



THE REZOUND

Ojibways of Whitefish River First Nation

Winter Wonderland Welcoming *Celebrating the new arrivals in our community*

The Winter Wonderland Welcoming was held in lieu of the Kings Day feast and Baby Welcoming on Jan. 14.

For the year of 2016, we had 16 new arrivals in our community. Five of the new arrivals along their parents attended the baby welcoming.

Braelyn Jayda Rochelle Eshkakogan, daughter to Nicole Migwanabi & Anthony Eshkakaogan; Alanna Pearl Jacko, daughter to Danielle Pregent & Adrian Jacko; Avery Reign Waboose, daughter to Brian Jr. Waboose & Trista Toulouse; Liam William John Bowles, son to Christina Recollet & Jesse Bowles; Dayspring Paibomsai, son to Clarence Paibomsai & Amanda Fox.

All of the new arrivals were gifted with handmade quilts by Mary Grace McGregor and gift bags courtesy of Whitefish River First Nation.



Proud father Brian Waboose Jr. shows off his newborn daughter Avery Reign Waboose to Councillor Esther Osche.

Poster Girl for the North American Indigenous Games

Sterling McGregor is one of several youth who are the image of the North American Indigenous Games (NAIG). Posters featuring Sterling were unveiled on January 20 when the CBC announced that it would be the official media partner for the Games.

Sterling is a Grade 9 student at Lo Ellen Park Secondary School in Sudbury. In addition to being in the International Baccalaureate program, which is an intensive academic program, Sterling played on the school's flag football team and is currently on the school's hockey team. She also plays in the Sudbury and District Girls House League and is looking forward to playing in the LNHL hockey tournament in March. The Indigenous Games are coming to Ontario and var-

ious sporting events will be taking place between July 16 to 23 in Toronto and Hamilton. Good luck to all the WRFN youth who are trying out for Team Ontario!

#88

The North American Indigenous Games is more than a sporting event, it is a movement, inspiring a generation, while showcasing Indigenous youth and their communities in a new light.

A SPOTLIGHT.





PRESENTING OUR 2017 LNHL WRFN WARRIORS

TYKES

Memphis Shawanda
 Autumn Shawanda
 Brayson McGregor
 Melody Hester
 Violet Sutherland
 Reid Jacko
 Lila Garcia
 Luke Nahwegahbow
 Deacon Jacko
 Aiyanna Fox-Toulouse
 Mikael Wildcat
 Nodin Mohr - Goalie

Richard Shawanda - Coach
 Curtis Nahwegahbow, A. Coach
 Corrina Shawanda - Manager



ATOM BOYS

Daylyn McGregor
 Raidyn McGregor
 Ira Paibomsai
 Carson McGregor
 Jaylyn McGregor
 Cameron Dooley
 Gavin Darlow
 Greyson Brewer-Case
 Holden Edwards
 Charles Hubbard
 Andrew Rose
 Connor Mandigo
 Isiah Manitowabi

Joel McGregor - Coach
 Rosalyn McGregor - Manager

NOVICE

Nakia Nahwegahbow
 Lucy Paibomsai
 Nico Jacko
 Tecumseh Paibomsai
 June Recollet
 Keynan Bowerman
 Memphis McGraw-Hill
 Marissa McGray-Hill
 Jaykob Corbiere
 Taylor Goodfellow
 Collin Goodfellow
 Miles Mackenzie
 Theron Morningstar - Goalie
 Gavin Bebamikawa - Goalie

Dan Garcia, Coach
 Jordan Hill, A. Coach
 Franklin Paibomsai, Trainer
 Tammy Nahwegahbow, Manager

PEEWEE BOYS

Cole Recollet
 Hawk Recollet
 Carter McGregor
 Brandon Visitor
 Drake Jacko
 Aidan Gardner
 Eli Paibomsai
 Marik Maltais
 Darnell Pregent
 Alex Hopkinson
 Brayden Waindubence
 Quinn Sheppard
 Dennis Wabegejig
 Aidan Leievre
 Maverick Fletcher - Goalie

Robert Recollet - Coach
 Bruce Visitor - A. Coach
 Andrew Gardner - Trainer
 Denis Wabegjig - A. Trainer
 Lisa Gardner - Manager



PRESENTING OUR 2017 LNHL WRFN WARRIORS



PEEWEE GIRLS

Raven Shawanda
Avery Sutherland
Sierra McGregor
K.C Migwanabi
Emerson Brewer-Case
Daanis Kitchemokman
Rayna Recollet
Alyssa Luce
Catarina Rose
Alexia Hill
Emma Brown
Kayden Knapaysweet
Kyria Knapaysweet
Haileigh Kejick
Gabrielle Rose
A Kallan Jones - Goalie

Craig McGregor - Coach
Aldin Luce - A. Coach
Scott Hill - Trainer
Kathleen Migwanabi - Manager

MIDGET GIRLS

Kristen McGregor
Sterling McGregor
Hunter Shawanda
Grace Manitowabi
Zena Pregent
Alexis McGregor
Monnika McGregor
Kiara Dokis-Recollet
Laik Sibbick
Danesha Essex
Tyanna Soucy
Victoria Miller-Loft
Cierra Corbiere
Hannah Morningstar
Shela Esquib
Kathleen Tasch - Goalie
Athena Jacko-Migwanabe - Goalie

Chris McGregor - Coach
Mike McGregor - A. Coach
Andrea McGregor - Manager

MIDGET BOYS

Theron McGregor
Mike Megwanabe
Miles Sutherland
Patrick Snowdon
Jonah Nahwegahbow
Jalen Waindubence
Kolby McGregor
Adam Goodfellow
Bradley Anderson
Mestesapeau Hiltz-Andre
Dorian Recollet
Clifford Edwards
Kennedy Stintal
Jordon Lamforme - Goalie

Paul McGregor - Coach
Leeroy Commanda - Trainer
Joanne Recollet - Manager



Message from Chief Shining Turtle Sturgeon Clan, Ojibway Nation

The Anishinabek Education System (AES)

The final report was prepared by the Union of Ontario Indians on the AES voting outcomes showed that we had the following results;

- Yes (152)
- No (48)
- Spoiled (3)

The Threshold required was 25%+1, requiring a projection of 169 Yes votes.

While the results look to be moving in the right direction, the quantum required for us to move forward on Education was not achieved. Further discussions will be held to understand the issue and whether there is a need to run a second vote on this important matter. Thank you to all the 203 voters that took the time to share their views on the AES.

As everyone knows, there is a lot of pressure on the environment and particularly the water systems. This has been really evident in the Standing Rock as they are standing together to try to protect the water systems in their territory. Following up on this the council passed resolution (BCR 3600) calling for the protection of water in our territory. We resolve, we, the Anishinaabe of Whitefish River First Nation, therefore strongly assert our self-determination right to make decisions about water in our territory. We must be fully involved in all resource water and water shed protection planning and in all decisions about water licenses and access to water for navigation, transportation, industrial use and other purposes. We declare that we will continue to rely on Anishinaabe law and our teachings and ceremonies to respect water, and protect water, the life-giving gift of the Creator.

Projects and issues discussed by Council over the last two years include the following;

1. Community Website Update
2. Social media tools
3. Manitoulin Hotel
4. Rezound Publishing
5. Housing Project
6. Rink Upgrade
7. Education – AES
8. Land Claim Trust
9. Helios WRFN
10. Helios Greenhouse
11. Commercial Park Feasibility
12. New Highway Community Signs

13. Source Water Protection
14. Elevated Storage Reservoir Design and Construction
15. Matrimonial Real Property Law
16. By-Law matters
17. Support Anishinabek Nation with Water Needs Assessment – Boil Water
19. Support Anishinabek Nation with National Housing Strategy Paper
20. Highway 6 Settlement
21. Lakebed Claim Strategy
22. Live stream of Council Meeting and Community Events

Many of these issues have been worked on over successive councils trying to build on our overall community development plans. We have shared in successes like the website, Rezound and community signage, other projects continue to require our efforts to see them to fruition, like the water related issues, housing, and the trust development work.

One of the most interesting developments occurred at our January 24th Council working meeting, the meeting was “u-streamed” to allow our citizens to watch the council meeting from their electronic device. This work on social media tools will be a positive transformation our relationships when it comes council meetings and community events.

We have been working with AANDC on a process to repatriate lands in the northern part of our community. Several years ago, we developed a work plan with AANDC lands to follow a process to bring two pieces of land back to the First Nation.

We can report that we have been successful in repatriating one portion of just over 1852.85 acres of lands that will be returned as part of our reserve lands, this is very good news. We continue to work through the other tract of land that will also be returned at some point in the future.

The Land Claim process moved along steadily until we got into the trust phase of the work. The next major milestone is the development of the Trust document for community input. This is where the project has been for the last two years, the development of the trust document for community discussion has not been started for many reasons. I am sorry I can't bring better news on this file.

The work on our Highway Claim is very close to finalization. We are in the final process with INAC on the settlement provisions and once this is finalized, we will be in a position to make the announcement. The highway claim was started in 1985 and after 31 years, Canada and Ontario have agreed to a settlement offer with our band.



Message from Nishin Meawasige Band Manager

Ahnii, Boozhoo, Greetings!

Before you know it, spring will be here, so enjoy the winter weather while it lasts. Although the weather has not cooperated for ice conditions, it was nice to see the new rink being used in early January, so hopefully we can get some more skating out of the rink before the spring arrives!

I am pleased to provide this submission for the February 2017 edition of the Rezound. I hope this information is useful for your efforts in keeping track of activities and news within WRFN. For this month's newsletter, I will focus on providing updates on two important topics – Special Projects Report for Chief and Council Term 2015-2016, and WRFN Webcasting.

Special Projects Report for Chief and Council Term 2015-2016

On behalf of the WRFN Administration, I would like to extend thanks and appreciation to our Chief and Council as they conclude their current term in office. Their leadership and direction over the past couple of years have assisted us move forward on a number of special projects in the community, including but not limited to the following:

Project/File (Status)

- WRFN Website Development (Ongoing)
- WRFN Social Media (Complete)
- Manitoulin Hotel and Conference Centre (Ongoing)
- 5 Unit Housing Project (Ongoing)
- Rink Upgrade Project (Ongoing)
- Anishinabek Education System (Ongoing)
- Boundary Claim (Ongoing)
- Helios WRFN – FIT Projects (Ongoing)
- Helios WRFN – Solar Greenhouse Feasibility (Complete)
- Commercial Park Feasibility Study Project (Complete)
- New Hwy 6 Signage Project (Complete)
- Source Water Protection Planning (Complete)
- Water Treatment Plant – ESR Design (Ongoing)
- Hwy 6 Claim (Ongoing)
- Trespass Enforcement Issues (Ongoing)
- Matrimonial Real Property Law (Complete)
- Trespass By-Law (Complete)
- Elder's Complex Feasibility Study (Ongoing)
- Housing Energy Retrofit Project Phase I (Ongoing)
- Housing Energy Retrofit Project Phase II (Ongoing)
- Community Energy Plan (Ongoing)
- Microgrid Feasibility Study (Ongoing)

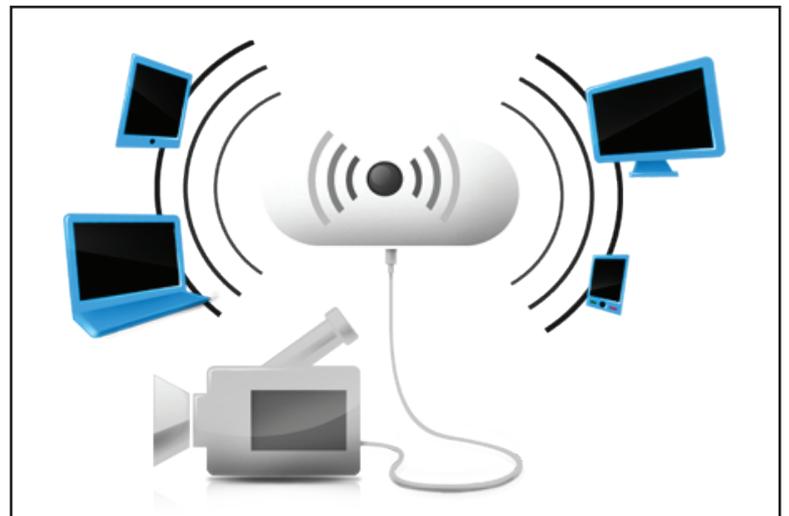
The WRFN Administration looks forward to working with our next Chief and Council during term 2017-2019 on completing

ongoing projects and initiating new projects that will benefit the community of WRFN.

WRFN Webcasting

It is our pleasure to finally announce that WRFN is now offering webcasting for Chief and Council meetings and community meetings/sessions/events.

Webcasting will provide a new means of engaging with our membership, both on- and off-reserve. We are currently in the testing phase of this service and will be offering webcasting for various meetings/sessions/events to continue to improve this new communication tool for WRFN.



A webcast is a media presentation distributed over the Internet using streaming media technology to distribute a single content source to many simultaneous listeners/viewers. A webcast may either be distributed live or on demand. Essentially, webcasting is “broadcasting” over the Internet.

The webcasting is provided through Ustream. To find our channel, type in Whitefish River First Nation in the search bar. You may also follow this link: <http://www.ustream.tv/channel/e5UsvqBTXdxQ>

If you require assistance in accessing WRFN webcasting content, please contact our Communications Trainee, Brianna McGregor for assistance.

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

Chi Miigwetch!



Housing Department

Georgina Recollet, Housing Manager

Are you have trouble keeping up with the high costs of heating your home?

The Whitefish River First Nation, in partnership with the United Way of Greater Simcoe County, is assisting in administering the 2016 LEAP (Low-Income Energy Assistance Program). This is offered on a first come first serve basis, pending funding availability.

LEAP is a grant program intended to offer emergency relief to customers experiencing difficulty paying current electrical arrears. This program was developed by the Ontario Energy Board in order to provide emergency financial assistance to low-income energy consumers.

The grant level is set a maximum of \$500 for fuel heated homes, per household per year, and up to a maximum of \$600 for customers with electrically heated homes.

If you are in arrears in your electrical bills, we encourage you to come in apply for this grant. Although it is geared to low-income households, they do take into consideration special circumstances that may put you into arrears.

In addition to LEAP, we can also assist community members in apply for the Ontario Electricity Support Program (OESP). Although this program is open to all residents of Ontario, OESP provides a higher level of support to lower-income First Nation households.

This program came into effect January 2016. Once approved, OESP will apply a monthly credit directly to your hydro bill, which can range from \$40 - \$75. The amount of the credit depends on the number of people living in your home and the combined household income.

To apply for this program you will need the following:

- Proof of household income of everyone over the age of 18 years.
- Names and birthdates of all residents in the home
- Copy of your hydro bill
- Social Insurance Numbers for everyone that has one in the home

If you don't qualify the any of the above programs, you can apply to the Hydro One Payment Plan (HOPP) program. This program is administered through a credit company that will negotiate a repayment plan with Hydro One that will be manageable and within your financial means.

Hydro One will usually only approve a 10-12 month repayment plan through their office, but HOPP can negotiate a plan on your behalf for up to 2 years.

We encourage all community members that may be experiencing difficulty paying their heating bills to take advantage of these opportunities. Please contact the Housing Department @ 705-285-4335 for further information or to set up an appointment for your pre-screening interview.

Membership Office

Kathleen Migwanabi, Membership Clerk

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

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

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

1) Indian Status: possibly post-secondary education assis-

tance, non-insured health coverage, treaty payments (if applicable), and exemption from certain federal and provincial taxes.

2) Band Membership (Citizenship): right to reside on reserve, right to housing, voting privileges within the band, and right to community involvement and affairs.

MAILING ADDRESS UPDATE

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

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



Protecting Water Sources

Article from the Government of Ontario

First Nations peoples and Ontario share a common interest in protecting, conserving and managing the water that flows in our lakes, rivers and streams, as well as, the water that lies in aquifers below.

The Ministry of the Environment and Climate Change is proposing to take action to protect water by proposing a new fee for water bottling companies that take groundwater. In the face of climate change, population growth, increasing water consumption and drought, concerns around water security have risen.



Currently, water bottlers (and other industrial and commercial water users that incorporate water into a product) are charged \$3.71 for every million litres of groundwater they take. Ontario is proposing to impose an additional separate fee of \$500 per million litres – bringing the total cost to water bottlers for the groundwater they take to \$503.71 per million litres.

The proposed fee would help recover the Ontario government's costs of managing groundwater taken by water bottlers, including developing and sharing scientific research and monitoring, developing and implementing new requirements and policies, supporting outreach with communities and compliance.

We would like to discuss with First Nations communities and organizations, the proposed new water charge for water bottling facilities that use groundwater and have a broader discussion on other actions in Ontario to protect water.

This proposed new fee is part of Ontario's plan to strengthen groundwater protection by:

- Undertaking further research to improve understanding of groundwater
- Sharing new scientific and monitoring information
- Reviewing existing rules for water bottlers to ensure long-

term groundwater protection, including considering the impacts of climate change and future demand on water sources

- Engaging Indigenous partners on groundwater management
- Consulting with communities and industry on changes to groundwater management practices.

The proposed new fee is the third step of three early actions in Ontario's strategy to protect water in the province. These steps will give us a window of time to better understand groundwater in Ontario, while undertaking a review of provincial water taking rules, and examining a range of tools to better protect water.

The first step was the 2-year moratorium, which took effect December 16, 2016, that puts a freeze on any new or increased groundwater taken for the purposes of water bottling.

This pause enables us to conduct research, examine water charges (e.g., to recover water program costs related to bottling) and other tools, and to have a discussion on:

- how we best address the use of water for the purposes of water bottling, and
- other priority water taking issues, such as the need to prioritize water uses or other points First Nations communities may regard as important improvements.

The second step is taking immediate action on existing water bottling facilities by putting in place stricter rules. The new rules fall into three general areas and are intended to; increase public transparency for permitted water takings for water bottling, increase new science requirements for water taking permit renewal applications for water bottling, and introduce new operating rules.

We welcome your suggestions on opportunities for the Ministry to discuss this important initiative with your community.

The Ministry contacts are:

1. Proposed new Water Charges for Water Bottling Facilities, Water Bottling Moratorium and Water Policy: Leo Luong at (416) 212-4703 or moecc.waterpolicy@ontario.ca.
2. Proposed Procedural Technical Guidance Document for Permits to Take Water Program: Patrick Spezowka at (519) 873-5027 or swr-psu@ontario.ca.

We look forward to continuing our conversation and discussions on protecting water.



Last month in Whitefish



WRFN Elders playing nutrition bingo during the Caring for You - Wellness Event on Jan. 20.



Cheyenne Pitawanakwat and Justin McGregor with their daughter Delilah at the family skating day in Little Current.



Nelson Wood from Mnaamodzawin Health Services showing some WRFN youth how to use snow shoes.





ish River: January Joy!



Tim McGregor teaching men how to make shakers - shiishigwan at the Seven Fires Youth & Elders Centre.



WRFN children learning how to prepare healthy foods during the children's sports camp.



Kiki Pelltier gets treated to a free haircut during the Caring For You - Wellness Event on Jan. 20.



Allien Paibomsai and his son Dryden enjoying some father and son time on the newly renovated ice rink.





Education Department

Vanessa McGregor, Interim Education Manager

There comes a point in time when we want something more, when we need something more and we can feel deep inside - that feeling of change. Change can be scary and it can also be a wonderful experience. It brings up a whole assortment of feelings - excitement, happiness, anxiety and perhaps even fear.

However, all those feelings are the indicators that something new, fresh and different is about to happen and if embraced, will be a wonderful journey. All of this leads me into where I wanted to focus on this issue. Post-Secondary Education – College and University.

“And suddenly you know: It’s time to start something new and trust the magic of beginnings.”

– Meister Eckhart -

This idea of college and university has probably been rolling around in students, not to mention parents, heads for quite some time. It’s the next step in life after high school, the one that is also the steepest.

The process to apply for funding is as such:

1. Contact the Education Department and ask to receive a Post-Secondary Education Application as well as the Post-Secondary Education Policy. These documents are also available in the Membership Portal in the newly re-designed Whitefish River First Nation website – www.whitefishriver.ca

2. Complete the application and submit to the Education Department by April 1, 2017. Please submit this application on time to ensure your application is reviewed.

From there the information will be compiled for review by the Education Committee and then to be vetted by Chief and Council. We will then be contacting students to inform them of the results.

I encourage students and parents to contact the Education Department to ask any questions. There have already been some great questions that have come

through and I am grateful for those questions.

I also encourage students who want to learn more and ask questions directly to attend the Maximize Your Cash Flow sessions beginning Wednesday February 1, 2017. This is a 4-week program that runs on Wednesday evenings and will provide valuable insight to the Post-Secondary Education Policy and general information, as well as some useful resources on financial wellness.

As always, if you have any questions or concerns please contact the Education Department and we will be happy to assist you to the best of our abilities. We can be reached at 705-285-4335 or by email at education@whitefishriver.ca. We also welcome the people to pop into the office and ask questions in person.

Also, we are open to suggestions and regarding the content of this column. We want to provide effective information that will be useful to you.



Maximize Your cash flow

Grade 12 Students please join us in our 4 week program to help you prepare for Post-Secondary!

We will be discussing the following topics:

- Week 1: Introduction
- Week 2: First Nation Education Policies and Procedures / Resources
- Week 3: Budgeting & Apartment search
- Week 4: Guest speaker

Program will begin on Wednesday, February 8, 2017 in the Band Council Chambers from 3:30 – 6:00 pm.

Dinner will be provided at each session.

Please contact Vanessa or Kim to Register or if you have any questions.
705-285-4335.





Economic Development

Keith Nahwegahbow, Economic Development Officer

Untapped potential. WRFN hosted the Maple Syrup Seminar on January 20th 2017. There was a lot of information shared at this workshop that is important to those who tap trees for the purpose of harvesting maple sap. The main theme of the workshop was Innovation and Change in the maple syrup process.

Technology advances every day. Although I see benefit in keeping up traditions, new technology allows us to work smarter, faster and more productive. There is better ways for us to tap into this potential market. I will be working on a getting equipment so we can get a new system to tap maple trees. In the future I will be looking toward the community for people to work on this project.

I would like to thank all those who attended and the Chief for his excellent introduction to the day. A total of 43 people attended the day's activities representing Mississauga, Wikwemikong, Shawanaga, AOK, Sheguiandah, and Whitefish River First Nation. The day included lectures from; Ontario Ministry of Agriculture and Food, IAPO, Maple Ridge Farm, and Dooganing Maple from Wikemikong.

Upcoming for this month is the Ice Fishing Workshop sponsored by the Anishinabek Ontario Fisheries Resource Centre (AOFRC). In this workshop we will demonstrate how to use a jigboard to set a gill net under the ice. Also we will be learning how to make our own traditional ice fishing rod that will be yours at the completing of the workshop. The intent of this workshop is to keep up and re familiarize ourselves with traditional ice fishing techniques. There is limited registration so I encourage whoever is interested to register as soon as possible. This month I will be attending a hydro one procurement workshop in Atikameksheng. The purpose of this workshop is to increase access to Hydro One procurement opportunities for Aboriginal suppliers in Ontario. Hydro One will be hosting an Interactive Aboriginal Business Procurement Workshop at Whitefish Lake First Nation Community Centre.

I am still at the Wehn-Pah-Nud Loan fund. So if have a business idea start working on your business plans now so you can be one of the first to benefit from the return

of the When-Pah-Nud Loan fund. More information will come on the Wehn-Pah-Nud Loan fund. My goal is to have this completed by the summer so you can have your business running by tourist season.

Winter has come and soon it will be spring and summer time again. Before the summer employment rush I encourage anyone interested to come in and fill out employment questionnaire and labour pool registration forms (available on the website or contact me). And then return to myself either in person or via email. This is to enhance employment opportunities for the all band members. When potential employers come looking for workers I will know who to call for what job.

There will be a second posting for the Water Security Job going up soon. I encourage any interested community member to apply to this job. Water is life and if you want to help our community work towards our own water security and a Source Water Protection Plan I encourage you to apply to this very important job.



Hosted by
Whitefish River First Nation
Keith Nahwegahbow,
Economic Development Officer
705-285-4335 x 216

Sponsored by
Anishinabek/Ontario
Fisheries Resource Centre
Heidi Manitowabi,
Community Liaison Specialist
705-472-7888 x5

ICE FISHING & JIG BOARD WORKSHOP

Lead by *Stitch Manitowabi*

Open to all community members!

FRIDAY, FEBRUARY 10, 2017

9AM—4PM

WHITEFISH RIVER COMMUNITY CENTRE

Come out and learn about ice fishing and how to use a jig board! Learn the basics about techniques, bait, equipment and safety!

DOOR PRIZES! LUNCH PROVIDED!

Limited to 20 participants.

Please register by calling

Keith Nahwegahbow at

705-285-4335 x 216





SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		Office				1 E.H.S Lunch Visits		2 YLP 7 fires 5:00pm to 9:00pm		3 E.H.S Lunch Visits Youth Drop In Night 7 Fires 6:00pm to 10:00pm		4 ASP Skating Party 2-8pm	
5		6		7		8		9		10		11	
Right to Play Winter Training													
12		13 Office		14 Shawanosowe ASP 4:00pm-6:00pm Grades 3-6		15 E.H.S Lunch Visits		16 YLP 7 fires 5:00pm to 9:00pm		17 E.H.S Lunch Visits Youth Drop In Night 7 Fires 6:00pm to 10:00pm		18 Youth Lead Event - Ice Fishing Derby Fundraiser	
19 Youth Lead Event - Hungry Men's Breakfast Fundraiser		20 Family Day		21 Shawanosowe ASP 4:00pm-6:00pm Grades 3-6 Nokokmis & N'mshoms 6:30-8pm		22 E.H.S Lunch Visits		23 YLP 7 fires 5:00pm to 9:00pm		24 E.H.S Lunch Visits Youth Drop In Night 7 Fires 6:00pm to 10:00pm		25	
26 UCCM Ice Fishing ADVENTURE		27 Office		28 Shawanosowe ASP 4:00pm-6:00pm Grades 3-6		For more information on Youth Programs, please contact Right to Play Community Mentor Crystal Clark-McGregor at the Health Centre (705) 285-4354 <i>"Let your heart guide you... It whispers. So listen closely" – Land Before Time</i>							

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						1 Snow Shoe Program 6-14yrs old 4:30pm-6:00pm Lunch @ EHS		2 YLP @ 7 Fires Centre 5-9pm 12yrs+		3 Youth Drop In Night @ 7 Fires 6-10pm Lunch @ EHS		4 Badminton & Swimming in Espanola 12:30-3:30 11-14yrs	
5		6 Office		7 Study Buddies @ 7 Fires 3:30pm-4:30pm 12+yrs		8 Snow Shoe Program 6-14yrs old 4:30pm-6:00pm Lunch @ EHS		9 YLP @ 7 Fires Centre 5-9pm 12yrs+		10 Youth Drop In Night @ 7 Fires 6-10pm Lunch @ EHS		11 Badminton & Swimming in Espanola 12:30-3:30 11-14yrs	
12 Family Craft Day 10:00am-2:00pm @ 7 Fires		13 Office		14 Study Buddies @ 7 Fires 3:30pm-4:30pm 12+yrs		15 Snow Shoe Program 6-14yrs old 4:30pm-6:00pm Lunch @ EHS		16 YLP @ 7 Fires Centre 5-9pm 12yrs+		17 Youth Drop In Night @ 7 Fires 6-10pm Lunch @ EHS		18 Family Day Weekend	
19		20 Office		21 Study Buddies @ 7 Fires 3:30pm-4:30pm 12+yrs		22 Snow Shoe Program 6-14yrs old 4:30pm-6:00pm Lunch @ EHS		23 YLP @ 7 Fires Centre 5-9pm 12yrs+		24 Youth Drop In Night @ 7 Fires 6-10pm Lunch @ EHS		25 Badminton & Swimming in Espanola 12:30-3:30 11-14yrs	
26		27 Office		28 Study Buddies @ 7 Fires 3:30pm-4:30pm 12+yrs									



Right to Play Program

Crystal Clark-McGregor, Right to Play Worker

Good day everyone! This month has come by fast and I am looking forward to what it has to offer! With running both After School Program (ASP) and a Youth Leadership Program (YLP), I am working hard to foster healthy relationships for youth with self, family, and community, to help with education as much as I can and to encourage youth to have a positive voice. There are 22 youth who attend Right to Play programming regularly.

The Youth are planning a trip to go Treetop Trekking in Barrie this May. "Treetop trekking the group will make memories through outdoor fun, exciting physical activity and life changing personal growth".

There will be more fundraisers to come! This month we will be having different fundraisers within the community such as a hungry men's breakfast and an ice fishing derby during the Winter Carnival.

I will be away to training on February 6th to 12th. I am excited

to return back to see all the beautiful people involved with Right to Play. I also can't wait to be out there learning new sets of skills and tools to bring back to the youth and community.

Nokokmis & N'mishomis 6:30pm-8:00pm: Marion and Murray Sr. has welcomed the Youth Leadership Program to their home starting February 21st. Dinner will be offered as well as storytelling and learning our language. Chi-Miigwetch Marion and Murray Sr. for this opportunity for the Youth.

UCCM Ice Fishing ADVENTURE:

Constable Still and Youth Leadership Program will be snowshoeing 1 Kilometer down the North shore for their ice fishing adventure on February 26th, as well as will be learning and helping to set snares. I will be handing a list of items that they need to pack for the day as we will be departing from the health center early in the morning and arriving back home in time for dinner.

Youth Support Program

Amber Zona, Youth Support Worker

Recent programs for the youth have included Sports Camp, Basketball Program, Youth Leadership Program as well as U-Turn Program.

In partnership with the Healthy Living Children's Program and the Healthy Living Youth Program; youth ages 6-14 were offered to take part in the Sports Camp Program and the Basketball Program. Both Sports Camp and the Basketball Program were geared to help youth further develop their skills in sport activities. Sports Camp had also served as an introduction to many new sports amongst the group of participants; some sports included lacrosse, badminton, volleyball, and ultimate Frisbee.

The UCCMM held 12 sessions of the U-Turn program for youth ages 12-18. The program is developed to help teach problem solving skills, communication skills, increase self-awareness, and promote positive self-image while working through a culturally respectful manner. Many of the program's sessions gave both the youth and myself, the opportunity to learn more about culture and tradition.

The Youth Leadership Program has been working hard at developing their next goal as a group! Back in September the YLP set out with a goal to attend Canada's Wonderland

Halloween Haunt; the group worked diligently and succeeded their goal! Now the group has set out with a new goal to attend Tree Top Trekking. The YLP will be planning out their next fundraisers and look forward to seeing you there!

WHAT'S NEW?

New programs being offered to the youth include Snowshoeing, Badminton and Swimming, as well as Study Buddies! The Snowshoeing program is in partnership with the Healthy Living Children's program and will be held Wednesday evening's 4:30-6:00pm for youth ages 6-10.

Badminton and Swimming is in partnership with the Healthy Living Youth Program and will be held Saturday's 12:30-3:30 (bus departs health centre at 12:00pm). This program is for youth ages 11-14.

The Study Buddies program will be every Tuesday evening 4-5:30 at the 7 Fires Centre. All youth are welcome to come and work on their homework and assignments while enjoying healthy snacks.

If you would like more information on any of the youth programs please contact myself at the Health Centre!



Community Wellness Program

Candice Assiniwe, Community Wellness Worker

Aanii/Boozhoo Community Members! We've had some amazing programs take place the past couple of months. Such as the moss bag making program that happened in December and we just wrapped up with the Mens Shaker Workshop, which were both a success.

Also, please keep an eye out for upcoming programs in the new future, such as the Mens Program that will be taking place in the spring, and more sport based programs.



Left: Iris Waboose working on a moss bag for her newest grandchild. Right: Kiki Pelletier ironing out ribbon on her moss bag.

I will be having an community engagement session to assess the needs of our adults and elders in terms of what types of activities you would like to see. In doing so we can modify the program to suit the needs of all our community members. Therefore, please save the date for February 20th, 2017 6-8pm.

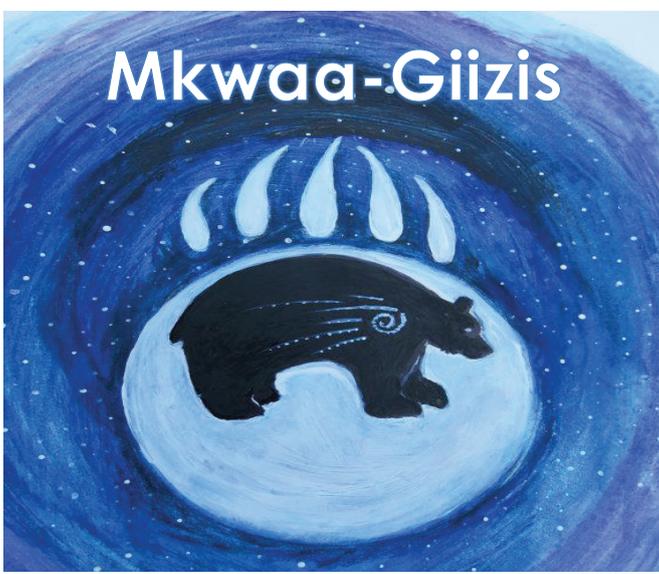
If you have any questions or concerns regarding upcoming programs and services provided through the Community Wellness Program, please feel free to contact me at the WRFN Health Centre at 705-285-4354 or via email at candicea@whitefishriver.ca.

Both programs were in collaboration with the Melanie Frances, Fetal Alcohol Spectrum Disorder Coordinator (FASD) Program through Noojmowin Teg Health Centre. And was part of an initiative to bring awareness to community on the issue of FASD. Participants had an amazing time, and enjoyed it very much. I am definitely looking forward to future programs with all of you.

The Community Wellness program is gearing up for another month of programs! We have the Meshkawzii Kwe (Strong Womans Program) that will be taking place every Wednesday until March 29th, 2017, this program is in partnership with UCCM Police, and Manitoulin Family Resources.

And also, we have The Makwa-Giizis (Bear Moon) Traditional Teaching with Gloria Oshkabewisens – McGregor that is taking place on Monday, February 6th, 2017.

All Community Wellness programs try to encompass both adult and elder participation. I encourage you all to come out and attend. If your unsure about it, come out and try something new.



Makwa-Giizis

Bear Moon Teaching
 For adults & Elders 18+ with Traditional Teacher
 Gloria Oshkabewisens-McGregor
 February 6, 2017 at 6pm
 at the Seven Fires Youth & Elders Centre
 Snack & Refreshments available


 For more information, please contact Candice Assiniwe,
 WRFN Health at 705-285-4354 or candicea@whitefishriver.ca



A PLACE OF VISIONS AND DREAMS

COMMUNITY NOTICE

MORATORIUM ON LAND ALLOTMENT REQUEST

Posted on April 17, 2014

Chief and Council passed a Motion # 3-19-14 dated March 4, 2014

"That the Whitefish River First Nation Chief and Council set a moratorium on all land allotment until the land use policies are finalized"

If you have any questions please feel free to contact Chief Franklin Paibomsai at 705-968-0409 or 705-285-4335 ext.202

WHITEFISH RIVER FIRST NATION

17A Rainbow Ridge Road, Ontario P0P 1A0
TEL (705) 285-4335 FAX (705) 285-4532 www.whitefishriver.ca

Garden Committee Meeting

Tuesday February 7, 2017

Health Center

6 p.m.—7p.m.

Planning Meeting for 2017! Let's decide what we want to plant in the Community Garden! Light snacks and refreshments provided.

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



WHITEFISH RIVER FIRST NATION
Invites you to attend our

Matrimonial Real Property Information Session

with Matt Bolton, LLP of Woodward & Co.

MARCH 1

5 P.M.

Whitefish River First Nation
Community Centre
Dinner will be provided

Sponsored by: WRFN & The Center of Excellence



Annual Winter Carnival

February 15th - 19th, 2017

Wednesday

Card Night

Thursday

Scrabble & Skating party

Friday

Community Awards & Dinner with Entertainment

Saturday

Youth Ice Fishing Derby
All Day Events
Family Dance

Canteen will be open Saturday & Sunday

Sunday

All Day Events
Contest Prizes
Prize Bingo

Hungry Man Breakfast Saturday & Sunday Mornings



Whitefish River
FIRST NATION

Contact Vanessa McGregor or Keith Nahwegahbow for more information at (705)-285-4335



Community Calendar

February 2017/ Makwa Giizis



Sunday Ntam giizhigad	Monday Niizho giizhigad	Tuesday Nso giizhigad	Wednesday Niiwo giizhigad	Thursday Naano giizhigad	Friday Ngodwaaso giizhigad	Saturday Niizhwaaso giizhigad
			1. Meshkawzii Kwe Program 5-7PM (7 Fires)	2.	3.	4.
5.	6. Bear Moon Teaching 6PM (7 Fires)	7. Garden Commit- tee Mtg 6-7PM (Health centre)	8. Meshkawzii Kwe Program 5-7PM (7 Fires)	9.	10. Ice Fishing and Jig Board Work- shop 9AM-4PM (Comm. Centre)	11.
12.	13.	14.	15. Meshkawzii Kwe Program 5-7PM (7 Fires)	16. Winter Carnival	17. Winter Carnival	18. Winter Carnival
19. Winter Carnival	20. Family Day Offices Closed	21.	22. Meshkawzii Kwe Program 5-7PM (7 Fires)	23.	24.	25.
26.	27.	28.				