Sudbury Liberal MP Paul Lefebvre delivered a funding announcement with FedNor on Nov. 8 at the Seven Fires Youth and Elders Centre.

There was over $250,000 divided amongst three First Nation communities in Manitoulin and the surrounding area on behalf of the Government of Canada. The grants come from the Canada 150 Community Infrastructure Program (CIP 150).

In a press release from the federal government, CIP 150 grants are “designed to leave a lasting legacy by supporting the rehabilitation or improvement of existing community infrastructure assets and facilities across the country that promote community and cultural benefits for the public.” FedNor is the agency responsible for delivering the CIP 150 program in Northern Ontario.

Dennis McGregor emceed the short event. Boys from the Grade 5/6 class at Shawanosowe School welcomed the MP and give their thanks for a CIP 150 grant for $88,000. The grant will be used to breathe new life into our community outdoor rink. The concrete surface will be refurbished, new rink boards will be installed, as well as increased insulation and electric heat installed in the adjoining change room.

MP Lefebvre noted the importance outdoor rinks played in his childhood, and now for his three children. The Grade 5/6 students presented him with WRFN ‘swag’ such as a WRFN Bobcats scarf and car flag.

The MP also announced $95,784 for Wikwemikong to upgrade children’s playground equipment at three separate sites, in addition to completing a youth skate park at a fourth venue.

Sagamok Anishnawbek First Nation was also in attendance to hear about the $100,000 in CIP 150 funding announced for expansion to its fitness centre.

“The Government of Canada recognizes the importance of supporting community infrastructure improvements and modernization in First Nations, organizations and municipalities,” Mr. Lefebvre quoted the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for FedNor.

Chief Franklin Paibomsai commended the Liberal MP for coming to the community, noting that visits from politicians under federal Conservative rule were a rarity.
Around the Community

The speakers for the Men’s Wellness event on Nov. 24 at the council chambers. Our very own, Troy Pitawanakwat, was a speaker for the event.

Joyce and Andy McGregor sharing their ideas during the Economic Development Strategic Session on Nov. 19. Additional sessions will be held in the coming weeks.

Jerry McGregor reciting the poem, “In Flanders Fields”, during the Remembrance Day ceremony at the Veterans Memorial. Tim McGregor holds the Veterans Eagle Staff, while Curtis Paibomsai holds the Bwaajigatik staff.

Sudbury Liberal MP Paul Lefebvre, Chief Franklin and the boys from the Grade 5/6 class at Shawanosowe School posing in front of the soon to be refurbished outdoor rink.
Birthday Wishes

Dec 22, 2016
Happy 12th Birthday Ava
Love aunty Crystal

Dec 27, 2016
Happy Birthday Chey
Love Crystal

Coming Soon!

Save the Date!
For the Meshkawzi Kwe Program!

Means strong woman from within, this is an 11-week program for Women 18+ that focuses on empowering the inner strength, health and well-being as an Anishinabe Kwe!

When?
Every Wednesday Starting January 11, 2017 to March 29th, 2017 from 5pm-7pm

Where? At the Seven Fires Youth & Elders Centre

Session Topics Include:
- Taking Care of Your Fire Within
- Beautiful You!
- Healthy Relationships
- Your Body, Your Strength
- Chi-Wisnin Nishin!
- Maandaakwe Make Overs
- Self-Care & Foot Soaks
- Bundle Up! Scarf Making
- Traditional Teachings & Story Telling
- A Woman’s Intuition and much more!

For more information or to register, please contact Candice Assiniwe at the health centre at 705-285-4354 or via email at candicea@whitefishriver.ca

SAVE THE DATES

Whitefish River Annual Christmas Parade
December 17, 2016

Whitefish River Annual Christmas Concert
December 21, 2016

More information coming soon!

“The best way to spread Christmas cheer, is singing loud for all to hear.”
- Buddy the Elf

CHRISTMAS Craft and Vendor Fair

SATURDAY, DECEMBER 10TH, 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 McGreogor, Parish Council President for More Information or to Register
I love Christmas and every year I look forward to celebrating the holidays with family and friends. It's such a magical time of year. I can't get enough of all the holiday cheer and positive energy in the atmosphere.

Below are some classic, yet fun Christmas activities your whole family will enjoy! These are also great activities to get yourself in the Christmas spirit! Why not start a new tradition with your family this Christmas?

**Family Together Time**

- Cut or choose a Christmas tree
- Have an ugly sweater competition
- Make a holiday greeting video and send it to friends and family
- Go on a Christmas themed scavenger hunt
- Have a Christmas movie marathon
- Make a Christmas song playlist and have a family dance party
- Take family photos with Santa
- Have a silly, Christmas- themed family photo shoot
- Take a ride to look at Christmas lights in the neighborhood
- Go to a Christmas craft show
- Read stories together by the Christmas tree
- Plan a red and green day (i.e. wear red and green all day or eat only red and green foods)
- Game night with hot cocoa and candy canes

**Christmas Cheer in the Kitchen**

- Have a hot cocoa bar
- Have a cookie decorating party
- Make Christmas cookies
- Make reindeer treats
- Decorate a Gingerbread house

**Christmas Acts of Kindness**

- Donate new toy to charity
- Volunteer at a soup kitchen
- Donate towels and blankets to an animal shelter
- Donate canned goods to a food bank

**Christmas Crafts for Kids**

- Make Christmas tree ornaments
- Decorate a wreath
- Make your own ugly sweater
- Design Christmas cards
- Make mason jar snow globes
- Design and decorate gift tags
- Make paper snowflakes
- Write a letter to Santa

**Christmas Decorating Fun**

- Decorate the Christmas tree
- Hang Christmas lights outdoors
- String popcorn garland and put on Christmas tree
A national debate for a national bird has been running since January 2015. There are 450 species to choose from in Canada.

After weighing the opinions and preferences of tens of thousands of Canadians, as well as the expertise of Bird Studies Canada and other ornithologists and conservationists, as well as cultural experts and Indigenous Peoples, that list was narrowed to five birds.

The gray jay, a.k.a. the whiskey jack or Canada jay, is now named Canada’s national bird by Canadian Geographic.

Below is an Anishnaabe story from Canada Geographic website on the Gray Jay. The article is written by Niigaan Sinclair, an associate professor in the department of native studies at the University of Manitoba, a writer and the co-editor of Manitowapow: Aboriginal Writings from the Land of Water.

I’m writing about an old relative, one that goes by many names. To the Cree, she is wisikejack. To the French, she is mésangeai du Canada. To the English, she is gray jay. To my people, the Anishinaabe, she is Gwiingwiishi.

Gwiingwiishi has lived with us since the beginning. She is a life giver, a trick player and one of the smartest beings in Creation. Everything she does challenges thought and perception, gifting teachings of responsibility, relationships and life.

Many say she is a food-stealer, but she is brave in her fearlessness, bright in her mistakes. She is kind to those who are kind back, harder on those who need a dose of humility. She is the best parts of all parts.

Unlike many birds, she stays among our lodges all year, watching, playing and calling for our attention constantly.

She is fierce in her protection of her family and community, travelling only with her relatives and taking care of her young. She hides her food in tree caches, as she is constantly on the move, constantly going and returning, constantly visiting all.

Gwiingwiishi is a great, wise teacher, and there is an old story that tells of her abilities to give gifts.

One day long ago, our great trickster-transformer Nanabozho changed himself into Gwiingwiishi and sat in a tree above two blind brothers as they began to share a meal.

As the first man reached for a piece of meat, Gwiingwiishi flew down and stole it. Startled, the man asked his brother if he had taken his meat. The brother replied no, reaching for a piece himself. As he was about to place the food in his mouth, Gwiingwiishi flew down and stole it, too, then returned to the tree to watch.

The brothers accused one another of stealing, arguing with fear that one was trying to hurt the other. Just before they came to blows, Gwiingwiishi let out a huge laugh.

Suddenly, the two men realized that Nanabozho was playing a trick, teaching them to not let petty things come between them. Nanabozho transformed back into a human but left a spirit of play and gift giving within Gwiingwiishi, something she still shares today.

Her lesson? That it is only in our bravery, resilience and commitments to one another that we can find growth.
Message from Chief Shining Turtle
Sturgeon Clan, Ojibway Nation

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.

On November 29th, Shawanosowe School received the Stellar Award, presented by the Education Coordinating Team. The school received the award for exemplary community partner in Indigenous Teacher education and are very deserving of special recognition as a Stellar Employer supporting experiential learning. ATEP teacher candidates have also selected Shawanosowe School as one of their top preferences to learn from experienced teachers mentors.

We currently have three capital projects to update you on;

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 framing has been completed on 4 of the units. The new housing will help the housing department provide more housing opportunities for our citizens.

2. The outdoor rink is getting a facelift. The concrete slab and footing have been poured and now the boards need to be installed to allow for ice skating and hockey. The change rooms will be renovated to provide for a heated space and touch ups to the building. This work is also be constructed by BICC.

3. We have finalized the Water Engineering Study on the capacity of the Water Tower (reservoir) led by First Nation Engineering Services Limited. We are now in the process of the Design Approval Request (DAR). The DAR outlines the scope of work for the Elevated Storage Reservoir and supports the Alternative Analysis Report completed by First Nation Engineering Services Limited. This design phase will justify the Project Approval Request (PAR) submission to access construction funding of over $3 Million dollars to construct a new Elevated Storage Reservoir.

This is a short history of our water system in the community.

In 1992 Whitefish River completed a capital planning study that was required by INAC in order to be eligible for Major Capital funding for First Nation water system.

In 1996 we were approved for the design of a new water treatment plant, storage facility and new watermains including trunk watermains to a second pressure district in our community.

A design brief was prepared for this project. This brief glaringly used inadequate design criteria for water consumption as our design engineer was instructed by INAC staff to use lower water consumption values than industry standard, the planning horizon of 10 years a very ridiculously planning period of time when designing for long term infrastructure and the brief recommended a process design for the water treatment plant that we later came to realize did not meet the design standards of the Province at the time.

However our water treatment plant, standpipe and trunk watermains were constructed and commissioned in 1997.

Needless to say our water supply infrastructure became seriously stressed in a relatively short period of time. Our growth rate on-reserve was twice what was recommended in our 1992 capital planning study. The Walkerton tragedy led to Provincial water supply regulations being passed in 2004 and as a result we were approved for a water feasibility study by INAC in 2007.

This study clearly showed how our population growth was double that used in previous planning studies. This study recommended the replacement of the water treatment plant (due to space limitations at the existing site and the need for the existing plant to provide potable water on a continuous basis). As well the study identified the need for a new water storage facility.

The existing facility was undersized based on Federal and Provincial criteria and was set at an elevation that did not provide minimum residential pressures to parts of zone 1. Thus the inadequate criteria used for these projects in 1996 made the water treatment plant, standpipe and trunk watermains redundant in a relatively short time period.

In 2005, Whitefish River First Nation commissioned Hender- son Paddon and Associates Consulting Engineers to update the previous capital planning study completed in 1992 by RJ Burnside and Associates Consulting Engineers. The conclu-
sions by Henderson Paddon and Associates in 2005 was “the standpipe cannot provide sufficient/minimum pressures, equalization or fire storage volumes required for the present and future development area on Maple Heights Road,” which was the location of the new school built in 2007.

In November 2012, Whitefish River First Nation commissioned Genivar (now WSP Canada Inc) Engineering Consultants to assist in the community in updating our 2005 Capital Planning Study. Part of that work clearly identified the following: “the above mentioned analysis clearly indicates the present water standpipe can only provide a fraction of the required fire storage volume for the school (20%) and main community facilities without fire sprinkler systems. In addition, residential lots in the Maple Heights subdivision (east end) also have only less than half the fire storage volume requirement.”

Two separate consulting engineering firms have confirmed the need for a new elevated storage reservoir. INAC was aware of this in 2005, now here we are 11 years later trying to help INAC resolve what these independent studies concluded along with our design engineers during the design of the Water Treatment Plant in 2007.

In addition INAC funded approximately $1,000,000 in 2008 to retrofit the existing water treatment plant in order for it to meet the new provincial regulation design standards even though we advocated that this money should be used for the design and construction of a new water treatment plant, not on the retrofit of a redundant one.

In 2008 INAC funded the design of a new water treatment plant. Our design engineer confirmed that an elevated water storage reservoir was required to adequately pressurize zone 1 and provide the necessary fire flows.

We were informed that due to budget limitations only the water treatment plant would be funded. Further INAC requested that our design engineers maintain the existing standpipe if possible due to it being used for such a short period of time. Our engineers responded that it was possible to maintain the standpipe but there would be compromises on the functionality of the zone 1 pressure district.

The first being that homes constructed in certain areas of zone 1 would have an operating pressure range below that recommended by the Province.

The second is that fire flows for any community buildings would not meet FUS requirements without exception. Our engineers recommended that planned community buildings such as the school that was being contemplated have a sprinkler system installed, with it’s independent fire storage, booster pump and back up generator. Never was there an agreement that an elevated water storage tower would not be constructed. The construction of the elevated storage reservoir was always deemed our solution.

Due to the importance and need of a new water treatment plant we proceeded with the construction in 2009 on the basis of the compromises outlined above.

We are mystified, as INAC staff have changed over the years why the approval of the elevated storage reservoir has to be re-analysed every step of the way.

The recent study completed by First Nations Engineering Services Ltd clearly shows that the earlier recommendations dating back to 2005 are still the most economical approach for Whitefish River First Nation to have a water system that meets current design standards.

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 our Highway Claim is very close to finalization. We are in the final process with INAC on the settlement provisions and once this is finalized, we will be in a position to make 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 Chief Shining Turtle
Sturgeon Clan, Ojibway Nation
Message from Nishin Meawasige
Band Manager

MERRY CHRISTMAS!

From:
Nishin Meawasige
Band Manager

Save the Date:
KINGS DAY FEAST
&
BABY WELCOMING
January 6, 2017
New WRFN Website

Brianna McGregor, Communications

On November 25, we launched the new WRFN website. Our old website wasn’t very visually appealing or kept up with the latest design trends, according to the WRFN website survey conducted in September.

The new website is very fresh and modern. It has new features and more in depth information on programs and services.

One of the more fascinating features on the website is the Membership Portal. This page can only be accessed by WRFN band members.

The following sections are featured on the membership portal:

- Codes, Bylaws and Laws
- Forms and Applications
- Important Notices
- Chief and Council Meeting Minutes
- Audits
- Land Claims

To access the Membership Portal you must register to be a user on the page. There is a link provided on the Membership Portal for band members to register. You will be prompted to create a username and password.

To register as a user, you must provide the following information:

- Full name
- Date of birth
- Band number

If you fail to fill in any of the three sections mentioned above, you may be denied registration for the Membership Portal. The information is required to prove that you are indeed a band member of WRFN.

Registration is approved by Website Administrator and the Membership Clerk. The information provided through registration must match the records in the membership office.

Another wonderful addition to the website is the community timeline.

In the administration office, we have a community timeline featured along the wall in western hallway. The timeline highlights historical moments and dates from 1761 to present.

The timeline featured on the website is presented on a slider. It automatically scrolls through the pieces of information, but it can be paused or manually scrolled through.

There are plenty of other new features on the website, such as:

- A section for the latest news and events on the homepage
- A section for the PDF versions of the Rezound on the homepage
- Pages that promote tourism, historical sites and businesses in our community

The old website could not be accessed on smartphones/iphones or tablets/ipads. Community members stressed that was a major issue.

The new website is mobile friendly, it can be accessed on all hand-held devices. The Membership Portal is mobile friendly as well.

A few of the pages on the website are still being developed, these pages will be available in the coming weeks.

The Membership Portal is still being developed as well. The sections are currently blank, but the information will be uploaded soon. You can still register for the Membership Portal.

If you have any questions or would like assistance with registering for the Membership Portal, I can be contacted through phone at (705)285-4335 ext. 209 or by email at briannam@whitefishriver.ca. Merry Christmas and Happy New Year!
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<th>Sunday</th>
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<td>Note: Details on events are provided in the Health Centre News.</td>
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<td>4. <strong>MSR Christmas Vendors Market 8:30AM-3:00PM</strong></td>
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<td>18. <strong>Family Art &amp; Craft Day 10:00AM-2:00PM</strong></td>
<td>19.</td>
<td>20.</td>
<td>21. <strong>Annual Christmas Parade</strong></td>
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**LEGEND:**
- Health Centre
- Community Centre
- Seven Fires Centre
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<td>MSR Christmas Vendors Market 8:30AM-3:00PM</td>
<td>5. 6. 7.</td>
<td>8. ASIST Training 8:30AM-4:00PM</td>
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<td>Healthy Foods Workshop 4:30PM</td>
<td>10. Parish Council Christmas Bazaar 8:00AM-3:00PM</td>
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<td>11.</td>
<td>12. 13. 14.</td>
<td>15.</td>
<td>16. Talent Show 6:00PM-10:00PM</td>
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<td>19. 20. 21.</td>
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<td>23.</td>
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<td>25. 26.</td>
<td>27. Offices Closed for the Holidays</td>
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<td>28.</td>
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<td>29. Offices Closed for the Holidays</td>
<td>30. Offices Closed for the Holidays</td>
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<td>31.</td>
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<td>31. Council Chambers Ball Park Arbour Rainbow Lodge</td>
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The Transitional Support Program is intended to provide Ontario Works, Ontario Disability Support and low income individuals and families who reside on Whitefish River First Nation with supports to secure, retain and/or maintain a home in a safe and healthy condition.

Low-income individuals and families may be eligible for supports through the Transitional Support Fund if they meet the eligibility criteria and have not accessed the Transitional Support Funds within the preceding 24 months for Non Social Assistance Individuals and families.

Individuals and Family:

- who are threatened with the loss of or have lost their shelter (e.g. through eviction, fire, flooding, etc.), required utilities and/or heating fuel.

- are living in housing that is determined to be unsafe or unhealthy and requires repairs as a result of conditions where these repairs or replacement issues are not the responsibility of a landlord.

- must move to secure employment, undertaken education, escape domestic violence or address a disability, and/or who in the opinion of the delivery agent requires support.

- have another shelter support health and safety need that cannot be met, in the opinion of the delivery agent, other than through the provisions of a service or financial assistance.

- must be a resident in the Whitefish River First Nation community.

Transitional Support Funding may be used to provide services or financial assistance to eligible individuals and families for the following:

- rent deposits, fuel and hydro deposits

- prevent the discontinuance and/or assist with the reconnection of utilities or heating in an existing residence.

- arrears relating to shelter cost – where an first notice has been provided, arrears relating to utilities costs.

- where a disconnection notice has been provide, other services, items or costs necessary to maintain the safety or wellbeing of a person in the household, where such supports cannot be provided for through another means.

Funding may not be used to build new structure or conduct major renovations on existing structures.

For more information or to receive an application please contact Emma Recollet, Ontario Works Administrator at 705-285-4334 ext. 215 or emmar@whitefishriver.ca

Low income defined according to Statistics Canada Low Income Cut Offs chart, 2014.

<table>
<thead>
<tr>
<th>Size of Family:</th>
<th>One person</th>
<th>Two people</th>
<th>Three people</th>
<th>Four people</th>
<th>Five people</th>
<th>Six people</th>
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<tr>
<td>Income Level:</td>
<td>$18,721.00</td>
<td>$23,306.00</td>
<td>$28,651.00</td>
<td>$34,788.00</td>
<td>$39,454.00</td>
<td>$44,499.00</td>
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Economic Development
Keith Nahwegahbow, Economic Development Officer

Ahnii. This month I will be attending an Economic Development Officer (EDO) training session in Sudbury hosted by Waubetek.

Here I will be given updates on the First Nation Aquaculture and Mining Strategies developed by the Waubetek Business Development Corporation. This will also give me the chance to network with other First Nation EDO’s. It is extremely helpful to me in my job to learn how to put forward and execute ideas.

Every piece of advice I have received is that we need a plan. This is why my main focus will be on developing this strategic plan so that the WRFN Economic Development department properly reflects the voice of the community.

The strategic plan will be used as a supporting document for economic development initiatives in the next 5 years.

We had our first Community Engagement session on November 19th 2016 for the WRFN Economic Development Strategic Plan 2017-2022.

The engagement session focused on brainstorming ideas on economic development in WRFN. The main areas discussed during the community engagement session were;

- Assets / Barriers to economic development in WRFN
- Sports and recreation
- Resource Development (mining, forestry, etc...)
- Tourism
- Information Technology
- Artisan (artists, craft making, etc...)
- Food, Food Security, The Culinary Arts
- Business Development & Entrepreneurship
- Education & Training

The feedback gathered from this session indicates that more community member participation is needed. With a basic outline for a 5 year strategic plan, moving forward I will be looking to engage the community with more focused sessions.

We will have shorter sessions with targeted audiences in the community including (but not limited to);

- Youth Engagement Session
- Elders Engagement Session
- WRFN Administration & Health Staff Session
- WRFN business owners Session
- WRFN Community Engagement Sessions (evenings)

After these session we will have a detailed strategic plan for the next 5 years to propose to the community. We will be looking for more specific ideas and work plans to execute the objectives and goals moving forward.

Once complete we will have a final community meeting to go over the new economic development strategic plan (2017-2022).

Open & Ongoing Engagement

Aside from community engagement sessions I am strongly encouraging anybody you has ideas/comments/questions about economic development in WRFN to please share.

I am open for visitation and discussion at the administration office during office hours. You can share ideas via email (keithn@whitefishriver.ca) or you can do it the old fashioned way and submit ideas in writing. All community members are welcome to share their input. There are no bad ideas.

A survey will be distributed to the community with space to comment, express ideas, ask questions, and share concerns about economic development.

Every community member that submits a completed survey will be entered into a weekly draw to win a $25 gift card!
# Visiting Medical Professionals

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<td>1. Dr. Cooper (P.M.) Dr. Renwick (P.M.) Dr. Jeffery (P.M.)</td>
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<td>11.</td>
<td>12.</td>
<td>13. Dr. Cooper (P.M.)</td>
<td>14. Dr. Renwick (All Day)</td>
<td>15. Dr. Meikleham (P.M.) Nurse Pract. (All day)</td>
<td>16. CHN (All day) Eye Clinic (A.M.)</td>
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Health Centre News

Student Placement:

My name is Natasha Laundrie, I am currently enrolled in the Recreation Therapy program, completing my 2nd and final year. I will be doing my placement at the Whitefish River Health Centre with the Right to Play Community Mentor Crystal McGregor. I am looking forward to working with the youth in the community.

Youth and Children:

- EHS lunch visits from RTP Worker Crystal McGregor on Dec. 2, 7, 14 & 21.
- Youth Drop-In is cancelled on Dec. 9
- Evening Teaching at 7 fires at 5PM to 7PM on Dec. 12. Contact Crystal McGregor for more information.
- Right to Play Christmas dinner on Dec. 15.
- Talent Show on Dec. 16 from 6PM-10PM at the community centre. Great prizes to be won! Contact Crystal McGregor or Amber Zona for more information.

Adults:

- Starting January 11, there will be an 11-week program for women 18+. See the poster on page 3 or contact Candice Assinewe for more information.
Education Department  
Vanessa McGregor, Interim Education Manager

Oh, the weather outside is delightful,
But those final exams are frightful.
And since they are coming soon,
Study On! Study On! Study On!

Well students! It is that time of the year again. I hope you had a great first semester and I know that you deserve that much needed break coming on the horizon. Remain positive and power through the last few weeks of school. It really is a pleasure to work with everyone and see everyone succeed, it’s very inspiring. Keep up the amazing work!

I wanted to remind all students and parents/guardians that all the band operated offices will be closed from December 26, 2016 to January 6, 2016. However, if you do require any assistance please send an email to education@whitefishriver.ca.

I know some students and their families are future planning when it comes to post-secondary education. This is something that we are going to be making a priority for the New Year. We want to be able to provide as much assistance as possible to ensure that transition is as smooth. Keep an eye on your mailbox, Facebook, website, etc. for more information in the New Year.

Lastly! Have a fantastic holiday season! This is my favourite time of year. We all work hard every day to ensure a brighter tomorrow. So grab that coffee, hot chocolate, etc. in that favourite holiday mug and take that break and do some self-care this holiday season.

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.
With this month of December upon us, we at the Child Care Centre will be busy little Bees getting ready for Christmas Concert and the Christmas Holidays.

The Children well be busy with various Christmas craft Activities. I also take this time to invite parents to share or come on in the Centre if you have ideas that you would like to share with us.

As the cold weather will be here soon, we firmly believe that fresh air is vital to a child’s development, and that it is important for children to be able to get out and run and use 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.

FRIDAY, DECEMBER 9, 2016 – CHILD CARE CLOSURE – WHITEFISH RIVER FIRST NATION ADMINISTRATION STAFF – PROFESSIONAL DEVELOPMENT DAY

FRIDAY, DECEMBER 16, 2016 – CHRISTMAS LUNCH AT THE CHILD CARE CENTRE @ 12:00 P.M. – SOCIALIZATION CHILDREN WILL COME IN AT 12:00 P.M. WITH THEIR PARENTS.

WEDNESDAY, DECEMBER 21, 2016- CHRISTMAS CONCERT AT THE COMMUNITY CENTRE @ 6:00 P.M. BE AT THE HALL 5:45 P.M.

FRIDAY, DECEMBER 23, 2016 – CHILD CARE CLOSED – STAFF PREPARING FOR CHRISTMAS BREAK CLOSURE

MONDAY, DECEMBER 26, 2016 – FRIDAY, JANUARY 6, 2016 CHRISTMAS BREAK.

Here we are heading into the "Christmas Season" already!! Hard to believe! Our themes for December include, Signs of winter and of course Christmas. We will also be learning some legends.

The children will be practicing for the Christmas concert, and making Christmas crafts to help with the decorating at home!! This is a very exciting time of year and we are all looking forward to the fun and joy of the season as seen through “little eyes”!

We will continue with learning about the calendar, our colors, numbers, alphabet recognition and name practice but will try to resolve these learnings around a Christmas theme.

Happy Birthday to:

Rex – December 23
Victoria – December 25
Uriah – December 24

WISHING EVERYONE A SAFE AND ENJOYABLE HOLIDAY SEASON! MERRY CHRISTMAS AND HAPPY NEW YEAR!

The Lands Department would like to remind all hunters that night hunting is NOT permitted.

Band Council Resolution No.2189 dated October 30, 2000 decreeing No Night Hunting on Reserve.
Aanii! My spirit-name is She Who Walks With Star People but I am mostly known as Crystal Clark-McGregor. I am also a member of the Bear Clan.

Over the past few months I have been getting the hang of “the working life”. For some who don’t know me, I have been working in and around the community since I was 15 years old.

I have worked as: Afterschool Assistant (2010-2011); Day Care Summer Student (2011-2012); Youth Worker Assistant (2013); Cultural Event Coordinator (summer of 2014); and the Recreational Coordinator (summer of 2015). I have been involved in the Right to Play Youth Leadership Program between 2011 and 2013.

Being an alumni of the PLAY program, I can express that because of the program I had gained my own self-awareness, learned about the importance of culture, improving my confidence when I am out of my comfort zone (which always happened with the PLAY program), and gained my voice, meaning that any idea I had to shared or expressed was heard, which had given me the confidence I need.

I have been away for the past three years in school at Canadore College in North Bay, ON. I graduated from Indigenous Wellness and Addiction Prevention this past spring.

During the spring, I had applied for the Right to Play Trainee position and was the successful candidate. With all the camps we had during the summer, I was able to experience the fast-paced, quick learning, innovative and planning for different programs for children and youth in our community.

I am proud to say that I am your new Right to Play Community Mentor and have the greatest privileged working for the change makers – also known has our Youth.

The Youth have shown me how each and every one of them have an unbelievable kind, friendly, thoughtful, warm, silly, and smart characters they are and I am proud to work with them.

The Right to Play Youth Leadership Program (YLP) focuses on how to reach your goals by learning how to create and plan as a group. The Youth have hosted and helped with different events within the community and fundraising.

In doing so, they were able to reach their goal of raising enough money to go to Canada’s Wonderland Halloween Haunt. And they want to do more! Now the group wants to create more fundraising events to help them with their short-term and long-term goals.

In addition to the YLP, I host the Shawanosowse After School Program (ASP). This program teaches learning to play fair with one another. We have also been exploring the importance of trust and leadership.

I am happy and excited at the work the children and youth have been doing and I am grateful to be a part of this program.
Hello! My name is Amber Zona and I am ecstatic to say that I am the Youth Support Worker for the Community of Whitefish River First Nation.

A little about me;
I moved from Barrie, Ontario to the Manitoulin area a year ago and immediately began my student placement with the Whitefish River Health Centre. I had the incredible opportunity of working with both the NNADAP worker and Brighter Futures Worker throughout the duration of my placement.

In December of 2015 I graduated with Honours from my Addictions Intervention Program and continued to volunteer at the Health Centre assisting in the area of Addictions and Mental Health.

Throughout the six months that I had volunteered with the Health Centre I was able to build rapport with many of the youth, as I was granted the chance to attend plenty of the youth’s programs and events.

To no surprise, after getting to know some of the youth in the community, I jumped at the opportunity to be the new Youth Support Worker. It pleases me much to announce that I was the successful candidate for the job position, and am so grateful for the past six months that I’ve had to work with the youth and am looking forward for what is to come in the New Year.

The Youth are the future, and their present wellbeing is priority.

Youth programming is geared to meet the needs of the youth in a holistic approach. Through recreational and social programming, skill based educational programming and cultural programming the objective is not only to provide opportunities for youth to learn, grow and develop a sense of identity; but also to help build resiliency and promote/provide guidance towards healthy and sustainable lifestyles.

The Youth Leadership Program has been a keen way of providing the youth with opportunities to learn new skills, build on existing strengths and further develop a sense of belonging in the community.

It is absolutely phenomenal to see all the support that was given and is continuously given to the youth that are involved in this program. In just a short period of time the youth were able to reach their goal that they set out for (Raise enough money to attend Canada’s Wonderland Halloween Haunt) with thanks to the community.

I’m looking forward to the up-and-coming Youth Led Events and want to continue to encourage the community come out and further support the Youth!
A.S.I.S.T 11.1

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

To register call: Limit 20 people
Tammie Assinewai, Community Mental Health Assistant
705.368.2182 Ext. 208
*Lunch provided both days

safeTalk: Suicide Alertness Training
safeTalk is a half day of training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. This program alerts individuals to signs that an individual may be considering suicide, and what you can do to get them to the help that they need. Participants learn to recognize when someone may have thoughts of suicide, they will know how to respond in ways that link them with further suicide intervention help.

It is intended that safeTALK participants will be better prepared to:
- recognize that invitations to help are often overlooked;
- move beyond common tendencies to miss, dismiss and avoid suicide;
- notice and respond to situations in which thoughts of suicide may be present;
- apply basic TALK steps (Tell, Ask, Listen, and Keep Safe); and
- connect the person with thoughts of suicide to suicide first aid help and further community resources.

Who? Youth grades 9-12
When: December 1, 2016 from 8:30am-12:00pm
Where: Espanola High School
How? Students who take the training will be exempted from class
Instructor: Jenny McGraw, Living Works Certified safeTalk Facilitator

For more information contact Crystal Clark McGregor and/or Amber Zona at (705) 285-4354