souls Day
2. Treaties Recognition Week: First week of November
3. November 11th : Remembrance Day
4. November 14 & 15, 2018: WRFN hosting UOI Grand Council at Manitoulin Hotel & Conference Center

Access to Fuelwood on Treaty Land

WRFN community members have access to fuel wood on our Treaty Lands, most are located by Fox Lake Road, all of the sites have easy road access. There is a mixture of wood ranging from maple, ash, poplar, birch, cedar, pine, spruce and fir. I encourage people to take advantage of this. There are no fees or permits required in accessing your wood. Maps of all the areas are available, please come see the Band Manager.

I am always available to the community, please feel free to drop by for a visit and have a Mkade Miskodiismin Naaboo (coffee) on us. You can also email me at ajacko@whitefishriver.ca or call me at 705-285-4335 or my cell at 705-863-3027.

Nahaaw, Baamaapii Miimwaa Kawaabmin

Whereas, by Order in Council P.C. 6016 of November 12, 1951, it was declared that the council of the Whitefish River Band, in Ontario, shall be selected by elections to be held in accordance with the *Indian Act*;

Whereas the council of that First Nation adopted a resolution, dated September 29, 2018, requesting that the Minister of Indian Affairs and Northern Development terminate the application of the *Indian Bands Council Elections Order* to that council;

Whereas the council of that First Nation has provided to that Minister a proposed community election code that sets out rules regarding the election of the chief and councillors of that First Nation;

And whereas that Minister no longer deems it advisable for the good government of that First Nation that its council be selected by elections held in accordance with the *Indian Act*;

Therefore, the Minister of Indian Affairs and Northern Development, pursuant to subsection 74(1) of the *Indian Act*, makes the annexed *Order Amending the Indian Bands Council Elections Order (Whitefish River)*.

Gatineau, Québec le 17 Octobre 2018

Attendu que, dans le décret C.P. 6016 du 12 novembre 1951, il a été déclaré que le conseil de la bande de la rivière Whitefish, en Ontario, serait constitué au moyen d'élections tenues conformément à la *Loi sur les Indiens*;

Attendu que le conseil de la première nation a adopté une résolution le 29 septembre 2018 dans laquelle il demande à la ministre des Affaires indiennes et du Nord canadien de le soustraire à l'application de l'*Arrêté sur l'élection du conseil de bandes indiennes*;

Attendu que ce conseil a fourni à la ministre un projet de code électoral communautaire prévoyant des règles sur l'élection du chef et des conseillers de la première nation;

Attendu que la ministre ne juge plus utile à la bonne administration de la première nation que le conseil de celle-ci soit constitué au moyen d'élections tenues conformément à la *Loi sur les Indiens*;

À ces causes, en vertu du paragraphe 74(1) de la *Loi sur les Indiens*, la ministre des Affaires indiennes et du Nord canadien prend l'*Arrêté modifiant l'Arrêté sur l'élection du conseil de bandes indiennes (rivière Whitefish)*, ci-après.

Gatineau, le 17 Octobre 2018

La ministre des Affaires indiennes et du Nord canadien,

 Carolyn Bennett
 Minister of Indian Affairs and Northern Development

^a R.S., c. I-5
^b SOR/97-138

^a L.R., ch. I-5
^b DORS/97-138

Order Amending the Indian Bands Council Elections Order (Whitefish River)

Amendment

1 Item 65 of Part V of Schedule I to the *Indian Bands Council Elections Order* is repealed.

Coming into Force

2 This Order comes into force on the day on which it is registered.

¹ SOR/97-138

Arrêté modifiant l'Arrêté sur l'élection du conseil de bandes indiennes (rivière Whitefish)

Modification

1 L'article 65 de la partie V de l'annexe I de l'Arrêté sur l'élection du conseil de bandes indiennes est abrogé.

Entrée en vigueur

2 Le présent arrêté entre en vigueur à la date de son enregistrement.

¹ DORS/97-138

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 activities of the Trust Working Group and our engagement with members on the development of a draft Trust Agreement. The Trust Working Group have completed their *revisions and have submitted the draft trust agreement to the Chief and Council for approval.*

Purpose of a Trust Agreement for the Whitefish River First Nation:

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

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

The Trust Working Group's Role in the Development of a Draft Trust Agreement: The Working Group provides representation and input into a draft Trust Agreement template. They will accomplish this with input from the members at community engagement sessions.

Trust Coordinator Update: Since the bulk of the work for the Trust Working Group has now been completed as reported in last month's issue, I will change up the format of reporting until such time the Trust Working Group reconvenes to address any further items for the *Niigaan Naabidaa* Trust Agreement. At the present time, I am currently conducting some follow-up items with the Trust legal advisor Tracey O'Donnell, regarding the Trust Agreements preamble. The Chief and Council have requested that we modify the preamble to include a clearer historical

viewpoint which leads up to the Settlement Agreement and thus the Trust Agreement development. This will be important for the future generation's understanding of why and how the Trust Agreement was developed. I will provide an update on the completed preamble in a future edition so please keep an eye out for it.

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 in your contact information. 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. **Miigwetch and Thank You** to everyone who has participated so far to update your mailing and contact information. **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.

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.

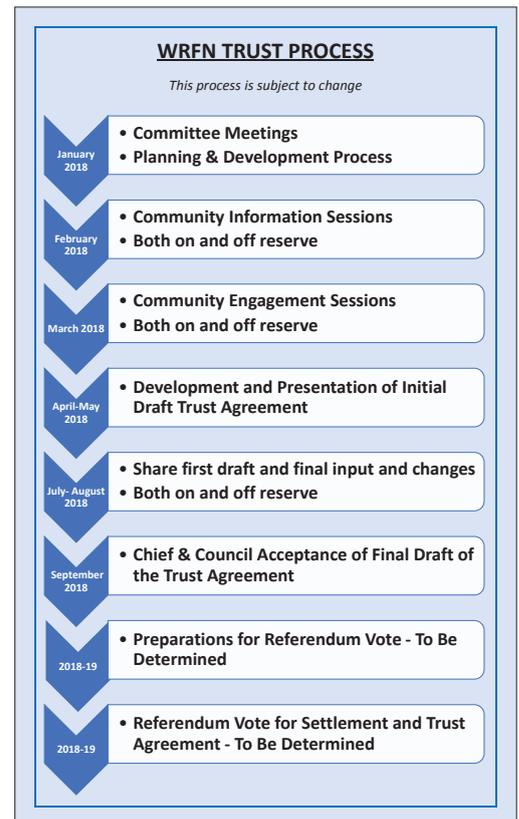
New Trust Name: Niigaan Naabidaa meaning "Let's Look Ahead".

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 further 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/OFRC Biologist Curtis Avery explains the workings of a drone to the Kindergarten & 1/2 classes at the Fisheries presentation on October 5, 2018.



Delilah's outfit was inspired by The Tragically Hip on 80's Rocker Spirit Day.



Violet Sutherland placed First in the 8 and under division at the Wiikwemkoong cross country meet, held October 4, 2018. Way to go Violet!



The Early Learning Program had an Open House and Meet & Greet on October 25th, 2018.



The Maamwe Kendaasing munchkins went Trick or Treating around Whitefish River.



Sibling support at the Bobcat Run.



Happy Halloween from the staff and students of Shawanosowe School!



Sherry helps Soleil with extracting the honey from our local hives at the Harvest Festival held October 24, 2018.



The Bobkittens Roar!



Priscilla bakes up some Christmas cake at the 7 Fires Youth & Elders Centre.



Mr. Legrow's Grade 3/4 class are creeping it real at Halloween!



2018 Right To Play Heroes Gala
Minister Lisa MacLeod and Crystal Clark-McGregor.
Photography by: Scott Ramsay — at Metro Toronto Convention Centre

Economic Development Officer Keith Nahwegahbow

Ahnii,

this month I wanted to talk about the Whitefish River Development Corporation (WRDC). In 2019 the WRDC has completed 20 years of managing the leases held in trust from the CP Rail. There are currently 23 leases in total and are currently in the process of returning to reserve status. Part of this process in having a proper community consultation. After March of 2019 we will be having community information sessions about the future of these leases. Expect this in the summer of 2019.

The following is a brief history of the WRDC. The WRDC was first incorporated in 1986. The original purpose of the WRDC was to gain corporate status. The main benefit of having corporate status allowed WRFN to access funding that would not be available to First Nation organizations.

1. In 1999 WRFN purchased the leases off of CP rail and gave management responsibilities of the WRDC and Economic Development department. WRDC has successfully managed the lease for the past 20 years.

2. The WRDC had plans in the 90s and 2000s for a variety of businesses. Including an internet/computer business, tent and trailer park, a trucking business, etc...

3. In 2014 there were planning sessions that set out the following mission and vision statements for the WRDC;

- Vision Statement: The Wiigwaaskinigaa Anishinabek are empowered to obtain economic self-sufficiency leading toward sustainable socio-economic well-being.

- Mission Statement: Actively working together to seek, promote, and secure economic activities, that will enhance the quality of life for the Wiigwaaskinigaa.

- At the last AGM there were comments to make these statements language consistent with other mission and visions state-

ment here in WRFN.

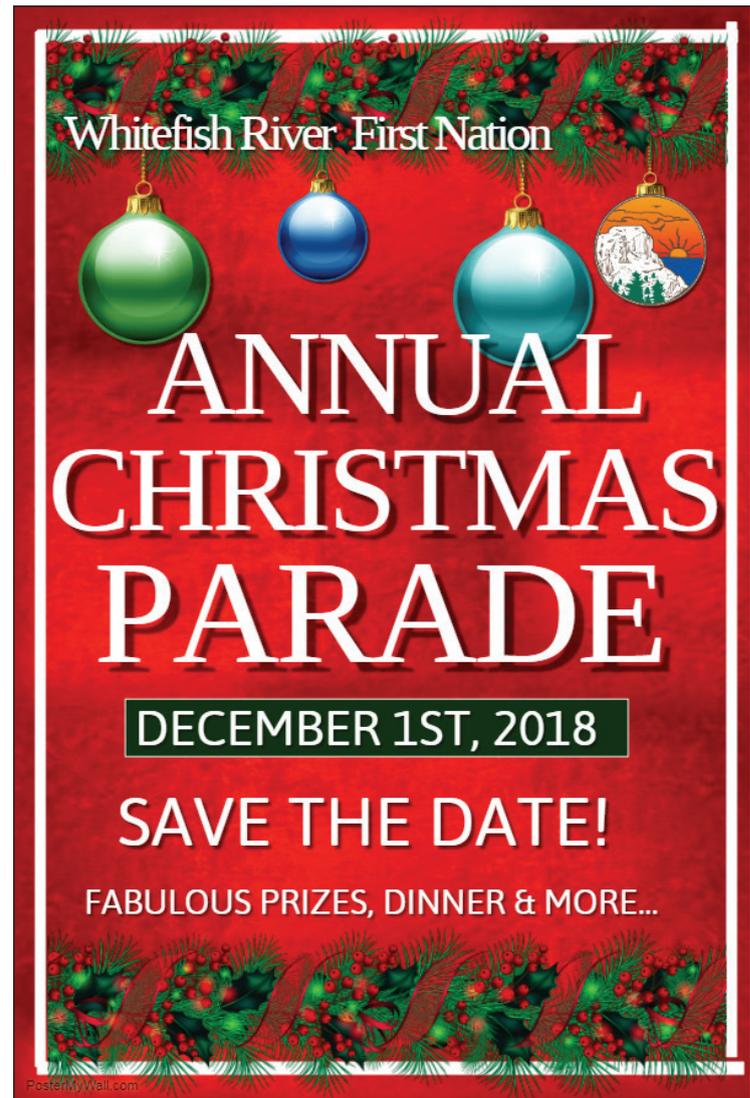
4. In 2015 there was a business plan to create a “Bed & Breakfast” at Lot 108. Since then new problems have risen at the proposed building. A new revamped business plan for Lot 108 is in the works. Discussions have started to renovate this underutilized asset for WRFN.

Lastly, I would like to say that this will be my last article as the Economic Development Officer and I will be starting a new role here in WRFN as the Lands Assistant. I’ve learned a lot as the EDO but my passion has always been toward protecting the environment and feel my skills are better suited for a role in the Lands Department. I will continue to help the Economic Development Department until a suitable candidate is hired to fill the position.

For more information and if you have questions, please contact myself, Keith Nahwegahbow at the WRFN Administration Office at 705-285-4335 ext. 216 or via email at keithn@whitefishriver.ca.

Missed an
issue of
The Rezound?

Find them
online at
www.whitefishriver.ca



INVITATION TO PARTICIPATE IN A CANNABIS TASK FORCE

now recruiting

THREE (3) WRFN COMMUNITY MEMBERS

Time-frame:

November 1, 2018 to May 1, 2019 (6 months)

Responsibilities:

- 1) Make a workplan
- 2) To guide future education awareness sessions for WRFN community
- 3) To gather community input and prioritize community issues and make recommendations to Council
- 4) Respond to recommendations and lead development of Bylaw and Regulations

Time commitment:

It is expected that the group will meet weekly and more frequent, as needed.

Resources:

Task force will have administrative personnel and a Chairperson

Applications:

Fill out a Committee application (WRFN Committee Application)

Deadline: Tuesday, October 26, 2018 at 12:00 pm

Contact: Art Jacko, Band Manager
ajacko@whitefishriver.ca
705-285-4335



CALL FOR LNHL COMMITTEE MEMBERS

Volunteers are needed for the LNHL Committee

It's time to prepare and continue with fundraising efforts to send our Warriors' Teams to the **48th Annual LNHL on March 11th - 14th, 2019.**

If you are interested in volunteering your time for the LNHL committee, please submit your name to **Art Jacko, Band Manager.**

Volunteer Coaching Staff and Hockey Players:
Registration forms for the 2019 LNHL are available at Administration Office (contact the Receptionist to request a form). Registration forms will also be available on the **WRFN Warriors est. 2012 Facebook Page**

For more information on mandatory coaching and trainer's requirements, please visit the Manager's Corner at www.lnhl.ca.

Consultation Coordinator - Stephen McGregor

Greetings!



I'm excited to be awarded the position of Consultation Coordinator for Whitefish River First Nation. I'm proud to say that I grew up here in Whitefish River and although I may have spent many years living abroad I am happy to be home to work for the community in the best capacity that I know how.

The position of the Consultation Coordinator is critical as the job involves assisting WRFN in preparing for future consultations and engagements with governments, municipalities and third party proponents. The contract I have been awarded is a two part position. The primary position being the development of internal community decision-making protocols as they pertain to external governmental bodies. The second aspect of the position involves the development of a GIS (Geographic Information System) database. This database is important to increase our understanding of WRFN's resources

in terms of traditional environmental/ecological knowledge and economic development.

When described in those terms the process may appear materialistic but my mandate clearly describes a focus on traditional Anishinabek values as they relate to the land we have been left to maintain. With that in mind, the process of consultation and negotiation must be cautious. Our approach to our role as stewards of the land must be reflected in our actions moving forward.

As I understand my role in my position as Consultation Coordinator I am enthused with the knowledge that the process I am helping to develop is an important one. It is an essential process for our current population but also the next generation that has graciously gifted us with this responsibility.

I look forward to working with the staff in the Administration office as well as the community in this endeavour. If you have any questions you can contact me at the Administration Office or by email at stephenm@whitefishriver.ca

Miigwetch

NOTICE TO ALL UCCMM COMMUNITIES



WINCH GROUP



The WINCH Group, UCCM Anishnaabe Police Service along with the OPP will be hosting a **SPORTS EQUIPMENT GIVE AWAY**

at the **M'Chigeeng Community Complex**
November 13, 2018
from **3:00 pm to 7:00 pm**



MIXED 30+ MENS /WOMENS

VOLLEYBALL NIGHTS

MONDAY NIGHTS
SHAWANOSOWE SCHOOL GYM
STARTING MONDAY, NOVEMBER 5TH, 2018

REGISTRATION:
PEGGY OR MIKE MCGREGOR, 705-285-0250

REGISTRATION (\$10/PP.) DEADLINE:
FRIDAY, NOVEMBER 2, 2018



7-9 pm.
Limited spots

Community Energy Advisor - Tania Jacko

Aanii Kina Wiya,

Have you ever been curious about the life cycle of a plastic bottle? I assumed that plastic bottles came from other plastic bottles. You just put it in the recycling bin, through some kind of magic or science it gets sterilized, refilled, and put back on store shelves. That's not the case. Only 10% of the plastic bottle that you buy is from recycled materials.

Plastic bottles are made from a transparent material called Polyethylene Terephthalate or P.E.T. for short. Reprocessed P.E.T. loses some of properties, which is why only 10% of it can be reused to make plastic bottles. A mixer will combine never been processed P.E.T. with 10% reprocessed P.E.T. The mixture then goes to a machine to be heated to 316°C so that it is malleable. It then shoots into a mold so that it can be shaped into its pre-form shape. A built in cooling system ensures that the plastic is instantly cooled. Once it is in its pre-form shape, it then goes the "Re-heat Stretch Blow Molder" to determine the actual shape of the bottle, water is used to cool and set the plastic., AND THEN it gets put onto a conveyor belt to be sent to the packaging area.

The bottles are then filled, sealed, the label is put on the bottle, and then it is packaged. Next it gets loaded onto a truck, shipped to a distribution centre to be shipped to a store, where it is unpackaged and put in the fridge until it is bought by a consumer.

As you can tell, the process for making plastic bottles requires quite a lot of electricity. Therefore, reducing the amount of times you buy drinks in plastic bottles is yet another way to reduce your negative impact on the environment. Reducing our electricity consumption is good for our environment. You

know what's bad for the environment? Your Trash. It could possibly end up in the ocean and harm cute and adorable marine animals. So you can do double the amount of good you do for the environment simply by producing less trash.

I know that buying drinks in plastic bottles is convenient. It is lightweight, won't shatter if you drop it, and you discard it when you're done. No washing it out afterwards. However, I would like to encourage you to use a refillable bottle and drink water from the tap as much as possible. Tune in next month and I'll tell you what happens to the bottles that you put in the recycling bin.

Don't forget to go to <https://www.affordabilityfund.org/> to sign up to receive free energy saving devices.

FREE Energy Saving Upgrades
<https://www.affordabilityfund.org/>
 Afford Ability 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.

Gii Waabmin Miinwaa!

HEATING TIPS

According to Natural Resources Canada, the average Canadian home uses over 60% of their total energy consumption on heating. By trying a few of these tips, you can make a huge impact to reduce your home heating costs.

TURN DOWN YOUR HEAT WHEN NO ONE IS HOME. Turning down the heat by a couple of degrees and then turn it back when you return home. Make sure to maintain a minimum temperature of 14° Celsius so that no damage is caused to your house. Keeping the house too cold, you run the risk freezing your pipes.

WEAR AN EXTRA LAYER. Instead of turning up the thermostat, reach for a sweater or an extra blanket first. You can also use an extra blanket to maintain a lower temperature in the home while you sleep. Flannel or fleece sheets are not only comfortable but they aid in providing extra warmth.

LEARN TO LOVE WEARING YOUR SOCKS/SLIPPERS. Feet play a pivotal role in regulating your body's temperature. There are specialized blood vessels in your feet that can open up to offload heat quickly. There is also very little heat producing muscles in the feet.

SPIN YOUR CEILING FAN AT A LOW SPEED IN A CLOCKWISE DIRECTION. Your ceiling fan can be used to warm your house; since warmer air rises, you want to push the warm air back down towards the floor.

KEEP YOUR DOORS AND WINDOWS SHUT. Avoid unnecessarily opening the windows and doors to prevent indoor/outdoor air exchange. Locking the doors and windows will ensure that they are closed tightly.

LET THE SUN HEAT YOUR HOME. Keep your curtains open during the day, especially the ones that face the south to let the sunshine into your home.

KEEP THE VENTS CLEAR. Do not block vents with clutter or furniture to allow for air to flow freely throughout your home.

CHANGE YOUR FURNACE FILTER REGULARLY. Furnace filters are relatively inexpensive a quite easy to change. A clean filter will ensure that your furnace runs efficiently.



NOVEMBER 17, 2018 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

UPCOMING

EVENTS

Nov. 2018

Nov. 8

LET'S MAKE A WILL & POWER OF ATTORNEY
Fred Bellefeuille, Barrister & Solicitor 10 AM - 3 PM

Please call the Housing Department to schedule an appointment. If you have seen Mr. Bellefeuille previously, you need to schedule an appointment to sign off on your document(s) and have it witnessed, if necessary.

Nov. 20 & 21

OIL FURNACE CLEANING
(Manitoulin Fuels) \$169.95 - Must pre-pay to get on the list

We had originally scheduled two days in September, but only had enough interest for one day. They are now booking into November. Please contact the Housing Department by November 1, 2018 if you are interested.

PosterMyWall.com

Budget

TOOLS TO HELP YOU BETTER MANAGE YOUR MONEY

Budgeting 101

Let's Talk About Credit

Know Your Rights

Lunch and Learn
Wednesday, November 7th 2018
11:00AM at Health Centre - 17B Rainbow Ridge Rd.
1:30PM at Council Chambers - 17A Rainbow Ridge Rd.

Sudbury Community Service Centre

Prosper Canada

Whitefish River First Nation
17A Rainbow Bridge Rd
Birch Island ON

Winter Preparedness for Propane Users

Canadian Propane Association | Association canadienne du propane

Be Prepared

Ensure You and Your Family Are Comfortable & Safe this Winter

Winter can mean colder temperatures and a higher demand for energy. Families and businesses that rely on propane can have confidence that Canada's propane industry is prepared for the season, but it is also important for homeowners to do their part to ensure they are kept warm and safe.

To help you prepare for colder weather and to save money, here are a few steps that you and your family can take.

Before the Winter

- ✓ **Fill Your Tank Early** – Since energy demand typically rises in the winter, fill your tank early to ensure that you are ready to go before the cold weather hits.
- ✓ **Make sure you have an adequate propane supply** – Ask your propane provider about payment programs and scheduling regular visits, so there's always enough propane in your tank. This will help you avoid running empty if inaccessible roads delay deliveries.
- ✓ **Consider purchasing a propane generator** – When other power sources fail, a propane generator can keep your house operating without interruption.
- ✓ **Confirm your heating system and appliances are running efficiently** – Before the start of each heating season, have a qualified service technician inspect and service your appliances and propane system. When your appliances are running as efficiently as possible, you conserve fuel and save money.
- ✓ **Replace furnace filters** – Proper airflow improves a furnace's efficiency and lifespan.
- ✓ **Reduce drafts** – Install caulking and weather-stripping around windows, doors and other openings such as ducts, fans and vents.

During the Winter

- ✓ **Ensure that your driveway and access to your tanks are cleared.**
- ✓ **Turn down the thermostat** – Manually, or using a programmable thermostat, reduce the temperature a few degrees while you are at home and lower when you are sleeping or away.
- ✓ **Reduce hot water consumption** – Lower the temperature setting on your water heater. Consider using cold water for laundry.
- ✓ **Keep curtains and blinds open to receive sunlight during the day, and close them at night.**
- ✓ **Reduce the use of fireplaces** – If they are only used for secondary heat or atmosphere.
- ✓ **Hang clothes on a rack to dry rather than using your clothes dryer.**

Detectors Save Lives!

Install CSA-approved propane gas detectors and carbon monoxide detectors for additional security.

Always follow the manufacturer instructions for installation, location, and maintenance.

Our Industry Commitment

Keeping Canadians warm and safe is our top priority. Canada's propane industry will continue to make every effort to provide reliable and affordable service to its valued customers, and the Canadian Propane Association encourages customers to contact their propane retailer to put their winter plan into action.

By working together, Canadians and Canada's propane industry can take the sting out of winter.

Canadian Propane Association

The Canadian Propane Association (CPA) is the national association for the Canadian propane industry, a multi-billion dollar industry that impacts the livelihood of tens of thousands of Canadians.

The CPA is dedicated to promoting propane, a clean, available, affordable and versatile energy solution, through industry training, emergency response and advocacy activities.

T 613-683-2270 www.propane.ca info@propane.ca @canadapropane © 2016 Canadian Propane Association

James and the Gichi-Koosimaan.

The M.L.S. Ojibway set sail back to M'Chigeeng, with help from BJ and Marcus.

Lands Manager
Kathleen Migwanabi

WHITEFISH RIVER FIRST NATION
CAPITAL PLANNING STUDY (2014 - 2034)
LAND USE PLAN

Ojibwa Traditional Hunting
Period For Deer

The Ojibwa Nation has always observed a traditional hunting period for the harvesting of deer. Hunting season begins after the first snowfall – usually in November and continues to mid-December. Our people **DO NOT HUNT** after mid-December because the deer have begun carrying their young at this time. This is why it is important not to disturb deer after mid-December. This tradition has been practiced for generations and is conservation in action. Because of this practice we still have the deer to rely on for food in this modern day age. Deer meat is a lean and nutritious food high in protein and iron. If we continue to adhere to our traditional practices and observe the acceptable time for harvesting our future generations will reap the benefits of accessing a healthy deer population for their food supply.

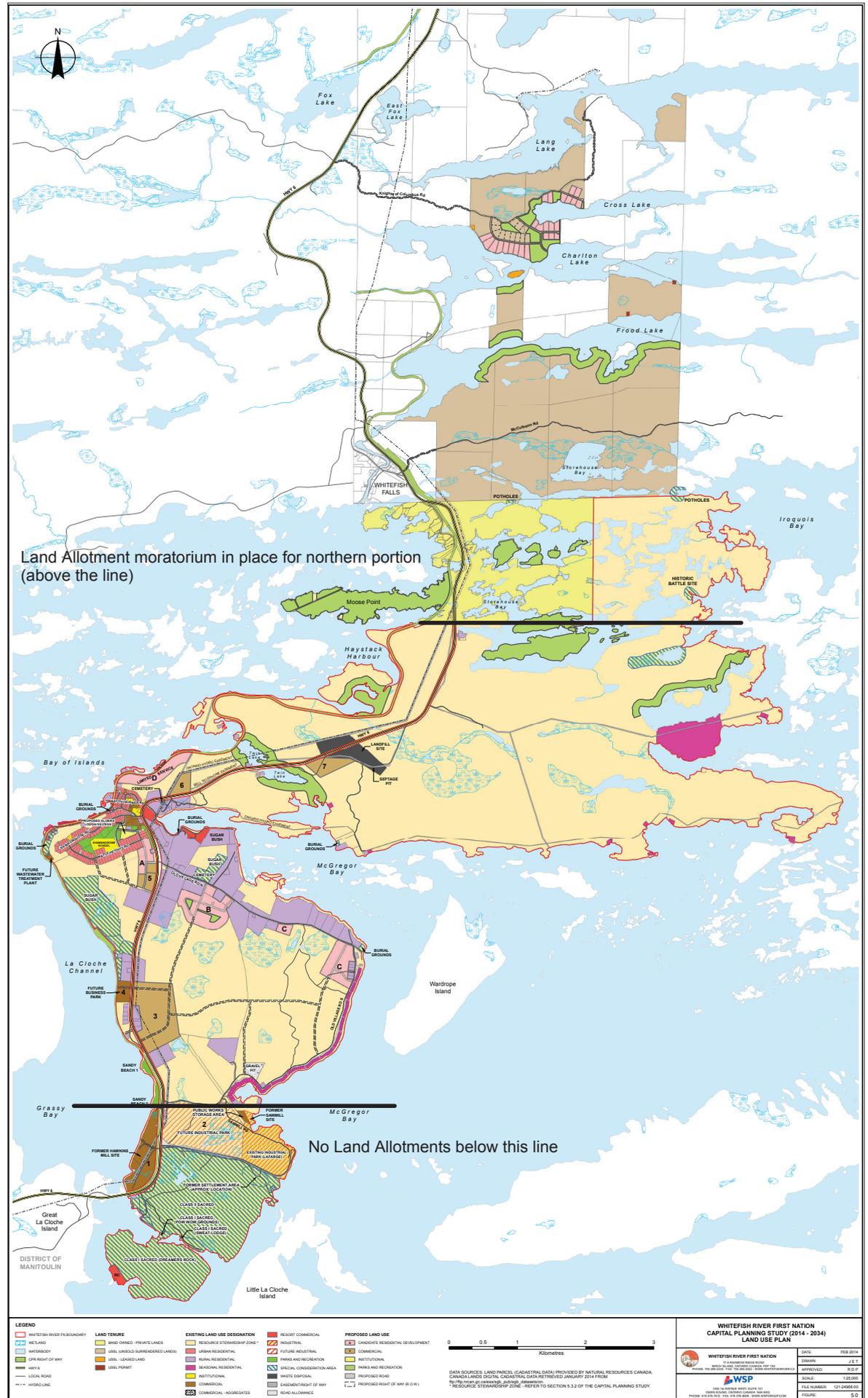
RESPECT FOR PRIVATE PROPERTY:
 This is a reminder that if your fall hunt will take you through private lands – **you must obtain the permission of the landowner first** before entering their property.

REMINDER THERE IS NO NIGHT HUNTING PERMITTED ON OUR LANDS

The Council passed **Band Council Resolution No.2189 dated October 30, 2000** decreeing **No Night Hunting on Reserve**. This position was taken after community members indicated their acceptance and approval for the Council to enact a measure to protect the lives and ensure the safety of all residents.

Have a prosperous and safe deer hunt this season!

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



WHITEFISH RIVER FIRST NATION CAPITAL PLANNING STUDY (2014 - 2034) LAND USE PLAN	
DATE	FEB 2014
DRAWN	J.E.T.
APPROVED	S.C.P.
SCALE	1:50,000
FILE NUMBER	121-24885-00
FIGURE	5.0

Membership News

Due to reduced Membership Office hours, appointments are now encouraged. Call 705-285-4335 Ext. 208

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.

REGISTRATION AS A STATUS INDIAN IN CANADA

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.**

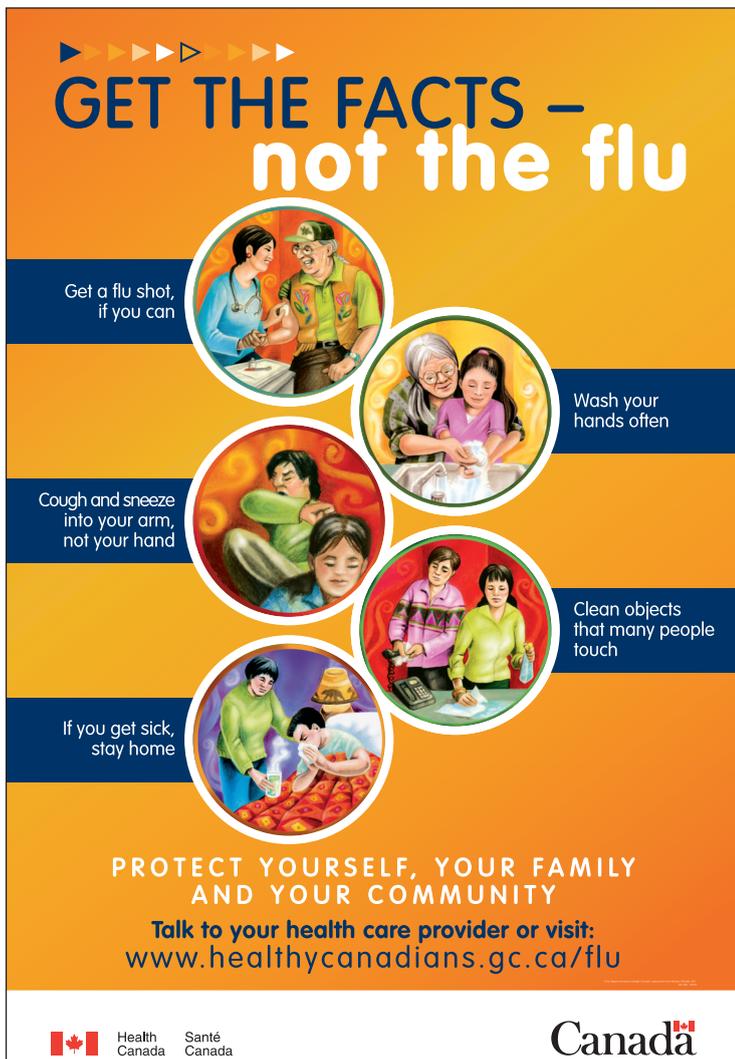
Main Benefits of Indian Status and Band Membership (Citizenship) may include:

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:
November 13th – 21st, 2018



GET THE FACTS – not the flu

Get a flu shot, if you can

Wash your hands often

Cough and sneeze into your arm, not your hand

Clean objects that many people touch

If you get sick, stay home

PROTECT YOURSELF, YOUR FAMILY AND YOUR COMMUNITY

Talk to your health care provider or visit:
www.healthycanadians.gc.ca/flu

Health Canada / Santé Canada

Canada

 Whitefish River First Nation

BAND COUNCIL RESOLUTION

CHRONOLOGICAL NO. 2189
FILE REFERENCE NO.

NOTE: The words "from our Band Funds" "capital" or "revenue", whichever is the case, must appear in all resolutions requesting expenditures from Band Funds.

The Council of the		Cash Free Balance	
WHITEFISH RIVER FIRST NATION		Capital Account	\$ _____
Date of Meeting Convened	Province	Revenue Account	\$ _____
October 30, 2000	ONTARIO		

DO HEREBY RESOLVE:

That night hunting will not be permitted within the boundaries of the Whitefish River Reserve #4.

Quorum:

[Signatures]
Councillor Chief Councillor

[Signatures]
Councillor Councillor Councillor

FOR DEPARTMENTAL USE ONLY					
Expenditure	Authority - Indian Act Section	Source of Funds	Expenditure	Authority - Indian Act Section	Source of Funds
		<input type="checkbox"/> Capital <input type="checkbox"/> Revenue			<input type="checkbox"/> Capital <input type="checkbox"/> Revenue
Recommending Officer			Recommending Officer		
<i>[Signature]</i> <i>[Date]</i>			<i>[Signature]</i> <i>[Date]</i>		
Approving Officer			Approving Officer		
<i>[Signature]</i> <i>[Date]</i>			<i>[Signature]</i> <i>[Date]</i>		

WHITEFISH RIVER FIRST NATION LANDS MANAGER

Monster Garage Plant Manager - Murray McGregor Jr.

See what can happen in just a month. Public Works has some changes in personnel, and we'd like to wish congratulations to Alex Nahwegahbow who has been recently hired by Ontario Clean Water Agency (OCWA). Alex will continue with upgrading his water licence while working and gaining valuable experience. Way to go Alex!!! As a result of this change for Alex, the temporary position for Water Quality Analyst was filled by Amy Waboose. Amy was also successful in obtaining her Water Quality Analyst certification and shows great enthusiasm for working in the water plant, testing, recording and working with water plant operations.

Landfill Operations has a weekly challenge with members and passersby dumping their garbage on unscheduled days. This type of disrespect causes the landfill site to appear unkempt. During the summer months bears scatter the garbage in and around the site and drag refuse off into the woods, the attendant now must take the time to clean this up on a regular basis taking away from regular duties with covering the refuse and monitoring usage of the recycling bins and drop off bunkers. Public Works requests that the public respect the hours of operation of the landfill site and if you notice unauthorized persons on sight to respectfully ask them to leave and to not leave their garbage behind. The landfill attendant will also be burning off wood

products left behind in the wood drop off bunker throughout the fall, the fire department will be notified of the days scheduled for burning. The scrap metal company has also been called in to empty the scrap metal bunker. The funds generated from this goes into the landfill operations program.

Good job to the community members who utilize the recycling program, this program has assisted with reducing the amount of materials going into the landfill site.

What is happening with the library? The administration office has many different projects on the go, some of them require extra part time staff to carry out projects. Therefore more office space is required in the administration building. In order to accommodate the need for extra office space, the current resource room is to be relocated to the library. The library is under renovation to accommodate utilizing the resource room on one half of the building and library operations on the other half. The project is mid-way through completion and is expected to be operational by the end of November 2018. Users are requested to be patient with the change.

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

HARD PLASTIC
Clean & Rinsed
Symbols 1-6
Plastic Food Containers
Sports Drink Bottles
Laundry Soap Containers
Dish & Hand Soap Containers
Lotion & Shampoo Bottles
Empty Medicine Bottles

PAPER
Clean and Free of Food
Newspapers
Brown Paper Bags
Junk Mail
Magazines
Cardboard (Flattened Max. 24" x 24")
Dry Food Boxes
Office Paper
Pizza Box Tops

GLASS
Clean & Rinsed
Glass bottles & Jars (all colours)

METAL
Clean & Rinsed
Food Cans
Beverage Cans
Clean Aluminum

NON-RECYCLABLES: * No Plastic Bags * No Plastic Packaging (Wrapping)*
* No Styrofoam *

WRFN RECYCLES!

Waste Management Action Plan Coordinator - Crystal McGregor

Hello,



My name is Crystal McGregor and I've been newly hired on a contract basis in the Public Works department as the Waste Management Action Plan Coordinator (WMAPC) until May 31, 2019. As this project has been mentioned in previous Monster Garage sections of the Rezound, I have been familiarizing myself with the waste management program since starting. I've also been researching other First Nation/Municipal landfill and waste management operations and acquainting myself with the whole Waste Management project for Whitefish River.

My work will involve collecting data on curbside and landfill site waste as well as cost analysis for curbside and landfill operations. This information is needed for the Contractor, WSP to complete their work on the proj-

ect. In addition, there will be consultations, surveys and workshops delivered to gather input from the community on waste management. A key part of this project will be educating the community on recycling, what can be recycled and what cannot. This is sometimes a grey area of what is acceptable in our recycling bins. Over time I will be building a more comprehensive list of acceptable items.

One option that I am investigating is a clothing swap in the community with a company/organization picking up the remainder for recycling. A pair of old shoes destined for the landfill, can take upwards of 25 years to decompose. If we could work with a company that specializes in breaking down the materials and turning it into new recycled products would be beneficial to all.

I had a real eye opening experience while on the curbside pickup ride along, data collection is an important piece of the puzzle regarding the amount of waste going into the landfill. Some of it was surreal in the amounts, and at times simple solutions to these issues surfaced. One of these solutions is Recycling. Our landfill is nearing its expiration date,

we have blue bins on site for glass, plastics, newspaper & paper products, and cardboard. As a community we need to ramp up our recycling efforts, not only to preserve what time we have left on our landfill site but to divert as much waste as we can from further damage to Mother Earth.

As a community we need to start thinking about next steps for our waste and landfill. Should we continue to have a landfill site? Should we have all waste and recyclables curbside pick-up and hauled into another recycling/ landfill off-reserve? Should this be done locally or should it be contracted out? If the answers are yes, what is a reasonable fee to this service? These are some of the questions that will come up in the near future.

In closing, remember the classic 3R's!
Reduce – Reuse – Recycle

And don't forget if you have them bring your feast bundles along with you to all community events.

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

You are invited to attend the Annual General Meeting of the Birch Island Construction Company Ltd.

**November 6, 2018
5 pm - 7 pm
Whitefish River First Nation Community Centre**

*** Indian Taco Dinner *
* Door Prizes ***

WRFN MINOR SPORTS
CHI-BINGO
 • 3 - \$1000 JACKPOTS
THURSDAY
NOVEMBER 29TH, 2018
 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 BAZAAR
DECEMBER 2, 2018
WRFN Community Centre
 Tables \$10 each
 Each Additional table \$5
 8 am - Doors Open
 2 pm - Full Turkey Dinner Fundraiser by the Parish Council.
 Eat in or Take out!
 For inquiries call Judy at 705-285-4888.



Pet Care & Tips

Meow Everyone!

How is everyone on these nice sunny cool days of autumn. I am almost ready for winter with just a few more thing to put away. I have already been feeding my Blue Jays again and some of the birds that winter with us. I've started to finally feel better and am getting back into the routine of regular household chores, but I still have a long way to go yet until I will feel back to my old self. The cats are doing fine and have started gaining their winter fat already. As for me I am losing mine, which is good. Tom, the one that showed up last summer is turning into a beautiful cat, but I wish whoever his owner is would come and get him. I tried to pet him the other day and he let me, but today when I tried again, he swatted me. He's still not sure of things I guess. People have been so kind to me when I go grocery shopping in Espanola and the cashiers ask me why I buy so much kitty treats and food. I tell them I have eight cats and they are surprised. Some have given me cat food to help me out which is nice and if they tell me they have cats we usually trade cat stories. Luka and BJ are staying inside more as well, but when it starts to get day light outside, they want out. The two little houses I have set up for them on my deck are again ready and hooked up with heating system. If some of the others are not in when I go to bed they will just have to wait until I get up to let them. They will usually stay in the little insulated houses to stay warm.

I hope those of you who have pets are making the necessary arrangements to keep your furry family members warm and fed throughout our cold winters. Remember if you have a dog outside, remember to have a nice warm place for them during our cold winter nights. A 60 watt electric light bulb in a dog house is enough to provide warmth in their house. Insulation is easy enough, just make sure to staple a flap on the opening to keep in the heat and also insulate the walls with Styrofoam. I have also been feeding my Blue Jays again and some of the birds that winter with us.

Some Cat Facts:

- A form of HIV exists in cats called FIV (feline immunodeficiency virus) tht can lead to feline AIDS. Cats are the only animals apart from primates that have an AIDS-like syndrome.
- Napoleon Bonaparte and Julius Caesar both had a fear of cats.
- A cat can recognize the sound of her owner's footsteps from hundreds of feet away.
- Kittens lose their baby teeth at about four months of age. Animals that do not lose their baby teeth have a condition called 'retained deciduous teeth.'
- Something I just read, at just four months old, your kitten can get pregnant and have up to three litters of five kittens per year. That's 15 kittens each year! Where will all those kittens and their kittens find homes? Many won't, so please spay your kitten before her first litter which in turn equals fewer unwanted cats. Also as a bonus, your cat will be 90% less likely to get fetal mammary cancer. **Bspay & Neuter your pets.**

Well, that is it for another month and Christmas is just around the corner. The cats and I would like to wish Happy Birthday and Happy Anniversary to everyone celebrating in November. Remember to visit our elderly, the sick or the shut-ins and have a nice chat with them and I am sure they will enjoy it and bring something bright for them for the day. Please watch out for our Pets and children while driving around our community. Again, remember to get all your pets fixed to help keep the pet population down in our community.

She-Pet Elizabeth, Empress Farrah and Webby Debby, (the girl cats).

Luka, BJ, Tinker, Francis, and Fabio, (the boy cats).

Me, The Big Cat,

Dennis L. McGregor



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

November is upon us and we are now moving to cooler and shorter days with longer evenings. In October, our Administration completed another round of ceremonies to welcome the fall season and to appease the spirits of our territory. This year the ceremonies will include a special ceremony for Cannabis. I can report that in the month of October, a great deal has occurred including;

- a) New Elevated Storage Reservoir Construction
- b) Work on the Land Claim Trust process
- c) Work on Land Claim Process
- d) Election Code outside the Indian Act
- e) New Daycare plans for Shawanosowe School
- f) Our Community Wellbeing work - ceremonies
- g) Landfill Site Assessment Project
- h) 7TH Annual Shawanosowe School Bobcat Run
- i) AFN/COO Meeting on Rights Framework
- j) Updating policies
- k) Cannabis Conference on October 13 & 14, 2018

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

Council identified October 12 - 14, 2018 as the time we will need to begin, our community discussion on Cannabis. We had an excellent conference. With the conference over, we want to remind everyone, that this is the beginning of the process. We as Council

committed to engagement and we are very pleased to have had such a successful conference to start our journey. We look forward to your future participation with the Cannabis task force.

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. While we are making incremental progress, much work remains to be done and no challenge is too big for our community to overcome. So, speaking of Wellness, Council has had to deal with the Federal Government Legislation on legalization of Cannabis. After careful consideration, we feel that a moratorium is in order until we can work together to unpack the implications of this legislation. We know there has been a lot of confusion about the legalization of cannabis for recreational use. The Canadian federal government has announced a date of October 17, 2018 for lifting the criminal penalties on possession for personal use, but, importantly, that doesn't deal with how and where it can be sold. This is something Ottawa has left to the provincial governments to regulate. The provincial process is in its early stages with suggestions that there may be licensed private distribution by April of 2019. Until then, any sale or distribution by private parties will remain illegal. That is what this moratorium is about. In the coming months, our administration will be engaging with the com-

munity on the breadth of this matter. So, while we start the gathering of information, **one investment that we can all make towards this issue, is to end the language of negativity and myriad of rumours and untruths, together! Let's begin by starting to repair our relationship. Let us rise as one to meet this defining challenge so that future generations, basking in the sunlit uplands of tomorrow, might thank us for that investment that puts our community first.**

Since March of this year, Council has worked tirelessly to bring forward our own Election Code. A committee was tasked with developing the document in concert with the Community. There was unprecedented response from the Community in consultations. In the end, the Community voted to move to our own election code. We are proud to report that we have received approval from the Minister to have our own election code. At the next election, our new code will be used to elect the leadership. In addition we will be moving to electronic voting for the 2019 election. These are very progressive steps that strengthen our community governance.

On behalf of Council, we wish all acknowledge all our Veterans and we move into the month of Remembrance.

*Find me on Twitter
@ChiefPaibomsai
or on Facebook
Chief Shining Turtle*

Chief and Council Meeting Schedule

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Travel to Gatineau – QC All Souls Day	2 Meeting with Canada – Gatineau QC	3
4	5 Project Management - Sudbury-all day	6 Project Management Sudbury -all day Regular Chief and Council meeting	7	8	9	10
11 Remembrance Day 	12	13 AES Meeting	14 UOI Fall Assembly Manitoulin Hotel	15 UOI Fall Assembly	16	17
18 Travel to Chiefs of Ontario -Special Assembly-Toronto	19	20 Chiefs of Ontario -Special Assembly-Toronto Working Chief and Council meeting	21 Chiefs of Ontario - Special Assembly- Toronto	22 Chiefs of Ontario - Special Assembly- Toronto	23	24
25	26	27	28	29	30	

ADMINISTRATION OFFICE: (705)-285-4335		
NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	franklinp@whitefishriver.ca
Art Jacko	Band Manager	ajacko@whitefishriver.ca
Leslie Recollet	Executive Assistant/Council Clerk	lrecollet@whitefishriver.ca
Esther Osche	Trust Coordinator	eosche@whitefishriver.ca
Diane Gaudette	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
Jacinta Shawanda	Education Manager	jshawanda@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Zach Shawanda	Finance Assistant	zshawanda@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Landrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Manager/IRA	kathleenm@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
Keith Nahwegahbow	Economic Development Officer	keithn@whitefishriver.ca
Tania Jacko	Community Energy Advisor	energyadvisor@whitefishriver.ca
Raymond Francis	Band Representative	rayf@whitefishriver.ca
Stephen McGregor	Consultation Coordinator	stephenm@whitefishriver.ca
Crystal McGregor	Waste Management Action Plan Coordinator	crystalmcgregor@whitefishriver.ca
Tammy Nahwegahbow	Rezound Editor	rezoundeditor@whitefishriver.ca
HEALTH CENTRE: (705)-285-4354		
Leslie McGregor	Health & Social Services Manager	lmcgregor@whitefishriver.ca
Cathy McGregor	Health Centre Receptionist	healthreception@whitefishriver.ca
Doreen Jacko	Community Health Representative	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker - NNADAP	gennyj@whitefishriver.ca
Michael Aelick	Mental Health & Addictions Worker - NNADAP	maelick@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Community Mentor (Right to Play)	righttoplay@whitefishriver.ca
Arlene Pitawanakwat	Child & Family Well Being Coordinator	arlenep@whitefishriver.ca
Shawnessy Jacko	Family Well-Being Coordinator	shawnaj@whitefishriver.ca
Courtney Landrie	Early Learning Coordinator	courtneyl@whitefishriver.ca
Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
Winnie Paibomsai	Food Security Assistant	wpaibomsai@whitefishriver.ca
Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca
SHAWANOSOWE SCHOOL: (705)-285-1311		
Daniel Stargratt	School Principal	principal@shawanosowe.ca
Cara McGregor	Administrative Assistant	admin@shawanosowe.ca
Paula Kakekagumik	Grade 5-6 Teacher	pkakekagumik@shawanosowe.ca
Rick Legrow	Grade 3-4 Teacher	rlegrow@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Victoria Meuleman	JK/SK Teacher	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

November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Calendar				1 Elders Centre MOW's & Wreath Making 12-4PM BINGO	2 Elders Centre All Souls Day Wreath Making 2-3 PM	3 BINGO
4 AA Meeting	5 Elders Centre Share Stories – 1-3PM RentSmart Presentation 3:30 Council Chambers	6 Elders Centre Soup & Sandwich Share Stories 12-3PM BICC AGM  5PM-7PM Comm. Centre Fitness Centre Orientations 6PM-7PM Regular C&C Meeting	7 Elders Centre Puzzles/Card Games 1-3PM Budgeting Lunch & Learn 11AM Health Centre 1:30PM Council Chambers Family Game Night 5:30-7PM Comm. Centre	8 Elders Centre MOW's Elder's Prize Bingo 12-3PM Anishinaabemowin 6:30-8PM 7 Fires Centre	9 Elders Centre Crafts-1-3PM	10 BINGO
11 Remembrance Day Ceremonies 10:45AM Veterans Monument AA Meeting	12 WRFN Offices Closed	13 Elders Centre Soup & Sandwich Ball Exercises 12-3PM Fitness Centre Orientations 6PM-7PM	14 Elders Centre Ball Exercises 1-3PM	15 Elders Centre MOW's Ball Exercises 12-3PM Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	16 Elders Centre Drop-In 12:30-3PM	17 BINGO
18 AA Meeting	19 Elders Centre Social Tea/Coffee 1-3PM	20 Elders Centre Soup & Sandwich Ball Exercises 12-3:30PM Working C&C Meeting	21 Elders Centre Ball Exercises 1-3PM	22 Elders Centre MOW's Movie/Popcorn 12-3PM Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	23 Elders Centre Drop-In 12:30-3PM	24 Beaver Pelt Craft Making Workshop 9AM-4PM Comm. Centre BINGO
25 Beaver Pelt Craft Making Workshop 9AM-4PM Comm. Centre National Addictions Awareness Week Nov.25 th -Dec.1 st , 2018 AA Meeting	26	27 Elders Centre Soup & Sandwich Social Tea/Coffee 12-4PM	28 Elders Centre Christmas Baking 1-3PM	29 Elders Centre MOW's Christmas Baking 12-3PM Anishinaabemowin 6:30-8PM 7 Fires Centre	30 Elders Centre Drop-In 12:30-3PM	
				\$ CHI-BINGO \$		

Birthday & Anniversary Wishes!

<p>Happy Birthday to all my nieces and nephews celebrating in November. Lots of love, from Auntie Diane</p> <p>Happy Belated Birthday to my sister Rose, who celebrated her birthday on October 25th. Love your sister Diane</p> <p>Happy Birthday to my Dad Andy On November 15th Love Tah & Mike</p> <p>Happy Birthday to our Papa Andy. Love from Taylor, Tahnee & Tristan</p> <p>Happy Belated 14th wedding Anniversary on October 9th to my loving husband Larry Bowerman Love Pauline</p> <p>Happy Birthday to my Granddaughter Reanna on November 2nd. Love Grandma</p>	 <p>Happy 12th Birthday to two special ducklings on November 8, 2018 No words can express how much we are blessed to have you in our lives. You both are such special gifts to us. Enjoy your day my sweet babies! Love Mom & Dad</p> <p>Happy Birthday to my sons Darren on November 12th and Lorne on November 29th Love, Mom</p> <p>Birthday wishes to the BICC crew in November! Andy, Gregor & Banzai</p>	<p>Happy Birthday to my daughter Jennifer on November 14th Love Mom</p> <p>Happy Birthday to Allien Paibomsai on November 6th From Mabel</p> <p>Happy 26th Birthday on November 10th To my little big brother Keith Price Jr. Love all your siblings xoxoxo</p> <p>Happy Birthday to my firstborn son Keith on November 10th. I hope you enjoy your day! Love Mom xoxoxoxo</p> <p>Happy Birthday Uncle Boog! Love all your nieces and nephews. xoxoxoxo</p> <p>Happy Birthday Dad on November 10th. Love your son Liam all the way from Illinois! xo</p>	<p>Happy Birthday to my Brother Basco on November 24th. Love, Va, Steve, Kiara & Chico</p> <p>Happy Birthday Rae Rae on November 2nd. Love your Family</p> <p>Happy Birthday to my Husband Andy on November 5th Your Loving Wife Joyce</p> <p>Happy Birthday to my sister Beverly Love Joyce & Andy</p> <p>Happy Birthday wishes to: Brother Dan on Nov. 13th Cuz'n Stamp on Nov 5th Cuz'n Gail on Nov. 7th Andy on Nov. 15th Auntie Travellin Bat on Nov. 21st From Katt, Craig n girls!</p> <p>Happy Birthday to Poppa Andy On Nov. 15th Luv Nicole, Braxton, Braelyn, Sydney & K.C.</p>	<p>Happy Birthday to my beautiful wife Debbie on November 26th. Your loving husband Mark</p> <p>Happy Birthday to my mom Beverly Love your son, Keith</p> <p>Happy Birthday to my nephew Luke on November 17th Love Keith</p> <p>Happy Birthday Keith on November 17th You complete me. Keith</p> <p>Happy Birthday to Gregor on November 15th Keep your chins up!</p>
				