



THE REZOUND

Ojibways of Whitefish River First Nation

WRFN Community Member Wins Award



Justin McGregor receives award from Kevin Debassige at UCCMM Technical Services. **Article and photo by Lorrilee McGregor.**

Justin McGregor was recently awarded the Derrick Kamanga Memorial Award from the Ontario First Nations Technical Services Corporation.

This award recognizes a First Nation student that is works towards a career in the field of Engineering.

This award honours the memory of Derrick Kamanga, B.A.Sc., M.Eng., P.Eng. Derrick's dedication to the field of water and wastewater engineering has made significant impacts on First Nations delivering safe drinking water to their respective communities.

This bursary will assist Justin in his post-secondary studies at Cambrian College where he is in his second year of the Civil Engineering program along with his brother Shane.

Justin's good grades also earned him a place on the Dean's List at Cambrian College.

Through a training program and summer employment, Justin has had the opportunity to learn from some of the best water treatment operators in the province.

Whitefish River First Nation has not had a boil water advisory in over 20 years and has won several drinking water quality awards. Kudos to Mark Shawanda, Andy Recollet, and Gerry McGregor who are led by Murray McGregor Jr.

Considering that there are 44 First Nations in Ontario that are currently under Drinking Water Advisories, Whitefish River First Nation is very fortunate to have safe drinking water available for community members.

Former WRFN Employee Celebrated in Magazine

Jordi Jacko, Former WRFN Right-to-Play worker, is featured in the Corporate Knights magazine article titled "Canadian Top 30 Under 30."

This yearly article is a celebration of young leaders across Canada pushing for systemic change. Each year a panel chooses 30 nominees from a shortlist of 50. Jordi is the 19th name listed in the top 30.

The article briefly outlined Jordi's time as RTP worker in WRFN. The article can be read at: www.corporateknights.com/reports/2016-30-under-30/



"To make a difference does not mean changing the mindset of a group. All you need to do is change one person's life and let the ripple effect take hold of the society we live in, as that person will inspire and make a difference."



Around the Community



Chief Franklin and Winnie Paibomsai attended the Water is Life protest at the highway 17 and 6 intersection outside of Espanola on Oct. 7.



Nishin Meawasige, Band Manager and Esther Osche, Councillor fielding questions from the audience at the AES Session on Oct. 18.



Shawanosowe School held their annual Bobcat Run on Oct. 13. Schools from across Manitoulin Island and the Espanola area participated in this event.



Karen McGregor putting together a wreath on Oct. 19 at the Seven Fires Youth & Elders Centre during a workshop for the WRFN elders.



Around the Community



Councillor Cara McGregor attended the Secret Path concert on Oct. 20 in Toronto.



The youth met their fundraising goal of \$3,200 to attend the Halloween Haunt event at Canada's Wonderland. They departed for their trip on Oct. 28.

Community Announcements

Happy Birthday Keith on Nov. 17!
It's going to be a good year. Keep being awesome!
Love Keith

Happy Birthday to Poppa Andy On Nov. 15th
Luv Nicole, Braxton, Braelyn, Sydney & K.C.

Happy Birthday wishes to:
Brother Dan on Nov. 13th
Cuz'n Stamp on Nov 5th
Cuz'n Gail - Nov. 7th
Andy on Nov. 15th
Auntie Travellin Bat on Nov. 21st

From Katt, Craig n girls!



SATURDAY, DECEMBER 8TH, 2016

8:00 AM – 3:00 PM

**WRFN COMMUNITY CENTER
BIRCH ISLAND**

7:00 AM: SET UP
8:00 AM : DOORS OPEN
8:00 – 10:00 AM BREAKFAST
TURKEY DINNER ALL DAY \$10.00

ALL PROCEEDS GO TO
THE ST. GABRIEL
LALEMANT PARISH

VENDOR TABLES
\$10.00
(\$5.00 PER
ADDITIONAL TABLE)

CONTACT Jim
McGeogor, Parish
Council President for
More Information or to
Register



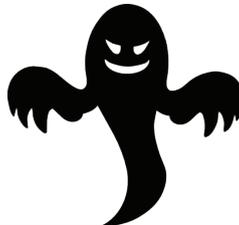
Haunted Halloween Happenings



The video dance was in full swing at 7:30 PM at the WRFN community centre. The dance was held by the Health Centre and the Youth Leadership team.



Amber Zona, Youth Support Worker and Crystal Clark-McGregor posing in a photo with several youth from WRFN.



The youth held a pumpkin carving contest on Oct. 19 at the soccer field. In this picture left to right: Ava Owl, Raven Shawanda, Avery Sutherland and Brittney Waindubence.



The Daycare children on their annual trick or treat outing. They visited the Health Centre, Administration Office, Waubetek and all four convenience stores in WRFN.



Haunted Halloween Happenings



The Shawanoso School Halloween dance on Oct. 28 was a major hit.



The grade 2-3 class students dressed up in their Halloween costumes.



Some of the WRFN elders at their annual Halloween party in AOK. Left to right: Karen McGregor, Sylvia Shawanda, Val Boyter and Helen Jacko.



Sylvia Shawanda and Heather Jacko taking a break from the festivities at the AOK Elders Halloween party on Oct. 27.



Message from Chief Shining Turtle Sturgeon Clan, Ojibway Nation

The Anishinabek Education System (AES)

In November 2015, the Anishinabek Nation started a process of community approval for the Anishinabek Education System (AES). Chief and Council have supported this process since 1995 and have shared the content of the agreement at 5 sessions 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 (AES) 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.

Please take some time to visit the Union of Ontario Indians website to get more information on the Anishnabek Education System.

New WRFN Signs

When you drive into Whitefish River you will see two new spectacular community signs. The old signs were very useful in their time, but council felt it was time to modernize our community signs and to locate them on the reserve proper in the south and at the limit of the original survey from the 1850 treaty in the North.

Whitefish River has land that is in the North and council wish to show this by placing the new sign at the limits of the original surveyed lands from 1850. We are hearing very positive comments about the signs and we hope you will share your comments with us about the new signage.

Secret Path Concert

On October 20th, 2016 Councillor Cara McGregor attended the Gord Downie Concert on behalf of Council. The "Secret Path" concert was released earlier in the week

and is a multimedia commemoration of music and film for 12 year old Chanie Wenjack, who died in 1966 after running away from the Cecilia Jeffery Indian Residential School near Kenora, ON.

I wish to thank all those that made this event possible and for sharing more of the history on residential school.

Youth Leadership Program

Our youth leadership has been very proactive in recent weeks preparing their leadership program with goals and objectives. I have personally attended a number of these fun filled and very inclusive events that build community spirit and really focus on collectivity and unity of purpose.

This group of youth supported by our new Right to Play worker, Crystal McGregor and Amber Zona, Youth Worker set a goal of raising \$3200.00 to go to Wonderland, and we can report that with hard work, dedication, and commitment they have achieved their goal.

The group now be going on October 28th to attend Canada's Wonderland Halloween Haunt event. Congratulations to all our youth, workers and volunteers that have supported this very enthusiastic young leaders.

Update on Three Capital Projects

1. We are building 5 new family housing under our CMHC agreement for this fiscal year, the 5 units are under construction in the Maple Heights Subdivision. The work is being completed by Birch Island Construction Company (BICC). The foundation work is completed and the work has begun to frame in the housing units.

2. The outdoor rink is getting a facelift with a new concrete topping and new boards to round out the project, by Christmas, our kids will be able to skate on our new rink. This work is also be constructed by BICC.

3. We are undertaking a Engineering Study on the capacity of the Water Tower (reservoir) led by First Nation Engineering Services Limited. The study will be used to justify resources from Indian Affairs to construct a new Water Tower for the community's 25 year growth plan.



Message from Nishin Meawasige Band Manager

Ahnii, Boozhoo, Well, it is November already. The leaves have turned and are piling up. It has been a beautiful fall and winter is coming.

Please take the opportunity to make sure you have checked air filters on furnaces and HRVs and checked your fire alarms to make sure they are operating correctly.

For this month's newsletter, I would like to focus on providing updates on two important topics – Anishinabek Education System & Education Constitution, and the upcoming WRFN General Election.

Anishinabek Education System & Education Constitution

In order for WRFN to opt into the Anishinabek Education System, it must also have an approved Education Constitution.

A draft of this document was made available during the WRFN powwow this past August 2016 and reviewed at a community information session on August 22, 2016. It was further reviewed at another community information session on September 20, 2016 and subsequently by Chief and Council on October 27, 2016.

Based on review and input to date, the latest draft Education Constitution was included in a Special Edition of the Rezound for October 2016 for further review and feedback.

A Chief and Council Working meeting was held on Oc-

tober 25, 2016, where final revisions were reviewed. A final version of the Education Constitution is being mailed out to all voting citizens the week of November 1, 2016 leading up to the ratification vote from November 28, 2016 to December 2, 2016.

If you have any questions on the Anishinabek Education System or the proposed Education Constitution, please contact Tracey O'Donnell, UOI at m.odonnell@sympatico.ca or 705-497-9127 or myself at the office by telephone or email, or better yet, drop by my office for a visit.

2017 General Election

The next General Election for WRFN is scheduled for February 11, 2017. A Band Council Resolution was passed by Chief and Council on October 25, 2016 appointing Gail Brubacher as the Electoral Officer for this upcoming General Election process.

This information has been provided to INAC and you will be receiving information regarding the General Election at the beginning of December 2016.

If you have any questions regarding the upcoming General Election, please feel free to contact my office or may also contact Karen Rivard, INAC at 705-522-4317.

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!



The Board of Directors of the Birch Island Construction Company are looking for three (3) new members to sit on the board for a two-year term.

Please submit your letter of interest to:

Chief and Council
Whitefish River First Nation
17A Rainbow Ridge Road
Birch Island, ON
POP 1A0



Monster Garage

Murray McGregor Jr.,

Good Job!!! to the public works crew for preparing sections of the paved roads for Pioneer Construction to come in and do the patch work.

This would not have been possible without the vision of Band Manager Nishin Meawasige, the preparation from summer student Justin McGregor and the workmanship of the public works crew to cut and remove the damaged areas.

This type of maintenance is necessary to ensure the longevity of the paved roads within the community and safe passage for all users year round.

The public works crew will be starting to prepare the truck, snowplows and winter equipment the next season WINTER, already arrangements have been made to have trucks serviced, winter tires installed, arrangement will be made to have the snowplows serviced if required.

Based on the 2016 Farmer's Almanac they are expecting an above average snowfall this winter for our region. So be prepared!!!

Lead water plant operator Mark Shawanda had the opportunity to attend the 2016 Ontario First Nation Technical Services Cooperation semi-annual Water Symposium in Niagara Falls this month.

Every 2 years OFNTSC hosts this event for First Nations in Ontario to gain insight into new technologies with regards to water treatment, new government initiatives and access to credited water treatment training that is required by all water plant operators.

Landfill Operations has a weekly challenge with members and passer byers dumping their garbage on unscheduled days. This type of disrespect causes the landfill site to appear unkempt.

During the summer months bears scatter the garbage in and around the site and drag refuse off into the woods, the attendant now must take the time to clean this up on a regular basis taking away from regular duties with covering the refuse and monitoring usage of the recycling bins and drop off bunkers.

Public Works requests that the public respect the hours of operation of the landfill site and if you notice unauthorized persons on sight to respectfully ask them to leave and to not leave their garbage behind.

The landfill attendant will also be burning off wood produces left behind in the wood drop off bunker throughout the fall, the fire department will be notified of the days scheduled for burning.

The scrap metal company has been called in to empty the scrap metal bunker, the funds generated from this goes into the landfill operations program.

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

Plant operations is awaiting a response from INAC for a solid waste study proposal submitted in September. If approved we will be reviewing the current operations of the landfill site, weekly curbside collection and recycling program.

Recommendations on how we can improve the current system with possible funding sources for improvements to the landfill site recycling program and long & short term goals for site usage.

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



Water Declaration of Whitefish River First Nation

Chief Shining Turtle

We, the Anishinaabe of Whitefish River First Nation, declare that since time immemorial we have been sovereign over the waters in our territory.

We have the right and responsibility to defend and protect the water in our territory, now and for future generations.

- We are a people of water. In our creation stories, we come from water. Water is our lifeblood and inheritance. We are inseparable from the water. Water is a gift given to us by the Creator and left to our care by our ancestors. We have an obligation to respect and honour this gift, and a responsibility to pass the gift of healthy water to our children.

- In our culture, we depend on water for life, for ceremony, for food, for health, and for survival. Water is our highway, our grocery store, our recreation centre, our medicine chest. There is nothing more fundamental to our very existence. Without clean water, we are broken. Water heals us – physically, emotionally and spiritually.

- The Creator gave us teachings about how to live in good way with the water. We keep these teachings and ceremonies alive so that we can continue to live in a healthy relationship with the water with and all our relations who – like us – depend on water for life and survival. We will continue to pass these teachings and ceremonies to our children so that they can continue to honour the circle of life that sustains us all.

- In our culture, women are the keepers of the water, bringing babies into the world through the breaking of the water. Women protect and honour the ceremonies that keep our people in a healthy relationship with water.

- Our Anishinaabe laws require us to respect, honour and protect the water. Our laws give us guidance and protocols to ensure that all living things can continue to enjoy the gift of clean waters.

- We did not agree, in our treaties, that anyone else could take away our right to protect and use the water. Indeed, our laws would not allow us to give away this gift and

responsibility given to us by the Creator.

- We remind the Crown and all our relations that access to clean water is a fundamental human right. The UN Declaration on the Rights of Indigenous Peoples* affirms our right as Indigenous people to give our free, prior and informed consent on all issues related to use and care of waters in our traditional territory. We have inherent and human rights to water for basic human needs, sanitation, social, economic and cultural purposes.

- We recognize that current dangers to the water are a threat against the long-term survival and health of our people. All our relations – the forests, the land, the plants, the fish, the insects, the birds and the animals -- are being poisoned and hurt by the destruction affecting the ground water, rain water and spring water that is the lifeblood of our territory. We are hurt by this destruction of the circle of life.

- Our Anishinaabe laws require us to stop this destruction of the water. We will not permit the poisoning and harming of water in our territory.

- We reject the idea that water is simply a “resource” or “commodity”. We will not dishonour the spirit of the water by treating it this way.

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 source water and watershed 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 and protect water, the life-giving gift of the Creator



Community November

Sunday	Monday	Tuesday	Wednesday
Note: Details on events are provided in the Health Centre News.		1.	2.
6. Family Art and Crafts Day 10AM-2PM	7. Flu Shot Clinic 1-4PM	8.	9. Debt Management shop 6-8PM Flu Shot Clinic
13.	14.	15.	16.
20. Family Art and Crafts Day 10AM-2PM	21.	22.	23.
27.	28.	29. Chief and Council Working Mtg	30.



LEGEND:

Health Centre

Community Centre

Seven Fires Centre



Activity Calendar November 2016

Wednesday	Thursday	Friday	Saturday
	3.	4.	5.
<p>Debt Management Work- shop 1-7PM</p>	<p>10. Debt Management Work- shop 12PM</p>	<p>11. POWFit 7-8PM Remembrance Day Cele- bration 11AM WRFN Offices Closed!</p>	12.
	17. Meal Planning & Cooking Session 4:30-5:30PM	18.	19. Strategic Planning Session 9AM-4PM
	24.	25.	26.



Council Chambers

Ball Park

Arbour

Rainbow Lodge



Fifth Annual Bobcat Run

Maretta Jones, Administrative Assistant - Shawanosowe School

This year's cross country meet was a great event that involved a total of ten schools from Manitoulin Island on the North Shore. The first run of the day saw the Shawanosowe kindergarten students running around the track to the cheers of all of the assembled athletes.

Our event had over 400 runners from the age of 6 to 13 and ups running. This was a great opportunity for students to come together and represent their school and community values as well as their commitment to physical fitness and fun. Students raced for individual medals for first, second and third place, and all of our runners received Bobcat Run wristbands. They also raced for one of two team awards. This year, Central Manitoulin Public School won the overall team trophy for their outstanding racers, many of whom finished on the podium or in the top ten.

Our second team award is our Team Spirit Award, which is awarded to the school that demonstrates the most positive spirit, teamwork and sportsmanship. This year, the Webbwood Wildcats won this award for their incredible support for all of their runners. Not only did they cheer loudly for their strong runners, but they also supported and occasionally ran alongside their slower runners.

Overall, a great time was had by all. Students enjoyed the various sport activities that were provided by the Birch Island youth coordinator. Students and coaches alike both loved the music provided by Blake Debassige.

I would like to offer a Chi Miigwetch to all of the volunteers from the community who helped make this event possible; Public works (for their amazing job setting up the site), Nishin and the staff at the band office (for helping to organize and set up the event), the health department (for setting up a first aid tent and helping take care of our young people), UCCM (for controlling traffic, leading our runners, and keeping them safe), the youth coordinator (for providing fun games and activities for our runners), A Chi-Miigwetch to Kevin Lester (teacher) and Cheryl Miller-Martin (Principal) for helping organize the event, Shawna Smith and the Shawanosowe School Staff (for making signs, helping run the event and the canteen), and community volunteers and parents who helped out with the canteen.

It always amazes me how the whole community seems to come together to make this event happen. It shows how this community is committed to the fitness of our young people. Well Done Whitefish River and well done Bobcats.

Membership Office

Kathleen Migwanabi, IRA & Lands Assistant

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).

At this time, you may also wish to register your child for Citizenship or Probationary Citizenship with Whitefish River First Nation. Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply. Applications for Citizenship and Probationary Citizenship are available upon request.

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

- 1) Indian Status: possibly post-secondary education assistance, 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



Economic Development

Keith Nahwegahbow, Economic Development Officer

In October, I was privileged enough to be able to attend the Ontario First Nations Economic Forum (OFNEF) 2016 in Toronto.

This allowed me to network with Economic Development Officers from other First Nations. I was able to listen in on lectures from other successful First Nations people in the economic development field. And seek advice from other professionals about moving forward with WRFN economic development department.

At the forum the best speaker was Chief Clarence Louis from the Osoyoos Indian Band. He shared many memorable experiences and had a lot of memorable quotes.

He talked about how tough love and economic development are the keys to rebuilding FN communities. But no matter who I listened or talked to the advice was always the same.

Economic Development in a community cannot move forward with a plan. The strategic plan is important to establish a clear and unified direction for the community.

This will help us to keep working with the vision and goals of the community. And help us align our priorities to represent the voice of the community.

The Whitefish River First Nations Economic Development Strategic Planning Session is on Saturday November 19th, 2016. I hope to see a strong number of community members at the planning session.

We need everybody's input. For those who cannot attend the planning session is encourage to stop by my office or email to share your comments and ideas.

I can be reached at (705)-285-4335 or by email at keithn@whitefishriver.ca



Economic Development Strategic Planning Session

Community Engagement
Interactive Working Session
Aligning Community Priorities

November 19th, 2016

WRFN Community Centre
@ 9:00 AM to 4 PM

1st 20 people get a special gift basket!

DOOR PRIZES: TBD

(You have to have fully participated in the planning session to be entered into the draw for a chance to win a door prize)

LUNCH: Will be served at 12:00 noon.

Facilitated by: Kenjgewin Teg Educational Institute

For more information please contact Keith Nahwegahbow,
Economic Development Department at 705-285-4335 or email: keithn@whitefishriver.ca

We need everyone's input! Miiqwetch!

The Return of the Good Food Box

The WRFN Health Centre will once again offer the Good Food Box program to community members.

The Good Food Box is a non-profit, community initiative helping individuals and families in need of assistance to put fresh produce on the table. The program offers a variety of nutritious, delicious fresh fruits and vegetables at whole sale prices.

Each month, customers prepay \$17 for a large box or \$9 for a small box. The food boxes are packed and delivered to communities across Manitoulin on the third Tuesday of every month.

The produce is supplied by local grocery stores on the Island.

An example of what is in a large box: 10 lb potatoes, 3 lb carrots, 3 lb onions, one head of lettuce, one cucumber, one tomato, 3-4 apples, 3-4 oranges, 3-4 bananas and 4 cobs of corn.

An example of what is in a small box: 5 lb potatoes, 1.5 lb carrots, 1.5 lb onions, one head of lettuce, one cucumber or tomato, two apples, two oranges, one banana and two cobs of corn.

You must commit and be willing to pay the monthly fee for the box. Contact Gail Jacko at the health centre if you wish to join this program. She can be reached at (705)-285-4354.



Visiting Medical Professionals

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



Health Centre News

Youth and Children:

- Family Craft Day 10AM-2PM on Nov. 6 & 20 at the youth centre.
- Youth Leadership Program (Fundraising Committee) at the youth centre from 5-8pm on Thursdays.
- A family dance is scheduled for Nov. 25, watch for the flyer in the coming weeks!
- Youth Drop In every Friday night from 6-10PM.
- Lunch and Learn at EHS on Nov. 22, contact Crystal for more information.
- Parents and Tots swim every Friday from Oct. 7th to

Nov. 18th. Contact Arlene for more information.

All Ages:

- Acupuncture and herbal medicines with Dean Perry from Nov. 21-23. Call Doreen to book an appointment.
- Meal Planning and Cooking Info Sessions at the Health Centre on Nov. 17 from 4:30-5:30PM.
- Flu Shot Clinic on Nov 7 & 9. See community calendar for times.

Noojmowin Teg Health Centre & Whitefish River First Nation Presents

CHILDREN'S SPORTS CAMP

Shawanosowe School Gym - Whitefish River First Nation

For Children Ages 6 - 14 Years
 November 2, 9, 16, 23, 30, December 7, 2016

Wednesdays 5:30-7:00pm

* VOLLEYBALL * BASKETBALL * SOCCER
 * ULTIMATE FRISBEE * BADMINTON

INFO SESSIONS:
 * Food Nutrition
 * FASD
 * Cooking Lesson
 * Traditional Teaching
 Healthy Snacks & Beverages Provided

FREE REGISTRATION
 Those with little or no experience in sports are welcome & encouraged to attend

Registration forms can be picked up at the Whitefish River Health Center. For more information, please contact Nelson Wood at 368-2182 and Amber Zona at 285-4354.
www.noojmowin-teg.ca

Find us on Facebook
 Noojmowin Teg Health Centre

Important

When?
 Tuesdays starting Nov 1-29/16
 4:30-6:30 pm
 &
 Wednesdays Nov 9 & 23 (two days only)
 4:30-5:30 pm

Where?
 Whitefish River Youth/Elders Centre

Who?
 Youth ages 12-17 years

Why?
 Why not?? Plus there are great prizes! & supper served.

What?
 You'll be learning about different topics over 12 sessions

YOU HAVE IT IN YOU TO SUCCEED

U-TURN

If you would like to participate in this program, please register with Amber at the Whitefish River Health Centre

This program is sponsored by the UCCMM Justice Program



Education Department

Vanessa McGregor, Interim Education Manager

I wanted to take a moment and say congratulations! We are half way through the 2016 Fall semester.

To all educators, assistants, program managers, parents/guardians and especially you the students, your hard work and dedication are inspiring. WRFN has always been supportive of education and to see you succeed is a driving force to ensure we are there to be that support for you.

If you require assistance, the Education Department office door is always open.

Whitefish River First Nation Education Committee



The Education Department has an Education Committee that has provided exceptional support to the success of the department and the students. We've met a few times since the beginning of the school year, but would like to make the meeting more regular to ensure the Education Department is fulfilling the education needs of WRFN.

We currently have 4 committee members but would like to add more to round out the committee. We are looking for motivated individuals who are passionate about education and moving forward in a positive and empowering way.

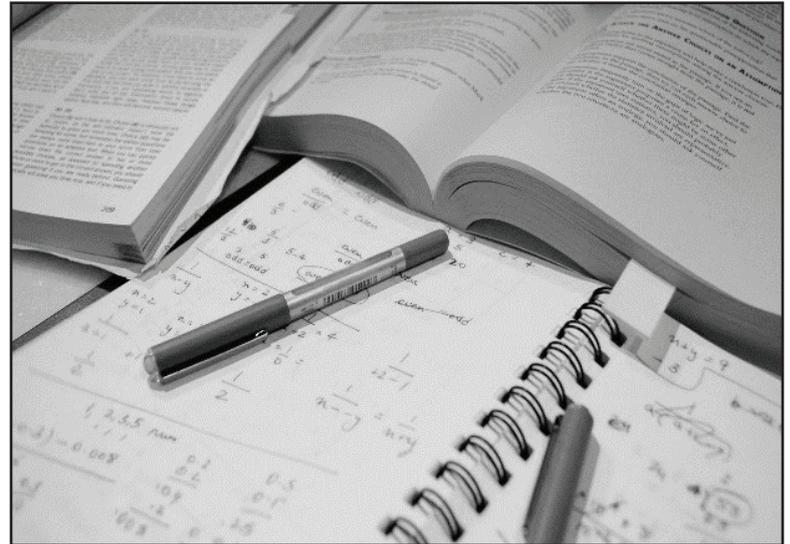
We would like to fill the following positions:

- 1) One Elder
- 2) A Second Youth Representative

Please submit your letter of interested to:

Whitefish River First Nation
17A Rainbow Ridge Road
Birch Island, ON POP 1A0
Attn: Education Department

Student Study Ideas



Mid-terms are coming to a close, but final exams are on the horizon. Everyone is different, these are just ideas that may help you have a more productive study session.

- 1) **Set Study Goals:** Never underestimate the power of identifying to yourself the things you need to achieve.
- 2) **Make a Study Plan:** Time is valuable and a well thought out plan will help you make the most of your study time. A good study plan will also reduce the gut feeling that you're not prepared.
- 3) **Take Regular Study Breaks:** This is important so that you do not overload yourself with information. Everyone is different, so find something that works for you.
- 4) **Embrace New Technologies:** Perhaps writing things down or furiously highlighting the book is not an effective study method for you. Technology has come a long way and can be used for personalizing your study sessions.
- 5) **Test Yourself:** Mentally prepare for the moment you walk into an exam room and completely forget everything you studied. Little quizzes or even having a friend quiz you may just be the key to walking into an exam room confident.
- 6) **Find a Healthy Balance:** Remember to take care of your physical self as well. A well balanced sleeping, eating and exercise cycle can go a long way.



Maamwe Kendaasing Child Care Centre

Danette McGregor, RECE & Child Care Supervisor

Aanii from Maamwe Kendaasing Child Care Centre

Happy November!! The end of the year is fast approaching, and the weather is getting colder. Soon we will be getting out our sleds and putting away our bikes!

Colder weather means warmer clothes. Please send your child with appropriate clothes for playing in the snow and cold weather. We firmly believe that fresh air is vital to a child's development with their large motor skills on a daily basis.

It is important that your child has the following items available each day; warm coat, hat, mittens, splash (snow) pants, warm boots and extra clothing.

This month we will be learning about hibernation, Remembrance Day, dressing for winter and making our own books. As well as all those fun themes we will be singing songs, working in our busy books, practicing our names and playing games.

We have been practicing saying our first and last names, cutting paper and keeping our hands to ourselves. Soon we will be starting our Christmas crafts, so if anyone has any great ideas please feel free to let us know!!!

Wednesday OCTOBER 26th, 2016 was the 16th Annual Child Care Worker and Early Childhood Educator Appreciation Day.



I say Chi Miigwetch for all our amazing Early Childhood Educators and Child Care Workers - for their hard work and dedication to the children entrusted to our care each day.

Each staff were presented a Certificate and Star Blanket.

Message on the Card:

Miigwetch

Although you make it look easy, we know you work hard, and today we honour you for the outstanding work you do.

Symbol of receiving a blanket:

When you are given a blanket it is to demonstrate great respect, honour and admiration. You have been given this blanket as a symbol of your generosity and accomplishments directed to the children in your care and receiving a blanket will bring you good dreams and prosperity.

The star blanket is the symbol of the morning star – the beginning of a new day/another day of life given by Creator. (The stars are used as teachings and blessings – the standing between light (knowledge) and darkness (ignorance), the morning star inspires understanding and life). Believe and Miigwetch

Happy Birthday to:

Delilah – November 6
Autumn – November 7
Raidyn & Daylyn – November 8
Memphis – November 20th
Staff – Danette – November 11

Special Activities:

November 11 – Remembrance Day- Child Care Closure

Baa maa pii Miinwaa!

Openings: in our Toddler Program, contact the Child Care Centre or come by and pickup an enrollment application.

Baa maa pii



Lands Department

Kathleen Migwanabi, Lands Assistant

Check It Out - The Bear Facts

Black bears are considered highly efficient hibernators. They sleep for months without eating, drinking, urinating, or defecating.

Hibernators with lower body temperatures, such as chipmunks, woodchucks, and ground squirrels, cannot do this. These smaller mammals must awaken every few days, raise their temperatures to over 94 degrees, move around in their burrows, and urinate. Some of them must also eat and defecate during arousals.

Black bears have far more insulative pelts than the smaller hibernators. As a result, bears' body heat is lost very slowly, enabling them to cut their metabolic rate in half and still make it through winter, maintaining temperatures above 88 degrees--within 12 degrees of their normal summer temperature. (Excerpted from "A Bear In Its Lair" by Lynn Rogers, Natural History Magazine, October 1981).

Length of Hibernation: The length and depth of hibernation is genetically programmed to match the regional norms of food availability. Bears commonly go for seven months without eating — from mid-September until mid-April.

Hibernation is deeper and can last over 7 months in the northern portion of the black bear range where abundant, high quality food is available only from May through August. To do that and remain in good condition requires changes in physiology, and some of these changes create conditions in bears that would cause problems in people.

Bear Health & Human Medicine - Interesting

How bears remain healthy in winter, and how their adaptations may be used to improve human medicine, have recently become subjects of study at some of the leading medical research centers in the country.

For example, bears that are living off their fat have cholesterol levels more than twice as high as their summer levels and more than twice as high as the cholesterol levels of most humans. Yet bears have no known prob-

lem with hardening of the arteries or with the formation of cholesterol gallstones. Medical studies have shown that bears in winter produce a bile juice, ursodeoxycholic acid, that may help them to avoid problems with gallstones.

When given to people, this acid dissolves gallstones, eliminating the need for surgery. Black bears also greatly reduce their kidney function in winter. They do not urinate for months but still do not poison their bodies with waste products such as urea. The urea is somehow broken down and the nitrogen from it is reused to build protein.

This ability to build protein while fasting allows the bears to maintain their muscle and organ tissue throughout the winter. They only use up fat. Evidence is accumulating that the physiological changes that occur in hibernating black bears are controlled by hormone-like substances.

These substances also produce hibernation-like effects when injected into other species - both other hibernators and non hibernators, suggesting possible uses in human medicine.

Did You Know?

Aboriginal people noted the locations of dens they found in the fall and returned to them in winter to kill the bears for food.

They respected bears and had special ceremonies surrounding the killing and eating of them. The first moon of January was called the bear moon because it is then that the cubs are born and then that the bears begin to lick their paws.

It was believed that mother bears washed their newborn cubs with fresh snow when they were born. Snow during the bear moon meant that another cub had been born and that the bears, which had control of the weather, were calling for fresh snow to wash their young!

It was also believed that bears walk on berries all summer, crushing the different kinds into their paws so that in winter they can lick their paws and obtain the essence



Lands Department (continued)

Kathleen Migwanabi, Lands Assistant

of the berries for sustenance in winter. Yummy!

Now for the scientific observation: Cubs are born in late January or early February. Bears commonly lick their paws in late winter and early spring because their pads and toe pads flake off during hibernation, and the newly exposed skin is not yet toughened up.

I like the aboriginal observation better –both are interesting! Have a good winter bears!

Ojibwa Traditional Hunting Period For Deer

The Ojibwa Nation has always observed a traditional hunting period for the harvesting of deer. Hunting season begins after the first snowfall – usually in November and continues to mid-December.

Our people DO NOT HUNT after mid-December because the deer have begun carrying their young at this time. This is why it is important not to disturb deer after mid-December.

This tradition has been practiced for generations and is conservation in action. Because of this practice we still have the deer to rely on for food in this modern day age.

Deer meat is a lean and nutritious food high in protein and iron.

If we continue to adhere to our traditional practices and observe the acceptable time for harvesting our future generations will reap the benefits of accessing a healthy deer population for their food supply.

RESPECT FOR PRIVATE PROPERTY:

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

REMINDER THERE IS NO NIGHT HUNTING PERMITTED ON OUR LANDS

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

Have a prosperous and safe deer hunt this season!

Matrimonial Real Property Law Awareness

Georgina Recollet, Housing Manager

Whitefish River First Nation Matrimonial Real Property Law has been approved by Band Council Resolution #3450 on March 6, 2015; and amended June 9, 2015.

Whitefish River First Nation will be increasing the communication and public awareness with hands on information and social media; both on and off reserve citizens. We recently received approval in partnership with the Centre of Excellence for Matrimonial Real Property Special Pilot Project Funding.

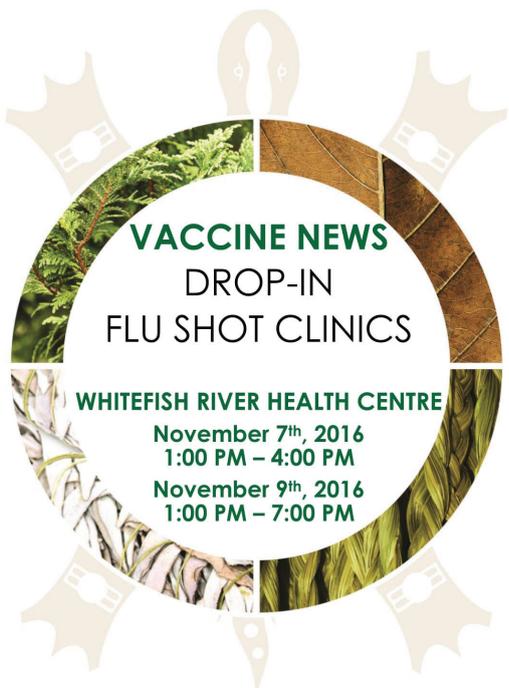
We will be hosting community consultations on reserve; develop pamphlets with short questions and answers for individuals to ask specific questions in which we could get a legal review; updating our website on the Matri-

monial Real Property which would include the process of the Matrimonial Real Property and having one on one interviews for the community.

More information will be provided through our newsletter of upcoming events and activities. This project is anticipated to be completed by March 31, 2017. For more information please contact Nishin Meawasige, Band Manager.



MNAAMODZAWIN
HEALTH SERVICES



VACCINE NEWS
DROP-IN
FLU SHOT CLINICS

WHITEFISH RIVER HEALTH CENTRE

November 7th, 2016
1:00 PM – 4:00 PM

November 9th, 2016
1:00 PM – 7:00 PM

FLU SHOT CLINIC IS OPEN TO EVERYONE

For more information, please contact
Anna Grigull, Community Health Representative
at (705) 282-7099



**FAMILY
ART
&
CRAFT DAY**



**Sunday November 6
&
Sunday November 20th
@ The 7 Fires
10:00am-2:00pm
Lunch Provided**

Please Contact Amber Zona at the Health Centre for more information

TAKE CONTROL OF YOUR FINANCES FOR A BETTER TOMORROW

**DEBT MANAGEMENT
WORKSHOP**

WEDNESDAY NOVEMBER 9th, 2016 from 6-8pm
Council Chambers - 17 Rainbow Ridge Road

YOU WILL LEARN:

- * WHAT IS A GOOD CREDIT SCORE
- * HOW TO CHECK CREDIT SCORE
- * HOW TO REPAIR BAD CREDIT
- * HOW TO BUDGET
- * HOUSING FINANCE



LEARN IF YOU QUALIFY FOR A MORTGAGE/LOAN
TO BUILD, PURCHASE OR RENOVATE A HOME

Immediately Following Debt Management Workshop



**INFORMATION
SESSION**

For More Information
Contact Georgina Recollet at
(705) 285-4335

Whitefish River
First Nation



First Nations
Market Housing Fund



TAKE CONTROL OF YOUR FINANCES FOR A BETTER TOMORROW

**DEBT MANAGEMENT
WORKSHOP**

THURSDAY NOVEMBER 10th, 2016 at Noon
Council Chambers - 17 Rainbow Ridge Road

YOU WILL LEARN:

- * WHAT IS A GOOD CREDIT SCORE
- * HOW TO CHECK CREDIT SCORE
- * HOW TO REPAIR BAD CREDIT
- * HOW TO BUDGET
- * HOUSING FINANCE



One-on-one personal meetings with representatives of First Nations
Market Housing Fund. Call housing to make an appointment.

THURSDAY NOVEMBER 10th, 2016 from 9am-4pm



**OUTREACH
SESSION**

For More Information
Contact Georgina Recollet at
(705) 285-4335

Whitefish River
First Nation



First Nations
Market Housing Fund

