



The Whitefish River REZOUND

"A Place of Visions and Dreams"

July 2016

Aboriginal Day Celebrations



On June 21, WRFN celebrated National Aboriginal Day with a wide array of events.

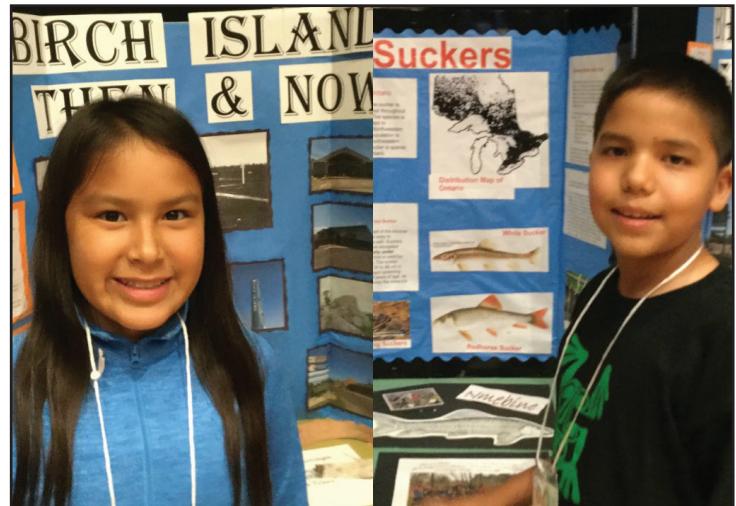
In the morning, the day was kicked off with a sunrise ceremony and pancake breakfast. Several community members took part in the Cultural Experience Tour on McGregor Bay. Others opted for Anishnaabemowin bingo at the community centre.

The ball park and the school was the place to be that afternoon. There was music by a DJ, free BBQ lunch and a dunk tank. Chief Franklin Paibomsai and Councillor Cara McGregor drew in a crowd when they took their shifts at the dunk tank.

Afterwards, the WRFN band staff played against the Nightingales during a game of softball. Meanwhile at the school, a few community members entered the traditional food tasting contest.

The day finished off with a BBQ dinner, game of Indian ball and a delightful fireworks display.

Ontario Provincial Heritage Fair



Three students were chosen from the KTEI regional fair to participate at the OPHF in Toronto on June 11. Two of those students were from our very own Shawanosowe School: Avery Sutherland and Eli Paibomsai.

Avery presented a display on the differences from Birch Island's past and present. Eli discussed the importance of Sucker fish to Anishnaabe people, also the traditional harvesting and preparation methods of sucker fish.

70 students from across Ontario participated in the OPHF. Miigwetch Avery and Eli for representing our community and Aboriginal culture.

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10 & 11: Master Calendar





Aboriginal Day Celebrations



It was a beautiful day for fun and games! The Nightingales challenged the WRFN band staff to a friendly softball match. Despite the efforts of the staff, the Nightingales won the game. There's always next year!



Caitlin Taibossigai playing Indian Ball with her fellow community members after the BBQ dinner.



Chief Franklin was a very good sport during his shift at the dunk tank. He even encouraged onlookers to step up and try their luck. Community members also had a chance to dunk Councillor Cara McGregor.



Traditional Food Tasting Contest Winners



Memphis Shawanda entered a Star Wars salad for the wild rice category.



Judy Nahwegahbow prepared a fry bread trifle for the contest.



Heather Jacko baked strawberry rhubarb squares for the fruit category.



Kiki Pelletier serving up some moose steak during the contest.



Everyone was a winner! There were only 5 participants in the contest. (Marjorie King was not present during the awards)



AROUND THE COMMUNITY

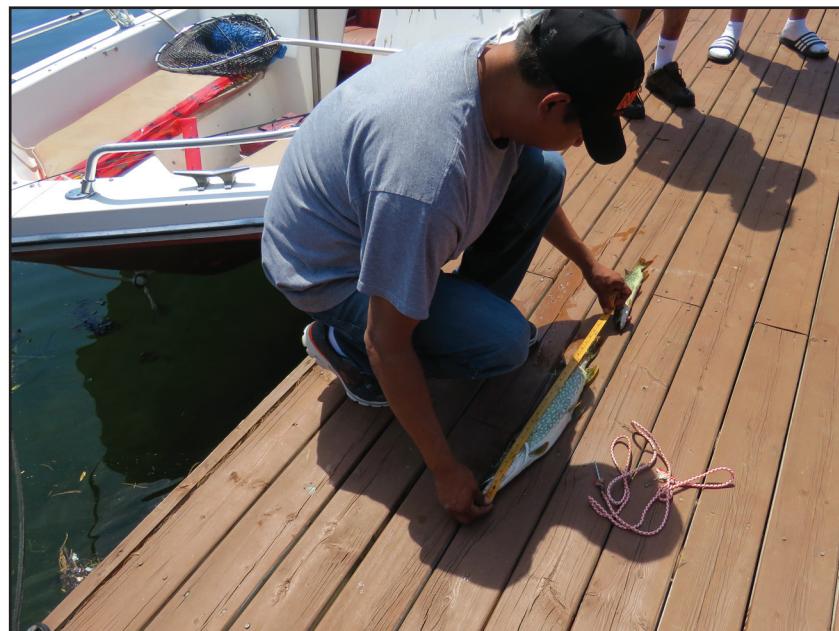


L to R: Justin McGregor, Asset Management & Water Quality Specialist Trainee; Cheyanne Pitawanakwat, Lead Gardener; Migwans Pitawanakwat, Summer Student Liason; Tahnee McGregor, Child Care Assistant.

Not pictured: Paige Jacko, Health Assistant



The new Youth Worker, Amber Zona, at an introduction event for youth and parents at the Seven Fires Youth and Elders Centre.



Allien Paibomsai measuring his catch during the Father's Day Fishing Derby at Rainbow Lodge.



These were awarded to WRFN water plant operators at the annual Aboriginal Water and Waste Water Associations training conference. WRFN won the taste and color challenge 3 times over the last few years.



Miscellaneous Musings

Brianna McGregor, Communications Trainee & Rezound Editor

Welcome to the first edition of the new WRFN Rezound!

I hope you are pleased with the new look. It will be trial and error for the first few editions until I find the perfect fit. There will be more pages in the newsletter dedicated to stories and photos of the community.

One of the new sections in the newsletter is the Community Spotlight feature story. Each month a different community member will be highlighted in the newsletter. It will be kept short and sweet, along with a photo of our wonderful volunteer.

For those off-reserve that receive the newsletter or don't know me well enough, I will introduce myself:

I am Brianna McGregor, the daughter of Brian and Karen McGregor. I have resided here most of my life, except for when I pursued post-secondary studies and employment opportunities.

I studied Journalism from 2011-2013 at Niagara College in Welland, Ontario. I was hired as the Website Technician for the Niagara News website. I also wrote business and aboriginal articles for the Niagara News.

Following my studies, I worked as a business profiler at News in Port Colborne and in the advertising department at Pasquia Publishing. In September 2014, I decided to return to Whitefish River after years of constant

travelling and moving.

I now reside on Rainbow Ridge with my daughter, Isla, and partner, Johnathan. I am currently employed at the Administration office as the Communications Trainee until March 2017.

I am very excited to be working on the newsletter. I look forward to attending all of the community events and being involved in a different, but exciting way.

If you have any announcements, suggestions or questions don't hesitate to contact me. I can be reached at the Administration Office at (705) 285-4335 ext. 209 or by email at briannam@whitefishriver.ca.

Stay tuned for next month's issue, I will feature a fun DIY each month in the newsletter. On the left is a mini pallet coaster that will be in next August's issue. Simple, fun and insanely cute! You'll be the envy of all of your friends and relatives. These would also make an excellent gift for that caffeine fiend in your life. Look for Miscellaneous Musings in the next newsletter!

Also, with the warmer temperatures coming into effect, please be summer safe. Ensure you and your children wear sunscreen, stay hydrated and limit sun exposure. This includes your pets as well!

Happy Summer everyone! Don't forget to go out and enjoy the pow-wows at our neighbouring communities.



**Washi Tape Mini Wood
Pallet Coasters
Do-It-Yourself
To be featured in
August's Rezound Issue**

Stay Tuned!



Message from Chief Shining Turtle Sturgeon Clan, Ojibway Nation

It's summer and time to spend time out on the water and land. The Whitefish River Rezound is now up and running to provide monthly information to the citizens of our beautiful community.

Indian Affairs held its annual treaty annuity day, many of our citizens lined up to collect their annuity money (\$ 4.00 dollars) from Indian Affairs. Whitefish River is signatory to the Robinson Huron Treaty of 1850 signed by Chief Wabekkeke. Whitefish River is the 4th signatory on the treaty document. There is a lot of information available about the Robinson Huron Treaty and I encourage our citizens to read about this treaty as it is a part of history.

Locally, we have had a number of events and gatherings including;

- Aboriginal Day Celebrations
- Robinson Huron Treaty Day
- Minor Hockey Banquet
- Lake Huron Chiefs Meeting
- Anishinabek Nation Grand Council
- Shawanoswe School Graduation
- A.B. Ellis School Graduation
- Sacred Heart School Graduation
- Espanola High School Graduation

The Anishinabek Education System (AES)

Whitefish River is a proud member of the Union of Ontario Indians. The Union of Ontario Indians has been working on the restoration of jurisdiction since 1995. In that year, the Chiefs of the Union of Ontario Indians approved a resolution for negotiations on Education. In 2002, the Chiefs in Assembly approved an agreement in principle for Education. From 2002-2015, the details of the agreement were worked on by Canada and the Anishinabek Nation. In November 2015, they started a process of community approval for the Anishinabek Education System (AES). We supported this process since 1995 and now we are sharing the information with citizens of Whitefish River in preparation for a vote to be held in November 2016 on the AES.

The key elements of the Anishinabek Education System include;

1. Participating First Nation control of Education from K-12 on reserve.
2. Promote Anishinaabe customs and language.
3. Anishinaabe education standards recognized for easy transition of students between schools.
4. New central Education Body

5. Support funding continues for post-secondary students.

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 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 ultimately be returned as well.

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.

Congratulations to all our students, elementary, secondary and post-secondary as you finish another year of school. Enjoy your summer!



P.C. 2016-266
April 22, 2016

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.



Message from Nishin Meawasige Band Manager

We are very pleased to be re-launching the Whitefish River Rezound for July 2016. As you can tell, we have updated the format for the Rezound and hope that you enjoy the new format and the information included in this month's submission. I would like to thank Brianna McGregor, Communications Trainee, for her work on assembling the July 2016 edition, and look forward to the many more editions to come in the future!

When I first starting working with Whitefish River First Nation, I was quickly impressed by the consistency in the community and leadership in maintaining focus on three priority areas for the community – Education, Wellness and Economic Development. My submission for the month of July 2016 will touch on subject areas related to these three community priorities:

- 1. EDUCATION - Anishinabek Education System**
- 2. WELLNESS - Water**
- 3. ECONOMIC DEVELOPMENT - Manitoulin Hotel and Conference Centre**

Anishinabek Education System (AES):

Many First Nation communities with the Anishinabek Nation are gathering momentum and information as we approach AES ratification voting this November 2016. We are now near completion in hiring both a Ratification Officer and Deputy Ratification Officer to assist WRFN with the ratification process. These ratification officers will be working directly with WRFN and the Union of Ontario Indians to ensure all eligible voting community members have their opportunity to vote on the AES and supporting WRFN Constitution.

In order to have the AES, we must also have a constitution for WRFN, as they both go hand in hand. Gail (Kiki) Pelletier has been hired as the Project Officer to assist with organizing community engagement activities to obtain input on drafting this constitution so that it may be voted on at the same time as the AES. We have completed two community information sessions in WRFN on the AES and are looking to have another Phase II community engagement session during the month of July 2016. Please stay tuned for this notice as it will be issued in the early part of July 2016. For more information on the AES, please visit the following website <http://sayyestoaes.ca/>

Water:

The topic of water continues to be a growing priority for many First Nation communities. Many communities are scheduling community events and activities related to bringing more awareness on the issue of water protection, conservation and sustainability. Water walks, canoe excursions and water

ceremonies are just a few of the different types of projects and activities that are being implemented by communities and community groups to raise awareness.

With funding provided by First Nations and Inuit Health Branch, WRFN has developed a Source Water Protection Plan as a working document and a starting point for continued community efforts to create long term source water sustainability for WRFN. Some of the next steps will include the gathering of information and data on how WRFN waterways are not just impacted by local activities, but also by activities outside of the local community area.

Manitoulin Hotel and Conference Centre:

We are now in the hotel's busiest time of the year! If you have not had the chance to visit the hotel or the North 46 Restaurant, I encourage you to visit for lunch or to encourage friends and family who may live outside of the area to consider the hotel for accommodations while visiting the area.

There has been much change at the Manitoulin Hotel and Conference Centre of the past year. In June 2015, the Board of Directors hired Liberty Hospitality Management Inc. to provide operations management for the hotel and assist in moving forward with continued growth and improvements at the hotel.

Over the past year, WRFN has provided additional assistance to the hotel Board of Directors in completing much needed work to keep the hotel on track with its original performance targets. The hotel has had its challenges which can be expected with any new business, but most importantly, it is seeing more and more success. It is supporting employment and is a symbol of how First Nations can partner successfully with each other to build socio-economic benefit for the region and our respective First Nation communities. For more information on the hotel, please visit their website at <http://www.manitoulinhotel.com>

Manitoulin Hotel & Conference Centre







Housing Department

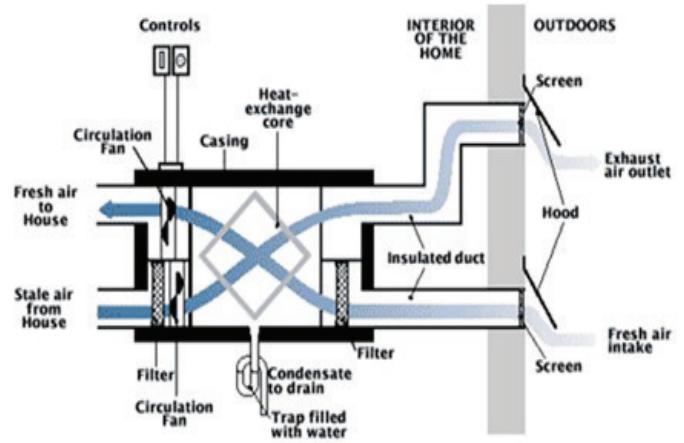
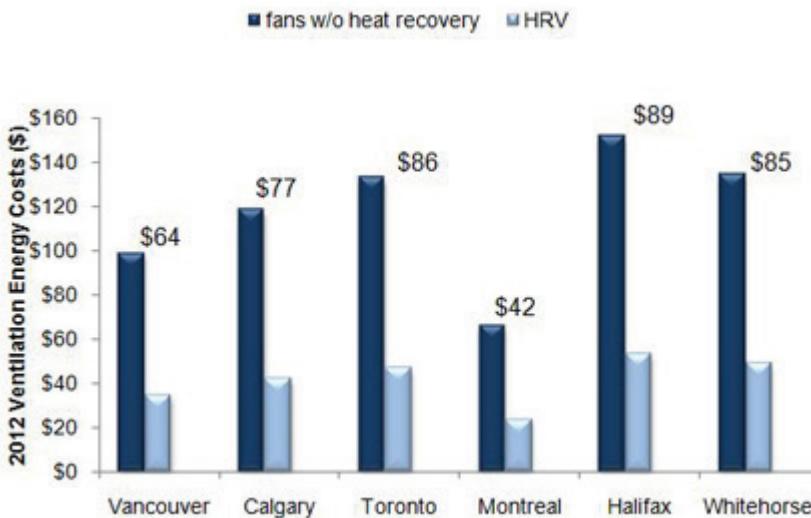
Georgina Recollet, Housing Manager

Kim Laundrie, Tenant Counsellor

Keep Your HRV Happy in Seven Simple Steps

(Turn off the HRV and unplug it first)

- Clean or Replace Air Filters:** Dirty or clogged filters can lower ventilation efficiency. Try to clean your filters at least every two months. Filters in most new HRVs can be easily removed, cleaned with a vacuum cleaner, and then washed with mild soap and water before being replaced. Older units have replaceable filters. If your HRV is easily accessible, this is a five minute job.
- Check Outdoor Intake and Exhaust Hoods:** Remove leaves, waste paper or other obstructions that may be blocking the outside vents of your HRV. Without this vital airflow, your HRV won't function properly. During winter, clear any snow or frost buildup blocking outside vents.
- Inspect the Condensate Drain:** Check to see if your HRV has a condensate drain, a pipe or plastic tube coming out of the bottom of the HRV. If it does, slowly pour about two litres of warm, clean water in the drain inside the HRV to make sure it's flowing freely. If there's a backup, clean the drain.
- Clean the Heat Exchange Core:** Check your HRV owner's manual for instructions on cleaning the heat exchange core. Vacuuming the core and washing it with soap and water will reduce dust which can build up inside the core.
- Clean Grilles and Inspect the Ductwork:** Once a year, check the ductwork leading to and from your HRV. Remove and inspect the grilles covering the duct ends, then vacuum inside the ducts. If a more thorough cleaning is required, call your service technician.
- Service the Fans:** Remove the dirt that has been accumulated on the blades by gently brushing them. Most new HRVs are designed to run continuously without lubrication, but older models require a few drops of proper motor lubricating oil in a designated oil intake. Check your manual for instructions.
- Arrange for Annual Servicing:** Your HRV should be serviced annually. If you are not comfortable doing it yourself, contact a technician accredited by the Heating, Refrigerating and Air Conditioning Institute of Canada. Make sure the technician you call has been trained by the manufacturer of your HRV.





Monster Garage

Murray McGregor Jr., Plant Manager

Welcome to another edition of 'Monster Garage', it's been awhile that you've had a chance to find out what is going on with public works, so here's your chance.

As always the public works department is a very visible program and can be seen somewhere in the community doing something. WRFN has a very well trained crew who help make sure our community is safe and clean. "Safe" you ask? Public works carries out many duties throughout the year, from keeping our roads clear, sanded and safe for travel in the winter, to cleaning intersections and clearing the line of sight on summer road ways for safe driving in the summer with one of the more important jobs of keeping our water safe for drinking. "Clean?" Many compliments are paid to our community on how neat and clean we look, from freshly kept lawns at public buildings and community public areas to even our landfill site that looks neatcompared to what some visiting FNs members have expressed.

This month on I'd like to focus on our Water Treatment Plant & Operations, The current WRFN drinking water system consists of a slow sand filtration plant complete with ozonation, UV and chlorination disinfection and is classified as a Class II Water Treatment Facility (by MOECC) with a rated filtration capacity of 6.23 l/sec (538m³/day). The raw water enters a 289 m long by 300 m diameter pipe to the low lift station located in the shoreline on Red Eagle Road. The low lift station contains 2 submersible pumps and pump controls which start and stop the pumps based on signals transmitted from the treated water reservoir at the water treatment plant. The raw water is pumped through a 351m long, 150 mm diameter line to the water plant where it is treated by a pre-ozonation system, a granular activated carbon up-flow roughing filter discharging waters into the slow sand filtration tanks. This filtered waters flows through UV reactors and is chlorinated prior to entering the water storage reservoirs. The total water storage capacity below the treatment plant is 349 m³ plus an elevated standpipe with a storage volume of 500m³.

WRFN has 3 fully trained operators and 1 in training:

Mark Shawanda- Level II certification and distribution, over all operator in charge. Over 15 years' experience.

Gerry McGregor-Level II certification and distribution, back up operator with over 10 years' experience.

Andy Recollet-Level I certification and distribution, back up operator with over 5 years' experience.

Justin McGregor- OIT certification and distribution (summer student)

WRFN's water plant is operated at very high standards and is shown with our operators winning awards at the annual Aboriginal Water and Waste Water Associations training conferences, WRFN operators have won the taste and color challenge 3 times over the last few years. See the photos on Around the Community page.

Recently we've had 2 inspections in May, the 1st with FNESL engineer and INAC engineers and capital management office, during the inspection all were impressed on how our WTP is operated and maintained. The 2nd inspection was for the Asset Condition Reporting System inspection for funding, the inspector again reaffirmed the WTP was well maintained and operated and he had a challenging time looking for deficiencies. The engineer said and I quote "this water plant should be a model for all water plants on and off the reserve" Good job guys!!!!

If any community member would like a tour of our WTP arrangements can be made through my office or by contacting Mark at waterplant@whitefishriver.ca or Gerry at gerrym@whitefishriver.ca .

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



Community July 2016

Sunday	Monday	Tuesday	Wednesday
Note: Details on events are provided in the Health Centre News section.			
3.	4.	5. Women's Hand Drumming @ 6:30 P.M. Walk to the Wellness Kitchen @ 9:30-12:00 P.M.	6. Elders & Youth Picking - Che
10. Women's Group @ 6-9 P.M.	11.	12. Jr. Golf Program @ 5:30-7:00P.M.	13.
17.	18.	19. Full Moon Ceremony @ 6:30 P.M. Walk to the Wellness Kitchen 9:30-12:00 P.M. Jr. Golf Program @ 5:30-7:00P.M.	20.
24. Women's Group @ 6-9 P.M.	25.	26. Jr. Golf Program @ 5:30-7:00P.M. Walk to the Wellness Kitchen 9:30-12:00 P.M.	27.

LEGEND:

Health Centre

Community Centre

Seven Fires Centre



July Calendar 2016

Wednesday	Thursday	Friday	Saturday
		1. CANADA DAY! ALL OFFICES ARE CLOSED	2.
South Berry Elmsford	7. Berry Picking & Jam Making -Massey Weaving with Bulrushes Workshop McCleans Park excursion & lunch Composting Info. Session @ 6 P.M.	8. Weaving with Bulrushes Workshop	9.
	14. Lewis Twin Peaks Hiking Trail excursion & lunch	15.	16. Community Pipe Ceremony @ 6:30 P.M.
	21. Cup and Saucer excursion & lunch	22.	23.
	28. Bridal Veil Falls excursion & lunch Family Nutrition Workshop @ 10:00-1:00 P.M.	29.	30.



Ontario Works

Emma Recollet, Ontario Works Administrator

The intent of the Ontario Works program is to help people in temporary financial need find sustainable employment and achieve self-reliance through the provision of effective, integrated employment services and financial assistance.

Types of Assistance

Whitefish River First Nation Ontario Works Provide employment assistance and basic financial assistance. Ontario Works employment assistance helps people become and stay employed, and includes employment activities such as:

- Job search support services
- Employment information session
- Community participation

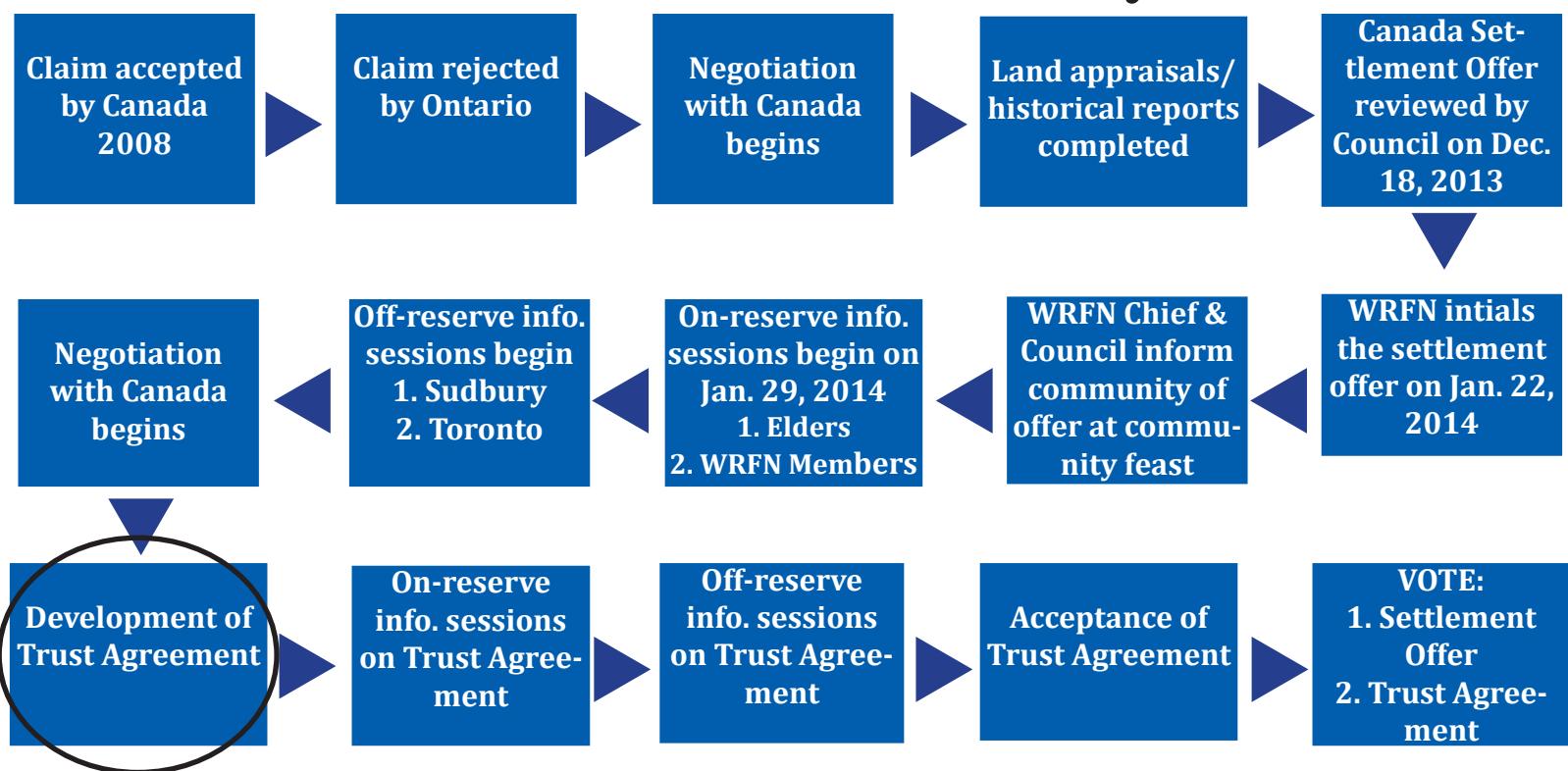
- Employment placement and job retention services
- Supports for self employment development
- Referral to basic education
- Learning, Earning and Parenting (LEAP) program
- Literacy and job specific skills training

Basic Needs financial assistance includes:

- Income assistance provided for the purpose of basic needs and shelter
- Benefits as prescribed in the regulations
- Emergency assistance provided to help with basic needs and shelter on an emergency basis.

For more information or to apply for financial assistance please contact Emma Recollet, Ontario Works Administrator to schedule an appointment.

Process Chart for Boundary Claim



This is the Boundary Claim Process Chart approved by current and previous Chief and Councils. We are currently in the Development of Trust Agreement stage of this process. A Boundary Claim Trust Development Working Group has been struck to work on developing a draft Trust Agreement for the community, as per requirements from Indigenous and Northern Affairs Canada (INAC). Development of this Trust Agreement

will include community engagement through surveys and meetings to ensure input sought in the drafting of the final Trust Agreement to be voted on by community members alongside the Boundary Claim Settlement Agreement. A date for this vote is yet to be determined and is dependent on completion of the Trust Agreement. For more information, please contact Nishin Meawasige, Band Manager at 705-285-4335.



Economic Development

Keith Nahwegahbow, Economic Development Officer



My name is Keith Nahwegahbow and I'm happy to be living and working back home. I started on May 30 2016 as the Economic Development Officer here in Whitefish River First Nation.

My educational background is in the environment, I studied Environmental Technician / Technology and Environment Site Remediation where I specialized in brownfields. Brownfields are pieces of contaminated properties that are turned into useful pieces of properties again.

I have spent the past 5 years working with the Anishinabek Ontario Fisheries Resource Centre (AOFRC) as a Fisheries Technician. During that time, I had the privilege of traveling to and working with 35 different First Nations across Ontario. Some other previous work experiences I have had are aquatic rehabilitation, applied botany, tree planting, tree farming and ecological land classification. Throughout my travels I got to work with

different people in different areas that allowed me to witness different resource development projects.

My experience working in the environmental field will give me different perspective going into the position of Economic Development Officer. I look forward to using some of my gained knowledge to help develop sustainable resource development projects for WRFN.

My immediate plan is to pick up right where we left off. There are numerous projects on the go right now for WRFN that I would like to see through to completion. Long term I would like to see affordable internet for the community. This would greatly reduce the cost of business and make WRFN more attractive to other business opportunities.

I'm grateful for the opportunity and I'm glad to be home and I look forward to working to improving the quality of life for the place I grew up.



"PROTECTING OUR LAND"

WHITEFISH RIVER DEVELOPMENT CORPORATION ANNUAL GENERAL MEETING

Wednesday, July 27th 2016

5:00 P.M. to 6:30 P.M.

WRFN Community Centre

Catered dinner! Special gifts! Door prizes!



Community Energy Plan

Kiki Pelletier, Community Energy Liaison

Since the kickoff for the WRFN Community Energy Plan (CEP) in November 2015, there has been a lot of movement forward to getting our Plan completed. Following the kickoff event, a local community energy liaison (Kiki G. Pelletier) was hired to work with our consultants (Cambium Aboriginal out of Curve Lake First Nation).

Since then, we have completed a community survey, gathered and analyzed community energy data, hosted displays and education sessions, and met with a number of community members. We are now in the process of completing the estimate of our future energy needs, analyzing and prioritizing our opportunities, and developing our CEP implementation strategy. The CEP is scheduled to be completed by August 31st of 2016.

On February 4th of this year, WRFN Chief and Council, through a Band Council Resolution (#3548), further supported the need for the community to take a look at all energy options for the community, especially because of the ever increasing costs of electricity.

It is the intent of Council to move away from using Hydro One as its main supplier of electricity for our community by the year 2026. As you can see from the following findings from the Community Energy Survey, the survey findings align with Council's decisions and initiatives:

WRFN Community Energy Plan Preliminary Survey Findings

Primary Energy Source:

Most respondents (78%) cited electricity as their primary energy source. Approximately 20% of respondents cited fuel oil and wood as their primary energy source. Even if participants are utilizing fuel oil or wood, it may be that their perception of "energy source" would indicate use of electricity.

Home Heating:

Most respondents utilize an electric heating system in their home (60%).

Only 40% of respondents prepare their home for cold winter weather

Home Cooling:

Approximately 40% of respondents utilize electric cooling systems (air conditioners) while most of the respondents use natural options such as open windows to cool their homes.

Water Heating:

Almost all the respondents (98%) utilize an electric water heater with only 35% of the respondents having an insulation blanket for the hot water tank.

Note: hot water tanks now come pre insulated with a 2 inch insulation on the interior of the tanks, so it may be that in the newer units, the respondents are not aware that the tanks are insulated.

Use of Energy:

79% of the survey respondents indicated that they have changed their energy use habits. It seems most indicate a change with surrounding laundering by utilizing natural resources (outdoor clothesline) and using a dryer at off peak times. The correlation between the change in energy use and the knowledge of Time of Use Rates (at 75%) may be an indicator that with proper information and resources community member are more apt to make changes to their energy use.

Conservation and Efficiency:

Over three quarters of the respondents (76%) indicated that they are interested in the conservation and efficiency of energy on a community level. This can be an indicator for future planning with regard to community projects that involve energy efficient operations, and/or ways to conserve energy.

Hydro One Concerns:

Most respondents are concerned with the delivery charges and the hydro costs (90%) Only about 10 percent of respondents have no concern.

Look for more updates on our CEP in the next issue of



Community Energy Plan continued..

Rezound including upcoming energy education events. But in the meantime, feel free to contact Kiki Pelletier to learn more about energy and potentially help you save money. In particular, Kiki can help you with the following:

- Understanding your hydro bill (step by step calculations and definitions of billing line items);
- In home demonstrations on what appliances are using up your electricity;
- Accessing available resources to reduce your energy costs; and
- Providing your input to the consultants regarding community energy usage.

She can be reached at the WRFN Band Administration Office at 705-285-4335, ext 221 or via email at kikip@whitefishriver.ca.



Shawanosowe School JK/SK Class with Elephant Thoughts

Maamwe Kendaasing Child Care Centre

Danette McGregor, RECE & Child Care Supervisor

As the Summer Month is fast approaching, we encourage that sun-block is applied daily to prevent sunburn as the UV rays will be really high this summer, drink plenty of water to prevent dehydration and/or heatstroke. When possible, we will plan our outdoor activities before 11 a.m. and after 4 p.m. The sun's harmful ultraviolet (UV) rays are strongest between these times.

We would like to say congratulations, to our Preschool graduates: Dryden, Bentley and Tamika. Enjoy your summer and have fun at the BIG SCHOOL!

**The Child Care Centre will be closed for one week:
July 18 - 22, 2016.**

All Staff will be attending the 16th Annual Native Early Childhood Education Conference in Sault Ste. Marie.

Hosted by the Garden River & Batchewana Child Care Centre Staff. The theme for the Conference is "To Play is to Learn".

All Parents will be responsible to find alternate child care for this week.

We would like to welcome Tahnee McGregor as our post-secondary summer student. Tahnee is no stranger in our child care centre, she has been employed as our student in previous years. Welcome Back Tahnee!

For the Month of July comes more summer fun will be taken place as well as themes. There will be Canada Day, sports, bubbles, and things at the lake as well as water days.

KOOL-AID PLAY DOUGH RECIPE

Ingredients:

1 ¼ cup flour
 ¼ cup salt
 1 pkg unsweetened Kool-Aid
 1 cup boiling water
 1 ½ Tbsp. Vegetable oil

Directions:

1. In a bowl, mix flour, salt and Kool-Aid
2. Stir in water and oil
3. Knead
4. Store in Ziploc bag



Visiting Medical Professionals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	4.	5. Dr. Cooper (P.M) Nurse Pract. (All day) Dietitian (All Day)	6. Dr. Meikleham (P.M) Dr. Renwick (PM)	7.	8. Diabetes Team (All Day)	9.
10.	11.	12.	13. Dr. Renwick (All Day)	14.	15.	16.
17.	18.	19. Dietitian (All Day)	20. Dr. Renwick (PM)	21. Dr. Meikleham (P.M) Nurse Pract. (All day)	22. Diabetes Team (All Day) Foot Care (All Day)	23.
24.	25.	26.	27.	28. Nurse Pract. (All day)	29.	30.
31.						



Health Centre News

The Health Centre is pleased to announce the hiring of Gail Jacko as the Food Security Coordinator. Gail started her new position on June 28. Some of her roles and responsibilities include coordinating the community gardens, recruit and train volunteers/workers, provide healthy snacks and breakfast for bussed and local students, maintain the community greenhouse and implement an agricultural strategy for WRFN.

In June, Cheyanne Pitawanakwat (Lead Gardner) planted several vegetables and herbs in the raised garden beds throughout WRFN. The following vegetables and herbs are expected this summer: tomatoes, carrots, potatoes, lettuce, beans, spaghetti squash, pumpkins, banana peppers, chives, lavender, garlic, oregano, basil and parsley. WRFN has 29 raised garden beds and is expecting 5 more.

Community Events:

Youth and Children:

- Amber Zona, youth worker, is starting an improv night. This event is for youth 12 and up. It's on every Tuesday at the Seven Fires Youth & Elders Centre from 6-8 P.M.
- Daystar will be in the community from July 11 to 15. Stay tuned for flyers!
- There will be a science camp July 25 to 29 for the ages of 7 & over. Contact Amber Zona, youth worker, for more information.
- RTP Baseball will begin July 4th. Monday to Thursday and every second Friday through the month of July. This program is for ages 8 and up. Each day will be set around a fundamental of a game. The 6 fundamentals of the game is throwing, catching,

fielding, outfielding, batting, and base running. Contact Jordi Jacko, RTP mentor, for more information or to register.

- Jr. Golf Program will begin on July 12. This program will be held every Tuesday for children 6-14 years old. Contact Arlene Pitawanakwat, child and family well-being coordinator, for more information or to register.

Adults:

- Walk to Wellness Kitchen will kick start your day for physical activity and nutritional snacks. Come on out, socialize and get active! We start with a warm up, then utilize different routes and trails. Starting July 5. Contact Candice Assinewe, community wellness worker, for more information.
- Come out and learn about traditional bulrush weaving with Facilitator, Renee "Wasson" Dillard on July 7th & 8th at the Health Centre.
- Women's Group will be held on Sundays bi-weekly starting July 10. Come out for socializing, fun and activities. For more information contact Louise Jacko, NNDAP worker.

All Ages:

- Weekly hiking excursions for children and their parents will begin July 7. This is a weekly program and will be held every Thursday. See the community calendar for trail details. To register, contact Arlene.
- Berry picking for youth and elders in Chelmsford on July 6. There's also berry picking and jam making in Massey on July 7. For more information contact: Candice Assinewe.



Composting Information Session
Thursday, July 7th 2016
6:30 P.M.
WRFN Health Centre





Membership Office

Kathleen Migwanabi, Lands Assistant & IRA

Membership Hours are Monday to Friday from: 9:00 a.m. to 4:00 p.m.

All Life Events are required to be registered. This includes: Births, Marriages, Divorces, Name Changes, Deaths, Transfer of Membership, Change of Residence (on-reserve /off-reserve). Forms are available in the membership office.

Marriage Reporting: A copy of your marriage certificate and marriage reporting form is required.

Death Reporting: A death Certificate is required to register the death of a registered band member

Birth reporting: Parents, it is your responsibility to register your child for Indian Status as soon as possible. A newborn is covered for non-insured health benefits under the parent until they turn 1. If your child is not registered after they turn 1 years of age, parents are responsible for all costs.

To register your child, required documents:

- Original long form birth certificate (also known as statement of live birth), and
- Statement of parents.

At this time, you may also wish to register your child for Citizenship with Whitefish River First Nation. Whitefish River is a section 10 band under the Indian Act and determines its own Citizenship (Band Membership). Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply.

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

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

Band Change Report: This report is posted for 30 days when there are changes (additions or deletions) to the

Citizenship Register. This report will allow Citizens an opportunity to view the changes to the Citizenship Register.

Certificate of Indian Status (CIS) Cards (paper Laminate Card): If you require a status card, either for renewal or you lost your status card, you are required to produce TWO PIECES of government issued identification. There is a small administration fee of \$5.00.

Acceptable forms of identification are:

- Certificate of Indian Status Card
- Birth Certificate,
- Canadian Passport (counts as two pieces)
- Driver's License,
- Provincial Health Card,
- Firearms License,
- Employee ID Card,
- Provincial ID Card,
- Student ID Card
- Guarantor Form (must provide i.d. also)

MAIL OUT APPLICATIONS: The membership office no longer does mail out applications for status card renewals. You may attend the WRFN Membership office to apply for a paper laminate card, or contact the nearest First Nation to inquire if they would issue you a card.

To apply for the New Secure Certificate of Indian Status (SCIS) Card: Please contact Indigenous and Northern Affairs Canada– Sudbury Regional office at (705)522-5100 to make an appointment. The office is located at the Sudbury Business Centre at 40 Elm Street, Unit 290, Sudbury, Ontario. Or you may attend the nearest AANDC Regional Office to apply for the SCIS card. Applications can also be found at the Aboriginal Affairs and Northern Development website at www.aadnc-aandc.gc.ca

GAS CARD APPLICATIONS/RENEWALS: Applications are available in the membership office. A photocopy of your status card is required. The Application will be faxed out, and the gas card will be mailed to you. Gas card applications can be obtained by visiting the Ontario Ministry of Finance website or google: Certificate of Exemption (Gas Card).



Community Announcements

Thank you to everyone who donated during our fundraising efforts for Don Daynes and Teresa Nahwegahbow-Daynes. The total raised was \$2,021.60

Miigwetch for donations of food and money for the luncheon, monetary donations of cash and e-transfers, contributions in the donation jars and people who purchased raffle tickets. (The winner of the 50/50 raffle was Jodi Porteous who won \$326.00 and generously donated \$126.00 back)

A special thank you to all our family members who rallied round and helped out. Especially Brian McGregor, Brianna McGregor, Johnathan Tonge and Valerie Boyter who helped plan the events and worked throughout the fundraising period.

My sister and brother-in-law truly appreciate the generosity of all and are grateful for the funds raised after losing all their belongings in the Fort McMurray fire.

In the words of William Arthur Ward:

"Feeling gratitude and not expressing it, is like wrapping a present and not giving it."

Chi-miigwetch,

Karen McGregor

Happy Birthday Sydney on July 1st! 18 is one of the best ages. You get to do adult things while still acting like a kid, have fun! Love Mom Dad & KC

Happy Birthday Auntie Sydney - XOXO Braxton & Braelyn

Happy Birthday Tah on July 4th – XOXO Craig & Katt

Happy Birthday Auntie Tah - XOXO KC, Sydney, Nicole, Braxton & Braelyn.

Happy Anniversary to Lucy Ann and Don Trudeau on July 28!

From Kiki

Happy 12th Birthday to Aidan Gardner on July 7th
Love Nana & Papa

2-in-1 family yard sale on Saturday July 9th from 9:00A.M. to 2:00 P.M. at 11 Shawanosowe St. Household items, bikes, clothes, baby stuff and more!

Have a birthday, anniversary, baby welcoming, baby shower, wedding, thank-you note, yard sale, fundraiser, congratulation or graduation announcement? Don't be shy to email or phone the Editor, Brianna McGregor, at briannam@whitefishriver.ca or (705) 285-4335 ext. 209. I will gladly post your announcement here!

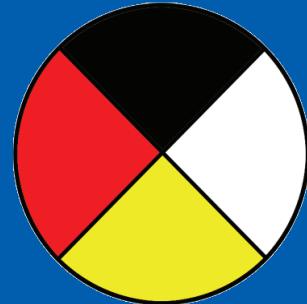
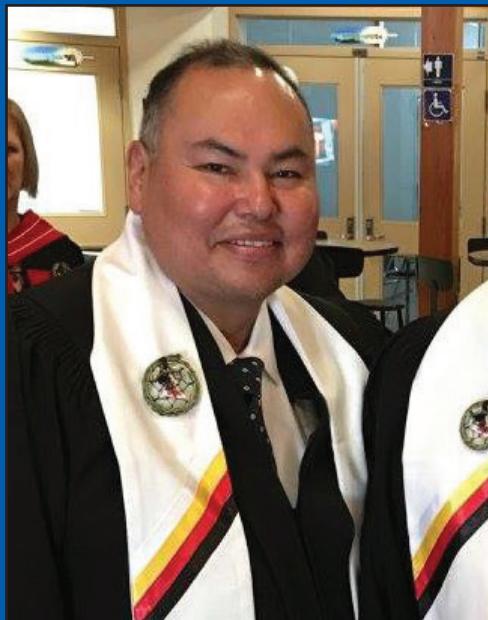


Have a say in your child's education

Say Yes to the AES  Vote in November

The submission deadline for the August issue is July 15, 2016

In Honour of: Charles Shawanda



I would like to share a few words about the late Charles Shawanda, Education Director, Diabetes Advocate and Father.

Although I only got to know Charles for a short period of time, I am so pleased to have worked with him and shared many laughs with him over the last couple of years. Charles was always willing to step forward and get the work done and never hesitated when asked to assist others when in need. His work and dedication within the field of education will continue to inspire the ongoing success, self-determination and advancement of First Nation Education.

Charles' further commitment to working to overcome his challenges with diabetes is a testament to his strength and compassion in always putting forward 100% both at home and at work.

Lastly, I admired Charles' pride and love for his children. On many occasions, I listened to Charles speak about the successes of his children and could tell he was very proud of them and the people that they have become.

Miigwetch Charles, you will be missed.

-Nishin Meawasige, WRFN Band Manager

"Charles was a highly-intelligent man with a keen sense of humour. He was so proud of his children. He was a long-time advocate for education, economic development and a big supporter of the Anishinabek Education System." said Grand Council Chief Madahbee.

Whitefish River First Nation
Administration Office
17A Rainbow Ridge Road
Birch Island, Ontario
POP 1A0

Mailing Label:

