On July 27, the Whitefish River Development Corporation (WRDC) held their annual general meeting at the WRFN community centre.

The three priorities for the meeting were to review financial statements, appoint a new board member and select an auditor.

Three community members were nominated to be a board member. Judy Nahwegahbow, Kim Laundrie and Gail Jacko were nominated. Kim and Judy both declined to accept their nominations. Gail accepted her nomination and all community members present voted to accept her as the new board member.

It was motioned to keep BDO Canada as the auditor. The financial statements from the previous year were also accepted.

President of the Board, Louanne Megwanabe, said next year there will be more new and exciting business to discuss. The positions on the board will be shuffled this year as well.

Economic Development Officer, Keith Nahwegahbow, says they WRDC will begin having monthly meetings and board members will undergo training.

All community members that were present received a $25 gift card. They also received a jar of maple syrup and sweetgrass pin.
Gardeners Hunter Shawanda and Grace Manitowabi tending to one of the community garden beds behind the administration office. These two are summer students with WRFN’s Summer Work Experience Program (SWEP).

A photo from the Right to Play Rookie League camp during July 18 to 22.

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**Letter and Map of Reclaimed Land**


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<td>WHITEFISH RIVER FN BOUNDARY</td>
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<td>PERMIT FOR LEASING</td>
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<td>CP - CERTIFICATE OF POSSESSION</td>
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<td>PRIVATE COTTAGE - CP PENDING</td>
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<td>USSL (UNSOLD SURRENDERED LANDS)</td>
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<td>USSL - LEASED LAND</td>
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<td>USSL PERMIT *</td>
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* The location and size of the USSL Permit lands within Lot 16 is approximate.

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His Excellency the Governor General in Council,

on the recommendation of the Minister of Indian Affairs and Northern Development, in accordance with the Whitefish River Specific Agreement dated December 8, 1997, sets apart for the use and benefit of the Whitefish River First Nation, as an addition to Whitefish River Indian Reserve No. 4 in Ontario, the land described in the attached schedule, consisting of 749.85 hectares (1,852.85 acres), including mines and minerals, which lands are subject to easements granted under the Federal Real Property and Federal Immovables Act (S.C. 1991, c. 50) over Part 2 of the lands described.
Whitefish River’s Junior Division baseball team. This team consists of youth ages 9 to 13. They played their first games in Garden River on July 7th. There are 6 other teams in the junior division.

Daystar held a lacrosse camp during their visit in WRFN on July 11 to 15.

This is our Senior Division team in the Little Native Baseball League. This team consists of youth ages 13 to 18. There are 4 other teams in the senior division. The LNBL brings both divisions together twice a month for games.

Our high school summer employees: Sydney Migwanabi, Child Care Assistant; Grace Manitowabi, Gardener; Hunter Shawanda, Gardener; Riley Recollet, Housing Maintenance Assistant; Mike Megwanabe, Lawn & Building Maintenance; Sebastian Shawanda, Lawn & Building Maintenance.
**Wawaskinaga Traditional Pow-Wow**

This marks the 23rd year of our annual traditional gathering. Our theme is “Honouring Our Families”.

In July, we mailed a sponsorship letter and form to all community members. We are looking for community members to support our pow-wow by sponsoring a special or contest.

Mariette Sutherland, Brianna McGregor, Wolfie’s, and Mirror Reflections graciously sponsored a special. Mariette is covering the expenses of the Wawaskinaga Princess Pageant. Brianna is sponsoring a Tiny Tot Special for ages 0-5. Wolfie’s is sponsoring a smoke dance special. Mirror Reflections is sponsoring the potato dance and vendors special.

On July 18, WRFN acquired two summer students through Waubetek. Justin and Felicia will be fundraising and securing sponsorships for our traditional pow-wow. The pow-wow committee is also having a BBQ fundraiser every Wednesday at noon. See the flyers for more details!

We will be hosting a regalia swap in August during an evening. Trade your old regalia or accessories. You may also sell or buy regalia or accessories. Watch for flyers!

We have several dedicated community members on our pow-wow committee this year. They have been working behind the scenes to ensure the pow-wow is a success.


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**Elders Teaching Corner**

**Candice Assinewe, Community Wellness Worker**

Why is Fasting an Important part of our culture?

“Fasting Helps you be with the most important person which is “Self.” It helps you gain control of the mind, it helps you understand your emotional and spiritual well being that needs to work with the physical. It helps you detox from the addiction weather it be smoking, alcohol, technology and or abusive relationships. It’s the introspection of oneself.”

- Elder/Grandmother Gloria Oshkabewisens-McGregor
COMMUNITY ANNOUNCEMENTS

Wishing our Godfather Aaron a Happy Happy Happy Birthday on Aug. 3rd
XOXO Mikey & K.C.

Happy 2nd Birthday to Austin aka 3:16 on Aug. 5th
XOXO Auntie Katt, Craig, Syd & K.C., Nicole, Braxton & Braelyn

Happy Birthday Taylor on Aug. 11th
XOXO Uncle Craig, Katt, Syd, K.C., Nicole, Braxon n Braelyn

Happy Birthday to Sista Pat on Aug. 19th
Katt & Craig, Tracy & Cal, Dan

Happy Birthday to Auntie Pat on Aug. 19th
XOXO Sydney, K.C., Nicole, Braxton, Braelyn, Quintin, Aurora, Leo, Austin & Damon

Happy Birthday to Sage on August 13th!
From Brii, John Lennon & Isla. lol

Happy Birthday to our Grandma Louise on August 26th. You’re the best Grandma in the world. Love Pauly and Sophie xoxo.

Happy Birthday to my mom Louise on August 26th. Love you so much!! Hope your day is filled with love, laughter and happiness. Love your baby girl, Mel.

If you have any announcements, please contact Brianna McGregor at the Administration Office or by email at briannam@whitefishriver.ca
Announcements are due: August 19th for the September issue. Miigwetch!

The Birch Island Fire Department would like to thank all those that participated in the 2016 BIFD Mudder’s Day ATV Run.

A special thank you goes out to the various businesses and people for their continued support of the event:

- Orr’s Valuemart – Little Current
- Trailside Sports
- Espanola Home Hardware
- Birch Island Camper’s Association
- Harbour View Marina
- Petro Canada Espanola
- Rivet Insurance
- Guy’s Auto
- Herbert Fisheries – Killarney
- Your Dollar Store with More – Wikwemikong
- Jim Andrews
- Georgina Recollet
- Dennis McGregor
- Theresa Recollet
- Doreen Jocko
- John Rutledge
- June Bug

The Birch Island Fire Department would also like to thank those that helped prepare the meal:
- Grant & Jean Oshkabewisens
- Georgina Recollet
- Theresa Recollet
- Stephanie Corbiere
- Anita Aelick
Locally, we have had a number of events and gatherings including:

- School Graduations
- Traditional Journey (canoe trip)
- Native Baseball League tournaments

Away from the Community, there have been a number of meetings including:

- Chiefs of Ontario
- Assembly of First Nations
- Anishinabek Nation Grand Council
- Lake Huron Chiefs

There have also been questions about by-laws. There are three by-laws that are in force on the Whitefish River reserve;

1. Animal Control
2. Smoking
3. Trespass

Each of the by-laws is intended to provide support to the community as part of our governance. They are a necessary part of our work and responsibility to exercise good governance on behalf of all WRFN citizens. Each of these by-laws have been passed as a response to issues that have arisen in our community that have had a negative impact on the peace and safety of those on reserve.

We would not need a dog by-law if every person on reserve who is a pet owner would care for their animals so as to ensure that no harm would come to their fellow WRFN citizens. However, and unfortunately, we have had our own citizens bitten by dogs – something that we would like to prevent from happening in the future.

On the smoking by-law, there is a significant body of literature explaining the health impacts that result from smoking and from second-hand smoke. If all those who smoked kept their distance from public buildings and facilities, we would not need a by-law to ensure this happens. Not all those who smoke do this, so we need a by-law to encourage this practice. Ontario also has provisions about smoking in the province that are very progressive and support a health first approach.

In respect of the trespass by-law, we have had situations, particularly in our northern lands, where we have had uninvited visitors, using our lands and resources without our consent or permission. The trespass by-law provides support to and authority for our administration to deal with issues like this, and ensure that people do not access or harm our lands and resources without the proper authority or permissions.

While these by-laws may not be popular, by-law making is a function of effective and good governance. The alternative is to turn a blind eye to these issues and avoid them until something happens or harm is caused, which is not an acceptable solution. In passing these by-laws, Council’s goal is not to arbitrarily punish or offend any of our citizens. It is to ensure the overall safety, health, and protection of all WRFN citizens and others on reserve.

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 is moving along, we have had 4 sessions to date with our citizens on and off reserve. We have developed a process chart on what is required for our land claim, as we have just completed the off reserve community consultations. Our next major milestone is the development of the Trust document for community input.

On behalf of Council, we wish to thank all our citizens that have participated in the information sessions on the settlement offer to date and we look forward to working together on the Trust document.

The work on the Highway Claim is also near 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 an official announcement on this claim. 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

Ahni, Boozhoo, Good day!

I hope you are enjoying the summer weather and time with friends and family. We finally had some much needed rain the past few weeks to help with the dry conditions.

For this month’s newsletter, I would like to focus on providing updates on two important topics: Community Events & Communications

Community Events

In any given year, there are many long standing community events that take place in Whitefish River First Nation (WRFM). Whether it be the upcoming Wawaskinaga Traditional Powwow, the King’s Day Feast, the Lafarge Summer Fish Fry, the Winter Carnival, the Little NHL Tournament, etc, all of these events are opportunities for community members to come together and continue to build a strong sense of community pride, belonging and identity.

These community events would not be what they are today without the assistance of community volunteers in assisting with planning and coordination. With that being said, we want to continue to encourage you and your friends and family to consider volunteering to help out with planning and coordinating any of these important community events.

If you are interested in volunteering your time or just want to provide input on how important these events are to you, please contact Vanessa McGregor, Executive Assistant, and she will ensure your name is marked down and/or your input is heard. We value your input and need your help.

I want acknowledge those community volunteers who are currently assisting with planning and preparations for the upcoming 23rd Annual Wawaskinaga Traditional Powwow on August 20-21, 2016. Your efforts are truly appreciated! If you are interested in volunteering with this year’s powwow, please contact Kiki Pelletier at 705-285-4335.

Communications

Now that the Rezound is back up and running with a fresh new look, we will be starting to focus efforts on updating the WRFN community website.

It is our intention to modernize the WRFN website to make it more user friendly and most importantly, a relevant hub for sharing information on programs, services, forms and applications, community updates, employment opportunities, Chief and Council governance matters, and special projects, to name a few. It will be an important communications tool to engage with all community members, both on- and off-reserve.

If you are interested in sharing your ideas about what the new WRFN website should look like and include, please do not hesitate in contacting Brianna McGregor, Communications Trainee. We will also be issuing a community survey to assist with gathering information from community members on your thoughts and input on updating our WRFN website.

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 and enjoy the month of August!

An Announcement from the Rezound Editor

The Rezound will be published online to the WRFN website and through email to off-reserve members.

If you wish to receive your copy of the Rezound through email, please email Brianna McGregor at briannam@whitefishriver.ca.

Deadline for announcements for the September issue is: August 19th.
Housing Department
Georgina Recollet, Housing Manager
Kim Laundrie, Tenant Counsellor

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 $45 - $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.

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Important Notice: Landfill and Garbage Pick Up

Due to increase sightings and problems with nuisance bears in the community Whitefish River First Nation will be increasing the curbside garbage pickup and landfill operations until the end of August 2016. The new schedule is effective Tuesday July 26, 2016 until Tuesday August 30, 2016, the schedule will resume back to Thursdays curbside pickup and open Saturdays for drop off.

**Curbside pickup:**
- Tuesdays 8:00 am to 12:30 pm
- Thursdays 8:00 am to 12:30 pm

**Landfill hours will be:**
- Tuesdays & Thursdays from 8:00 am to 6:00 pm
- Saturdays from 8:00 am to 3:00 pm

Miigwetch from WRFN Public Works
Finally some nice hot summer days, the public works crew are still out getting things done even in the little heat wave, the crew does follow the safety standard and do take frequent breaks during these types of temperatures, plenty of water is consumed to ensure they are kept hydrated.

The water plant operators had an opportunity to do some hometown training, a program developed by Ontario First Nation Technical Services water specialist Richard Shawanda was implemented here, the guys got to learn about swabbing water mains. Swabbing water mains is when a sponge properly called a “swab” is forced into the water main at a hydrant and directed to come out a different fire hydrant, this practice helps ensure out below ground water mains are clear of any build up and we continue to delivery nice clean potable water.

In the next few weeks, we will be focusing our attention on some work being done at the lower level of the daycare, Daycare Supervisor Danette McGregor was able to secure funding to remediate the basement to bring it up to today’s fire rating standards.

Also the school is busy with BICC in doing some building touch ups and a mechanical contractor to install a new boaster pump for the sprinkler system. BICC was also awarded to contract to repair the stone on the front rotunda of the administration office.

Marcus Pitawanakwat is kept very busy with the summer students, the guys spend a lot time making sure our public building yards are nice and neat, the guys also spend time cutting out weeds and grass around the communities fire hydrants and our community parks.

Next month attention will be drawn to cleaning off the public buildings and sunshine ally area where we will be starting preparations for WRFN’s annual Pow Wow.

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

There have been several bear sightings this summer. Whitefish River First Nation would like to remind people to stay alert and be safe.

- Do not approach the bears, even for photographs.
- Do not feed the bears.
- Do not leave garbage outdoors or unattended on garbage day.
- Do not leave bird feeders or pet food outdoors unattended.

If you are out at night, be cautious. Consider the following tips:

- If you’re listening to music, leave one earbud out.
- If you’re out walking or jogging, consider going with a friend.
- Stay in well lit and heavily populated areas.
- Avoid walking in trails.

If a bear is being an immediate threat, contact UCCMM tribal police at 1-(705)-377-7135. If you would like more information on bear safety, go to ontario.ca/bearwise.

Miigwetch!
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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Note: Details on events are provided in the Health Centre News section.</td>
<td>1.</td>
<td>2.</td>
<td>3. Up In Smoke 7-8 P.M.</td>
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<td>7. Women’s Social 6-9 P.M.</td>
<td>8. Traditional Healer (contact health centre)</td>
<td>9. Traditional Healer (contact health centre)</td>
<td>Infant Massage 9:30 A.M. to 3:30 P.M.</td>
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<td>14. Women’s Social 6-9 P.M.</td>
<td>15. Traditional Healer (contact health centre)</td>
<td>Up In Smoke 7-8 P.M.</td>
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**LEGEND:**
- **Health Centre**
- **Community Centre**
- **Seven Fires Centre**

Note: Details on events are provided in the Health Centre News section.
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<th>Wednesday</th>
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<tr>
<td>Up In Smoke 7-8 P.M.</td>
<td>Bridal Veil Falls hiking</td>
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<td>Traditional Healer (contact health centre)</td>
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<td>Dreamer's Rock Overnight Family Cultural Camp</td>
<td>Dreamer's Rock Overnight Family Cultural Camp</td>
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<td>Traditional Healer (contact health centre)</td>
<td>Traditional Healer (contact health centre)</td>
<td>Wawaskinaga Pow-Wow</td>
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<td>Women's Social 6-9 P.M.</td>
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<td>Traditional Healer (contact health centre)</td>
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<td>Up In Smoke 7-8 P.M.</td>
<td>Lafarge Fish Fry at Noon</td>
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<td>Full Moon Ceremony 6:30 P.M.</td>
<td>Traditional Healer (contact health centre)</td>
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**Council Chambers**  **Ball Park**  **Arbour**  **Rainbow Lodge**
Lafarge’s Annual Fish Fry
Wednesday, August 17 2016
WRFN Community Centre
Noon
All community members are welcome!

SAVE THE DATE!
Fall Fast: Teachings & Ceremonies

Who? Open to all WRFN community members and families.

What? Teachings leading up to the fast, assisting with preparations, participating in ceremonies or you can request to go on your fast.

When? September & October 2016. Exact dates yet to be confirmed.

Where? WRFN ceremonial fasting grounds by Dreamers Rock and Sunshine Alley.

Watch for posters of upcoming dates in September’s issue of the Rezound. For more information, please contact Candice Assiniwe at (705) 285-4354.

Pioneer Construction

HAS IMMEDIATE OPENINGS FOR SURVEYORS.
(KNOWLEDGE OF ALL ASPECTS OF MTO ROAD BUILDING,
AND GPS EXPERIENCE WOULD BE AN ASSET)
FLAGPERSONS
&
LABOURERS

RESUMES CAN BE E-MAILED TO:
kithurb@pioneeerconstruction.ca

Have a say in your child’s education
Say Yes to the AES & Vote in November
The Economic Development Office is up and running here in Whitefish River First Nation. I have been busy trying to catch up and learn as much as I can here in the past 6 weeks.

Some of the programs I would like to talk about include the Summer Work Exchange Program (SWEP), getting the Board back together for the Whitefish River Development Corporation (WRDC), working with the Community Garden Project and future initiatives.

SWEP prepares our youth with proper skills so they can be successful in future work placements or learning environments.

There are currently 5 post-secondary and 6 secondary students employed here in WRFN.

Our post-secondary positions include; Summer Student Liaison (Migwans Pitawanakwat), Data Management Clerk / Water Plant Trainee (Justin McGregor), Child Care Assistant (Tahnee McGregor), Lead Gardener (Cheyanne Pitawanakwat), and Health Assistant (Paige Jacko).

The secondary students include; Child Care Assistant (Sydney Pitawanakwat), Lawn Care and Building Maintenance (Sebastian Shawanda and Mike Migwanabi), Housing Maintenance (Riley Recollet), and Gardeners (Grace Manitowabi and Hunter Shawanda).

The SWEP program provides targets and measurable outcomes that have contributed towards building our youth up, building on their existing skills, providing them with learning opportunities, and mentoring our youth to think outside the box when it comes to entrepreneurship, employment, and future career opportunities. Upon completion we will have the students submit a short article to the Rezound about their experience this summer.

The WRDC has been initiated again. I have been working towards getting caught up with the leasing arrangement owned by the development corporation. But my main goal here is to fill up the board as there are 2 vacant seats (hopefully not anymore after the AGM on July 27 2016). With a full board we can start to begin working towards some viable business opportunities here in WRFN. With a full board I will look into getting training for the WRDC board so we can make sound business decisions moving forward to future activities.

The Community Garden Project has been gaining momentum this summer. Currently there are 16 raised garden beds located at the Band Office/Health Centre, Shawanosowe School, and Seven fires Youth and Elder Center.

There is also 5 Community Garden Beds at community households. Some vegetables currently planted include lettuce, spaghetti squash, tomatoes, onions, peppers, zucchini, cucumbers, kale, peas/beans, beets, carrots, and pumpkins! There has been a harvest event for lettuce already this summer.

The Garden Committee is currently working on a better communication tool to inform the community when fresh vegetables are available.

The Garden Committee has started and the first meeting was on July 19 2016. The next meeting will be held in August. Thanks to our knowledgeable gardeners, volunteers, and food security officer the community gardens are looking green and like a success. The Garden team is welcoming the community to see them at the Health Centre to voice your ideas to improve the Community Garden Project.

There is lots of work that still needs to be done. The current Economic Development Strategic Action Plan has expired and WRFN will need to make a new economic strategic action plan.

Look forward to this news in the upcoming months as we will need to consult with the community and have strategic planning sessions to gain valuable feedback from the community. A new Economic Strategic Action Plan would enable us to plan on how to move towards meeting our overall mission and vision for economic development here in WRFN.
Here are a few tips on how to survive the "post-secondary life" after high school. Being away from home for the time can be stressful. It is easy to fall off the tracks financially. If you follow the tips below you can handle college or university life.

1. Start with a budget

That means writing down what you think you'll spend in a month and then checking to see how close your estimate was. Don't forget to budget for fun (concerts, movies and eating out with friends, etc.) Budget about $100 a month for necessities such as toiletries and food not covered by the meal plans.

2. Use a budgeting computer program or smartphone app.

Several websites will help track your money, and Bankrate's budget calculator can help you start planning. But this is not always easy for busy students.

3. Limit credit card debt

Learning to manage credit is important, and it helps establish a credit record that young adults need after they graduate. Start with a store credit card because it doesn’t have an annual fee and is less tempting because it can’t be used everywhere. Students need to realize how much credit card purchases really cost. A $300 designer purse can add $3 to $4 a month in interest charges if the balance isn’t paid. “It’s costing you a latte a month.”

4. Don’t take out any more in loans than you need

If a loan provides more than is truly needed, the student should pay the extra back immediately before it starts racking up interest costs.

5. Apply for free grants that apply to you

There is a lot of free money out there. You have to apply. Many colleges and universities offer bursaries and scholarships to their students. Lots of companies and banks offer scholarships as well. You would be surprised at how few students take advantage of applying for bursaries and scholarships.

6. Manage your meals

Meal plans vary, but for some programs, it’s possible to spend it all before the semester ends. Shop wisely. If you don’t have a meal plan, shop the sales at the grocery stores and compare prices in flyers. Some grocery stores give student discounts when you provide your student ID at the cash register.

6. Shop around for books

Shop for second hand books. They are cheaper than new ones. Look on Kijiji or the bulletin boards at your campus. It is also possible to rent textbooks.

7. Think about a part-time job for income

If workload and homework allows it, apply for job to aid with costs. Many colleges and universities offer part-time jobs to their students. These jobs offer lots of flexibility.

8. Begin a savings account

The sooner you can get in the habit of spending less than you make, the better. That sets up good finances later on in life. Some banks offer a plan to take a certain amount of money weekly/monthly from your chequing account and apply it to your savings account.

College or University life should fun and rewarding. Be wise and safe.
Maamwe Kendaasing Child Care Centre
Danette McGregor, RECE & Child Care Supervisor

Here we are in the last month of summer already, soon school will be starting.

All attended the Annual NECE Conference hosted by Garden River & Batchewana Child Care Centre. More content will be shared in September Rezound as the deadline was due during our conference. Stay tuned!

We are requesting for materials from wood and baskets that you can kindly donate to our programs.

Congratulations to our Preschool Children who will be entering Junior Kindergarten: Bentley, Dryden, and Tamika.

This month’s Early Learning Curriculum, the children will create fun filled activities on things they like to do during camping, summer pow-wows and end of the summer.

We also specialized in our cultural component in the program, the direction during this season is the Western Doorway, the Colour is Black the Scared Medicine is Sage and the seven grandfather teachings is Honesty & Humility. Our morning circles are Mondays @ 9:00 a.m and Fridays @ 9:00 a.m.

Happy Birthday:
Teagan August 13th
Tamika August 31st

We have openings in our Toddler Program, contact the Child Care Centre or come by and pickup an enrollment application. Baa maa pii!

Very Hungry Caterpillar

**Supplies:**
- 1 row of egg cups from an egg carton
- red paint
- green paint
- 2 googly craft eyes
- 1 small piece black pipe cleaner
- glue

**Directions:**
Just cut them a row of egg cups from the carton and let them loose with the paints. You can then use it as a prop while you’re reading Eric Carle’s classic, The Very Hungry Caterpillar.

Membership Office
Kathleen Migwanabi, Lands Assistant & IRA

Aanii, Boozhoo Members of Whitefish River First Nation.

Please update your mailing address and contact information with the WRFN Membership Clerk, Kathleen Migwanabi.

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 by:

PHONE: (705)285-4335 ext. 208.
FAX: (705)285-4532
EMAIL: kathleenm@whitefishriver.ca

Our mailing address is:
Whitefish River First Nation Membership Office
17A Rainbow Ridge Road,
P.O. Box 188
Birch Island, Ontario
P0P 1A0

MEMBERSHIP OFFICE WILL BE CLOSED AUGUST 1st to 16th, 2016. MIIGWETCH!
## Visiting Medical Professionals

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Health Centre News

Youth and Children:

• There is youth improv every Tuesday evening from 6-8 P.M. at the Seven Fires Youth & Elders Centre.

• Youth Jogging Club every Wednesday morning at 8:00 A.M. The last date is August 24th. Participants have a chance to win a Fitbit!

• Right to Play Guardian Art Camp August 7th-13th. Stay tuned for flyers!

• KICK (kids into canoeing and kayaking) camp on August 15-19th. This program is for ages 9-16 and takes place at Sunshine Alley.

Adults:

• Up in Smoke is a four part series on smoking. Louise Jacko and Genny Jacko will be facilitating this program. This program will be held every Wednesday from August 3rd to 24th. See the community calendar for more details on location and times.

• Infant Massage at the Health Centre on August 10th from 9:30 A.M. to 3:30 P.M. Parents can also enjoy a massage as well. If you have a child from 0-2 years old, contact Doreen Jacko to register.

• Women’s Social will be held on Sunday evenings at the Seven Fires Youth & Elders Centre. Come out for socializing, fun and activities. For more information contact Louise Jacko.

• Monthly teaching/sharing circle for adults and elders starting on August 24th from 6-8 P.M. The sharing circle will take place once every month. Contact Candice Assinewe for more information.

All Ages:

• A traditional healer will be at the Health Centre on August 8th-12th and 15th-19th. Contact Paige Jacko for more information or to book an appointment.

• Back to School bingo will be held on August 28th at the Community Centre from 1-3 P.M.
Materials:
- wood craft sticks
- 1/2” square balsa wood rod
- pliers with wire cutting blade
- craft knife
- sand paper
- hot glue gun
- washi tape
- scissors
- Mod Podge (Matte finish)

Preparing Wood Craft Sticks:
First step is to prep and cut your wood craft sticks pieces. Pencil off 4” middle sections (you will be cutting off the rounded ends). Using the wire cutting blade on then pliers, snip off the ends craft sticks. Sand off any rough edges on a sheet of sand paper. Use 7 craft sticks per pallet.

Preparing Balsa Wood Pieces:
Use 3 balsa wood pieces per mini pallet. The balsa wood is for the base of the mini pallet. Pencil off 4” sections and use a box cutting blade to cut them. Used the sandpaper again to smooth any rough edges.

Assembling your pallet coaster:
Now it’s time to decorate the craft sticks with washi tape. The washi tape is just the right width to cover the craft sticks. Cut a length of washi tape and attached to one side of a craft stick. Then, using sharp scissors cut the ends off so they are flush with the end of each craft stick. Press down the sides of the washi tape along the side of the craft stick. See top left photo.

Using 7 washi tape sticks and 3 balsa wood pieces per pallet. Line up the 3 balsa wood sections spaced evenly apart. Glue a washi tape stick on each end of the lined up balsa wood pieces. Glue a stick right in the middle, then glue the remaining four on the balsa wood sections. See bottom right photo.

Lastly, apply a coat of Mod Podge on top to seal everything.

Next month’s craft is a surprise! If you have any suggestions for a craft, please feel free to email me at briannam@whitefishriver.ca or phone me at (705) 285-4335.
Animals & Numbers
Find the Ojibwe words hidden in the puzzle below

K G I G A R O N A B S N U I L
I I H H I S I M I W I G W B F
M H S O N I H Z A W K S D R M
A Z E G Z I H I I K A A S M I
N E K H A I I I I B A A Z M W S
I B H M K A N H W E H K S J K
W M S I N X G D S A Z A I G W
S M A G O A O I A E A H C I A
A A A I V G A N H D N P I L A
A I W Z N S G N I Z D I E G D
W N A I J A I M A A F V B C E
H G A Z S H Z I I N I H S A S
S A W W A N I M O O S H N Q I
I N I G I B E N I G I W S I N
N N I I Z H W A A S W I K H K

AMIK
ANIMOOSH
ASHI-BEZHIG
ASHI-NIIZH
BEZHIG
BINESHIINH
BIZHIKI
GINEBIG
MAINGAN
MAKWA
MIDAASWI
MIGIZI
MISKWAADESI
NAANAN
NIWIN
NIIZH
NIIZHWAAASWI
NINGODWAASWI
NISHHWAAASWI
NISWI
OMAKAKII
WAAWASHKESHI
ZHAANGASWI
ZHIGAAG
Looking Back/Looking Ahead

Ongoing Consultation over 20 years with Anishinabek Nation communities and other interested parties

1995 Negotiations Begin
2002 Agreement-in-Principle Signed

Nov. 2015 Community Approval Process Begins

Fall 2016... Vote by ANISHINABEK

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

At a Glance: the Anishinabek Education System (AES)

Participating First Nations control education from JK to Grade 12 on reserve
Promotes Anishinaabe customs and language
Anishinaabe education standards recognized for easy transition of students between schools
New central Kinoomaadziwin Education Body (KEB) with school board-like powers
Support funding continues for post-secondary students

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

SAY YES TO AES