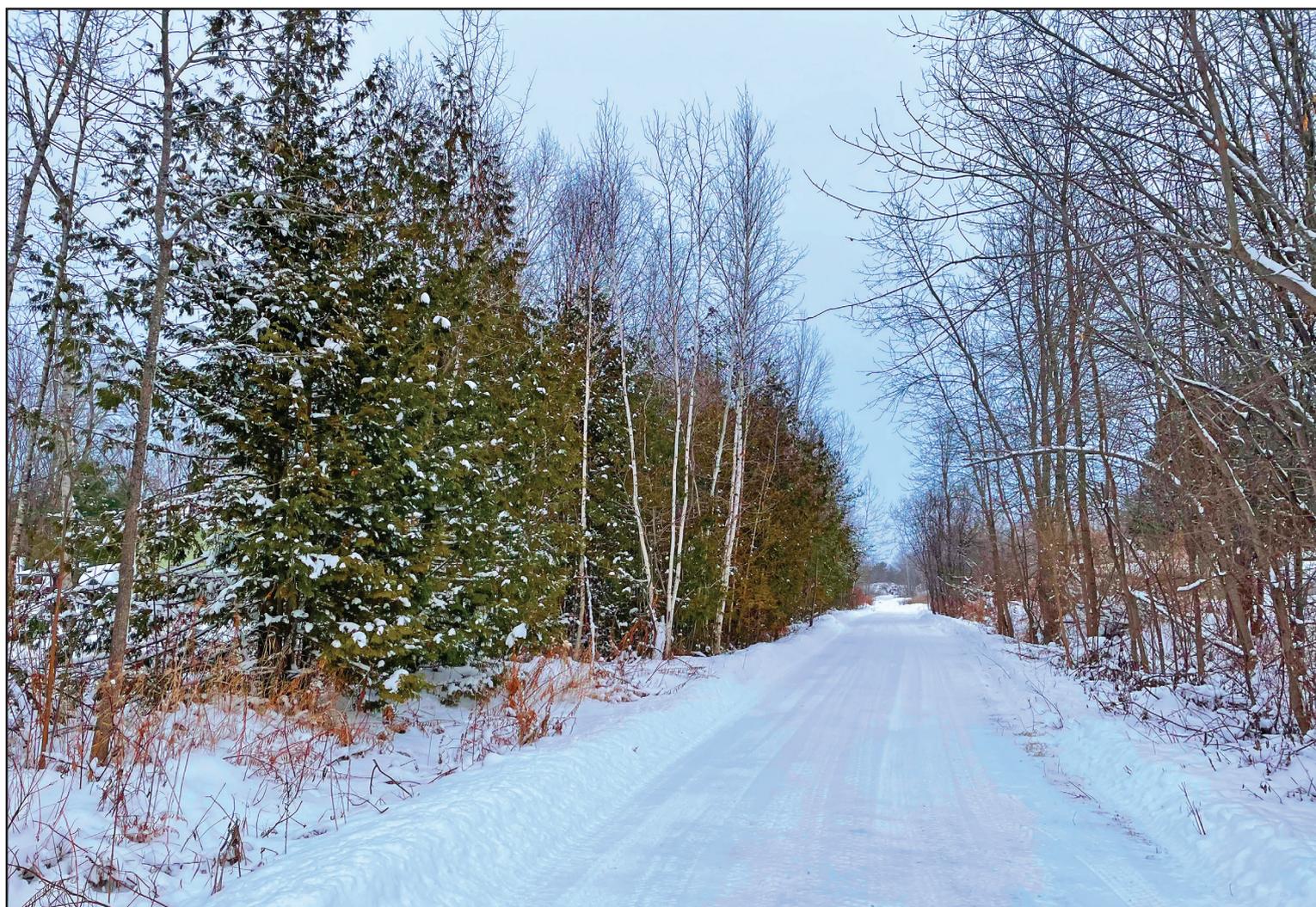




January 2022
Mnidoo Giizis
Spirit Moon

THE REZOUND

Mino-Nimkoodaading! Happy New Year!



A new year brings with it the promise of a fresh start and new beginnings. We have seen many changes this past year, and throughout it all we have continued to build on the strength and resiliency of our community. We have relied on our connection to the land, water, families and friends to support and guide us through these times. We are reminded of times when the simplicity of a scaled back world, provided for us as Anishinaabe. Hunting, trapping, fishing, harvesting, telling stories, sharing our language, and laughter are fundamental gifts that we possess as a people. We have been afforded a unique opportunity to reconnect, with ourselves, with our ancestors and with the land. Let's put on our Biiskawaagan (Coat) miinwaa Wiikwaan (hat) and enjoy

all the seasonal activities only Bboon (winter) can bring! Take this opportunity to bring in the coming year with compassion and kindness. Miigwech.

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

Friday, January 21st, 2022 at 4:30 pm.

Miigwech!

rezoundeditor@whitefishriver.ca

"A Place of Visions and Dreams"

WHITEFISH RIVER FIRST NATION Remains Under a State of Emergency

BY-LAW 2020.04

of the Whitefish River First Nation Band Council
A By-law respecting the mandatory wearing of masks to prevent the spread of Covid 19 and protect the health, safety and well being of persons in enclosed spaces.

Has been enacted on July 7, 2020.

Wearing a mask or face covering will be required in indoor public spaces beginning July 17, 2020. The mask or facecovering should cover your nose, mouth and chin without gaping. Wearing a mask covering is an additional measure we can take to reduce the spread of Covid 19 and keep each other safe.

This means, with some exceptions, all customers or visitors entering an indoor premise are required to wear a mask or face covering while inside.

Learn how to wear a mask or face covering safely.

How to properly wear a face mask



1 ENSURE THE PROPER SIDE OF THE MASK FACES OUTWARDS



2 SECURE THE STRINGS BEHIND YOUR HEAD OR OVER YOUR EARS



3 PRESS THE METALLIC STRIP TO FIT THE SHAPE OF THE NOSE



4 COVER MOUTH AND NOSE FULLY, MAKING SURE THERE ARE NO GAPS



5 WEAR MASK



6 DO NOT TOUCH THE MASK WHILE USING IT, IF YOU DO WASH YOUR HANDS



7 REMOVE THE MASK FROM BEHIND BY HOLDING THE STRINGS WITH CLEAN HANDS



FACTS. 
OVER FEAR



CANNABIS MYTHS & FACTS

LET'S CLEAR THE AIR ABOUT CANNABIS!

"CANNABIS IS A GATEWAY DRUG"

Although cannabis-use has been linked to the use of other illicit drugs, this doesn't mean cannabis is the cause.

Research has shown that the early use of any illicit substance increases the risk of substance use later in life, and individual factors also play a large role in the choice to use these substances.

"CANNABIS IS SAFE FOR ANYONE TO USE"

Cannabis use before the age for 25 years increases the risk of negative health effects, since the brain is still developing.

Early onset and chronic cannabis use is also linked an increased risk for developing psychotic symptoms and disorders, particularly among those with a family history of these disorders.

"YOU CAN'T OVERDOSE/GET ADDICTED TO CANNABIS"

1 in 6 people who use cannabis during their teens, and 1 in 11 people who use cannabis in their life time will develop a Cannabis-Use Disorder.

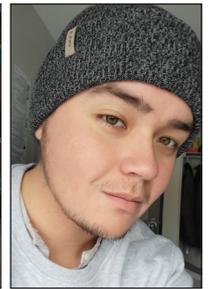
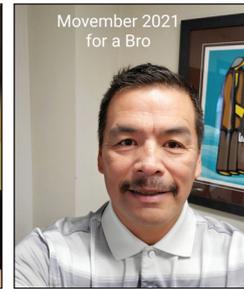
Although Cannabis overdoses are not fatal, it can be unpleasant and potentially dangerous. Symptoms include chest pain, nausea/vomiting, mental distress, and difficulty breathing.

"CANNABIS IMPROVES MENTAL HEALTH"

Cannabis has shown to increase the risk of developing, or worsening of mental health disorders such as anxiety and depression.

Long-term cannabis-use has also been linked to deficits in learning and memory.

If you have an questions or concerns, please contact Kelsie McGregor, Health Promotion Educator, at (708)285-4354 or kmcgregor@whitefishriver.ca



November 2021 for a Bro

Miigwech to the participants of the 2021 Movember contest!



Pictured Clockwise from the top: Dan Garcia, Curtis Assance, Byron Nolan, Curtis Nahwegahbow, Chris McGregor, Carter McGregor, and Keith Nahwegahbow



Health Promotion Educator – Kelsie McGregor

Aanii Boozhoo!

As the new year begins, that means our program is in the final stretch! As the program begins to finish up, there will be a lot of exciting opportunities to get involved and have your voice heard, so keep an eye out for announcements.

National Addictions Awareness Week (NAAW) took place November 21st-27th across Canada, however due to unforeseen circumstances, the events taking place in our community had to be postponed. We are currently in the process of rescheduling NAAW events, so keep an eye out for flyers in your mailbox for an entire week of exciting events! This year's theme is Maamwi Aansidodaa Kinagegoo – Driving Change Together, so make sure to come out and we can make change in WRFN together!

We will also be hosting Cannabis Information Sessions throughout the month of Jan-

uary, so keep an eye out for announcements.

In the theme of NAAW, I will be looking for community members who would like have their opinions heard about cannabis-use within the WRFN community. If you would like to participate or know someone who does, feel free to reach out to me with any questions you have! Your answers will be anonymous and you will be given an honorarium for your time

You can reach me at the Health Centre at (705)-285-4354 or at kmcgregor@whitefishriver.ca if you have any questions, concerns, or comments.

Miigwech!

Kelsie McGregor MPH, BA
Health Promotion Educator
Whitefish River First Nation
Health Centre

Tel: (705)-285-4354
kmcgregor@whitefishriver.ca



January 3, 2022

SHAWANOSOWE SCHOOL MOVES TO REMOTE LEARNING

Dear Parents/Guardians,

The Ontario government announced today that all schools will move to remote learning for the next two weeks. As a result, **Shawanosowe School will move to remote learning for all students as of Wednesday, January 5th, 2022.** This decision is being made in the interest of health and safety of our students, staff, and community.

Shawanosowe School students will be delivered their iPad or Chromebook on Tuesday, January 4th in preparation for Wednesday. Students will be participating in synchronous learning through Google Meet and we hope that they will engage and participate in these lessons daily. If your child is unable to attend these Google Meets, we want to remind parents and families, don't stress and do what you can. Students will also be provided with paper work packages and project-based learning activities where possible. Remember that learning can take many forms. Taking a walk through the woods and exploring what nature has to offer will not only be a breath of fresh air, but it will also promote mental health and prompt questions to engage children.

We will provide more information as it becomes available. Miigwech for your ongoing flexibility and support as we continue to navigate through these unprecedented times and work together to keep our community safe. If you have any questions, please contact me at 705-968-0583 or tiffanyg@shawanosoweschool.ca

Sincerely,

Tiffany Gagan
Principal
Shawanosowe School

ATTENTION BOBCATS!
SIGN INTO GOOGLE MEET EVERYDAY ON TIME AND GET YOUR NAME ENTERED INTO A SURPRISE DRAW!

WINNERS FROM EACH CLASS WILL BE ANNOUNCED:
FRIDAY, JANUARY 14TH AT MORNING CIRCLE.

*Earn 1 ballot for every Google Meet you attend!

18 Reading Resolutions for kids

1. Read a new book from your favorite author.
2. Read one new book every week.
3. Join or create your own book club.
4. Read one book that's related to your favorite subject in school.
5. Read an autobiography or a biography.
6. Read a book that takes place to another world.
7. Read a book that your best friend recommends.
8. Read for the World Record in the Scholastic Summer Reading Challenge.
9. Read a book series.
10. Read a book your teacher recommends.
11. Read your parent's favorite children's book.
12. Read a book from an author who has the same initials as you do.
13. Read a book that is also a featured film.
14. Read a play and act out your favorite scene with your family.
15. Read a book that was published the year you were born.
16. Reread your favorite book of all time.
17. Read a Newbery Award winner or honor book.
18. Read a Caldecott Award winner or honor book.

SHAWANOSOWE SCHOOL SEESAW CONTEST!

Seesaw

Complete your Seesaw activities for a chance to win some terrific prizes!

Each completed activity will get your name entered into the draw!

One winner from each class announced Friday, January 14th.

MNIDOO GIIZIS MINO NIMKOODAADING FROM THE BOBCATS!

Find more fun family learning activities at: FamilyLiteracyDay.ca

We hope all of our students and their families had a happy, healthy and restful holiday! As we reflect on the challenges of the past year, we realize that your support has given us so much to be grateful for in 2022! Miigwech!

Some Indigenous Authors to check out with your family for Literacy Week!

Thomas King, Joy Harjo, Bridget George, Joanne Robertson, Louise Erdich, Richard Van Camp, David A. Robertson, Joseph Bruchac, Thomson Highway and so many more!

Remember the plants, trees, animal life who all have their families, their histories too. Talk to them, listen to them. They are alive poems.

- Joy Harjo

If we change the stories we live by, quite possibly we change our lives.

- Thomas King



Cyndil, Bentley, Willow & Noodin enjoy the warm glow of the School-age room Christmas tree at the Maamwe Kendaasing Early Learning & Innovation Centre.



Breaha made holiday scented playdough up at Maamwe Kendaasing Early Learning & Innovation Centre.



January 3, 2022

MAAMWE KENDAASING EARLY LEARNING & INNOVATION CENTRE CLOSURE

In light of the increase in confirmed cases of COVID-19 particularly with COVID variants of concern that are more easily transmissible, we have decided that Maamwe Kendaasing Early Learning & Innovation Centre will also be **closed from January 5-January 17, 2022.**

We have made this decision in the best interests of the children, families, and staff's health and safety in our community. This will help in the effort to limit the spread of COVID-19. As we navigate through these unprecedented times, it is important that we always consider our littlest children and their well-being. Take this time to spend some time outdoors to explore, play and engage your children in what nature has to offer and teach.

We will continue to monitor cases in the area, and we will provide you with more information as it becomes available. We want to thank you all for your patience and understanding as we all navigate through the changes and work together to keep our community safe.

If you have any questions please feel free to reach out to me at (705) 863-2791 or via email at courtnevl@whitefishriver.ca

Miigwetch,
Courtney Laundrie
Early Learning Supervisor

Cultural Coordinator - Cheyanne Pitawanakwat



Coordinator. I am very excited to be working in my community. Being able to work here not only gives me a chance to share with everyone but to also learn from everyone. Over the next year my hope is to make strong connections with families in and out of the community. I also hope to coordinate more cultural opportunities.

You can find me at the Family Well-Being Centre at 705-285-1941 or through email at: fwbculturalcoordinator@whitefishriver.ca.

Aanii/Boozhoo,
Hello! My name is Cheyanne Pitawanakwat, and I am the new Cultural

Miigwetch!

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

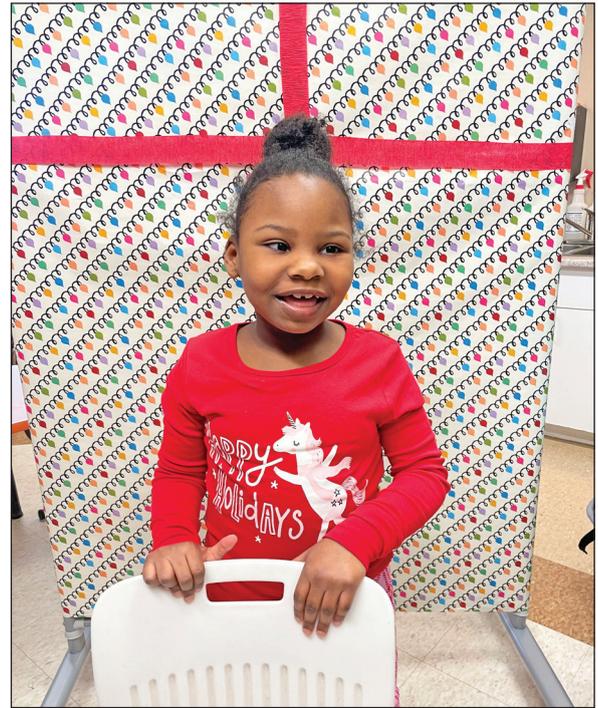
 1 Wet hands with warm water	 2 Apply soap	 3 For at least 20 seconds, make sure to wash:	 4 Rinse well	 5 Dry hands well with paper towel	 6 Turn off tap using paper towel
 palm and back of each hand	 between fingers	 under nails	 thumbs		

Whitefish River First Nation

 Miigwetch for your cooperation!



Mino Niibaanaamaang miinwaa Nimkoodaading from all the Staff of the Maamwe Kendaasing Early Learning & Innovation Centre.



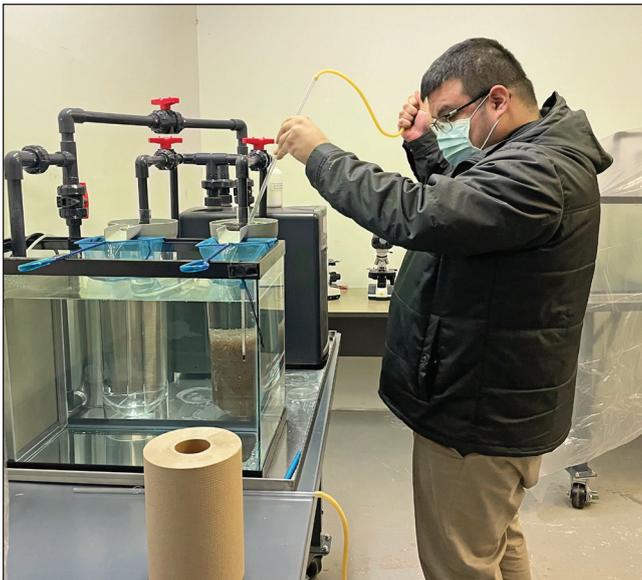
Naomi Ngi-chi-nendam. (is happy)



A pajama/stuffie party wrapped up the last day of school before the holidays for Mr. Spanos's Grade 3/4 class.



Happy Birthday Lily on January 10th! 🎉
Love Mom, Dad, and Ace 🥰



Lands Assistant, Keith Nahwegahbow attends to the WRFN Brook Trout Micro-Hatchery.



Miss Gagan's Grade 5/6 class is teeming with the holiday spirit! Nishin!



Miss Cummings' Kindergarten class waits patiently for their Christmas party to begin.



Laila samples her homemade Potato Leek soup, created courtesy of the Community Wellness Worker program.



Lila Garcia receives her 1st Covid-19 vaccine at the WRFN children's vaccination clinic held December 14, 2021. Pictured with Lila is Clinical Team Lead/Educator – Lauren Dewar of Mnaamodzawin Health Services and WRFN Community Health Nurse – Talon McGregor.



Season's Greetings from Miss Fairbairn's Grade 1/2 class!



Community Wellness Worker & Elf, Emily Wiseman filled WRFN stockings with the youth Angel Tree program!

*nongwa maajitaan wii anishaabemyin
 gegwa baabiitooke baamaa waabang,
 gnimaa zaam weykaa adaa'wan.*

*Start speaking Anishinaabemowin today.
 Don't wait till tomorrow,
 it might be too late.*

Band Manager - Sandy Jacko

Aanii, Boozhoo
January is the beginning of a new year and brings the promise of a better year. As I reflect on 2021, this was a year of change for me. During the course of the year, I had three different roles and was employed by two different organizations. I am grateful for the opportunities I had to work with so many great people and community members along the way and look forward all that this new year brings.

For Whitefish River, 2021 was another year of Covid-19 and the limits that it placed our ability to be out and about in the community. Through it all, WRFN did what it takes to run a community while providing services and programs and ensuring the ever-evolving COVID-19 guidelines were implemented and the community stayed safe. This could not be possible without a dedicated

Chief and Council and staff. I am proud of our team and the hard work that they do to keep this community running. This team works hard all year and is often working after hours and through holidays. It's my hope that their hard work and dedication to helping our community members and finding ways to meet the needs of our community is recognized by all.

As I look ahead, it is my sincere wish for Whitefish River First Nation community members to be able to come together to celebrate our beautiful community in 2022. As always, be well, be kind, be safe and stay strong.

I can be reached at bandmanager@whitefishriver.ca or via my cell at 705-863-3294.

Miigwech and
Happy New Year!

COPING WITH STRESS DURING COVID-19

It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help. Contact your friends and family.

MAINTAIN A HEALTHY LIFESTYLE



as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

DEAL WITH ANY EMOTIONS YOU MAY HAVE IN A HEALTHY MANNER



If you feel overwhelmed talk to a health worker or counsellor instead of using smoking, alcohol, or drugs to deal with your emotions.

AVOID BAD MEDIA



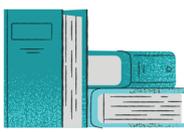
Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

MANAGE YOUR EMOTIONS



by using skills that you've used in the past when facing life's adversities.

GATHER FACTUAL INFORMATION



from credible sources to help you accurately determine your risk and take reasonable precautions.

FOR MORE INFORMATION:



Please contact WRFN Health Centre at (705) 285-4354.

Source: World Health Organization

Education Manager - Leslie Manitowabi-Recollet

Boozhoo Kina Weya!
Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold.
Wishing you a happy, healthy New Year!

UPDATES

There are job opportunities within our department for an Educational Assistant, Special Education Resource Teacher, School Based Wellness Worker and Supply Teachers and Early Childhood Educators. Please share with your contacts and join our team.

Be a Santa to a Senior



The 'Be a Santa to a Senior' initiative was a success with many happy recipients enjoying their thoughtful gifts. Thank you to Georgina Recollet for volunteering her time to

help wrap the 65 gifts and to Keisha McGregor for assisting with the shopping. This would not be possible without the generous donations that were received from Staff, Community members and to all those who purchased meals at our fundraiser. Chi-Miigwech.

Shawanosowe School

The Ontario Government announced on January 3, 2022, that all schools will move to remote learning for the next two weeks. As a result, Shawanosowe School will move to remote learning for all students as of Wednesday, January 5, 2022. This decision is being made in the interest of health and safety of our students, staff, and community.

PERFECT ATTENDANCE SPOTLIGHT

Espanola High School and A.B.Ellis – Congratulations

WHITEFISH RIVER FIRST NATION EDUCATION DEPARTMENT

PERFECT ATTENDANCE NOVEMBER 2021 SPOTLIGHT

Tecumseh A.B. ELLIS	NAKIA A.B. ELLIS	RORY A.B. ELLIS	MARCUS E.H.S
QUINTIN E.H.S	CARTER E.H.S	Christopher E.H.S	COLE E.H.S

**CONGRATULATIONS
KEEP UP THE GOOD WORK!**

ESPANOLA HIGH SCHOOL & A.B. ELLIS STUDENTS

The more times you get perfect attendance throughout the year - the more ballots you get for a grand prize. valued at \$750.00

For more information contact the Education Office 705-285-4335

WRFN REMAINS IN A STATE OF EMERGENCY

POST-SECONDARY STUDENTS

Post-Secondary Reminders

1. If there are **any** changes during the 2021-2022 Academic Year with regards to your schooling, you must reach out to the Education Department as soon as possible. These changes could be going from full-time to part-time, banking information, and changes in contact numbers or current address.
2. **Reporting and Compliance Conditions of Sponsorship** – All sponsored students must report their progress, within 14 calendar days after the completion of each semester of sponsorship. You must request your transcript from your school and forward to our office.
3. **Student withdrawal or Sponsorship termination** – If a student withdraws from their selected program of study indicated on their relevant 2021/2022 sponsorship application, or has their sponsorship terminated, the student will not be considered for sponsorship until April 1, 2024. The student will be informed in writing by registered mail of this decision
4. You **MUST** apply for Post-Secondary Sponsorship every year. The deadline will be May 31 of every year. We will start accepting applications in February 2022

If you have concerns, questions, ideas, or require assistance please contact the Education Department at education@whitefishriver.ca

Housing Manager - Georgina Recollet

The last two years government has decreasing funding for any new programs and services. Most programs and services will require First Nation contributions or own source revenues. We have been submitting proposals for new housing and renovation projects. Please note that it is very hard to compete with all other agencies and First Nations nationally. Please note that we were not approved for the rapid housing initiative for the two rounds.

Our office just reviewed our housing waiting list on reserve. The majority on the housing waiting list is for larger families or for single homes. If we build three houses a year it is going to take **7 years** to catch up to our current list.

New Projects

CMHC Section 95 Project:

Whitefish River First Nation received approval to construct three units with two bedrooms. This project will start in the spring of 2022 to be built in the Maple Heights Subdivision. One of the challenges we will have during this project is material resources. I contacted some suppliers and they advise that it can take anywhere 4 to 6 months just for windows and doors; 3 months for

sub-contractors.

Housing Maintenance:

- Just a reminder that we will be doing snowplowing of driveways for elder’s residence, shared driveways at triplexes and duplex; and multi-purpose units after the main roads are cleared. Please make sure your vehicles is moved when the driver is on site.
- Please note that the garbage bins at the elder’s residence and triplex units are for the tenants of the building only. All others can contact the public works for pick up of garbage on Wednesdays.
- Another reminder please do not put any weight on any field beds such as ATV, snowmobiles, trucks, cars, or dog houses as they will damage pipes or create pressure sending frost to freeze lines.
- Please make sure you continue to maintain your furnace and HRV by cleaning regularly as it can take three months for parts now.

Contact our office at 705-285-4335 if you have any questions or email me at georginar@whitefishriver.ca

Take Care and Stay Safe.



Leslie & Aaron Recollet’s Christmas light entry. The WRFN Housing department had 23 participants in this year’s Crazy Christmas lights contest, and no one went home empty handed!



Lisa & Leonard Cywink’s Christmas Light entry.



Barb Recollet’s Merry Grinchmas entry!



June and Gemma Recollet’s entry.

Tenant Relations - Kendra McGregor

Aanii! Welcome 2022!

I hope everyone’s holidays were enjoyable! It always feels good to start a new year. This month I will be starting training with Scott Flamand that will continue into February. We will be covering a few different topics regarding housing. New learning opportunities are always exciting! Also beginning this month- I will be calling tenants to schedule appointments for the month of February to update their Housing Rental Agreements and to provide their annual proof of content insurance.

Rental Payments

All rental payments are due on the 1st day of each month

Rental payments are accepted as follows:

- (i) Direct payments in cash or debit in office – reception area
- (ii) cheque or money order
- (iii) Automatic wage deductions
- (iv) Etransfers – payments@whitefishriver.ca
- (v) WRFN account code

Housing Policy:

- (i) Reminder that you must keep your housing application up to date annually to remain on the housing waiting list.

(ii) Reminder that there is “NO SMOKING” allowed in any of the rental units. Please NOTE that this is for the protection and value of band investments of rental all units, insurance benefits and the health and health of other tenants or occupants.

(iii) Reminder if you are going to be away from your home more than three days it is the tenant’s responsibility to make sure the unit is secure and maintain. Please have someone check your home and waterlines as insurance will NOT cover damages should no one maintains the unit.

Reminders to tenants

- Be sure to keep your Rental Agreement up to date- this includes the occupants who reside in your unit currently, your current phone number, etc.
- Please keep your walkway and driveway clear of snow and ice.

If you have any questions, concerns, or would like a housing application please don’t hesitate to contact me at the administration office. 705-285-4335 or kendra.mcgregor@whitefishriver.ca.

Baamaa until next time!

Missed an issue of The Rezound?



Find them online at www.whitefishriver.ca

Public Works Manager - Curtis Nahwegahbow

Aanii Kina wiiya, Happy New Year! I hope everyone had a safe and happy holiday. We have had some crazy weather this past month, unusual weather has the maintenance team on its toes Mother Nature does not know what she wants to do... snow or rain?! This is the kind of weather that is keeping us busy in the public works department with early morning plowing and sanding of our roadways and public buildings. As this needed to be done throughout the holiday, not everyone was able to get a full break. I would like to thank the crews in the public works and housing departments for teaming up to help when and where needed. Your hard work did not go unnoticed and it was greatly appreciated. Water team that includes you as well, thank you for you continuing to keep our water safe for us to drink!

Public Works Staff

Public Works Manager

- Curtis Nahwegahbow

Water Treatment Plant

- Andrew Recollet
- Amy Waboose

Maintenance

- Francis McGregor
- Lee Jacko
- Isaac Pakosigan
- Tyler Recollet

Janitor

- Rose Toulouse

The Public Works Department is responsible for the ongoing maintenance of all band owned as-

sets and infrastructure based on a daily, weekly, monthly and yearly schedule. This also includes delivery of services such as Garbage Pick Up and Water Delivery and seasonal maintenance of the Roads i.e.; snow plowing, grading and sweeping. The public works staff are generally called upon from time to time to carry out duties that are not assigned to any particular department to assist with duties that required attention from maintenance.

This month I would like to offer a maintenance tip for home owners and tenants, we all know that twice a year (spring & fall time change) we test our smoke alarms, but did you know that you should exercise your water valves in your house too! These are items we never think about until we need to change a tap or have problems with a leaking faucet. If the valve doesn't work, we must then call the local plumber who has to shut down the whole house to change the valves or repair a leaky faucet. This maintenance exercise should be done at least once a year and is as simple as turning the valve closed then open. There are two valves under each sink and one under the toilet tank. Remember do not force the valve closed or open, if it does not turn you may need a plumber to get the valves working or changed. That is this month's maintenance tip **"Keeping your home moving keeps our community moving"**.

The Public Works currently has a schedule of the snowplow route for emergency access purposes,

snowplowing priority will be given to the main roads within the community. When 5cm to 10cm of snow accumulates the public works, crew is out opening up the main roads and public buildings for usage. If a major storm hits with more than normal snowfalls the main roads are kept open and the public buildings and driveways will be done once the storm passes or snowfall lets up.

I would like to remind home owners to not drive their snow machines or ATV's over their waterlines and field beds as this can drive frost deeper into the ground causing the lines to freeze which could possibly rupture the waterline and cause the back-up of sewage into your home, leading to costly repairs.

Also, I would like to remind homeowners with water holding tanks in rural areas must have clear access for water delivery (driveway clear of snow and vehicles), if the operator cannot gain safe access to the water holding tank no water can be delivered. If an extra delivery is required, it will be at the expense of the home owner.

Salted sand was made available over the holidays to the public at two locations, the public works garage and beside the fire hall

If you have any questions or concerns, please do not hesitate to contact me at the Band Office 705-285-4335 ext.228 or by email at publicworks@whitefishriver.ca



Whitefish River First Nation

Dog Control By-Law #4

Please be advised that provisions from the Whitefish River First Nation Dog-Control By-Law #4 stipulate the following.

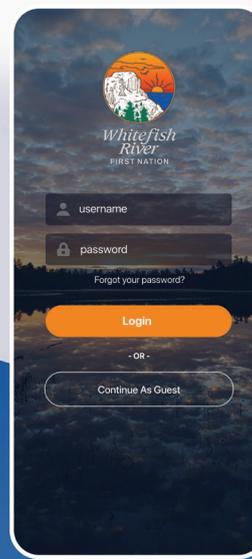
Whereas the Council of the Whitefish River First Nation is of the opinion that the uncontrolled ownership, breeding, and running at large of dogs may be detrimental to the health of the residents on the reserve, and a nuisance to such residents.

- (1.2) **At Large** - shall mean that an animal shall be deemed at large when it is found in any place other than the premises of the owner of the dog and not under the control of any person.
- (2.4) Any dog found running at large contrary to this by-law may be seized and impounded by an Animal Control Officer.

Please ensure your dogs are tied up or penned for the safety and well-being of all Whitefish River First Nation Citizens.

Please call Rainbow District Animal Services & By-Law Enforcement at **1-800-836-6661**, to report dogs running at large.

Miigwech



NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify Whitefish River First Nation members of breaking news, documents, videos, and events, instantly delivered via push notifications.

- NEWS
- EVENTS
- JOB OPPORTUNITIES

Application Form Released
Here is the application form you will need to hold your spot. Closing date is Nov 13



HOW TO GET THE APP

- 1 Download the app on Google Play or the App Store
- 2 Login to the app by tapping "Continue As Guest"
- 3 All done! Explore the app, and stay tuned for new notifications



Pet Care & Tips



Hello everyone!

I can't believe it is that time again to write my article for the newsletter. I would first like to wish everyone a belated "Merry Christmas & Happy New Year!" I forgot to include it in the last issue. By the time you get this Christmas and New Year's celebrations will be long over for yet another year. I hope Santa brought you everything you wanted for Christmas. I got a nice basket from Whitefish River First Nation and a few other good things, so I guess I must have been good this past year.

Can you believe this weather that we have been having? Rain one minute, then snow and cold the next and then back to another mild spell. My cats have been doing fine with the exception of Francis, who has been suffering from stomach ailments. Last year, around this time the same thing happened so either he's eaten something peculiar or may have a cold and fever. Animals actually get sick just like humans. The cats continue to head outside in the evenings if it is not too cold and come back in around midnight. I've noticed that BJ is staying in more with the colder weather. He is the one that usually stays outside but I think age is catching

up to him. He will stay inside until maybe about six in the morning, then he wants outside. He likes to curl up on my living room couch or on the rug by the heat register. I just found out that the cat I have been feeding is called Tommy and not Orio! He seems to go back and forth between my house and from down the road, sometimes staying in the big cat shelter and always grabbing a bite to eat. The cats still have not put on their winter weight as usual because they are still active and running around outside when they can. Only Empress Farah manages to stay slim, but I suppose since she's an Empress she must mind her figure. I should try and see if I can get her a small crown or tiara that would fit her and take her picture. That would be something to see.

Some Cat Facts

- A popular site on the Internet is Stuff on my Cat. It's a collection of cute pictures featuring cats with, you guessed it, stuff on them.
- The Guinness Book of World Records no longer accepts entries for "heaviest cat." This category was eliminated due to ethical issues, since people were feeding their animals unhealthy amounts of food in order to beat the record.
- According to legend, Siamese cats became cross-eyed in the line of duty. While bathing, Thai princesses would hang their rings on a cat's tail. The Siamese went crossed-eyed from turning to look at the rings. Today most Siamese are not cross-eyed.

Well, that is it for another month, I hope it does not get too cold, I kind of like this mild weather we have been having and no shovelling snow. Because I said that we will probably get a lot of snow now. Take the time to call our elderly and those not feeling well, a little ring to say hello and how are you doing will brighten up their day. Pet care includes not only, feeding and keeping your pets warm, but also spaying, neutering, and ensuring your pets get plenty of exercise. Exercise is not only good for the pets but also good for you!

Bye for now from:

She-Pet Elizabeth, Empress Farah and Webby Debby, (The girl cats).
Luka, BJ, and Francis the (The boy cats).

And me - The Big Cat
- **Dennis L. McGregor.**



All My Relations - Nii'kinaaganaa

This is the story of our local paper, The Rebound as told to me by Dennis L. McGregor, the first Editor.

Dennis was an Office Clerk for Whitefish River from 1973 – 1979. His duties back in the day included administrative tasks as well as light bookkeeping as the Band Office had a staff of just a few people back then. Occasionally, community members would come to the Band Office, asking for assistance with making posters, usually to promote a fundraiser, dinner or a Bingo. The posters were made, on an early duplication machine called a **Gestetner**, which did not allow for the inclusion of pictures.

Dennis put forward the idea of a monthly periodical. In the beginning it was a forum for announcements, special meetings, and fundraisers.

Dennis told me, he went on to further his education, putting the paper aside, while branching out with a diploma in Band Administration as well taking a different path into the culinary arts.

The Whitefish River First Nation community newsletter has been taken up by various newsletter editors through the years, who have all contributed to what it is today, The Rebound.



Our stories are important. Did you have a favourite apple tree growing up? Who remembers travelling by train? When was the first school concert? What were our local smelting hotspots?

If you want to share positive or historical information with our community, email reboundeditor@whitefishriver.ca or call me at Administration at 705-285-4335.

Miigwetch, Tammy Nahwegahbow

January's Pet Profiles



I would like to introduce my handsome Covid baby, **Tazz!**

His full name is **Tazmanian Devil McGregor**. He is only 1 year old so while he thinks he's still a small puppy, he's actually well over 100lbs. Tazz love treats and spending time with his dad. He loves walks, plays fetch, can

sit, shake a paw, and lay down, all on command. Since we are in pandemic his social skills need work. He gets very excited when he sees people. He may seem scary at first but is just wants to be pet all the time. He is still learning.

Tazz made his fur-ever home with Giselle & Kyle McGregor!



Introducing Dexter!

Aanii, my name is Dexter and I moved to Birch Island on Easter Monday. My parents are Aaron and Leslie Recollet. I know my parents were very lonely with the passing of Jackson and Mischa but I am grateful that they decided to open their hearts and home to me as I was just too cute to resist! I will be celebrating my 1st birthday on January 31st.

I especially like going for rides with my dad and barking at everyone I see. I am a very friendly dog and very talkative that's why I bark at you. I am just saying "Hello"! This pandemic is also hard on a puppy as I can't meet new friends, not sure what they mean when they say stay in our bubble but I THINK it is just the same as, stay in the yard.

One of my favourite things to do is boating and fishing, I quickly mastered standing on the bow of the boat and I am pretty good at watching the rods while we troll. I also

learned to watch where I walk on the docks at J&G Marina, you see, I fell off the dock and my dad had to reach down to save me. Now I have a life jacket and am a very good swimmer too.

I also love chasing the geese at the ball field and am excited for winter time fun.



Would you like to see your beloved furbaby featured in the monthly **Pet Profile** section of The Rezound? Email me a picture and information of your family pet, and they may be our featured Rezhound or Rezcatt! Email at: rezoundeditor@whitefishriver.ca

Gichi-Nendam Dabishkayek!

Happy Birthday Lily on January 10th!
Love Mom, Dad, and Ace

Happy Birthday to Phil Sr!
From Candace, Phil, Lily, Ace.

Happy Birthday to Uncle Cal on January 5th
Auntie Tracy on January 31st
XOXO K.C., Sydney & Azalea, Nicole, Braxton, Braelyn, Lincoln & Brennan, Damon & Xander and Austin

Happy Birthday to: Cal on January 5th
Clarissa on January 5th
Uncle Bon on January 26th
Sista Tray-c on January 31st
Jessica on January 31st
XOXO Katt, Craig & Family

Happy Birthday Calvin
Love Tracy

Happy 9th Birthday to Leonidas on January 14th, Ah-oo! Ah-oo!
XOXO Auntie Katt, Craig, K.C, Braxton, Braelyn, Lincoln, Brennan, Blue & Cleo

Happy Birthday to my Auntie Kris on January 11th!
Love love love
Brayson

Happy Birthday Dad on January 5th!
Love Quintin, Aurora, Leo & Hachi

Happy Birthday to Leo on January 14!
Love Mom & Dad

Happy Birthday Mom on January 31st!
Love Quintin, Aurora, Leo & Hachi

Happy Birthday to our brother Leo
Love Quintin, Aurora & Hachi

Happy Birthday Tracy
Love Cal

Happy Birthday to our baby Sophie who turns the big double digits on the 12th!
Love Mommy, Paul, Steve, Buttons, Spirit and Iggy

Birthday wishes on the 12th of January for Soph from Gramma Louise
...love you to infinity and beyond!

Happy Birthday on January 26th to my daughter Melissa Jacko
..Love you my gurl

Happy 10th Birthday to my great niece Sophie on January 12th
Love Auntie Sandy

Happy Birthday to my niece Melissa on January 26th
Love Auntie Sandy

Happy 1st Birthday to Gemma on January 2nd.
Love your big sister Junebug, Mom, Dad and Belle.

