Thursday April 18, 2019 was hopping up at Shawanosowe School! Chad Solomon of ‘Rabbit and Bear Paws’ fame dropped by the school for presentations for all grades, with a special visit from Maamwe Kendaasing students. The senior grades were lucky to partake in a guided how-to presentation on the creation of a graphic novel page, done on the spot. The collaborative process included the student’s input as well as their personal connections to The Seven Grandfather Teachings.

Afterwards, WRFN community gathered, quick fast like a bunny, in the school gymnasium for a potluck style Easter Luncheon.

The day concluded with a visit from the Easter Bunny, who shared gifts of bunny literature and sweet confections for all.

Well done Shawanosowe School Staff!

Please note that the deadline for submissions for the next issue is Friday, May 17th, 2019 at noon.
Miigwetch!
rezoundeditor@whitefishriver.ca

“A Place of Visions and Dreams”
Good day fellow community members!

Spring has finally sprung and we are heading into warm weather. With that in mind, on May 5th, in tandem with other communities on Manitoulin Island, we will be hosting our Earth Day and Community Clean-up. We thought to host this event in May as over the past couple of years we had snowstorms or snow still on the ground during the nationally celebrated Earth Day of April 22nd. Winnie Paiomosi, our new Community Wellness Worker, will be coordinating this event and we hope to have all the community come out and help.

Certainly, with the coming of Spring also means that the lakes and bays are opening up. It is nice to see the water and it is a reminder of our community’s relationship to it. We are deeply connected not only through the water that pretty much surrounds us but also with our relationships to the sugar bushes (tree sap), rain, and even the new babies born into the community this past couple of weeks. Congratulations to these new parents! Everywhere life is reviving and arriving!

This coming month, we will also be hosting Mental Health Week and Michael Aelick, Mental Health and Addictions Worker (NNAADAP), will be coordinating events throughout the week. In addition, we have Mother’s Day celebration happening with Winnie coordinating this event as well as Spring Fast in partnership with Shkagamik-Kwe Health Centre. There will be an information session and protocol meeting prior to the Spring Fast so that our community is aware of what is required if you wish to participate. I find it interesting that when I have attended workshops on land-based learning and our historical ways of fostering strong minds and hearts, that fasting is an activity that teaches delayed gratification. This idea is important as academic studies have demonstrated that children who have the capacity for delayed gratification are less likely to become addicted to alcohol, drugs, food, etc. If you are interested check out the marshmallow experiments on YouTube or topics like delayed gratification on TedTalks.

We have a new Nurse Practitioner. Her name is Mélanie Morel and she graduated from the French registered nursing program back in 2014 from Laurentian University. She worked for two years on the medical cardiac unit at Montfort hospital where she specialized in cardiology. In 2016, Mélanie returned to Laurentian to advance her education and became a nurse practitioner. While in school, Mélanie also completed her master’s degree in nursing and did several research projects pertaining to cyberchronidia, the new evolution of hypochondria. Mélanie grew up in the nearby city of Elliot Lake, Ontario and is proud to be able to service communities near her home. She’s a great listener and will work with you to help you manage your health. Make an appointment and come out to the clinic to say hi to our new Nurse Practitioner!

If you have any questions or concerns, please contact me at the Health Centre at (705) 285-4354 or via email at lmcgregor@whitefishriver.ca.

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### May 2019

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* Community Health Nurse Lab/Blood Draw Clinic - Fridays @ 10:00 am Please bring your Requisition(s). Appointments recommended.
Aani/Boozhoo!
In the month of April, we had Traditio-
nal Healers, Abraham Bearskin, Jimmy & Vera George and Roy & Shirley Paul visiting the community for one on one sessions with community members and to conduct ceremony. The week was very busy for our community and I was happy to see how much community involvement took place. I would like to thank everyone who participated and came out to help out in any way. It really meant a lot to see our community working together, laughing, praying, feasting and learning. I am also pleased with the number of youth and their families that came out to be a part of the week. Some received their spirit names, and some got some direction on the guidance they were seeking. I am still reeling with positive energy from the entire week and I look forward to more community events to come.

In the month of May 2019, I will be going into the schools to deliver life promotion and lunch and learn sessions with the elementary and high school students. As well, there are a few upcoming youth events that will be taking place. We will be having two Life Promotion events on May 7th, and 8th 2019 celebrating National Child & Youth Mental Health Day, which coincides with the upcoming Mental Health Week (Please see Poster). We also have another event On May 11, 2019 called “Roots Calling” taking place with guest speaker, Eddie Gough-Neshkewa starting with a dinner at 5:30 pm at the WRFN Community Centre (Please see Poster) this event is for ages 12 and up and youth must come with parental/guardian support. I encourage all community members to come out and participate in all of the week’s activities to come and laugh, learn, teach, dance and promote community togetherness.

On May 21st, 2019 there will be a community sweat at Dreamer’s Rock. I encourage all youth to attend to assist in fire keeping, learning about the grandfathers or to just observe and sit outside the lodge to visit. To participate in the sweat just let myself or Crystal Clark-McGregor know and we can assist you in transportation. Also, the spring fasting ceremonies are taking place from May 22nd - 26th, 2019. There will be a session for parents and youth who are seeking information about the fast on May 9th, 2019 at 6:00 pm at the Seven Fires Youth and Elders Centre. This session would be a time you can also ask questions on how to attain your spirit name and what you need to do to prepare your son/daughter for their fasting ceremony.

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


Forgive me if I have misspelled any of the Anishnabemowin words as I am in the process of learning the language. It is my understanding that Anishnabemowin is a language that is very much alive with feeling. I’d like to introduce myself as the new Community Wellness Worker. I have started my new position within the Health Center and I have the privilege of working with great team. I am learning so much already in my new position that will help me serve my community. I look forward to doing some great programming for our community that will spark cultural interest, living healthier as well as the individual interests of our community members. If you need any assistance with finding programs or have ideas to share with me, don’t hesitate to stop in and have a coffee, a tea or maybe even water.

Some of my upcoming plans are to start some fitness challenges and land-based programming. My month has been busy already with the Healers coming in from Chisasibi (Abraham), Whapamagoostui (Jimmy & Vera), and Kipawa (Roy), Quebec. It really was nice to see so many taking advantage of the sessions offered and also to see our youth participating in ceremonies. We had a Jiiskan (Shake Tent) on April 11, 2019 and Yawiipi (Tie Up) on Friday April 12, 2019. Sundance information sessions were held at the Seven Fires Youth and Elder’s Centre on Saturday April 13, 2019. We will next be holding a protocol session during the week of May 5th-11th geared toward what preparations we should be doing before ceremony and afterwards. We will also be partnering with Shkagamik-kiw Health for a Spring Fast to be held at Dreamer’s Rock, the week of May 22nd-26th, 2019. I am looking for Fire Keepers, women to help clean cedar for the sweat lodge, a cook for the week as well as any youth that would like to learn the roles.

If you would like to help out with the preparations for this, please don’t hesitate to contact me at the Health Center at (705) 285-4354 or via email at wpaibomsai@whitefishriver.ca.

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**Community Wellness Worker - Winniefred Paibomsai**

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### SPRING FAST CAMP

**MAY 22 to MAY 26, 2019**

Whitefish River First Nation (Dreamer’s Rock)
Pow Wow Grounds (located off Hwy. 6)

Please call to register in advance.

**Reasons for going on a fast**

“When you choose to go on a fast, it is with a purpose at heart. You may go on a fast for various reasons in your life or you may go out to learn more about our ways and about Creation. You may fast for your spirit name and culture. You may fast for many other reasons. Whatever the reason for your fast, you prepare beforehand through prayer and tobacco.”

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### Mother’s Day Celebrations

**May 12, 2019**

11 AM
Meet at Community Centre for a Health & Wellness walk.

**Noon - 3 PM**
Mother’s Day Luncheon and learn to make D.I.Y facial products with Nubes Nuifera.

For more information please contact Winniefred Paibomsai, Community Wellness Worker at (705) 285-4354 at the WRFN Health Center

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### EARTH DAY

**MAY 5, 2019**

8AM-9AM: Community Breakfast, Clean-up and a BBQ for all Community Members that Participate!

Enter into the draw for a chance to win fabulous door prizes!

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For more information, please contact Winniefred Paibomsai, Community Wellness Worker at the WRFN Health Centre at 705-285-4354
Aanii, The Health Centre is looking to develop a list of available Fire Keepers in the community. If you would like to help support your community during Ceremonies, Feasts, and other important events please call me at the Health Centre to add your name to the list.

Now that Spring is here I’m hoping more Community Members will come out to Rekindle Our Fires on Sunday 12th and 26th. Fire is sacred and should be respected. The Spirit of the Sacred Fire lives within all things. The basics of fire starting and safety will be covered, come and enjoy some hot dogs, hot chocolate, hot apple cider, and some s’mores. Kizhaay Anishinaabe Niin “I am a Kind Man” will also continue every Tuesday night for May except for the second week which will take place on Monday May 6th. Kizhaay Anishinaabe Niin is designed to offer men and youth a safe place to begin to understand their roles and responsibilities to end violence against girls and women. It recognizes the challenges youth and men face and encourages opportunities for them to reconnect to their traditional roles within families and communities.

If you have any questions or concerns, please contact me at the Health Centre @ 705-285-4354 or by e-mail maelick@whitefishriver.ca.

Mental Health & Addictions Worker (NNADAP) - Michael Aelick

Kizhaay Anishinaabe Niin

“I am a Kind Man”

WRFN Health Centre

Monday May 6th for Fire Keeping Teaching Tuesday Nights

May 14th, 21st, 28th
6:00PM - 8:00PM

Kizhaay Anishinaabe Niin is designed to offer men and youth a safe place to begin to understand their roles and responsibilities to end violence against girls and women.

It recognizes the challenges youth and men face and encourages opportunities for them to reconnect to their traditional roles within families and communities.

For more information please contact Michael Aelick, Mental Health and Addictions Worker at the Health Centre 705-285-4354 or by email maelick@whitefishriver.ca.
Hello, Aani.
April was a busy month as we had many workshops and happenings. I am looking forward to the beautiful weather May will soon be bringing.
Paulette Aibens was back again in our community for 3 days in April. We finally finished our Baby Moccasins that we made during our Baby Moccasin Making Workshop and we started making hats and mittens. Unfortunately some participants were unable to finish, so Shawna and I will be looking at a date for her to come back so we can all finish our projects. The Child’s Natural Remedies Workshop & Foraging Workshops with Syrkal were both successes and we are happy to say that Syrkal will be staying in the area for awhile and we will be utilizing her to make some all natural products as much as we can. Keep your eyes peeled for upcoming posters as we finalize dates. Anishnabemowin with Marion McGregor at the Maamwe Kendaasing Child Care is still occurring twice weekly. We are enjoying bonding with the children and getting to know the new staff. Family Partner Painting with Who’s Cratty has been postponed to a future date, please keep an eye out for flyers for this exciting event.

On April 30th Lauren Dewar, Maternal Health Nurse with Mnaamozwin and I have started the May Walking Challenge. These will be held every Tuesday from 11am - 12pm with a light lunch afterwards at the Daycare Lower Level. We have great prizes to be won for those who participate. On May 7th, Shawna will be co-hosting a Skirt Making Workshop at the Daycare so I would like to invite all parents and guardians to come on out. Speaking of Shawna, on May 14th, we will be co-hosting a Game Night at the 7 Fires Youth and Elders Centre from 5-7pm with supper and snacks provided. We look forward to having everyone come out.

Important Dates:

**May Walking Challenge**
Tuesdays 11 AM - 12 PM
Start at Daycare
*no Walking Challenge May 21/2019*

**Game Night**
May 14, 2019
5:00 PM - 7:30 PM
7 Fires Youth & Elders Centre

**Anishnabemowin**
Wednesdays & Thursdays for Daycare children

**Skirt Making**
May 7, 2019
Daycare Lower Level

**May Long Weekend**
May 18-20, 2019

I look forward to hearing any feedback or any recommendations you may have. I can be reached at the Health Centre or by email at courtney@whitefishriver.ca.

Aani,
This month I will be assisting with Mental Health Week (May 6-11, 2019). Candice and I will be hosting a Youth session on May 7th which is also National Child and Youth Mental Health Day. We will be focusing on the youth life stages.

Soccer is back this spring for ages 8-10, with Noojmowin-Teg. Registration Forms can be picked up at the Health Centre the first week of May. Practices are starting on May 3 from 6:00pm to 7:30pm up at the soccer field, please dress for the weather.

**May 10 - Practice**
**May 16 - First Game:** AOK in WRFN
5:30pm to 7:00pm

**May 21 - Second Game**
Sherquahndah in WRFN
5:30pm to 7:00pm

**May 29 - Third Game**
WRFN in Wiky
5:30pm to 7:00pm

**June 7 - Practice**
6:00pm to 7:30pm

**June 8 - Tournament in West Bay**

We will also be starting Ball Hockey from on Thursday May 9 at Shawanosowse School for ages 11-16 from 5:00pm to 6:30pm.

Family Game Night down at the Seven Fires Youth and Elders Centre from 5pm to 7pm, dinner and snacks will be provided.

Spring Fast this month will be from May 22 to May 26, I will be assisting during that week, so right to play programs will be postponed. For more information please contact Winnie at the Health Center.

Last week of May is the Annual Right to Play Youth Symposium which brings youth leaders from across right to play programs in for a week of camp activities, sports, play-based workshops that will motivate young people to take on new challenges and share their voice. It will also give an opportunity for the Youth to share their skills and ideas and create friendships along the way.

If you have any questions regarding any programs please feel free to email me at righttoplay@whitefishriver.ca or contact me at the Health Centre at 705-285-4354.
Ahni,

Spring is finally here and with it BBQ season!

Here is a little recap of April’s activities. On April 3, 2019 the first Horseback riding session began for a new group of riders. We are hyped up to venture out in the trails with the staff at the riding stables. It has already been quite an awesome experience with the group. This past month the Traditional Healers were in the community again and I must say it was amazing and uplifting for me to be part of the ceremonies. ATV Family Outing with Mukwa Adventures on April 27th was an exciting adventure which included trail riding in Sagamok and an outdoor lunch!

During the month of May our Horseback riding sessions will continue every Thursday until June 12, 2019. Mental Health Week activities will be taking place from May 6 - 10, 2019. Please keep an eye out for a schedule of activities.

I will be co-hosting a Skirt Making Workshop on May 7, 2019 along with Noojmowin Teg. The workshop will be held in the lower level of the WRFN Day Care with Amelia McGregor from 12 pm - 4 pm. A light snack and refreshments will be available.

Family Game Night will be starting up again on May 14, 2019 from 5:00 pm to 7:00 pm at the 7 Fires Youth & Elders Centre. Supper and snacks are provided however children must be accompanied by a parent/guardian.

The Spring Fast Camp will be taking place on May 22 to May 26, 2019 at the Dreamer’s Rock Fasting grounds. If you are interested in fasting or to possibly volunteer to help out in any way, please contact Winniefred Paibomsai, Community Wellness Worker at the Health Centre for more information.

Should you have any suggestions or questions about programing, stop by or contact me via email shawnapj@whitefishriver.ca or call the Health Centre 705-285-4354.

Happy Mother’s Day!

BaaMaaPii

Family Well-Being Coordinator - Shawnessy Jacko

SKIRT MAKING Workshop
Facilitated by Amelia McGregor
May 7, 2019
12 pm – 4 pm
212 Rainbow Ridge Rd
Birch Island
To Register Call Noojmowin Teg
FASD Coordinator
Kim Stewart 705-368-0227
Kim.Stewart@noojmowin-teg.ca
For more info, call Shawna Jacko
At 705-285-4354
Shawna.J@whitefishriver.ca
Light Refreshments Provided
Food Security Assistant - Louanne Megwanabe

This past month I had the opportunity to take “Adventures in Cooking with Kids” Facilitator Training. This was a one-day course designed to assist facilitators in presenting and teaching to children. We spent the first part of the day role playing and then demonstrated to our class what we were going to prepare and how we would present to children. We had support services from Noojmowin Teg Health Centre and they were very helpful in assisting with the many aspects of preparing food with children, e.g. safe knife handling, proper cleaning/hand-washing, proper cooking temperatures and general safe kitchen tips. I will surely make use of the information I learned and be able to apply it to “cooking with kids”.

Health Tip/Info:
To promote healthy diets and family time, it is advised to include our children in meal planning and preparation. This is a good time to discuss good eating habits, proper cleaning of vegetables/fruits, introduce table setting, proper manners or even just quality time reflecting on the day. Families that cook together and eat together thrive together.

Kitchen Tip:
Canned tomatoes can be made better tasting by slicing them once or twice and soaking them overnight in orange juice.

Student Nutrition
This past month we have developed a healthy 4-week meal plan for the local school students and the students that are bussed to Espanola. We are incorporating healthier options and introducing new tastes and textures to our students. Shawanosone Students really enjoy a good homemade soup, we have made chicken vegetable, hamburger/tomato/macaroni soup, chicken wild rice soup and cream of mushroom soup which has passed the critic’s review. Often times, we are asking the students what their favourite dishes are and why. The children seem to really appreciate that they have input for their menu and even more pleased when a nice healthy version is presented. We have been able to provide, at most times, a healthy tasting option.

One of our success stories is that we have changed the way Shawanosowee Kids view pancakes. We now provide homemade whole wheat pancakes served with a fresh fruit sauce as opposed to boxed pancake mix and table syrup and it’s a hit!! Our children really look forward to see what was made for them. The bussing students have had a switch in food as well, they are eating more vegetables through different salads combined with protein, like the chicken grape salad or the rainbow salad that is full of vegetables. We have introduced our bussing students to ground turkey and chicken burgers and bacon, which is a healthier option (of course they get “real” bacon as a treat).

Monthly Traditional Recipe
Wild Leeks are going to appear soon along with those dark brown nuggets we call Morels. It is always an adventure to get the boots on, bring the containers and go pick some fresh leeks or morels.

Leeks are easy to spot due to their contrasting green. They are usually seen after the first couple weeks of 10 - 15’ weather. They are one of the first plants to sprout, let your nose guide you as you will probably smell the delicious on ion odour a mile away!

Please be mindful when harvesting leeks, it is best to only remove one or two leeks from a cluster or, more preferably, clip off the green and leave the bulb in the ground. Consider it an investment for next year!

Ingredients:
• clean leeks thoroughly by soaking them in cold water and letting the debris sink. To clean them entirely split down the centre lengthwise and expose the inner core.
• clean morels by soaking them overnight in salted water to tree bugs and dirt, then rinse in cold water until water runs clear

Directions:
Chop up leeks or (using whole) morels, saute them in butter and season with salt and pepper to enjoy their natural taste. This is the best way, plain and simple.

Food Facts
Quoted from “Ethnobotany of the Ojibwe Indians” The Ojibwe will not use the night flow of the sap, which they say is bitter, so they cease collecting an hour before dark.

Eat well. Live well.
Eat a variety of healthy foods each day

13 Moons Garden
by Michael Aelick
Dig the No Dig Garden

Lasagna, sheet mulch or layer gardens use cardboard, kitchen scraps, branches, mulch, etc. to transform weed patches and lawns into fluffy organic raised garden beds. All of this can be done without any digging, tilling, or removing the grass or weeds from your yard. The reason this is called lasagna, sheet, or layer gardening is the fact that the beds are built in layers just like a lasagna. Basically you’re building a compost pile in a row to garden in. This technique is perfect for areas that are sloped, stony, weedy, clay compacted because you can build on top of these places. This process is bio-mimicry and is working with nature. In a forest, leaf litter and branches create a thick layer of mulch that becomes humus and eventually soil. This type of soil supports fungus networks that can support plants with moisture and nutrients. With that in mind you could add Wine cap mushrooms into a layer and enjoy edible mushrooms that are also benefiting your other plants. The best tried and true way to build a layered garden bed is to mix carbon and nitrogen materials in layers. Carbons are your brown sources like cardboard, old leaves, old straw, wood chips, paper and news paper. Nitrogen are your green materials like, grass clippings, fresh leaves, fresh chicken or cow manure, fruit and vegetable scraps, coffee grounds, tea leaves and tea bags. Generally, you want your brown layers to be twice as deep as your green layer, but there is no need to be too picky about this. Layering browns and greens together until it is two feet tall will result in a lasagna garden.

To start, mark out an area that you would like to use as your garden bed. Place three layers of cardboard or newspaper making sure to overlap each piece and use some rocks or dirt in some places to temporarily hold the layers down until you can wet the cardboard thoroughly. This layer of cardboard or paper will help break down the weeds and grass underneath. If you want you can add logs in the middle and smaller branches on the sides. These logs and branches will slowly break down but will add material that will hold water in the bed. Water the logs and branches thoroughly. For the next layer you can use well broken down compost or manure. Make sure the manure is broken down if you are going to plant in it right away. If you are not going to plant in it right away you can use fresh manure and allow it to age and break down over the season. Water this layer thoroughly. Now you can alternate layers of carbon and nitrogen until the bed is two feet high making sure to water each layer thoroughly. Cap the bed with some compost or aged manure and cover it with some straw. After a while the stuff that you have added will break down and the bed will not be as tall as when you started.

You can build this bed at any time of the year, but a lot of people save materials during the summer and build the beds in the fall. This will give the beds time to age and break down some over the winter and be ready to plant in the spring.

I hope you have found this article informative and enjoyable. If you have any questions or comments please contact me on Facebook at 13 Moons Garden.
Greetings!

Hope everyone enjoyed the Sugar Bush Season and the Easter Holidays last month. The month of May is going to be exciting and busy as the Applications for Post-Secondary Funding are due May 31st.

All current WRFN Post-Secondary students (regardless of your current funding source: WRFN, OSAP, etc.) are welcome to apply. As long as you have not exceeded your maximum months of funding, we can consider your application. See our current policy for further details.

If you or someone you know (including current Gr. 12 students), has intentions of going to college or university in the fall, the two page application MUST arrive at the Education Office in time - LATE APPLICATIONS will not be considered. The good news is: the application can be submitted even if it is incomplete. We can continue to build on your first submission together, gathering all your supplemental documents after May 31st is allowed! I am here to help.

Re-engagement registration is now closed for the Feb-June 2019 term. Hopefully this program will be offered again next year during the September 2019 - January 2020 term. For those of you that are in the program, please make sure you see your teacher, Tim Greenough, on a regular weekly basis at our local library/resource room. Earning your grade 12 diploma right here in our community will open some career opportunities you may have not envisioned for yourself before. I wish you all the best of luck.

If you have any questions, comments or concerns please contact me at 705-285-4335 ext.209 or via email at: jshawanda@whitefishriver.ca.

Maamwe Kendaasing Child Care Centre

The Staff at the Maamwe Kendaasing Child Care Centre will be requested to attend meetings or workshops throughout the year. Upgrading our skills will help benefit the program in obtaining new approaches to learning and ensure the health and safety for all children. Maamwe Kendaasing Child Care Centre strives to support the staff, volunteers and students in their professional learning which in turn will promote continued growth in the relationships to the children, families and stakeholders.

At all times, the staff will make every effort to ensure that parents are provided with adequate notice to arrange alternate child care should the day care be closed. We also welcome any new ideas/activities that parents/guardians would like to see integrated into the daycare program. Maamwe Kendaasing Child Care Centre will strive to provide a comprehensive program and effective delivery to maximize the potential growth and development of each child.

Child Care Closure:
May 19th, 2019: Early Dismissal for School
*If a parent/guardian is not working or not in school, then he/she is required to pick up his/her children at noon.
May 20th, 2019: Victoria Day Holiday (Day Care will be closed.)

Spirit Days
Maamwe Kendaasing Child Care Centre will be holding Spirit Days once a week. Flyers will go out once a week to provide parents with particulars that week. In April we had Book Day, Easter Egg Hunt, Pajama Day, Jelly Bean Day and Dance/Music Day.

On Friday May 10th we will be inviting our Mom’s to join us for Lunch at 11:30 AM until 12:30 PM.

Migwech for all those that participated in supporting the children throughout their education. In recent years the role of kindergarten has changed from an extension of preschool to a much more academic environment. New standards in schools are trending towards academic skills acquisition in earlier grades. The preschool children that will be graduating from daycare in June have been visiting the Shawano sowe School JK class twice a week to ease their transition in September.

Birthday Wishes
Birthday wishes going out to our friends Arlo, Laila and Lili.

Happy Belated Birthday to RECE Cyndi from all of us at the Daycare!
The Bobcat

Aanii Parents/Guardians,

April is here and almost gone. Our student activities continue to be in full swing and we will continue to offer; Badminton on Mondays, Music Club on Tuesdays, Chess club on Wednesdays and finally on Thursdays, the Kids Can Grow Program. We encourage all students to participate and encourage students to come try new activities.

April Activities

On April 5th, our Kindergarten class attended Northern Exotics in Sudbury. The students had the opportunity learn about exotic animals and their habitats which connected nicely to their Science unit.

On April 8th, Shawanosowe School had a Professional Development day and our staff was divided up in attending two great learning opportunities. Half attended Autism 101 at the Manitoulin Conference Centre hosted by Chiefs of Ontario while the other half travelled to Sagamok Anishnabek to learn about ways to infuse local context in the curriculum.

Elephant Thoughts was back at Shawanosowe School from April 9 –12, 2019 and provided a variety of opportunities for our students to engage in numerous cool science experiments. All students learned so much this week that they could connect to their classroom studies.

All students had the opportunity to learn more about proper dental care on April 10, 2019.

Our Grade 1/2 class travelled to Sudbury to visit Science North on April 17th.

Graphic Novelist and Rabbit and Bear Paws Puppeteer Chad Solomon visited Shawanosowe School on April 18th. Chad highlighted the importance of literacy (both reading and writing) and students learned about the structure of how to write a graphic novel.

Shawanosowe hosted our Easter Community luncheon on April 18th. A thank you to both the Health Centre and Shawanosowe Staff for creating a great luncheon for all of us to celebrate Easter as a school community and family.

Shawanosowe had a very special visitor on April 18th. The Easter Bunny came and provided our students with an egg hunt and a gift for the holidays.

All students bottled some syrup on April 23rd, from the Sugar Bush that they have been visiting regularly. Each class has been attending one day a week to learn from local knowledge keeper Ed Pitawanakwat.

Dan Garcia and Carmen Pitawanakwat will be visiting Shawanosowe School and doing Traditional Teachings with our students on April 29th.

University of Waterloo visited Shawanosowe School on April 29th to teach our students about rocks and fossils, specifically examples found within our own community which provides a great link to our geography lessons.

May is going to be a busy month. Our staff and students will continue to take part in many new learning opportunities. We will busy planning our Annual School Pow wow which will be held on May 17th. Students will be given traditional teachings throughout the month. As well, provincial testing for grade 3 and Grade 6 students will take place at end of this month. More information will follow.

- May 1st- all EAs will be attending training on Behaviour management
- May 2nd- Kids Can Grow program will be visiting Shawanosowe School and students will learn how to make a pizza garden (garden where they will grow ingredients to make a pizza). Great connections to sustainability and our science curriculum.
- May 3rd - PD Day (No School)
- May 8th - Shawanosowe students will be heading to Sacred Heart School to see the play Madagascar. More information will follow. Great opportunity for our students to connect their learning from drama class.
- May 10th - Mother’s Day Tea- hosted by Shawanosowe School- further information will follow.
- May 17th- School Pow wow
- May 20th - Victoria Day (No School)
- May 27-31 - EQAO for Grade 3 and 6 students

Again, we encourage all parents, families to take part in our school activities and look to continue to work together as partners in the education of our students.

Milgweetch.
Mr. D. Stargratt

Urlah and Lily sample the Easter treats at the Shawanosowe Community Luncheon held April 18th, 2019.

**Qualifications, Skills & Knowledge:**

- College Diploma in Early Childhood Education (ECE), Bachelor of Education, Child and Youth Care Worker (CYW) Developmental Service Worker (DSW) or Educational Assistant (EA).
- At least 1 year experience in a related field;
- Broad knowledge of child development; and, assistance desired;
- Excellent problem-solving skills, multi-tasking skills, registration and medication skills, high levels of patience;
- Effective written and oral communication skills and the ability to request/receive information in an appropriate manner;
- Ability to work well independently, as well as within a team environment and as a good team worker;
- Ability to be sensitive to the needs of students and their exceptionalities;
- Ability to recognize individual learning styles and characteristics of learners;
- High level of attention to confidentiality; Attention to detail;
- Experience working within a First Nation education system would be an asset; Knowledge of First Nation culture, traditions and language;
- Valid First Aid/CPR certification.
- Strong computer skills in various software and programs (Microsoft, smart board, Ipad, Elms, etc.);

**Working Conditions:**

- Sufficient vision and hearing to perform all job duties;
- Able to perform physical and mental activities related to the job duties; and
- Able to occasionally lift up to 10 kg (20lbs) and operate related equipment.

**Salary:**

$13,000 - $20,000 (depending on qualifications and experience)

**Application deadline:**

Interested applicants must forward a cover letter, resume and three (3) current letters of reference to: no later than May 9, 2019 by 12:00 p.m. to:

Andrea McGregor, Human Resources Coordinator
Whitefish River First Nation
21 Rainbow Ridge Road, P.O. Box 188,
Birch Island, ON P0F 1A0

**Contact:**

We thank all who apply, however only those applicants selected for an interview will be contacted.
Shawanosowe School

Annual Powwow

Friday May 17, 2019 @ 10 am - 2 pm
Whitefish River Community Centre

Co-host Drum - Redman Singers
Emcee - Greg Sutherland
Head Dancers:
Myles Sutherland
Brittney Waindebence
Lucas Trudeau Agawa
Violet Sutherland

Host Drum
Biitaabaness

Mshkowendandaa Enaweying
"Keeping Our Language Strong"

For more information contact Danette McGregor 705-285-1311

*All Dancers * Flag Carriers * Veterans Welcome*

PosterMyWall.com
Mr. Legrow’s Grade 3/4 class welcomed a surprise visitor.

Some bunny loves Shawanosowe students!

The Shawanosowe School Grade 5/6 class received graphic novels from The Easter Bunny.

Kiki learns to make child natural remedies with Syrkal on April 9, 2019.

Four lucky community members won door prizes for participating in the Housing Department’s “Let’s Talk Energy Savings!” workshop on April 3, 2019.

Miss Gagan’s class explored Science North in April.
Tamika learns hands on science with Elephant thoughts.

Bentley makes a new friend at Science North.

Leslie and Marjorie enjoyed a potluck meal at the Shawanosowe Community Easter Luncheon.

Tamika learns hands on science with Elephant thoughts.

Autumn and Kallie get a bug’s eye view at Science North.

Deacon and Rayden harness the powers of the mind, during the Elephant Thoughts presentation.

Sana Ahmad, Corina McDonald and Peter Russell of the University of Waterloo, share a presentation on fossils and dinosaurs at Shawanosowe school on April 30, 2019.
Band Manager - Art Jacko

Aanii Bemaadizijig, Niaataigoong nibaamad owi zibaaktaaboo and now that Nils baakdaake is all done, families are done collecting and boiling the sap, clean up begins.

As we enter into Nimebine Gizis (Sucker Moon), people will be out catching their feed of smelts and many Giigoonhig species. In this area we have Atikamekwag (whitefish), Nmegosag (trout), Saayehnasag (perch), Ginooshig (pike), Shiganag (bass), Aapawag (pickerel), and this is their time to regenerate/spawn.

It’s important for us to give the Giigoonhig the space they need to regenerate, so that the Giigoonhig are here for our future generations. Our children at Shawanosowe School, with their hatchery, raise fish and each year they release the fish they have raised into our waters. Teaching our youth stewardship is vital and it is amazing that our children continue to do this every year.

This month is no different from other months as it has been very busy. Within WRFN we have; continued work and construction of our Early Learning Center, plans and financing are being finalized for our Elder’s Residence Project, Administration Work plans and Budgets, preparations for the upcoming audit and we continue with the hiring of new staff. Some of the new staff are:

1. Brianna McGregor, Tenant Relations Worker
2. Winniefred Paibomsai, Community Wellness Worker
3. Sandy Jacko, Manager of Community Economic Development – May 6th, 2019
4. Marida McGregor, Senior’s Navigation Worker – May 6th, 2019
5. Paige Jacko, Family Resource Worker – May 6th, 2019

Some other positions we continue to post:
1. Band Representative (2nd position)
2. Consultation Coordinator
3. Community Energy Champion
4. Two RECE’s
5. Child & Family Wellbeing Coordinator
6. Family Service Worker
7. Mental Health & Addictions Brighter Futures
8. Health Promotions Specialist

There will be more positions to be posted very soon and office space is becoming a premium and we are exploring options to find the right solution that works for us.

“Ayaan-gwaam-mizid-doo – Let’s be Careful Community Cannabis Advisory Group

The committee will continue to meet and soon will begin the process in finalizing their work and final engagement with the community. More information will be provided to the community very soon.

Chief and Council Strategic Planning Vision

The Anishinabek of Whitefish River First Nation will work in harmony while maintaining our culture, traditions and knowledge to enrich and empower our people.

Mission

The Anishinabek of Whitefish River First Nation will strive to improve community well-being by collectively protecting, strengthening and developing its resources and culture through mutual cooperation.

Chief and Council key priorities remain the same:
1. Community Wellness
2. Education
3. Economics.

Chief and Council Strategic Plan encompasses the vision, mission and the three priorities with the focus on serving our people. Now that the presentations by our affiliates and administration are completed. The next step is for our consultant, Tracy O’Donnell to prepare the first draft of Chief and Council’s strategic plan for Chief and Council’s review in early May.

As always, I am available to the community, please don’t hesitate to drop by for a visit and have Mkaade Misikodishmin Naaboo (coffee) or Nibishaaboo (tea) on us. You can also reach me by phone at 705-285-4335 or call at 705-863-3027 or email me at ajacko@whitefishriver.ca.

Nahaaw, Baamaapii Miimwaa Kwaabmin

Collection of Member Contact Addresses & Contact Information:

It is VERY important that we collect member contact addresses and emails.

I encourage all members to contact family near and far to ask them to send their contact information to my attention.

This will be extremely important for communications that will be sent out regarding new Trust developments.

You can send the a letter addressed to:

Trust Coordinator
P.O. Box 88,
Birch Island, ON
POBox 1A0

or email at: eosche@whitefishriver.ca
or telephone call at: 1-800-265-4335

and request to be put on our mailing and email listing to receive important information on future Trust developments.

Free Carpenter Training!

This 26-week program in Whitefish River First Nation begins May 13, 2019, and offers students who have completed grade 10:

- 8 weeks of Level One pre-apprenticeship carpentry training
- 4 weeks of training in electrical and heating, ventilation, and air conditioning (HVAC)
- 6 weeks of work readiness training, which includes a carpentry math refresher
- An 8-week paid work placement
- All necessary safety equipment, tools, and textbooks

To register or find out more: Manitoulin campus - (705) 368-3194

Missed an issue of The Rezound?

Find them online at

www.whitefishriver.ca
TREATY ANNUITY PAYMENTS

WHITEFISH RIVER FIRST NATION

Thursday, May 16, 2019
5:00 p.m. to 8:00 p.m.
Community Centre

REMINDER

➢ Bring your status card or other ID for yourself
➢ Must have ID for children and your spouse
➢ No third party pickups
➢ Third party notes are not accepted
Tenant Relations Worker - Brianna McGregor

Aanii!

My name is Brianna McGregor. I was welcomed to the WRFN team as Tenant Relations Worker on April 1, 2019.

I am grateful to be given this opportunity to work for the Housing Department and Whitefish River First Nation. Prior to this position, I was attending college through distance education with Confederation College to obtain my Business-Marketing diploma. Throughout my two-year program, I received education in various courses such as marketing, accounting, human resources, organization management, and other general business topics.

My primary responsibilities as Tenant Relations Worker involve counseling current/prospective tenants and home owners, accepting and monitoring payments for rent and housing loans, and coordinating educational workshops on housing-related topics.

I am looking forward to learning and growing in my new position! If you have any questions, you are welcome to my office anytime – my door is always open!

Miigwetch!

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WILLS AND POWER OF ATTORNEY

May 28, 2019

9 am until 3 pm

FRED BELLEFEUILLE
BARRISTER AND SOLICITOR

One on One Sessions by Appointment

Please call Georgina Recollet to book an appointment at 705-285-4335

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Let’s talk energy savings

Time is running out!!

Don’t miss out on your chance to participate in Free energy-efficient upgrades, such as light bulbs, appliances and more, are available through the First Nations Conservation Program.

There’s no cost to you. You can make your home more comfortable and save energy.

Accepting Applications until May 17th, 2019
After that applications will not be accepted.

For more information or if you have questions please contact Georgina Recollet at 705-285-4335 x214

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SEPTIC PUMP OUTS

Register and pay the $85.00 fee one week in advance to be included on the list

Please make sure someone is present at your home and your lid is uncovered on your scheduled appointment date!

Contact the Housing Department for more information or to register at 705-285-4335.
Membership - Kathleen Migwanabi

Treaty Day in Whitefish River in scheduled for May 16, 2018 from 5:00 pm - 8:00 pm at the Community Centre. Please remember to bring your identification. If you are unable to attend in person, you can collect your Treaty payment by mailing a Treaty Annuity Payment Request Form. These forms are available in the membership office upon request or on our website: www.whitfishriver.ca – membership portal (click on the Not a band member information sheet) or you can visit the Indigenous Services Canada website.

REQUEST TO UPDATE CONTACT/MAILING INFORMATION
We are asking members of Whitefish River to contact the Administration Office to provide/update their contact information. This information will be used to distribute important information (i.e. Elections, referendums, etc.). You may also provide your updated contact information by enrolling in the membership portal on our Website.

REGISTRATION AS A STATUS INDIAN IN CANADA – all forms available
To register a child (15 years and Under), Required documents:
• Original long form Birth Certificate (also known as statement of live birth), and
• Child Application, and
• Guarantor Form
To register an Adult (16 years and older), Required documents:
• Original Long Form Birth Certificate
• Adult Application, and
• Guarantor’s Form
If applying for the Secure Certificate of Indian Status Card (SCS):
• Guarantor Form (holder of SCIS card, Chief, Councillor, IRA, etc.) can sign as guarantor
• Copy of 1 I.D. from parent/guardian (e.g. Driver’s License, health card, passport, etc.) signed by guarantor
• 2 passport Style photos

Marriage Reporting: Original marriage certificate and marriage reporting form is required
Death Reporting: A death Certificate is required to register the death of a registered band member

EMPLOYMENT OPPORTUNITY - EXTENDED

“Our vision is to ensure that the rights, safety, and spiritual and cultural wellbeing of children and families are upheld”

BAND REPRESENTATIVE
Full Time – Permanent

Reporting to the Band Representative, Case Manager, the Band Representative will provide services under the Child and Family Services Act and acting in any existing WRFN Child Wellbeing Laws. The Band Representative will be responsible to manage a caseload of Children (families) in need of supervision, protection services, and community support services.

The Band Representative for Whitefish River will respect the culture, language, and ideals of the Anishinabe people, and combined with this, to be caring, competent, and motivated individual with critical knowledge of the Ontario Child and Family Services Act.

The Band Representative will also act on behalf of Whitefish River First Nation as a party in the court proceedings involving the Children and families (both on and off reserve) under the Child and Family Services Act (Ontario). The Band Representative will provide support in identifying family support services, case conferencing, and ongoing case management for children and families involved in the Child Welfare System utilizing a culturally appropriate perspective.

RESPONSIBILITIES:
• Liaise with other Band Representatives, Agencies and Legal Counsel;
• Accompany Society & Family Child Welfare agencies;
• Ensure that WRFN band members are educated about their rights;
• Represent the First Nation at Court as a Party to Child Welfare proceedings;
• Prepare plans of care, including recommendations for placement of children with other partners;
• Prepare, send, and file amendments to the Plan of Care;
• Prepare reports and summaries of Action taken and recommendations;
• Liaise with community services, including, but not limited to: Northmagn Teq, Mishikookwe and other visiting professionals to assess client’s progress and suggest alternative plans, as required;
• Coordinate Care Management Conferences with all community services involved to: Prepare, serve and file additions or amendments to the Plan of Care;
• Gather evidence, prepare arguments, produce and prepare witnesses and prepare draft orders;
• Prepare for and attend settlement conferences as set out by new Court Rules;
• Ensure client files are maintained (proper case notes) and updated on a regular basis;
• Ensure client files are maintained (proper case notes) and updated on a regular basis;
• Ensure that WRFN band members are educated about their rights;
• Ensure client files are maintained (proper case notes) and updated on a regular basis;
• Data collection, and submission of reports as required.

QUALIFICATIONS:
• Post-Secondary Social Work Diploma or Degree or equivalent;
• A minimum of two years Social Services work experience with Indigenous peoples;
• Valid Driver’s Licence and own reliable vehicle;
• Must provide an up to date and clear Vulnerable Sector Screening Check;
• Ability to present legislation and legal documents;
• Knowledge of Case Management techniques and Alternative Dispute Mechanisms (i.e. Sharing Circles);
• Excellent communication skills that includes both written and verbal in order to be effective at communicating with a diversity of individuals and dissemination of information;
• Must be able to work flexible hours and travel with minimal notice;
• Speak and understand Ojibwe language or a willingness to learn;
• Ability to exercise discretion in handling confidential subject matter and
• Must have advanced computer skills: Microsoft Word, Excel, PowerPoint, Publisher, Access, Outlook, Internet, and Adobe Acrobat Pro.

SALARY: $50,000 - $60,000 (depending on qualifications and experience)

Interesting applicants must forward a Cover Letter, Resume and three (3) current letters of reference no later than MAY 25, 2019 by 12:00 p.m. to:
Andrea McGregor, Human Resources
Coordinator
Whitefish River First Nation
17 A Rainbow Ridge Road, P.O. Box 188,
Birch Island, ON P0J 1A0

NOTICE:
WRFN Membership Office will be Closed on the following dates:
May 10 – May 21, 2019

“Parents can only give good advice or put them on the right paths, but the final forming of a person’s character lies in their own hands”. - Anne Frank

With her hard work, commitment and determination, we are proud to announce the graduation of our daughter Kelsie McGregor. She graduated at the 7th Annual Indigenous Student Graduation Ceremony on April 5th, 2019 at Western University (Western University’s graduation convocation takes place June 12, 2019).

Kelsie graduated with a Bachelor of Arts (BA) in Psychology, with a Minor Health Sciences. However, she is continuing her education at Western University in September 2019 with a Master’s Degree in Public Health. We also would also like to take this opportunity to wish her a Happy 23rd birthday on May 1st.

Andrea & Chris McGregor

For our beautiful daughter Kelsie Olivia – Happy Birthday! We’ve watched you grow into an amazing woman you are today. And, with each year, you continue to amaze us! We hope your special day brings you more happiness you deserve in life.

Lots of Love, Mom and Dad

Reduce Waste
Bring a Feast Bag!

“Bring a Feast Bag!”
Reduce Waste

- Guarantee for
- Reduce Waste
- Bring a Feast Bag!
Lands Manager - Kathleen Migwanabi

The snow has finally melted, and spring is in full swing. The days are getting longer and warmer. It’s the season where plants and animals come alive after a long cold winter – a time for birth and renewal, and it’s a time for harvesting. The annual harvest of that sweet tasting sap to make maple syrup has come and gone. The annual smelt run had a late start this year, and it appears the Walleye Spawn will be late as well. We encourage our members to volunteer with monitoring the spawning grounds at Whitefish Falls and Swift Current sites by asking harvesters to practice conservation by: limiting their harvest to 4 - 5 male walleye, not to harvest large females, and not to harvest during the peak spawn. If you are interested in volunteering or for more information contact the Lands Department.

Speaking of Walleye, Keith and I met with John Perfetto, of the Whitefish Falls Fish and Game Club in April to discuss the Walleye Hatchery in Whitefish Falls, which has been operated by volunteers since 1964. John gave an overview of the volunteer duties required, as well as the possibility of forming a partnership for continued operations. A call for volunteers was put out in April, and I am happy to say that quite a few community members have signed up. It’s great to see our members participate in this opportunity to learn and gather knowledge on how to operate and maintain a fish hatchery. Shawanoswee School have their own micro hatchery and have been raising fry and releasing fingerlings for a few years now. This is an excellent opportunity which could potentially expand and become a valuable resource renewal tool for our community to ensure walleye populations are maintained for future generations.

With the arrival of spring, you will also notice that the “Rock Hounds” have returned to our Territory to study the rare geological features that can only be viewed in a couple areas in the province, and Whitefish River is one of these rare sites. Every spring and fall, Geology Departments from southern universities request permission to enter our Lands to bring their students to complete their field courses. Please be mindful of their presence when travelling north.

In the March 2019 Rezound, I mentioned that I have enrolled in the Aki and Environmental Stewardship Program at Algoma University. This program will be starting this month, and I will be away from the office for one week periods from time to time throughout the year. Over the next year, the Lands Department will continue to register Addendum to Lease Agreements in the Indian Lands Registry System for the McGregor Bay Cottage Lot Subdivision. The Lafarge Lease Renewal negotiations are progressing well and are on track. The existing Lafarge Lease will expire on May 31, 2021. We are in the environmental phase of negotiations, and an Environmental Audit (EA) is being completed to ensure that Lafarge is and continues to be compliant with their Lease. Other areas of focus in the Lands Department will be field work, which includes getting out on the land, and knowing what’s out there, increased monitoring of our lands. We will also be focused on developing a Terms of Reference for a Lands Committee, to assist the Lands Department will reviewing and amending existing land policies, and the development of a land use plan for the returned lands in the northern portion of the reserve.

If you have any questions or require more information please don’t hesitate to contact me at WRFN Administration at 705-285-4335 ext.208 or via email at kathleenn@whitefishriver.ca.

****Jackpot $100.00

FRESH FISH DINNER $10 PER PLATE
AT COMMUNITY CENTER @ 11 AM
$3.00 PER STRIP

PREPARED BY PITWANAHKIT FAMILY

Community Notice

To: Whitefish River First Nation Band Members
From: Chief and Council
Date: March 31, 2023
Re: Walleye Spawning Season
Whitefish Falls and Swift Current Sites

The annual spring Walleye Spawn will soon be underway. It is our traditional fishing practice to cease harvesting of the mature adult spawning Walleyes during the Full Spawn event. It is our responsibility as stewards of the land to ensure successful reproduction can take place. We strongly discourage any illegal fishing while traveling to or on the river.

We encourage band members to volunteer their support by helping monitor the Whitefish River and Swift Current sites, and to remind visitors to these sites that NO FISHING is permitted once the full spawn is underway. The full spawn occurs when the water temperature reaches 8°C. NO FISHING when water temperatures range between 6 to 13 °C.

Once the critical spawning period is over, when waters exceed 12°C, we encourage community members to respect the harvest limit of 4-5 Walleye under 5 pounds per household. Please respect our ancestor’s practices and teachings in regard.

We are also asking our band members to voluntarily submit the number of Walleye harvested to the Lands Office as part of our efforts to ensure this valuable resource is available for future generations. Your collective efforts will help make a significant difference in the long term management strategy of the fishery in our future generations may continue to benefit from the gift of this valuable resource.

Please Contact either Kathleen Migwanabi, Lands Manager or Keith Nahwegahbow, Lands Assistant at the Lands Office, 705-285-4335 or by email: kathleenn@whitefishriver.ca

Chi-Miigwech

WHITEFISH RIVER FIRST NATION
774 Rainbow Road, Timmins, ON P1K 1K3
TEL (705) 285-4335 FAX (705) 285-4332 www.whitefishriver.ca

ATTENTION ANGLERS

TAGGED FISH MAY HAVE BEEN RELEASED IN YOUR AREA

Please help the A/OFRC and your community learn more about the population, growth rates, and life cycles of fish species in your area.

If you catch a fish with one or more tags, PLEASE REPORT THEM TO:
Curtis Avery at 705-472-7888 ext. 6 and include the following:

- Tag number(s)
- Tag colour(s)
- Fish species
- Fish length
- Fish weight
- Location of capture
- Time and date of capture
- Whether the fish was harvested or released alive

Your cooperation is greatly appreciated!

The A/OFRC is a not-for-profit organization that serves as an independent source of information for communities within the Anishinabek Nation. The Centre provides information and recommendations for sustainable fisheries management, reports on stock status, evaluates stressors on fish populations and habitats, and offers technical support.

For more information on this and other projects, please contact the Anishinabek/Ontario Fisheries Resource Centre, 753 Walker Road, Unit S North Bay, ON P3A 0E7, Phone: 705-472-7888, Fax: 705-472-6333, Email: anofrc@anofrc.org, Website: www.anofrc.org

KICHI MIIGWECH FOR CALLING IN YOUR TAGS!
REMINDER for those that participate in the curbside waste collection. Please have your waste out in your bin or on the curbside by 8:00 a.m. to ensure pick up. Miligwetch to all the completed the waste and recycling survey. Although our numbers were not high as anticipated it gave a good look at how community members feel about our current waste and recycling system. I’ve compiled a not too brief synopsis of the survey results for those that were unable to attend the Community Information session. You are welcome to come and view the final survey at the Administration Office.

• Those surveyed felt that our recycling program is good to fair, and needing improvement. It is important to remember that we still in the early stages of recycling although some of us have been doing it for a number of years. Our challenge will always be the changing markets and the limitation or elimination of a recyclable.

• As our recycling program continues to evolve we must remember that currently we do not have funds for a recycling program. All costs are borne by the Public Works Department and the First Nation. Developing the plan will include finding as much financial resources as possible to ease the cost to you and the First Nation. A part of this plan will be education and promotional materials, again this will be will be built into the plan to help with the financial costs. I continuously learn and work to educate people as much as possible with their recycling questions.

• We do need to learn how to reduce our plastic consumption. This is one of the hardest to recycle as this market changes frequently. We can start by working at eliminating plastic water bottles and disposable (recyclable) plastic drink bottles that we use. A Forbes article that lists the Top 5 Ways Plastics Harm the Environment, stated that a 1992 cargo container full of rubber ducky was lost at sea between Hong Kong and USA. The article is dated April 23, 2018 reveals that these plastic ducky are still showing up on shorelines.

• Although more research is needed the results to support a bag limit were fairly even. At this time from the surveys collected 45% opposed a bag limit while 39% agreed we need a bag limit. There are pros and cons to a bag limit, we need to truly consider our environment and the impact we have producing so much trash that could have been recycled, reused and reduced. On the con side further study needs to be done for large families that would likely not be able to maintain a 2 bag limit. These are all things that will be considered when building the plan.

• Tags for a fee was a fairly close survey result with 59% saying yes and 40% saying yes. Examples of how this may apply if I had family or friends over for a few days and generated more waste than my 2 bag limit, I would pay a fee for a tag per bag. This bring me to the curbside collection fee, some feel this like a tax and it may seem that way. Another way to look at it is a fee to help our community and the people in it maintain proper standard of living with a well maintained landfill or transfer station with recycling bins. 49% of respondents feel a $10 per month fee is acceptable while some expressed concern for our elders and having reduced fees for them. Overage or tipping fees for waste disposal a total of 66% agreed that this should be implemented in the plan. Examples are your old mattresses, appliances, construction waste, etc. A set fee would be in place that would need to be paid prior to dumping.

Once again Miligwetch to all that took the time to complete a Waste & Recycling survey. Congratulations to Giselle McGregor the winner of the $50 Canadian Tire gift card.

I’d also like to remind our community that we have a bin for household batteries and used ink cartridges at WRFN Administration. Don’t forget to bring those feast bundles out to community gatherings. Any questions regarding the survey results please feel free to contact me or if you have general recycling questions give me a call at the Administration Office at 705-285-4335 ext. 230 or via email at crystalmcgregor@whitefishriver.ca.

Don’t forget the 3 R’s
REDUCE! REUSE! RECYCLE!
Together, we are learning to become awesome recyclers!

Whitefish River First Nation Community Volunteer Income Tax Program

Beginning March 1, 2019
Need a hand to prepare your tax return? We can help

VOLUNTEERS DO NOT PREPARE TAX RETURNS FOR:
- Returns for deceased persons;
- Individuals who file for bankruptcy
- Self-employed individuals
- Individuals who report capital gains or losses; or
- Individuals who report employment expenses, or business or rental income and expenses.

Remember to bring all your tax slips and forms with you.

For more information or to schedule an appointment please contact one of the following at 705-285-4335.

Emma Recollet, Ontario Works Administrator
Brian McGregor, Finance Assistant
Kimberly Laundrie, I.R.A. Band Rep Clerk, Council Clerk

Volunteers are not employees or volunteers of the Canada Revenue Agency.

COMMUNITY ENERGY CHAMPION
1 Year Contract -- with the possibility of an extension

SALARY: $35,000 - 45,000 Annually (Depending on Education & Experience)

The Whitefish River First Nation is seeking an innovative and energetic individual to complete action items identified in the Whitefish River First Nation Energy Plan and Education & Capacity Building (ECB) Projects. Reporting to the Housing Manager, the Community Energy Advisor will develop, administer and educate unique projects relating to Energy, and as identified in the Whitefish River First Nation Energy Plan.

RESPONSIBILITIES:
- Responsibilities may include, but are not limited to project planning, scheduling, allocation of personnel and resources, budgeting, and regular communication with members, staff, management, and leadership;
- Developing and administering project proposals, work plans, and project costing/budgeting for energy related initiatives within WRFN;
- Reviewing, updating, modifying, and reporting on WRFN’s various energy initiatives throughout the fiscal year;
- Re-establish a Community Energy Committee; hold quarterly meetings;
- Staff resource for a Community Energy Committee designed to support the energy desires of Whitefish River First Nation;
- Act as an energy education and conservation resource for the community and membership;
- Seeks in the delivery of community engagement and energy events, a community outreach program, youth capacity building workshops, and WRFN staff training sessions;
- Assist in the research required for non-commercial related energy generation projects;
- Oversees multiple projects simultaneously, and
- Prepares and review reports, conduct presentations for multiple stakeholders relating to Energy.

QUALIFICATIONS:
- Post-Secondary Diploma or Degree in one of the areas of Science, Energy or Environment related studies;
- Experience in First Nation organization in the area of lands, environment and/or energy is considered an asset;
- Knowledge of the First Nation culture and traditions or have the willingness to learn;
- Valid Driver’s License and access to a reliable vehicle;
- Excellent communication skills that includes both written and verbal;
- Ability to travel and work flexible hours as approved by Supervisor;
- Must have advanced computer skills: Microsoft Word, Excel, PowerPoint, Publisher, Access, Outlook, Internet, and Adobe Acrobat Pro.

We thank all applicants, but only those selected for an interview will be contacted. Prior to being hired, the successful applicant will be required to submit a current clear Criminal Reference Check.

We thank all applicants, but only those selected for an interview will be contacted. Prior to being hired, the successful applicant will be required to submit a current clear Criminal Reference Check.

EMLOYMENT OPPORTUNITY
Posting Extended

Ms. Andrea McGregor
Human Resources Coordinator
Whitefish River First Nation
17A Rainbow Ridge Road
Birch Island, ON, P0P 1A0
Email: andream@whitefishriver.ca

Deadline: May 17th, 2019 at 12:00 p.m.
Monster Garage
Plant Manager - Murray McGregor Jr.

The Public Works department has shifted into the new season, cleaning up the parking lots and public building yards roads ways and drainage areas. The paved roads and parking lots have been swept and the road grader is making its spring appearance to level out the gravel roads. These annual tasks help keep our community clean and fresh with pride shown with community gardens being prepared and building frontages swept and cleaned up. The Public Works crew will continue with spring duties as the snowplows and sanding equipment will be prepared for summer storage and winter tires changed. The lawn maintenance tools will be checked over and prepped for the next season... summer.

Part of Public Works water plant operations is the flushing of fire hydrants and water mains. This maintenance is scheduled twice a year ensuring all of the fire hydrants are in working order and to make sure any sediment build up in the water mains are flushed out. To ensure the best performance and least amount of water is used, the practice of directional flushing is practiced here. The water plant operations will be starting Monday May 6th, 2019 in the lower bowl, Bay of Islands Road, Shawanoswe Street, Red Eagle Road. Wednesday May 8th, 2019, starting by the water tower moving along Maple Heights Road finishing at the top of the hill on Maple Heights Road. Thursday May 10th, 2019, along Maple Heights Subdivision down to the end of Rainbow Ridge Road finishing by the fire hall. If you live on any of the streets listed please be aware that water pressures may change during the flushing and some discolouration may occur. If you notice discoloration run your cold water tap until the water clears up. If the water does not clear up notify the operators or call the water treatment plant at (705) 285-0007.

Whitefish River’s Solid Waste Study open house held April 23rd, 2019 was a great success. The participants asked many questions and were able to identify with the need for Whitefish River to increase with waste diversion. The Solid Waste Study is identifying the current practises of our community in general and ways to improve landfill operations, curbside pick up and recycling program. Already WRFN is an advanced community expressed by Project Engineer Rod Peters, and just in the last 4 to 5 months the recycling program has increased with the awareness and information provided by Crystal McGregor. The Study is also assisting with the development of a Solid Waste Plan to start hauling all solid waste off the First Nation with a possible transfer station located on the current landfill site. All these details will be submitted in a draft report for approval from Chief and Council and Indigenous Service Canada. Based on the current planning stages if all goes well we should have the new program up and running by summer 2021.

The new daycare project is picking up momentum, with local contractor BICC assisting with portions of the project. All the inground work is underway, plumbing, heating and some of the electrical. The concrete floor is expected to be prepared later this month. This part of the project is very meticulous as mistakes could prove costly if not installed properly and tested. The septic system has been designed and sent forward for approval.

Families living in and around Maple Heights are reminded to keep their children off the construction site after working hours.

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

EMLOYMENT OPPORTUNITY

CONSULTATION COORDINATOR

ONE (1) YEAR CONTRACT

The Whitefish River First Nation (WRFN) is seeking a highly motivated individual to fulfill the role and responsibilities for the position of Consultation Coordinator. The ideal candidate will be a team player who is able to engage with all levels of government and private sectors in relation to land and resource matters. The Consultation Coordinator must be open minded and be able to look for innovative opportunities to advance the needs of WRFN.

KEY DUTIES & RESPONSIBILITIES:
The Consultation Coordinator will report to and receive instructions from the Band Manager and the WRFN Consultation Committee. Other duties include:

- Responding to notices for consultation;
- Streamlining consultation workflow to meet engagement goals;
- Managing the consultation process, including assessment of consultation adequacy;
- Preparing consultation work plans;
- Coordinating and conducting community engagement in support of the consultation process;
- Developing internal community decision-making protocols including: a Pre-Consultation checklist, Technical Assessment & Capacity Funding Documents, Community Consultation policy, and Community Engagement Strategies;
- Nurturing relationships and establish linkages that support socio-economic growth opportunities as they relate to lands and resource development;
- Engage and work collaboratively with colleagues from various departments of Whitefish River First Nation Administration;
- Must abide by Whitefish River First Nation’s personnel policy and procedures.

SKILLS, KNOWLEDGE & QUALIFICATIONS:
The Consultation Coordinator must possess excellent communication, writing and organizational skills. They will ultimately manage the consultation process to ensure WRFN have the opportunities for meaningful consultations with all levels of government and private sectors. Other skills and qualifications include:

1. Post-Secondary degree or diploma in a related field of Natural Resources, Environmental, Public Administration or Lands Administration;
2. Strong computer skills with aptitude for using new software, in particular consultation and project management software;
3. In-depth knowledge of federal and provincial indigenous consultation requirements;
4. Ability to remain organized, multi-task and time manage;
5. Exercise discretion in handling confidential information, strong interpersonal skills to establish strong working relationships;
6. Excellent communication skills with the ability to listen, interpret and convey points appropriately;
7. Must have valid driver’s license and access to a reliable vehicle;
8. Working knowledge on the Duty to Consult;
9. Experience with consultation methodologies and engagement techniques;
10. Knowledge of land use and environmental issues as they affect First Nations; and
11. Knowledge of Indigenous Culture, Traditions, communication style and value systems.

SALARY: $40,000 - $50,000 (depending on qualifications and experience)

Interested applicants must forward a Cover Letter, Resume and three (3) current letters of references no later than May 17, 2019 by 12:00 p.m. to: Andrea McGregor, Human Resources Coordinator
Whitefish River First Nation
17 A Rainbow Ridge Road, P.O. Box 189, Birch Island, ON P0E 1H0

CONFIIDENTIAL

We thank all who apply, however only those applicants selected for an interview will be contacted.
Pool Tournament
Wedding Fundraiser

May 18th 2019, 1:00 PM
$25 Entry Fee
(Includes FREE BBQ!)
Come show your support
and win great prizes!

All proceeds go towards the Corbiere/Nahwegahbow Wedding November 16th 2019

To enter or for more information Contact:
Keith Nahwegahbow @ 705-493-0174

Pet Care
& Tips

Meow Everyone!

I hope all is well with everyone. It is finally nice outside as I write this and I have my living room door open so the cats can come and go as they please. Well, it has been over a month since my Fabio has been gone. The house is gradually getting back to normal with me and the cats. There are days I miss him, especially when I get the canned food ready as Fabio would be the first cat at my feet. He would rub against my legs impatiently before meal time. Now, when I feel a cat rubbing against my leg I automatically think it is him. I decided to have him cremated and I will put his ashes on the shelf beside my Khafara. He will also be put in with me when my time comes.

When you get this, Easter will have been over and I hope everyone had a nice holiday. It won’t be long until I start to hear boats going out in the Bay. Some of the Bay people have arrived and were taken in by the planes with the big propellers that push them across the ice and water. There are about three of them down by the Marina. The snow really disappeared quickly these last few days but I still have a few snow banks left outside. Now it is time to rake and clean up our yards. I used to like burning the dry grass around my house, but I think you can’t do that anymore. I know I can’t down in front of my house because of the fuel tanks there. It was nice to see all the new green grass that came after burning the area. Well, that cats have started to lose their winter fat, I can see that are they carrying a lot of loose skin around their belly area. I wish the same thing would happen for me. She-Pet Elizabeth is getting a bit friendlier now. She was the one who did not like anyone touching her. She seems to like when I rub her back, if she is in front of me and I am sitting in my recliner. She is the one that looks like her daughter, Empress Farrah. I cannot tell them apart sometimes until I look at them in the face.

SOME CAT FACTS:

• The Egyptian sun-god, Ra, changed himself into a cat in order to battle evil. Bast, the goddess of fertility and love, always took the form of a cat, with the body of a woman and the head of a cat.
• According to myth, a cat sleeping with all four paws tucked under means colder weather is coming.
• The hobby of breeding cats is known as ‘cat fancy’.
• The stubby-nose, longhair Persian cat is the most popular breed of cat in the US. The Persian was first imported to Europe from Persia (Iran) in 1620.

Well, that is it for now, the cats and I would like to wish Happy Anniversary and Happy Birthday to all the people celebrating in the month of May. Remember to get your cat or dog fixed to help keep the pet population down in our community and it is also nice to see people walking with their dogs around the village. Remember to visit our Elderly, sick and shut-ins, I am sure they will like to be remembered. Take care when you are around ice and water. Well I guess that is all for this month, so until next time take care.

She-Pet Elizabeth, Empress Farrah, and Webby Debby (The girls cats).
Luka, BJ, Francis, and Tinker (The Boy cats).

Me, the Big Cat
Dennis L. McGregor
Message from Ogimaa Shining Turtle
Sturgeon Clan, Anishinabek Nation

The beautiful month of May is upon us and the snow is disappearing quickly. On March 20th, our Administration undertook the ceremonies to welcome Spring and to appease our spirits. We have much to be grateful for including:

a) Housing Renovations
b) New Elevated Storage Reservoir
c) Work on the Trust process
d) The Little Native Hockey League
e) Traditional healing ceremonies for the community
f) Anishinabek Education System
g) Daycare Construction
h) Our Community Wellbeing.

The priorities of Chief and Council continue to focus on three key areas:
1) Community Wellness
2) Education
3) Economic Development

We are unwavering in our efforts to move forward on wellness. While we are making incremental progress, much work remains to be done and no challenge is too big for our community to overcome.

Chief and Council continue to impress on the administration to share information with the community in a timely manner using our Rezound, Shawanoswe School Spirit, and with our approved WRFN social media tools. The Administration has the tools to make sure we can communicate effectively.

We currently have one very significant capital projects to update you on;

We are in full construction for the Early Learning Centre. The Walls and the roof are being constructed and the work is a month off schedule. This exciting project includes;

- Construction of a new Early Learning Centre as part of Shawanoswe school,
- Barrier free design
- Integrated into Shawanoswe School

When completed our new Early Learning Centre will provide quality Day Care space needs for Whitefish River residents. The total estimated cost of Construction is over $1.3 Million dollars. I wish to acknowledge Council for working with my office to continue to prioritize this important project.

I attended the Special Chiefs of Ontario Assembly from April 9-11th in Toronto. The agenda was very busy and included the following discussions;

- Chiefs of Ontario Restructuring models for our Governance
- Social Services Funding Formulas, and Special Studies update
- Carbon Tax discussion and resolution
- Full update on Comprehensive Claims, ATR, Specific Claims, and Inherent Rights Policies via the Assembly of First Nations
- Environment Update on Water Legislation and Operations and Maintenance needs
- Child Welfare Legislation
- Education Languages Act update
- Health Update
- Early Learning Child Care needs
- Sports body
- Indigenous Fire Marshal
A very busy agenda for the Chiefs. The month of May is a special month for mothers. So, this Mother’s Day, say thank you. Say, “I love you.” And let’s make sure we show that gratitude and appreciation through acts of respect throughout the year. No one deserves that more than our moms.

If you have any questions or concerns, do not hesitate to contact my office at 705-285-4335 ext. 202 or via email at franklinp@whitefishriver.ca.

Happy Mother’s Day, and together let’s celebrate this beautiful month!

<table>
<thead>
<tr>
<th>Chief and Council Meeting Schedule</th>
<th>May 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday</strong></td>
<td><strong>Monday</strong></td>
</tr>
<tr>
<td>Community Clean up – Earth Day</td>
<td>5</td>
</tr>
<tr>
<td>Mother’s Day</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>26</td>
</tr>
<tr>
<td>NAME</td>
<td>JOB TITLE</td>
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<tr>
<td>--------------------------</td>
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</tr>
<tr>
<td>Art Jacko</td>
<td>Band Manager</td>
</tr>
<tr>
<td>Leslie Recollet</td>
<td>Executive Assistant</td>
</tr>
<tr>
<td>Andrea McGregor</td>
<td>Human Resource Coordinator</td>
</tr>
<tr>
<td>Esther Osche</td>
<td>Trust Coordinator</td>
</tr>
<tr>
<td>Diane Gaudette</td>
<td>Receptionist</td>
</tr>
<tr>
<td>Emma Recollet</td>
<td>Ontario Works Administrator</td>
</tr>
<tr>
<td>Jocinta Shawanda</td>
<td>Education Manager</td>
</tr>
<tr>
<td>David Shawanda</td>
<td>Finance Director</td>
</tr>
<tr>
<td>Binni McGregor</td>
<td>Finance Assistant</td>
</tr>
<tr>
<td>Theresa Recollet</td>
<td>Finance Clerk</td>
</tr>
<tr>
<td>Zach Shawanda</td>
<td>Finance Assistant</td>
</tr>
<tr>
<td>Georgina Recollet</td>
<td>Housing Manager</td>
</tr>
<tr>
<td>Brianna McGregor</td>
<td>Tenant Relations Worker</td>
</tr>
<tr>
<td>Kim Laundrie</td>
<td>IRA/Band Representative Clerk/Council Clerk</td>
</tr>
<tr>
<td>Kathleen Mgwanabi</td>
<td>Lands Manager/RA</td>
</tr>
<tr>
<td>Keith Nahwegahbow</td>
<td>Lands Assistant</td>
</tr>
<tr>
<td>Murray McGregor Jr.</td>
<td>Plant Manager</td>
</tr>
<tr>
<td>To be determined</td>
<td>Economic Development Officer</td>
</tr>
<tr>
<td>Raymond Francis</td>
<td>Case Manager</td>
</tr>
<tr>
<td>Ariene Pitawanakwat</td>
<td>Band Representative</td>
</tr>
<tr>
<td>Crystal McGregor</td>
<td>Waste Management Action Plan Coordinator</td>
</tr>
<tr>
<td>Tammy Nahwegahbow</td>
<td>Rezound Editor</td>
</tr>
</tbody>
</table>

**HEALTH CENTRE: (705)-285-4364**

<table>
<thead>
<tr>
<th>NAME</th>
<th>JOB TITLE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leslie McGregor</td>
<td>Health &amp; Social Services Manager</td>
<td><a href="mailto:lmcgregor@whitefishriver.ca">lmcgregor@whitefishriver.ca</a></td>
</tr>
</tbody>
</table>
| Cathy McGregor           | Health Centre Receptionist  | healthreception@whitefishriver.ca |}
| Doreen Jacko             | Community Health Representative | doreenj@whitefishriver.ca   |
| Genny Jacko              | Mental Health & Addictions Worker - NNADAP | gennyj@whitefishriver.ca   |
| Michael Aelick           | Mental Health & Addictions Worker - NNADAP | maelick@whitefishriver.ca   |
| Candace Assenwee         | Child & Youth Mental Health & Addictions Counsellor | candacej@whitefishriver.ca |
| Winnie Pabolomai         | Community Wellness Worker   | wpabolomai@whitefishriver.ca   |
| Crystal Clark-McGregor   | Community Mentor (Right to Play) | righttoplay@whitefishriver.ca |
| Shawnessy Jacko          | Family Well-Being Coordinator | shawnessy@whitefishriver.ca |
| Courtney Laundrie        | Early Learning Coordinator  | courtney@whitefishriver.ca     |
| Gail Jacko               | Food Security Coordinator   | gail@whitefishriver.ca         |
| CLIP Jacko               | Medical Transportation Driver | medtrans@whitefishriver.ca   |

**SHAWANOSWE SCHOOL: (705)-285-1311**

<table>
<thead>
<tr>
<th>NAME</th>
<th>JOB TITLE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel Stargritt</td>
<td>School Principal</td>
<td><a href="mailto:principal@shawanoswe.ca">principal@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Nida Toulouse</td>
<td>Administrative Assistant</td>
<td><a href="mailto:admin@shawanoswe.ca">admin@shawanoswe.ca</a></td>
</tr>
<tr>
<td>John Spanos</td>
<td>Grade 5-6 Teacher</td>
<td>TBD</td>
</tr>
<tr>
<td>Rick Legrow</td>
<td>Grade 3-4 Teacher</td>
<td><a href="mailto:rlegrow@shawanoswe.ca">rlegrow@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Tiffany Gagan</td>
<td>Grade 1-2 Teacher</td>
<td><a href="mailto:tgaganil@shawanoswe.ca">tgaganil@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Victoria Meulcan</td>
<td>JK/5K Teacher</td>
<td><a href="mailto:vmuelcan@shawanoswe.ca">vmuelcan@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Sarah Oliver</td>
<td>Special Education Resource Teacher</td>
<td><a href="mailto:solverish@shawanoswe.ca">solverish@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Cindy Pitawanakwat</td>
<td>Education Assistant</td>
<td><a href="mailto:educationasistant1@shawanoswe.ca">educationasistant1@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Bonnie Nahwegahbow</td>
<td>Education Assistant</td>
<td><a href="mailto:bannahwegahbow@shawanoswe.ca">bannahwegahbow@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Tracey Megwanabe</td>
<td>Education Assistant</td>
<td><a href="mailto:educationasistant2@shawanoswe.ca">educationasistant2@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Jessica Reinish</td>
<td>Education Assistant</td>
<td><a href="mailto:jreinish@shawanoswe.ca">jreinish@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Danielle Caicco</td>
<td>Education Assistant</td>
<td><a href="mailto:dcaicco@shawanoswe.ca">dcaicco@shawanoswe.ca</a></td>
</tr>
<tr>
<td>Danette McGregor</td>
<td>Native Language Teacher</td>
<td><a href="mailto:dmcgregor@shawanoswe.ca">dmcgregor@shawanoswe.ca</a></td>
</tr>
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**MAAMWE KENDAASING CHILD CARE CENTRE: (705)-285-7777**

<table>
<thead>
<tr>
<th>NAME</th>
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<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBD</td>
<td>Supervisor/Educator</td>
<td><a href="mailto:daycare@whitefishriver.ca">daycare@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Jo-Ann Recollet</td>
<td>School/Cultural Educator</td>
<td><a href="mailto:joannerr@whitefishriver.ca">joannerr@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Cyndi Carbieri</td>
<td>RECE</td>
<td></td>
</tr>
<tr>
<td>Blanch Recollet</td>
<td>Cook</td>
<td><a href="mailto:blancher@whitefishriver.ca">blancher@whitefishriver.ca</a></td>
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**LIBRARY: (705)-285-1888**

<table>
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<tr>
<th>NAME</th>
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<tbody>
<tr>
<td>Evelyn Jacko</td>
<td>Librarian</td>
<td><a href="mailto:evelynj@whitefishriver.ca">evelynj@whitefishriver.ca</a></td>
</tr>
</tbody>
</table>
### Community Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Friday</th>
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<tbody>
<tr>
<td><strong>May 2019</strong></td>
<td></td>
<td></td>
<td><strong>1</strong></td>
<td><strong>2</strong> Anishinabemowin</td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
</tr>
<tr>
<td><strong>Community</strong></td>
<td><strong>Meeting</strong></td>
<td><strong>BINGO</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong> Anishinabemowin</td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
</tr>
<tr>
<td>**Earth Day</td>
<td><strong>Mental Health</strong></td>
<td><strong>Earth Day Clean Up</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong> Blood Pressure Bingo</td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
</tr>
<tr>
<td><strong>Awareness</strong></td>
<td><strong>Week</strong></td>
<td><strong>BINGO</strong></td>
<td><strong>17</strong></td>
<td><strong>16</strong> Anishinabemowin Treaty Annuity Payments</td>
<td><strong>18</strong></td>
<td><strong>18</strong></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td><strong>Mon 21-29</strong></td>
<td><strong>BINGO</strong></td>
<td><strong>18</strong></td>
<td><strong>17</strong> Shawanosowe Pow Wow 10 am-2:00 pm</td>
<td><strong>19</strong></td>
<td><strong>19</strong></td>
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</tbody>
</table>

### May Events

#### May 6th
- "I am a Kind Man" Fire Teachings 4PM-8PM @ Health Centre
- "I am a Kind Man" 4PM-8PM @ Health Centre

#### May 9th
- **Mother's Day Celebrations**
- **Ball Field**
- **BINGO**

#### May 13th
- **Blood Pressure Bingo** 11AM-2PM Health Centre
- "I am a Kind Man" 4PM-8PM @ Health Centre

#### May 20th
- **BINGO**

#### May 26th
- **BINGO**

#### May 27th
- **BINGO**

#### May 31st
- **BINGO**

### Birthday & Well Wishes!

- **Happy Birthday to my sister Teresa**
  From your sister Val
- **Happy Birthday to my sister Emma on May 21st and my nephew Kolby on May 11th.**
  Love Auntie Va, Steve & Kiara
- **Happy Birthday to Jeremiah who turned an Amazing 6**
  on April 3rd.
  Lotsa love from Granny
- **Happy Birthday to Darlene**
  on May 21, 2019
- **Happy Birthday to Doris and Helen**
  on April 7, 2019
  From your Elder’s Centre Friends
- **Happy Birthday to Jeremiah who turned an Amazing 6**
  on April 3rd.
  Lotsa love from Granny
- **Happy Birthday to my granddaughter Marilyn**
  Love Grandma
- **Happy Birthday to Zach on May 11th!**
  Hope your day is as great as you are.
  Lotsa love from Mom xo
- **Happy 29th Birthday Zach Shawanda on May 21st**
  Love: Jeremiah, Selena, Sara
  Rolly & Family
- **Happy Birthday to our Dad and Grandpa Craig on May 3rd,**
  XOXO Sydney, K.C, Nicole, Brax, Brae & Lincoln
- **Happy Birthday Lila on May 25th!**
  We love you to the Moon and Back!
  Auntly Bug, Noah, Zoey & Kate xo
- **We have been blessed as Creator gave us the greatest daughter there ever could be on May 1st.**
  You are brave, beautiful and bright.
  And, from the day you came into this world,
  we were proud as can be.
  **Happy 8th Birthday to Zach on May 11th!**
  Hope your day is as great as you are.
  Lotsa love from Mom xo
- **Happy 29th Birthday Zach Shawanda on May 21st**
  Love: Jeremiah, Selena, Sara
  Rolly & Family
- **Happy Birthday to Doris and Helen**
  on April 7, 2019
  From your Elder’s Centre Friends
- **Happy Birthday to Jeremiah who turned an Amazing 6**
  on April 3rd.
  Lotsa love from Granny xo
- **Happy Birthday to the Best Dad ever!!**
  Love Laila & Uriah.
  P.S. Sorry we are making you go grey
- **You are one-of-a-kind; Kind and loving, funny and true. Son, there's no one quite like you. Happy Birthday Joshua on May 7th. Love, Mom & Dad**
- **There's something special about being deeply connected nieces and cousins-- You shine your light-- illuminating the way and all the while, warming our hearts.**
- **Wishing you a very Happy Birthday on May 1st and a Special Congrats on your graduation!**
  Kelsie McGregor
  Love you, Uncle & Auntie, Josh, Jer, Mon & Vi
- **Happy 13th Birthday Day Ira**
  Enjoy 13 like it's going out of style!!
  Love Mom, Dad, Eli, Lucy, Ziggy and Mitti!!
- **Happy 18th Birthday to Alara!**
  Love Auntie Crystal
- **Congratulations to Kaitlyn on graduating from your ECE program on May 26!**
  I am very proud of all of your accomplishments! Love Auntie Crystal.
- **Happy Birthday to my grandchildren Ira on May 23rd & Lila on May 24th!**
  Love you, Mishomis/Shodi
- **Happy 8th birthday Goosey!**
  Lots of love from your little Fam Jam
- **Happy 31st Birthday Ira on May 23rd.**
  Love Auntie Tammy, Uncle Dan, Nakia, Lila & Diego
- **Happy 7th Birthday to Lila Wawasay Garcia on May 24th**
  our bright light in Creation. We Love You.
  Mommy, Daddy, Nakia & Diego

### Upcoming Events
- **Mother's Day Celebrations**
- **Ball Field**
- **BINGO**

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**May 3rd - 9th**
- **Regular Chief & Council Meeting**
- **6PM-8PM @ Health Centre**

**May 6th**
- **BINGO**

**May 9th**
- **Blood Pressure Bingo**
- **11AM-2PM Health Centre**

**May 13th**
- **Game Night**
- **5PM-7PM**
- **7 Fires Youth & Elders Centre**

**May 17th**
- **Shawanosowe Pow Wow 10 am-2:00 pm**
- **Comm. Centre**

**May 22nd - 26th**
- **Dreamers Rock May 22-26**
- **5 Fires Centre**

**May 23rd - 25th**
- **Spring Fasting Ceremonies**
- **Daycare Lower Level**

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### Community Notice

- **5 MON - 8 PM**
  **6:30-8PM @ Health Centre**
- **6:30-8PM @ Health Centre**
  **Treaty Annuity Payments**
  **5 PM – 8 PM Comm. Centre**
- **6:30-8PM @ Health Centre**
  **Regular Chief & Council**

---

### Special Notice

- **5 Fires Centre**
  **Session 6:30 7 Fires Centre**
- **6:30-8PM 7 Fires Centre**
- **5PM-7PM Treaty Annuity Payments**
- **5 PM – 8 PM Comm. Centre**
- **6:30-8PM @ Health Centre**
  **Regular Chief & Council**
- **6:30-8PM 7 Fires Centre**