The WRFN Community Centre welcomed local students, community members and neighbouring schools on May 17, 2019 to the Shawanosowe School Annual Pow Wow, themed Mshkowendandaa Enaweying, “Keeping our Language Strong.” Miles Sutherland and Brittney Waindubence were the head dancers while Violet Sutherland and Lucas Trudeau-Agawa were the Jr. Head Dancers. The Whitefish River Staff was carried in by Chief Shining Turtle and the Shawanosowe School Staff was carried in by Nico Jacko. The Veteran’s Eagle Staff and the Maamwe Kendaasing Daycare Staff were carried in by Tim McGregor and Deacon Jacko respectively. MC Greg Sutherland was on hand for the day’s events and the hometown favourites, Biitaabaness singers were the host drum. Attendees were treated to the stylings of a local up and coming hoop dancer, Montana McGregor as he showcased his skills for the crowd. A delicious catered luncheon was provided for all participants, and the day was capped off with a giveaway.

Miigwetch to Danette McGregor and all the organizers of the Pow Wow, as well to all the participants who ensure the continued success of this annual event.

Please note that the deadline for submissions for the next issue is Wednesday, June 19th, 2019 at noon. Miigwetch!
rezoundeditor@whitefishriver.ca
Aani,

May announced the arrival of spring with flowers blooming everywhere. What a sight to see. I saw this quote and I thought I would share it with you: "That is one good thing about this world—there are always sure to be more springs.” – L.M. Montgomery

At the beginning of May, the Health team welcomed Marida McGregor as the Senior’s Navigation Worker and Paige Jacko as the Family Services Worker. We are excited that they have begun their work in the community and look forward to using their knowledge, experience, and skills.

During the month of May there were numerous activities happening in our community. We started the month of with a Community Clean-up. In years past, we would coordinate the community clean-up on Earth Day; however, for a number of successive years, there was either snow on the ground still or it was snowing on that day. We decided to host the Community Clean-up in May instead and the community responded. Although we were toasting the Community Clean-up on our front and backyards and ditches, many community members added items from their homes as well. I give a big shout out to the Public Works department for helping us with the collection of garbage. We appreciate your help in particular, Marcus – who came out that Sunday to do the initial collection.

We also celebrated Mother’s Day and hosted the Spring Fast along with Shkagamik-Kwe Health Centre. The health staff ran their various programs from the I Am A Kind Man program, language program, Paintscapes, horseback riding, youth leadership, children’s soccer, children’s ball hockey, etc. I know Crystal Clark-McGregor, Right to Play Community Mentor, has been busy planning activities for the summer for the children and youth in our community. A calendar will be available soon.

Coming up in June, we will be hosting traditional healers Jimmy & Vera George, Abraham Bearskin, and Roy Paul. Most of the activities planned will be at Sunshine Alley. Their visit will culminate in a ceremony honouring and feasting Dreamer’s Rock. Everyone is welcome to attend this event on Saturday, June 15. The plan is start with a Sunrise Ceremony and a Pipe Ceremony atop Dreamer’s Rock. A community feast will follow.

In terms of Non-Insured Health Benefits (NIHB) program, there have been a few changes effective April 2019. These changes include: treatments for warts no longer need a doctor’s note – a pharmacist can make the recommendation; there is new coverage for root canal re-treatment – the coverage has been expanded but will require a predeter mination; occupational therapists and physiotherapists can recommend selected medical supplies and equipment; medical strollers are now included as “limited use benefits” and requires prior approval; and NIHB program has increased the reimbursement rate for a pair of custom-made foot orthotics to $474.

I hope everyone has a great month and I am happy to see people out and about enjoying the fresh air.

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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### June 2019

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Child and Youth Mental Health & Addictions Counselor Candice Assinewe

Aani/Boozho WRFN Youth and Community!
May has been a steady month for me. May 7th, 2019 was National Child & Youth Mental Health Day and I delivered a session on Intergenerational Trauma, Self-Care and promoting resiliency by living a healthy lifestyle. Twelve youth in total came out, and the program was very well received by them. On May 11th, 2019 in partnership with Mental Health Week, we had guest speaker Eddie Gough-Neskewa share his story through a documentary, called “Roots Calling.” His story described how culture and claiming his identity helped him heal from addiction, loss of identity and suicidal ideation. The event went very well and participants were given the opportunity to share their personal stories with others, where they related to having similar experiences and how they overcame them. Finally in the month of May, I assisted in supporting youth who are involved in the community fast from May 22-26th, 2019. Some fasted, completed their berry fast, participated in sweats or came in as a helper to gain ceremonial experience on the land and learn from mentors. There will be another fast in the fall, and it there are any parents, families with children and youth who would like to find out how you could be involved in the future, please do not hesitate to reach out and contact me.

In the month of June 2019, I will continue to be provide support to Shawanosowse School students, and off-reserve students by providing lunch and learns and group sessions on self-care and promoting resiliency in children and youth. From June 11th-14th, 2019, Traditional Healers, Jimmy, Vera, Abraham and Roy will be in the community to provide one on one counselling and sweat ceremonies. We have scheduled in one of those days, June 12th, 2019, specifically for youth for one on ones from 9:00am - 4:00 pm and a sweat at 6:00pm. For more information on the youth one on ones and sweat, please contact me at the Health Centre. For all other inquiries regarding the Traditional Healer visits, please contact Winfred Paibomsai, Community Wellness Worker.

On Saturday, June 15th, 2019 there will be a Community Feast Celebrating the spirit “Opgitchaa Kwe”, of Dreamers Rock, and I encourage all of our youth and their families to come out and attend. Bring your bundles to feast them as well, and don’t forget to dress in ribbon shirts and skirts if you have them. Please bring a feast offering and your feast plates. Keep an eye out for the poster in the Rezound.

Also, in this issue of the Rezound I wanted to provide community with some of our local resource crisis support numbers for Addictions & Mental Health Services that we have in the area. If you or someone you care about is going through a difficult time and you have some concern, please do not hesitate to contact me or one of the providers listed.

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.

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YOUTH SWEAT CEREMONY

**When?** Wednesday, June 12th, 2019 @ 6:00PM

**Where?** Sunshine Alley, Dreamers Rock

Please bring a towel, your skirts, ribbon shirts and bundles if you have them.

If you require transportation or need a skirt we can provide you with one.

For more information, please contact Candice Jacko-Assiniwe, Child & Youth Mental Health & Addictions Counselor at 705-285-4354 or via email at candicea@whitefishriver.ca.
Community Wellness Worker - Winniefred Paibomsai

Bimaadzaawin
“Good Life”
Waabigonii Giizis (Blooming Moon)

Aanii Winnie ndizhnikaz. The month of May has been full of planning and organizing various programs and events. I went from being busy to super busy. I would like to say Migwetch to all those who participated in cleaning up our community on Earth Day and Earth Day Clean-up. Our local maintenance department helped us on May 5th, 2019 with retrieving the garbage that was collected. Migwetch to Todd McGregor and Marcus Pitawanakwat for your help and Murray McGregor Jr. for assisting us with this successful event. It took approximately 11 truckloads to pick up what community members had collected or were throwing out from their homes. It really goes a long way when we can all make a contribution to how our community looks. I have heard comments on how clean our community of Whitefish River is. Kudos to our Public Works Department and community members who put in the effort to keep our community beautiful.

The Health Centre hosted events during Mental Health Week from May 5th-11th. During this week I hosted a Spring Fast information session on May 9th. After the Community Clean up, the following day I hosted a Mother’s Day Lunch and D.I.Y. Bath Bombs and aromatherapy activity. Migwetch to all the Gashi (moms) that came out to celebrate. We gave away hanging floral baskets to the participants as well to some of our senior women in the community. It was such a great sight to see the expressions on their faces when they received a hanging basket. Their eyes lit right up and they smiled.

June for some land-based activities from medicine walks, community women’s sweat, men’s sweat, a sweat for the youth and a sweat for any families that would like to go as a family unit. They will also discuss protocols for ceremonies regarding naming ceremony, clan, colors and one-on-one healing sessions.

As part of the acknowledgement of our sacred sites and territory, I am coordinating a Community Feast for Saturday June 15th, 2019 to honour the spirit of Dreamer’s Rock. I am hoping to see many of you at this event which will take place at Sun shine Alley.

We have continued the Anishnabemowin program on Thursday evenings from 6:30 until 8:00 pm. If you would like to join the program, there is no registration fee; just the willingness to come and learn the language. There will also be a Full Moon Ceremony which is open to all women on June 17, 2019 at 9:00 p.m. with Car men Pitawanakwat.

Finally, there will be a Sun Safety Information Session on June 25th. The first session will be at Shawanosowe School and then a community session starting at 6:00 pm at the Community Centre.

Key Dates to remember for Waabigonii Giizis is:

- Graduation Day for Shawanosowe School on June 20th, 2019
- Aboriginal Day and the First Day of Nibin (summer) on June 21st, 2019

If you have questions please don’t hesitate to contact me at the Health Center at (705) 285-4354 or via email at wpaibomsai@whitefishriver.ca.

During the week of May 21-26th, we also had our Fasting Camp in partnership with Shkagamikik - K wee Health Center. It was great to see youth participating in the fast.

On June 5th, 2019, I will be hosting a session with Carolyn Strum on Ticks and Lyme Disease Prevention.

The Traditional Healers will be coming to the community in June for some land-based activities from medicine walks, community women’s sweat, men’s sweat, a sweat for the youth and a sweat for any families that would like to go as a family unit. They will also discuss protocols for ceremonies regarding naming ceremony, clan, colors and one-on-one healing sessions.

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If you have questions please don’t hesitate to contact me at the Health Center at (705) 285-4354 or via email at wpaibomsai@whitefishriver.ca.
Mental Health & Addictions Worker (NNADAP) - Michael Aelick

Anii, Mental Health Week kicked off May with a Community Clean Up and BBQ, a Fire Teaching with Dan Garcia, Skirt Mak- ing. Conversation about Life Promotion with Leslie McGregor, Protocol Teaching for the Spring Fast with Geesohns Mani- towabi, “Roots Calling” Film presentation with guest speaker Eddie Gough-Neskewa.

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 Rekindling Our Fires on Thursday June 6th and 20th. Fire is sacred and should be respected. The Spirit of theSacred 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 con- tinue Tuesday nights in June. 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.

Father’s Day, on Sunday June 16th, will be celebrated starting with a breakfast at 8:00 am followed by some fun activities and games for all ages. Father’s, Grand- fathers and Uncles bring your children, grandchildren, nieces or nephews to the 7 Fires Youth & Elder’s Centre for breakfast. Then stay and enjoy some games and activities.

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

Kizhaay Anishinaabe Niin

"I am a Kind Man"

WRFN Health Centre
Tuesday Nights
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

Rekindling Our Fire

New Date and Time!!

Meet Thursday at the Parking Spot Across From the Ball Field
June 6th & 20th, 2019
4:00PM- 8:00PM

Learn the basics of
Fire Starting and Fire Safety
Open to Community Members 8+

Please contact Michael Aelick, Mental Health and Addictions Worker at the Health Centre at 705-285-4354 or by email maelick@whitefishriver.ca
Early Learning Coordinator - Courtney Laundrie

Hello, Aanii.
May was a busy month and the summer months are finally within arms reach. I’m enjoying the warm weather.

Anishnabemowin with Marion McGreggor at the Maamwe Kendaasing Child Care is still occurring twice weekly. The Children seem to really enjoy our presence in the daycare and I am looking forward to continuing this program in the upcoming summer months.

Family Partner Painting with Who’s Crafty was postponed in May to the end of the month, but we still had a great turnout and I’m happy to say we will be inviting them back into our community the first week in June.

Shawna and I invited Paulette Aiabens back into our community for two days in May to help some of our past workshop participants complete their projects. We really enjoyed having her come in and look forward to seeing her again in the future. In May I also got to attend Shawna’s Skirt Making Workshop, so I made my first ribbon skirt. Mligwetch to Amelia McGregor for helping me and all the other participants.

During the month of May, Lauren Dewar, Maternal Health Nurse with Mnaa modzawin and I have doing the May Walking Challenge. We will be continuing into the month of June to try to get some more participants. Our weekly walk will be every Tuesday from 11 am - 12pm. We have great prizes to be won for those who participate. Just a reminder that even if you can’t make our weekly walks you are more than welcome to come and pick up a calendar to mark down your walking times for submission. We look forward to having everyone come out.

With it being summer, the month of June is the month of the ‘hitch hikers’ (lice) will be in full swing. It is important to follow the proper cleaning techniques to ensure that you get rid of them and keep them away.

Important Dates:

Walking Challenge:
Tuesdays 11 – 12:00 – Start @ Daycare

Anishnabemowin
Wednesdays & Thursdays for Daycare children

Paint Night: June 4th, 2019
6 pm @ Community Centre.

I look forward to hearing any feedback or any recommendations you may have. I can be reached at 705-285-4354 through the Health Centre or by email at courtney@whitefishriver.ca.

Aanii,

As usual it has been a busy, yet productive month. I just want to say Chi-Mligwetch to all the helpers who were part of the fast, we really appreciate all your hard work. It was also nice to see the community members who just stopped in to visit. Throughout the week the food was amazing, made with love and good for the soul.

Horseback Riding is going very well. It is an individual experience within the group, as confidence in our skills has grown in each of us. It has definitely been a struggle at times, but we were determined as a group and have encouraged each other to keep going. We had a lot of laughs along the way with getting to know and visit with one another. Unfortunately, our last session at the end of June will be our last.

Skirt Making with Amelia McGregor on May 7, 2019 was a blast! The ladies were amazing and displayed some mad sewing skills. Everyone looked beautiful modelling their finished product at the end of the day. Chi Mligwetch to Kim Stewart from Noojmowin Teg for cohosting as well to Amelia McGregor for sharing her knowledge. We are looking forward to having them back for more sewing in the near future.

The month of June we will have the Traditional Healers Jimmy George and Abraham Bearskin back in our community from June 11-15, 2019. Please contact Do-reen through WRFN Health for appointments.

Paint Night with Who’s Crafty will be happening again on June 4, 2019 from 6:00 pm - 8:00 pm at the Community Center! To sign up for this exciting event please call the Health Centre or stop in.

Keep an eye out on flyers on programming to commence. Should you have any question or ideas or just want to visit, please contact me at 705-285-4354 or email at shawnaj@whitefishriver.ca.

BaaMaaPii
Aani/Boozho,

My name is Paige Jacko and I am excited to join the Whitefish River Health Centre Staff as a Family Resource Worker on May 6, 2019.

I’m beyond grateful to have been given this opportunity to work for the Health Centre as part of the Child Welfare team. Prior to this position, I was working at Native Child and Family Services of Toronto as a Youth Mental Health Worker. Previous to that, I was an Aboriginal Support Worker at Rainbow District School Board. Throughout my schooling as a Child and Youth Care Practitioner and previous jobs, I have been given opportunities to try different areas of the social service field. I have received education and training in various areas such as laws and legislations in Ontario, stages of development, issues faced by children/adolescents and their families, concurrent disorders, mental health and addictions and many more. I have also received my certification with the Child and Youth Care Board.

As I begin my new journey with WRFN as Family Resource Worker, I will be responsible for working with community members providing various workshops on topics that support family and child development, cultural learning/opportunities, healthy relationships, understanding of child development and of course many more! In addition, as part of the prevention team, my goal is to assist families in staying together, especially those who may be struggling.

I’m looking forward to this new journey, and I can’t wait to start working with everyone. Please, stop by anytime. My door is always open! For more information or to contact me, I can be reached at WRFN Heath at 705-285-4354 or email at paigej@whitefishriver.ca.

Migwetch!

Aanii,.

My name is Marida McGregor, and I have been recently hired to the Health Team as the Seniors Navigation Worker.

This program is intended to support seniors and their well-being. Specifically, my position would assist you in navigating the unique challenges to seniors such as: Referrals to Internal and External supports; Advocacy (Medical, Housing, Mental Health, etc.); Medical Transportation supports; Daily practical living supports (Homemaking, Home maintenance, etc.); Application supports (OAS, Bill payments, etc.); Collaborate on activities that assist in health and wellness activities and One to one supports for promotion, prevention, intervention, and aftercare.

My background has always been in the Social Services side from Health to Ontario Works. I enjoy working in the customer side of assisting individuals find what they need. I also enjoy providing programming that aims at creating social and wellness independence.

I am based out of the Seven Youth and Elders Centre and can be reached at 705-285-1755 or email at maridam@whitefishriver.ca.

I look forward to visiting with you either at the Seven Fires Centre or in your home.

Migwetch
Aanii, this spring has been blooming for our Youth Leaders! We are sadly coming to a pause in the Youth Leadership Program this year. During the year the Youth have created so many memories within program outside of the program, they have grown into their own.

We had a really great turnout on the Youth evening for Mental Health Week. Chi-migwech to Candice for leading an insightful workshop for the Youth. We discussed our history as a nation and the links it has to our current mental health.

I would like to acknowledge Marshal Jacko for taking the time to open up the Shawanoswe School Gym for Basketball evenings for the older youth and adults. Basketball evenings at the school gym will resume back up at the end of September.

Ball Hockey with Mark is still running on Thursdays nights at the Shawanoswe School Gym for youth between the ages of 13-14 years old from 5:00 PM to 6:30 PM.

Our younger youth have been dominating the Soccer field with their talents. They won both of their games so far and are getting ready for their tournament on June 8th in West Bay. Go Team!

At the end of May were able to get help from our Youth Leaders for the Spring Fast and we were so grateful for all the help and support that they provided. It was truly a nice to see all the Youth who came out to fast or stayed and as assisted I would like to take this time to say chi-migwech! The fall fast will be coming up soon enough, so if anyone is interested or would like to help out you are always more than welcome.

We will be having a Youth Sweat on June 12th, at Dreamer’s Rock at 6pm. Please make sure to bring your sweat gear, feast bundle and if like to also bring a feast dish, the more the merrier.

On June 19th, I hope that all the Youth and Elders can come together for a BBQ at the Rainbow Lodge from 5:30-8:30pm!

As we do come to a pause on Youth Leadership Programming, I have been working away on summer camps. Please keep an eye out for poster regarding dates and ages.

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.

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<td><strong>Right to Play Worker - Crystal Clark-McGregor</strong></td>
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<td>Right to Play JR.YLP 7pm to 9pm Basketball ages 18 &amp; up at the school gym</td>
<td>Right to Play SR. YLP 6pm to 9pm Basketball ages 18 &amp; up at the school gym</td>
<td>Ball Hockey at Shawanoswe 5:30pm Anishinaabemowin Pane 6:30 to 8:30 at Youth &amp; Elders center</td>
<td>Soccer Practice 6-7pm Basketball ages 18 &amp; up at the school gym</td>
<td>Soccer Tournament in West Bay!</td>
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<td>Healers Visiting the Community Right to Play JR.YLP 7pm to 9pm</td>
<td>Healers Visiting the Community Youth Sweat @ Dreamer’s Rock 6pm</td>
<td>Healers Visiting the Community Ball Hockey at Shawanoswe 5-6:30pm</td>
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<td>Right to Play JR.YLP 7pm to 9pm</td>
<td>Right to Play SR. YLP 6pm to 9pm</td>
<td>Congratulations to all the Shawanoswe graduates!</td>
<td>Aboriginal Day</td>
<td>Sr. Right to Play Participant Celebration</td>
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<td>Anishinaabemowin Pane 6:30 to 8:30 at Youth &amp; Elders center</td>
<td>Last day of School</td>
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Community Youth Program Calendar

Congratulations to all the 2019 graduates! Very proud of you all.

For more information please contact me at righttoplay@whitefishriver.ca.

You can also stay informed on Instagram; @wrfn_youth.
Food Security Assistant - Louanne Megwanab

I would like to take a minute at this time to acknowledge all the people that have been involved in preparing good, wholesome food for our Shawañosowe School and off-reserve bussing students. Thanks to Gail, Winnie, Courtney, Shawna, Mike, Doreen, Candice, Crystal, Noojomowin Staff and anyone I forgot for all the times you have contributed to pulling off our big events, filling in when needed and all ways helping no matter what. Migwetch.

I will miss cooking for the kids during the summer. It is wonderful when our children are really enjoying good, healthy food and we hear applause, or special requests to create favourite dishes especially the healthier version. One of my favourites to create is Skinny Cauliflower Alfredo served with chicken breast. We make conventional dishes but with a healthy kick its truly an honour when I return from the local school with no “leftovers”.

Monthly Traditional Recipe

We are on the cusp of Leek season!! 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 onion odour a mile away! Let’s practice a little conservation, by only removing 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.

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

Storage of foods:
Please remember to keep cold food cold and keep hot food hot until you are done with it. Many times that cooler we use, constantly opening and closing is not good and has been found to contribute to food illnesses. Some helpful tips are to; keep your meat in a separate cooler with ice on bottom and ice on top, wash and prep your food before you pack it, always keep disposable rubber gloves on hand in case you cannot access soap and water. Keep different types of meal separate either in containers or Ziploc bags.

Keep condiments cold if opened, possibly using a condiment serving tray and only put out what you think is needed. This way the rest of the product can stay safe in the cooler.

Wash all veggies and fruits thoroughly, there can be many bugs or products on them and they are not necessarily safe for human consumption.

Health Tip/Info: BBQ!

BBQ’ers beware: Cook foods thoroughly to ensure your guests have a memorable, enjoyable BBQ feast with you. E. Coli and Salmonella are common words in the summer for various reasons.

E. Coli (some strains) can cause severe abdominal cramps, diarrhea and vomiting. You may be exposed to E. coli from contaminated water or food — especially raw vegetables and undercooked ground beef. Healthy adults usually recover from infection with E. coli within a week, but young children and older adults have a greater risk of developing a life-threatening form of kidney failure.

Salmonella infection (salmonellosis) is a common bacterial disease that affects the intestinal tract. Humans become infected most frequently through contaminated water or food. Salmonella infection is usually caused by eating raw or undercooked meat, poultry, eggs or egg products. The incubation period ranges from several hours to two days. Most salmonella infections can be classified as stomach flu (gastroenteritis).

I have a good month all!! Let’s be safe and enjoy this wonderful summer in the best place, Whitefish River First Nation.
EMPLOYMENT OPPORTUNITY

FULL TIME/1 YEAR CONTRACT (WITH THE POSSIBILITY OF EXTENSION)

**Salary:** $40,000 – $44,000 (depending upon qualifications and experience)

**Summary:** The Family Services Worker will implement services and supports to families whose children are at risk of being taken into care. The Family Service Worker will respect confidentiality and diversity in their role of providing active, hands-on, peer support to families in a variety of settings including agencies, family homes, and community environments.

**Responsibilities**

- Provide a culturally appropriate, safe, and wholistic approach to child and family service delivery;
- Develop a trusting relationship with families through regular visits and contact;
- Assess needs and develop and maintain a service plan for each family, working with the children, parents, extended family, local service providers, and others as appropriate;
- Assist families and provide linkages to community resources to meet their identified needs and goals;
- Serve as a liaison and help to build collaborative relationships between services and families;
- Coordinate, alongside the Child & Family Well-Being Coordinator and Family Resource Worker, case conference meetings, sharing circles, or family intervention meetings;
- Provide and/or access opportunities for community members to receive Anishinaabe traditional teachings that will assist in their healing process including traditional healing circles;
- Include as per the family’s wishes, traditional ceremonies or community gatherings that celebrate child and family;
- Ensure referrals will be completed for these children, youth and parents who require additional resources or services;
- Outreach to community, leadership, internal and external partners;
- Keep informed of all applicable Provincial Legislation and strategies advanced by our political leadership; and
- Maintain all client information in a confidential and accurate manner.

**Qualifications**

- Child and Youth Worker diploma or Native Child and Family Worker diploma from an accredited post-secondary institute or 3 years equivalent experience;
- Lived experience as the primary caregiver of a child/youth who has accessed community-based services;
- Strong verbal and written communication skills;
- Ability to maintain the highest professional and confidentiality standards;
- Strong interpersonal skills with the ability to work individual and within a multidisciplinary team;
- Computer and other information technology skills appropriate to the responsibilities/maintaining confidential and accurate information on all cases;
- Make referrals to other agencies and programs as appropriate;
- Knowledge of Anishinaabe culture, communication styles and value systems;
- Must be willing to undertake the Applied Suicide Intervention Skills Training (A.S.I.S.T.);
- Must maintain an ongoing clear Criminal Reference Check and Vulnerable Sector Screening;
- Valid Standard First Aid Certificate and CPR;
- Valid Ontario Driver’s License or willing to obtain one; and
- Ability to travel and to work flexible hours according to the needs of WRFN families and children.

All applicants must submit a letter of application, current resume, copies of applicable diplomas, (3) three current work related letters of reference. Marked CONFIDENTIAL to:

Ms. Andrea Gregor
Human Resources Coordinator
Whitefish River First Nation
378 Rainbow Ridge Road, Birch Island, ON
P0P 1A0
Email: andrea@whitefishriver.ca

**Deadline:** June 2, 2019 at 4:30 p.m.

We thank all applicants, only those selected for an interview will be contacted. Prior to being hired, the successful applicant will be required to submit a current clear Police Vulnerable Sector Screening Report.

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**LETTER TO WHEREVER MAY HAVE MY TREASURED PHOTO ALBUM,**

Once again I humbly ask that my photo album with my sister and brother’s pictures be returned to me. I am pleading for the return of a Treasured Family Photo album. It contains photos of my Parents, Estelle and Wilfred Cywink Senior who have passed away and of one of my brothers, Samuel and three sisters, Monica, Sonya and Anna. I began to put this album together when Sonya was taken from our family in a very brutal manner. These photos are what I have left of the family members that are no longer in my life; in my sibling lives.

If you must do in anonymously; then please do so. and no questions will be asked. I do not need nor want to know who has the book or who returned it, all I ask is that in your heart, that you return it.

Olga Naomi Abotossaway

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**13 Moons Garden**

by Michael Aeckick

Where the Wild Things Are

Spring is here and this brings thoughts of Wild Leeks, Morel, Fiddle Heads and many other wild treats from the forest. Before collecting nature’s bounty there are some things that should be considered to ensure your safety and to make sure these resources are here for many more generations. You should become very familiar with what you are picking; for every edible plant there is a look alike that will grow nearby that can be and most times is poisonous. These look alikes can be very dangerous at certain points; such as Wild Lily or the Valley and Wild Leeks both look very similar, similar enough to make identification difficult. Lamb’s Kill (Sheeps Laurel) and Labrador Tea look a lot alike, one will make a nice tea and the other is considered poisonous. The other thing to consider is to only harvest 10% of the plant or patch. This allows the plant to thrive and allow for a sustainable harvest that can be enjoyed for generations to come. There has been a resurgence of wild harvesting over the past few years. This has led to the over harvesting of plants, especially the ones that have a big price tag attached to them like Chaga. In some areas in Southern Ontario things like Chaga, Wild Leeks are being over harvested and some plants like American Ginseng are being harvested close to extinction.

Ostrich Fern is the true Fiddle Head Fern. Cinnamon Fern and Broken Fern can be eaten like Ostrich fern but is considered car-cingenic so it is safer to just avoid eating these ferns. Ostrich Ferns usually have 6-8 fronds emerging from a single crown that has a feather-like appearance. There is a deep, U-shaped groove on the inside of the stem. The fronds are covered in a thin, brown paper-like outer covering that falls off as the fiddle head grows and uncurls. The previous year’s fertile frond will be dark brown in colour. Ostrich ferns can be found in a variety of locations, but are most commonly found under high hardwood canopies such as Maple or Ash trees, near rivers or stream beds. They prefer little to no under-story cover with adequate drainage and moisture. Although they are found near water, they do not like excessive moisture where they are constantly wet. Ostrich ferns grow best in shade or dappled light with 30–40% light. Ostrich ferns are usually found in soils that have moderate amounts of organic matter, a pH of 5–7, in sandy or silty loam, with not too much clay.

Wild Leeks (Ramps) are a spring ephemeral plant in the Lily Family that emerges before the leaves above in the canopy and are some of the first plants to come up on the forest floor. Wild Leeks have 2-3 leaves that are smooth with a burgundy base just before the white bulb with a base of short white roots. The plant smells strongly of garlic or onion and if does not give off this aroma, it is not a Wild Leek. This plant takes 7-15 years to mature and multiply so care needs to be taken while harvesting because this plant can easily be over harvested. The most sustainable way to harvest Wild Leeks is to just pick one leaf from each plant. The leaves contain all the same flavor of the bulb without killing the plant. This allows the bulb and root to remain intact, allows the plant to flower, set seed, and does not disturb the soil. Wild Leeks prefer to grow in hardwood forests that have deep, rich fertile damp soil. Happy, safe harvesting.

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.
Aaniit Kina Weya!

First and foremost – Congratulations to all graduates! Young and old, near and far. We at WRFN are proud of your successes and welcome you to share your story with us.

Congratulations on achieving these first milestones on the Education Journey. From the littlest Preschoolers at Maamwe Kendaasing Child Care Centre and Shawanosowe School’s 5K class up to the Grade 6 Class.

I also am very happy for the Grade 8 Graduates of Sacred Heart and AB Ellis, as well as the Espanola High School Grade 12 and Re-engagement Graduates. Teenage years and young adulthood can be challenging on many fronts and I am thankful that you have managed to make it to graduation during this stage of life.

Finally, to all our Post-Secondary Graduates, please take the time to celebrate your achievement. I hope you walk the stage at your commencement ceremonies and are joyful at this moment in time. Whether you decide to continue your studies or (re)enter the workforce I wish you all the best.

Education is one of many pathways to living a Good Life and achieving various successes throughout your human experience. As Education Manager, I am here to support all on-reserve daycare, elementary and secondary students. I am also diligent in supporting all (on & off reserve) Post-Secondary students as best I can, within the parameters of our policies.

Feel free to contact me if you have questions, suggestions about our procedures, funding and/or policies.

Miigwech
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

Baashaabingoni-gizis
(Blooming Moon)

Day Care Spaces
We currently have one spot available in the Preschool Room and one spot available in the Toddler Room for children ages 18 months - 30 months. The day care requires updated employment information should parents require full time day care services as per our policy. Regular requests for various documents will be made in order to ensure our files are updated regularly.

The Child Care Program is not only for working parents, it can also be for parents that want their child to socialize with other children should space be available. The Socialization Program runs from 8:30 am to 3:00 pm. If you have any questions, please contact the Child Care Centre for more information. 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.

Programming
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 will strive to provide a comprehensive program and effective delivery to maximize the potential growth and development of each child. Miigwech for all those that participated in our day care events and activities throughout the past month.

In recent years the role of kindergarten has changed from an extension of preschool to a much more academic environment because of new standards in schools that “push back” academic skills to earlier grades. In order to support our young children in the transition to the school’s daily activities, our preschoolers have continuously engaged in the daily learning and functioning of Shawanosowe School over the past five months.

June is a very busy month with graduation, outings, celebrating summer and year end; therefore, the month of May was our last month in helping prepare our preschoolers for their next transitional stage to Shawanosowe School.

Child Care Closure:

Professional Development Day for Shawanosowe School is scheduled for Friday June 14, 2019. There will be no Socialization Program at Maamwe Kendaasing on that day.

Maamwe Kendaasing Child Care Centre will be CLOSED on Friday June 21, 2019 (Indigenous People’s Day) to celebrate, recognize and honour our unique heritage, culture and outstanding achievements. First Day of Summer June 21st

Spirit Days
Spirit days are a special day when the children show their day care spirit by dressing up in line with that day’s theme. Maamwe Kendaasing Child Care Centre holds SPIRIT DAYS every second week in May. In the day held a Pi Day and Polka Dot Day. June Spirit Days are; Blue Shirt Day to support Autism Day, Water Day, and Sunglasses Day.

Keep an eye out for our flyers as a reminder of our particular theme.

Special Events
On Friday May 10th we celebrated Mother’s Day with a luncheon, cake and beautiful flowers and families. It was great to see all the parents come out and share this special day with their little ones.

“Mothers hold their children’s hands for a moment, but their hearts forever.”

Graduation: Maamwe Kendaasing Child Care Centre will be holding their yearly Preschool Graduation on Wednesday June 19, 2019 at 11:30am. This year we have 3 children graduating from the preschool group. We want to wish them all the best as they move forward into their next stage of their education.

Father’s Day Lunch: Maamwe Kendaasing Child Care Centre will be holding a Father’s Day Lunch on Thursday June 13, 2019 at 12:00pm

“A father is someone you look up to no matter how tall you grow.”

Birthday wishes
Birthday wishes for June goes out to our friend Alana. Your day care friends and your teachers wish you and very happy and fun day!

Happy June!

Baa-maa

Education Manager - Jacinta Shawanda

Happy Graduation to Brandon, Sierra, Felicity, Carter and Ira.
From all of us at
254 Maple Heights.
Good Luck in High School!

Congratulations to my grandson Tanner who is graduating on June 10th from Sudbury Secondary.
Love Grandma

Congratulations to Kaitlyn on Graduating ECE at Cambrian!
Love Crystal

Congratulations to my daughter Danielle for graduating from Grade 12.
I am so very proud of you my girl, words can’t express how proud I am.
Reach further than the stars, once we set our minds to something it can be done.
Keep up what you’re doing ... moving forward.
Love you my girl!

Congratulations to my daughter Zena Pregent who is graduating from Grade 12 on June 5th from Lo Ellen High School.
We are so very proud of you Zena! You are awesome and this is so amazing.
Never give up on your dreams, you can accomplish anything you put your mind to.
Reach for the stars and move forward with all the good positive energy that surrounds you.

Congratulations my son Zachary Pregent who graduated from the Plumbing program at Canadore College in North Bay.
I’m so proud of you my son, may you continue to strive for success.

Congratulations to my daughter

CONGRATULATIONS

Waabgonii Giziis 2019
Page 11
The Bobcat

Aaniin Parents & Guardians,

The month of May has almost come to an end! It’s hard to believe that the school year is almost over! We continue to explore and offer new opportunities for our students to grow. As the end of year approaches, we look back on a great year full of memories and learning! Our student activities continue to be in full swing with Music Club on Tuesdays, Chess Club on Wednesdays and both Garden Club and Outdoor Summer Games club on Thursdays. We encourage all students to participate and try some new activities.

May Activities

On May 1st, our staff Education Assistants attended an in-service in M’Chigeeng on behaviour intervention. The ‘Kids Can Grow’ organization came to Shawanosowe School on May 2nd and students worked hard to create a pizza garden. Our PD Day on May 3rd was entitled ‘A Circle of Learning’ where all staff shared some of their learning from training sessions attended. Ex-Olympian Robert Esmie visited Shawanosowe School on May 6th to pump us all up and to encourage our students to never stop working hard to achieve their dreams. All Shawanosowe students were fortunate to attend the Sacred Heart School production of Madagascar on May 7th. The Shawanosowe School Kweok Tea was held on May 10th, and provided a great way to acknowledge all the women in our lives and to be thankful for what they give to us. On May 14th, both the Grade 3/4 and Grade 5/6 classes attended Great Spirit Circle Trail in M’Chigeeng and took part in a day of traditional learning. Our Kindergarten class went to Science North on May 15th to make personal connections to their classroom learning through hands-on activities. Shawanosowe School held its Annual Pow Wow on May 17th at the WRFN Community Centre. Students and families alike had a great time! Thank you to all those that made it a great success! The month was capped off with a delicious BBQ luncheon prepared by our WRFN Health Staff as well as a trip to Shesuwinandah First Nation for the Grade 3/4 and 5/6 classes to learn about harvesting and smoking sucker fish. Finally the last week of May brings the EQAO provincial testing for Grade 3 and 6 students.

Upcoming events in June

June 4th: Race Against Drugs —Grade 5/6 students travel to Lakeview School
June 5th-7th: Grade 5/6 Year End Trip to Toronto
June 12th: Dental Screening for All Students
June 13th: Father’s Day
June 14th: PD Day (No School)
June 18th: Grade 1/2 class trip to Art Gallery in Sudbury
June 20th: Graduation
June 21st: National Indigenous Peoples Day
June 28th: Last day of School

As the year comes to an end we thank all our families and community members for their ongoing support throughout the year!

Miigwetch,
Mr. D. Stargratt

National Indigenous Peoples Day
JUNE 21, 2019

Agenda
Whitefish River First Nation Community Centre
Summer Solstice Ceremony - Sunrise
Community Breakfast - 8am-10am
Pig Roast Lunch at noon

Fireworks at 10pm (ballfield)

For more information contact Leslie Recollet, Executive Assistant at 705-285-4335 ext 201
Blood Pressure Bingo with Carolyn Strum on May 15, 2019.

Shawanosowe School kwezensag dance again at their Annual Pow Wow

Lisa Cywink crafts handmade moccasins with Paulette Aibens.

Connie, Pauline and Courtney get crafty with the Early Learning Program.

The Shawanosowe Senior grades travelled to Great Spirit Circle Trail in M’Chigeeng.

The Shawanosowe School Grade 5/6 collected batteries and glasses to be recycled as part of Earth Day efforts.
Free Carpentry Training with Cambrian College offered at the WRFN Community Centre.

Rick Jacko rides again with the Horseback riding sessions at Honora Bay Stables!

Happy Mother’s Day from Maamwe Kendaasing!

Blanche Recollet takes a much deserved break after horseback riding.


Arlo and mom Amelia celebrate at the Kweok Tea at Shawayosawe School.
Band Manager - Art Jacko

Aani

The Administration continues to be very active on a number of key areas.

Maamwe Kendaasing Early Learning Centre

Construction is proceeding as planned and the project team is busy working on the details. The winter did push us back, however, we are anticipating the Grand opening for mid-August. This is an exciting time for the community as well as a fantastic investment in our children’s future.

Elders Residence

With the $2.9 million dollar funding in place, the team is working on finalizing for the construction plans for our new eight unit Elders Residence.

Elder’s Project Funding Partners

1. CHMC Loan
2. Indigenous Service Canada

Administration will be seeking other funding partners to offset WRFNs contribution to this project.

Tenders for the project will be released very soon and breaking ground to begin construction is expected late June.

Niigaan Naabidaa Trust

Chief and Council on September 2018, approved the draft Niigaan Naabidaa Trust, this is a document that will guide Whitefish River First Nation Trustees in managing the dollars from the settlement agreement. This is the document that the membership will vote on when the referendum vote is called for the settlement and trust agreement.

As the name of our trust says, Niigaan Naabidaa – looking ahead, a posting went out for three members to be part of the selection committee to screen and select two Trustees for the Niigaan Naabidaa Trust. In addition to a posting for the Trustee Selection Committee which will select two (2) trustees, a posting has also been placed to encourage application for two Trustee positions.

“Ayaan-gwaa-mizid-daa” – Let’s be Careful Community Cannabis Advisory Group

The committee will be meeting very shortly to continue with their work and provide additional information to the community and to Chief & Council.

Anishnaabe Aadziwin Gilzhigad - June 21st

We are working on a few items for Aboriginal day, more details to follow shortly:
1. Seasonal Ceremonies at sunrise.
2. Community breakfast.
3. Pig Roast Lunch.
4. Fireworks display.

Graduation

Graduation for many of our students is just around the corner. This is a major milestone in their education. They all put in a lot of hard work to get here and it is very important that we acknowledge all of our graduates. Congratulations and well done to our graduates!

One of my main focus when I took on this role as Band Manager is to be available to the community, sit in on meetings and answer questions and assist in any way I can. Please don’t hesitate to drop by for a visit and have Mkeade Miskodiisman Naaboo (coffee) or Nibishiaboo (tea). You can also reach me by phone at 705-285-4335 or cell at 705-863-3027 or email me at ajacko@whitefishriver.ca.

Nahaaw, Baamaapii

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Whitefish River First Nation
Call Out - Trustee Selection Committee

Seeking Three (3) Members to Select and Screen Applicants for the Niigaan Naabidaa Trustee (2) Positions

Requirements:
- Must be a Member of the Whitefish River First Nation 25+
- Cannot be a member of Council or applying to be a Member Trustee
- Selection Committee established by Council Resolution
- Must operate in accordance to the approved Terms of Reference
- Must follow the approved Trustee Selection Process
- Must assist in the selection and screening of applicants for a Member Trustee Position (there will be 2 positions to be selected)

Please submit your letter of interest that states your background, experience, education and contact information.

Please Submit your Letter of Interest to:
Art Jacko, Band Manager
Email: ajacko@whitefishriver.ca
In-person: Administration Office
Mail: 17A Rainbow Ridge Road
Birch Island, ON, P0P 1A0

Deadline: June 7, 2019, at 3:00pm

For further information, please contact Art Jacko, Band Manager at 705-285-4335.

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Whitefish River First Nation
Call Out – Niigaan Naabidaa Trustees

Seeking Two (2) Members for the Niigaan Naabidaa Trust

To hold and invest the Trust Property for the long-term use and benefit of the Beneficiary and to generate a reliable and sustainable source of income from the Trust for the benefit of

Requirements:
- Must be a Member of the Whitefish River First Nation 25+
- Must be of good character, not be an un-discharged bankrupt, provide a clear criminal record CPIC and a clear Vulnerable Sector Check, prior to selection and, every year thereafter
- Promote the long-term benefit of WRFN and its Members
- Operate in accordance to the Trust Agreement
- Hold the Trust Property in trust for the benefit of WRFN as Beneficiary, subject to the trusts set out in the Trust Agreement.
- Invest the Trust Property for the benefit of WRFN as Beneficiary
- Prepare annual reports, participate in training and meetings

Please submit your letter of interest that states your background, experience, education and contact information.

Please Submit your Letter of Interest to:
Art Jacko, Band Manager
Email: ajacko@whitefishriver.ca
In-person: Administration Office
Mail: 17A Rainbow Ridge Road
Birch Island, ON, P0P 1A0

Deadline: June 7, 2019, at 3:00pm

For further information, please contact Art Jacko, Band Manager at 705-285-4335.
The Anishinabek Nation Governance Agreement

The governance agreement will recognize the following four law-making powers for Anishinabek First Nations who ratify it:

- Language & Culture
- Citizenship
- Leadership Selection
- First Nation Financial Management

It also means:

- First Nations will govern themselves in Anishinabek traditional ways.
- First Nations will be recognized and treated as governments by Canada.
- First Nations will have much more funding for governance functions with more reporting to their citizens and not Canada.
- First Nations will have more stability and certainty in their governance structures and processes which helps economic development.

Next Steps Engagement with First Nation Chiefs & Councils

- The Anishinabek Nation Governance Agreement negotiation team continues to schedule meetings with Anishinabek Nation Chiefs and councils to seek approval to run a ratification vote.

First Nation Citizenship Engagement

- The scheduling of open houses, community meetings and door-to-door campaigns planned to engage citizens in First Nations and urban centres about the Governance Agreement and the ratification vote.

Ratification Vote Process

- Information is being distributed (community information sessions, information cards) outlining voting options (e-vote, ballot, mail-in) on how to vote, the ratification vote process, and the ballot question.

The Vote

- The Anishinabek Nation Governance Agreement ratification vote period will occur between August 1st and November 30th, 2019.

The Anishinabek Nation Governance Agreement Symbol

The Ngw Deew Waangizid Anishinababe was introduced as the preamble to the Anishinabek Nation Chi-Naakangewiwin by the Getzijig of the Anishinabek Nation. The symbol was designed and generously donated by Anishinabek Nation Grand Council Getzii Gordon Waanibuncence.

The colour purple pays tribute to the Great Wampum Belt (Chi-Miqigaabigan) presented at a Grand Council of Nations at Niagara in July, 1764. The belt represents the first formal agreement between the British Crown and the Indian Nations.

The symbol represents:

How the Debenjiged (Creator) placed the Anishinabears on Michikmigiang (Mother Earth) to take care of the four elements, Shkode (fire), niib (water), akii (land) and noodiin (wind).

The Seven Grandfather Teachings are also depicted and are:

1. Zaagwiniwin (Love)
2. Doojewin (Truth)
3. Mnadenmowin (Respect)
4. Nibwaakwakwaan (Wisdom)
5. Dabandanidziwin (Humility)
6. Gwekweyidziwin (Honesty)
7. Askedhewin (Bravery)

How the Debenjiged (Creator) gave us sovereignty to govern ourselves.

How the Anishinabek will respect and honour our past and reflect on what is happening now and by mindful of our future.

The circle represents that we are one Anishinababe.
Family “Ngw Deew Waangizid Anishinababe”.

COMMUNITY NOTICE

May 10, 2019

Dear Band Members

On behalf of Council, I am pleased to provide an update on where we are with our Specific Claim regarding our reserve boundaries.

The previous agreement was for approximately $2. M and 32,000 acres in the 2011 ratified agreement with Canada. This did not include our costs, legal, research and other expenses, which were to be taken from the $2. M. This agreement was never signed by Council and in particular the Chief felt the former agreement did not accurately reflect the entirety of the claim land.

With support from Council, the Chief had high level meetings with senior government officials and was able to convince them the former agreement is incorrect and to reopen negotiations. The current negotiations better reflect the claim area of approximately 64,000 acres and Council have provided Canada with a proposal for financial compensation that is reflective of the entire claim.

Until Treasury Board approval has been received, Council is not able to provide you with the details of the new settlement, but we can tell you this:

- The changes from the former agreement are:
  1. Quantum of land has changed from 32,000 acres to approximately 64,000 acres
  2. The proposal for financial compensation reflects the entire claim
  3. All costs, legal, research, other expenses are in addition to the financial compensation and will not to be taken from the settlement amount.

We also want to let you know that the proposal must go through a series of process steps before the settlement can be finalized:

1. Treasury Board approval
2. Council Approval and Initiating of Settlement Agreement by Canada and our First Nation
3. Ratification Vote by Whitefish River First Nation members
4. Minister Approval – Following a successful ratification vote.

Based on our discussions with federal officials, the First Nation is hopeful that Treasury Board will approve our specific claim settlement in June 2019. However, the timing of the Treasury Board’s decision is out of our First Nation’s control. Following that approval, Canada will make a formal offer to Whitefish River First Nation and Council. Once we have notification from Canada of this offer, we will immediately notify you.

To conduct the ratification vote requires a minimum notice period of 45 days and formal information meetings will be held during that notice period. The vote process will be overseen by Ontario Regional Chief of CRIN. You will be notified as soon as possible of the ratification vote dates and locations. It is also important to note that at least 50% of the eligible voters will need to come out for that vote, to keep the timing on track, as it is important to come out for that vote.

If the settlement agreement is ratified and the federal election work has not dropped, then the Minister of Crown Indigenous Relations and Northern Affairs, Minister Carolyn Bennett, can sign to bring the agreement into effect before the federal election. If, however, the federal election work has dropped by the date of the ratification vote, Minister Bennett will not be able to sign. Therefore, if the federal election work has dropped, we will have no choice but to wait for the results of the federal election on October 19 and the swearing in of a new federal Cabinet.

We are writing this to you so that you are aware that Chief and Council have been working diligently on this matter and are making every effort with Canada to move this process along as quickly as we can, and to keep you informed about the process.

I want to assure Whitefish River Band members, this is a very high priority for Chief and Council to conclude this Specific Claim.

Sincerely,

Whitefish River First Nation

Chief Franklin Fesbenni

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WHITEFISH RIVER FIRST NATION
17A Rainbow Ridge Road, Rock Island, Ontario P0P 1A0
TOLL FREE 1-877-226-5202 www.whitefishriver.ca
TEL (705) 285-4310 FAX (705) 285-4332 www.whitefishriver.ca

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Waabgonii Gizis 2019
A Young Man on a Path to Success

In June of 2018, at the age of 18, Carson Pitawanakwat has already graduated from Timmins High Vocational School with his high school diploma, Carson participated and successfully completed his CMHC Youth Internship from July to November 2018 in association with the Whiteshirt River First Nation Housing Department.

Following the internship, Carson was gainfully employed under contract with the Whiteshirt River First Nation Housing Department from December 2018 to May 2019. During that period, Carson participated in the LIUNA Construction Craftsman Worker Training Program in Sudbury over 10 weeks and successfully achieved Level I certification, along with numerous certifications such as First Aid, WHMIS, Scaffolding, etc.

Never one to sit idle, Carson intends to join his father Emmett and begin work with GBD Constructors Co. Carson will be working on bridges over the next two years. This will assist him to achieve the 2,400 hours required to complete his Level II Certification with LIUNA. Following that period, Carson hopes to obtain his Red Seal Certification in Construction Craft Worker. Imagine, by age 20, Carson will be able to work in the trade of his choice as a certified tradesman.

Carson truly demonstrates what hard work, ambition, and dedication at a young age can achieve. When Carson is not working, training or studying, he enjoys the outdoors; hunting, fishing, 4-wheeling, snowmobiling, and boating. He is the proud owner of a truck, snowmobile, and quad.

Carson leads by example, he is always willing to lend a hand for family, friends, neighbours, and the community.

Carson is a true inspiration to our community and particularly our youth. We wish him every success on his continued path!

Carson has a few words of recommendation, “Take time to learn, there’s lots to learn!” Sage advice indeed from such a good young man.

On behalf of the Housing Department we would like to congratulate Carson in his success and wish all the best in his future endeavors!
**Tenant Relations Worker - Brianna McGregor**

**Basic Home Maintenance**

Summer is finally upon us! It is important to remember to inspect and maintain your home during the summer season. Basic home maintenance is crucial to prolong the lifespan of major and expensive housing components. Below are a few key places to inspect during the summer:

1) **Inspect Crawl Space:** Inspect the crawl space, floor joists, and any HVAC ductwork under your home for signs of moisture or condensation, and inspect foundation walls for leaks or seepage. Excess moisture in the crawl space under your home can cause mold, rot, and buckled wood flooring.

2) **Inspect Vinyl Siding:** Inspect the siding for any missing panels of siding and signs of damage such as cracks, holes, and gaps. Damaged or missing siding may allow moisture or rain to seep into the insulation or wall cavities causing mold or rot.

3) **Inspect Eveavestroughs and Downspouts:** Inspect the eavestroughs for loose eavestrough hangers, buildup of leaves and debris, as well as leaks in the corners and endcaps. Inspect the downspouts for leaks, blockages, and damages. The gutters and downspouts serve as the first line of defense against a wet/flooded basement or crawl space.

4) **Inspect Windows and Doors:** Inspect the windows in your home for cracks and damaged weather stripping. Also, inspect your exterior doors for damaged weather stripping, door shoe or sweeps, as well as loose hinges, latches, and door knobs.

**Rental Agreements and Insurance**

The Housing Department would like to remind tenants that they must renew their rental agreements annually to ensure their file is accurate and up to date. Also, content insurance is mandatory and must be submitted on an annual basis. The WRFN Housing Policy under Section 3.4 Tenant Responsibilities states: “Enter into and sign a new Rental Agreement each year” and “Maintain insurance for personal property in the Rental Unit. Should disaster strike, WRFN, including the Housing Department, will not be responsible for damage to or the loss of any personal property.” Please contact the Housing Department to schedule an appointment to update your rental agreement and submit your content insurance.

**Yard Maintenance**

The Housing Department would also like to remind tenants to keep playgrounds, fire pits, trampolines, ATVs, gardens, trees, and any other structures or objects off of their field beds. It is very important that the field bed portion of the septic system is maintained and kept clear of any obstructions. If the field bed is compacted from over usage, the underground lines could clog up and cause the septic system to back up. Tenants are also reminded to keep their yards clean and clear of debris/junk. The WRFN Housing Policy under Section 3.4 Tenant Responsibilities states: “Keep the rental unit in good, clean and sanitary condition, including the yard.” and “Keep the rental unit and surrounding areas clean and free of rubbish and remove junked cars and other rubbish where it poses a health, environmental or safety hazard.”

If you have any questions or require more information please don’t hesitate to contact me at WRFN Administration at 705-285-4335 ext.213 or via email at briannam@whitefishriv-er.ca.
Membership - Kathleen Migwanabi

Membership News -
Office Hours: Monday to Friday 9:00 am to 4:00 pm

The Indian Registration Administrator (IRA) assists individuals with registering Life Events (i.e. Births, Name Change, Marriages, Divorce, transfers, and Deaths); and issues of Certificates of Indian Status Cards (paper laminate card).

Certificate of Indian Status (CIS) Cards Renewals/Lost card: If you require a status card, either for renewal, or you lost your status card, you are required to provide two pieces of government issued identification.

ARE YOU ELIGIBLE TO APPLY?
Eligibility for Indian status under the Indian Act is based on the degree of descent from ancestors who were registered or were entitled to be registered. To find out if you are eligible, ask yourself:
• Do either or both of my parents have status?
• Do any of my grandparents have status?
• Is anyone in my immediate family (uncles, aunts, cousins) registered or entitled to be registered?

The Gender Equity in Indian Registration Act (Bill C-3) came into force on January 31, 2011, and entitles the grandchildren of a woman who lost her Indian status through marriage to register. You may be eligible for Indian status as a Bill C-3 applicant if:
• Your grandmother lost her Indian status through marriage to a non-Indian man;
• one of your parents is or was registered or entitled to be registered under subsection 6(2) of the Indian Act; and
• you or one of your siblings was born on or after September 4, 1951

Based on the 2017 changes to the Indian Act (Bill S-3): An Act to amend the Indian Act in response to the Superior Court of Quebec decision in Deschenes v. Canada (Procureur général) came into force on December 22, 2017. The act addresses known sex-based inequities in the Indian Act and entitles persons who were affected by those inequities to register. You may be eligible for Indian status as a Bill S-3 applicant if:
• your mother, grandmother or great-grandmother lost her Indian status through marriage to a non-Indian man before April 17, 1985; or
• your mother, grandmother or great-grandmother was born out of wedlock of an Indian father and a non-Indian mother between September 4, 1951, and April 16, 1985; or
• your parent, grandparent or great-grandparent lost their Indian status as the result of their mother’s marriage to a non-Indian man between September 4, 1951, and April 16, 1985; or
• your parent, grandparent or great-grandparent lost their Indian status as the result of a successful protest based on their non-Indian parentage between September 4, 1951, and April 16, 1985

If you applied for Indian status before:
1. the Gender Equity in Indian Registration Act was passed and your application was refused, you need to re-apply.
2. If you applied for Indian status before Bill S-3 was passed into law and your application was refused, you need to re-apply.
3. If you applied for Indian status before Bill S-3 was passed into law and your application is waiting to be processed, it will automatically be processed based on the 2017 Bill S-3 changes to the Indian Act. You don’t need to re-apply.

REGISTRATION VERSUS MEMBERSHIP - The amendments to the Indian Act in 1985 separated Registration in the Indian Register from Band Membership and gave the choice to bands to assume control of their own band membership.

REGISTRATION – The Indian Registrar retains sole responsibility for the registration of persons in the Indian Register.

MEMBERSHIP – Membership in a band is determined by the band under section 10 of the Indian Act. All decisions on who can become a member of a section 10 band are made by the band itself in accordance with the membership rules it has established. WRFN is a section 10 band and determines its own Citizenship (membership)

Main Benefits of Registration and Citizenship (Band Membership)

Benefits of REGISTRATION may include:
• Certain non-insured health benefits
• possibility of post-secondary education assistance,
• treaty payments (if applicable),
• possibility of Federal and Provincial Sales Tax exemptions

Benefits of Citizenship may include:
• a right to reside on reserve,
• a right to housing on reserve,
• voting privileges within the band,
• right to involvement in community affairs

Registration for Citizenship with Whitefish River First Nation is not automatic; and everyone must apply. Applications for Citizenship and Probationary Citizenship are available in the Membership Office upon request.

The WRFN Citizenship code recognizes two ways of becoming a citizen of our First Nation. First, you may become a citizen, as of right, by virtue of your parentage under Article 4; or, Second, you may earn your right to become a citizen through a probation-ary Citizenship process under Article 5.1 thru 9.2

1. Example of a Person who is entitled to Citizenship with WRFN

2. Example of a Person who is NOT Entitled to Citizenship with WRFN

REGISTRATION AS A STATUS INDIAIN IN CANADA
(all forms can be found at the Indigenous Services Canada website)

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 (SCIS):
• Application for the SCIS;
• Guarantor Form
• Copy of 1 i.d. from parent/guardian signed by guarantor
• 2 passport Style photos

REQUEST TO UPDATE MAILING/CONTACT INFORMATION:
We are requesting members to please update your mailing address to include Post Box numbers, and contact information (telephone, email, etc.). Your mailing address is required for voting purposes within the band, (i.e. elections, referendums), as well as distributing important information. It is your responsibility to notify the Membership Office of change of address.

Should you have any questions, please do not hesitate to contact the Whitefish River First Nation Membership Clerk/Indian Registration Administrator, Kathleen Migwanabi at (705) 285-4335 ext. 208 or by email at kathleenm@whitefishriver.ca

NOTICE: WRFN Membership Office will be Closed on the following dates:
June 5, 2019
June 17 – 21, 2019
**Pickerel vs. Walleye**

What is the difference between Walleye and Pickerel? Throughout Canada, Walleye are commonly referred to as Pickerel. However, the two fish are from separate families as the Grass Pickerel belongs to the Pike (Esox) family and the Walleye (which is commonly referred to as a Pickerel) is a member of the Perch family (Sander). The two fish are pictured below.

![Figure 1. Walleye (Sander viterum)](image1)

**Figure 1. Walleye (Sander vinterum)**

![Figure 2. Grass Pickerel (Esox americanus vermiculatus)](image2)

**Figure 2. Grass Pickerel (Esox americanus vermiculatus)**

Walleye are the largest member of the Perch family (Sander) and are well distributed throughout Ontario. There are 3 types of Pickerel in Canada and only the Grass Pickerel is distributed in Ontario. The Grass Pickerel can be found in the southern portion of Ontario.

The main difference between the two families is that members of the Perch family have two dorsal fins, the first being spiny while the second is soft. Members of the Pike family only have the single dorsal fin located further back on the fish. If you would like to find out more about this common misconception, please visit the site: [https://northernwilds.com/pickerel-vs-walleye-setting-the-record-straight/](https://northernwilds.com/pickerel-vs-walleye-setting-the-record-straight/)

**Walleye Hatchery Update**

**Lands Assistant - Keith Nahwegahbow**

As part of a conservation effort, over the past 30 years the Whitefish Falls Sportsmen Club has run a successful Whitefish hatchery program that, over the years, has released thousands of Walleye into the Whitefish River and surrounding tributaries. On May 23rd, 2019 we started the Walleye Hatchery Project. The Hatchery is located below Willisville hill. This is not the first time WRFN has volunteered with this Hatchery. WRFN, however, is now looking to take a more active role in this project in the future.

The Hatchery itself is essentially a rearing pond. The whole process takes approximately 90 days. The Walleye are hatched offsite, this takes 30 days, and then brought to the pond to grow for 60 days. The Walleye are grown in the pond for 60 days or until the pond itself becomes too warm during the hot summer days. This whole process helps the survival of the Walleye during the early stages of life.

Water is pumped in to oxygenate and fill the pond. The fish feed is actually a yeast based formula which creates a zooplankton and phytoplankton food chain within the pond. This creates an ecosystem and food chain that eventually feeds the Walleye. This is done so that there is always food available in the pond to keep the Walleye growing without have to physically feed the Walleye every day.

A Chi-Migwetch to the group that volunteered with this conservation effort. This is just one aspect for the long term sustainability of the Walleye Fishery. I encourage all to take some time to visit the pond and learn about this project. We have Kyle Virta, our trusted Coop student available to be on site every Monday, Wednesday, and Friday. If you want to visit the pond and please contact the Lands Department to schedule a time to visit while we are on site.

If you have any questions or require more information please don’t hesitate to contact me at WRFN Administration at 705-285-4335 ext.217 or via email at keithn@whitefishriver.ca.

![John Perfetto of the Whitefish Falls Sportsmen Club acclimatizes the Walleye fry to their temporary accommodations.](image3)
Aani, Boozhoo, Greetings,

As many of you may already know, I have been recently hired as Whitefish River First Nation’s Manager of Community Economic Development. I am excited to put my knowledge of community economic development to use. My educational background includes a Diploma in Business and a Degree in Community Economic and Social Development. For the past five years, I have been employed at the United Chiefs and Councils of Mnidoo Mnisig.

Since my start date on May 6th, I have been busy familiarizing myself with my role, past projects, various reports, participated in a meeting on food tourism, developing a plan for the summer student program and preparing for the Manitoulin Island Trade Fair that was held from May 24th - 26th at the NEMI Recreation Centre in Little Current.

This year the Summer Student Program will employ nine students. Four post-secondary and five secondary students. The program will include four weeks of training and four weeks of work. A new component to the program this year is that the students will design and implement a community improvement project.

Whitefish River had a booth at this year’s Manitoulin Island Trade Fair to promote our Annual Pow Wow, Rainbow Lodge and Birch Island Construction Company. There was over 146 booths indoors and a number of booths and food vendors outdoors. We spoke with visitors from all over Ontario and beyond as the Cruise Ship Victory I made harbor on Sunday. At least 430 visitors stopped at our booth and 45 of those visitors participated in a four (4) question survey about Whitefish River. It was a positive experience, where I had the opportunity to meet a lot of people and talk about Whitefish River and exchange information with many local businesses.

Kengjewin Teg has a Mishigaa Miikan Program. It’s a 750 hour program for individuals interested in improving their employability skills, or are interested in getting their High School Diploma, GED or Post-Secondary studies. Half of the 750 hours will be focused on education/career, the other half will be Anishinaabe Aadiwin Learning Opportunities. Individuals must be ages 16-49, have a Social Insurance Number and a Status card. Participants will receive a stipend for attending the education/career portion. Additional supports can be provided dependant on need. The program intake is continuous. So if you are interested or want more information, let me know and I can help you.

For the month of June, I will continue to coordinate training for the summer students, analyse the Trade Fair Survey results, and research various funders and programs that can be utilized for community economic development. If you have any ideas or questions, you can email me, give me a call or visit me at the Administration Office at (705)285-4335, ext. 216 or via email at sandyjacco@whitefishriver.ca

Kendall Jacko, Manager of Community Economic Development

5 - SUMMER EMPLOYMENT OPPORTUNITIES

FOR SECONDARY SCHOOL STUDENTS

- **8 WEEK DURATION**
- **SALARY:** $11.40 / hour – 35 hours per week

The Whitefish River First Nation (WRFN) is seeking five (5) motivated Secondary School students to fulfill the roles and responsibilities for the following positions:

1. **Child Care Assistant at the Maamwe Kendaasing Child Care Centre (1 position)**
   - The Child Care Assistant will assist in caring for pre-school children attending the Maamwe Kendaasing Child Care Centre. They will be under the direct supervision of staff members who plan and supervise the children’s activities within the Child Care Centre.

2. **Health Centre Assistants at the W.R.F.N. Health Department (2 positions)**
   - This Health department is looking for individuals who thrive in a busy environment, and are focused and demonstrate pride in their work. The students will assist with a series of events and activities planned under the WRFN Health Centre staff. In addition, the students will assist with office tasks such as filing, researching, report content, development and creation of household surveys as well as producing a report of the findings.

3. **Public Works Assistant in the WRFN Maintenance Department (1 position)**
   - The Public Works Assistant will provide general labour and technical skills in support of public areas; including but not limited to: sanitary, storm, water utilities, maintenance of community roads and right-of-way, building maintenance, and maintenance of vehicles and equipment.

4. **Special Projects Assistant in Economic Development Department (1 position)**
   - The Special Projects Assistant is a motivated and energetic student that will assist in the planning, organization and delivery of special events and marketing. Reporting to the Manager of Community Economic Development, you will provide support in the design, promotion, coordination and evaluation of special events; assist in the administrative functions associated with special events.

**Applicants must identify which position they’re applying for and any application toward it.**

**RESIDENCIES:**
   - The Secondary School Student will report and be supervised by the Summer Student Liaison Worker and the detailed job responsibilities will be identified to the successful applicants upon hire.

**QUALIFICATIONS:**

1. Must be a member of Whitefish River First Nation;
2. Have been registered as a full-time secondary school student in the previous academic year and is returning to school on a full-time basis in the next academic year;
3. Ability to work independently and within a team environment;
4. Excellent interpersonal and communication skills;
5. Experience working with Microsoft Office;
6. Must be in good physical condition and enjoy manual work; and
7. Have a positive attitude and strong work ethic.

Applications will be accepted via email, fax, and mail or in person to the attention of:

**CONFIDENTIAL: Andrea McGregor, Human Resources Coordinator**
Whitefish River First Nation, 17A Rainbow Ridge Road, Birch Island, ON P0P 1A0
Email: humanresources@whitefishriver.ca
Fax: (705)285-4332

Applications must be submitted by JUNE 14, 2019 by 4:30 PM and include the following:
- Cover letter, current resume, and 2 employment reference names.

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**TENDER FOR CATERING**

For the evening of July 23, 2019

WHITEFISH RIVER FIRST NATION & STANTEC
SWING BRIDGE COMMUNITY INFORMATION SESSION

Please submit a dinner menu quote for:

- 50 people
- 100 People
- 150 Max People

Must follow Canada’s food guide recommendations.
Must conform with allergy restrictions to peanut free cooking.
Must have ‘Food Handler’ designation.

Please provide copy of food handler’s certificate with tender submission.

**SUBMIT TENDER by:** Friday, June 21st, 2019 – 4:00 PM

To the attention of:
Keith Nahewegahbow, Lands Assistant
Whitefish River First Nation – Administration Office
Addressed in an envelope: SWING BRIDGE INFORMATION SESSION
**Plastics & Recycling**

We hear it in televised news, we hear about it on social media, in print ads or billboards. The market for recycled plastics has tanked with experts saying less than 25% is recycled. Does that mean we should stop recycling plastics? **NO.** Try to think of the situation in these terms. If you do not recycle plastics where does that plastic go? You got it, straight to our landfill. How much time do we have left with the current landfill site? Our consultant estimates a maximum of 4 years; 2023 is not far away. Taking the time to recycle expands our time to build a better system for waste disposal and recycling. Currently, our recycling is shipped off reserve, thus diverting it from our landfill site.

When we chose not to recycle this is the average time that it will take these items to decompose.

- **Plastic bottles:** 70-450 years
- **Plastic bag:** 500-1000 years
- **Tin can:** around 50 years
- **Leather shoes:** 25-40 years
- **Thread:** 3-4 months
- **Cotton:** 1-5 months
- **Rope:** 3-14 months
- **Cigarette:** 1-12 years
- **Styrofoam:** 500+ years
- **Nylon clothes:** 30-40 years
- **Glass bottles:** 1 – 2 million years
- **Hairpray bottle:** 200-500 years
- **Fishing line:** 600 years
- **Aluminum can:** 200 years
- **Sanitary napkins & diapers:** 500-800 years

**Circular Economy**

**What is a circular economy?**

In the traditional waste management system, materials move through a linear “make-use-dispose” process where they are manufactured from raw resources, consumed and ultimately sent to landfill. This model of consumption has become part of our culture. It has resulted in a 19 per cent increase in absolute greenhouse gas emissions between 1990 and 2014 as the amount of waste disposed in landfills has increased.

A circular economy aims to eliminate waste, not just from recycling processes, but throughout the lifecycles of products and packaging. A circular economy aims to maximize value and eliminate waste by improving the design of materials, products and business models.

A circular economy goes beyond recycling. The goal is not just to design for better end-of-life recovery, but to minimize the use of raw materials and energy through a restorative system. In a circular economy, the value of products and materials is maintained for as long as possible. Waste is minimized and resources are kept within the economy when a product has reached the end of its life, to be used again to create further value.

If you have any questions or concerns 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.

**Styrofoam is NOT recycled in our system. This includes meat trays, packing peanuts and take out containers.**

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**Waste Management Action Plan Coordinator**

**Crystal McGregor**

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**Reduce Waste**

**Bring a Feast Bag!**
Monster Garage
Plant Manager - Murray McGregor Jr.

Forecasting the weather is such a tricky business, many agencies have tried many ways to figure what to expect for the next day, week or even the next season. As the Plant Manager for WRFN, I find that the weather is almost always on my mind as I must plan and prepare the crew for what to expect next and how to deal with it. This past winter, ‘Old Man Winter’ really laid a wallop on us, (meaning everyone in Northern Ontario). With my constant monitoring, I regularly reminded the crew of our duties. As such the crew did an exceptional job keeping up with the winter mainte nance as well as keeping our roads and parking lots safe for clear passage. One of more valuable tools for monitoring the weather is the “Old Farmers Almanac”. Although it does not pre dict the week or daily forecast, it can provide information of the seasons.

This summer the Almanac is predict ing below normal temperatures with above average rain fall. What does this forecast mean for public works? More lawn maintenance!! Already the crew has been out cutting and keeping our community clean.

Like the other departments within our WRFN Administration, my office is very busy. Plans are already in the works for replacing one of our school busses, and one of the utility pick up trucks with the Public Works program.

On the capital side of things;

- **New Daycare** is progressing well, but they are still approximately six weeks behind schedule mostly due to harsh winter. I am currently preparing a budget line for voice and data. Final izing septic and landscape costing is expected to start in a few weeks. My office monitors budgets and prepares invoices for processing, acts as Project Manager for the First Nation and prepares update reports as required.

- **Solid Waste Study Open House** was a success! Lots of information and questions regarding landfill site and waste diversion, preparing a waste diversion plan as well as possible curbside collection for household recycling. A draft report is expected in June 2019 for leadership approval. The next stages include starting plans for a transfer station to haul refuse off the First Nation. Construction of this project is expected completion by 2021. Funding for a new compaction truck has been approved. The truck has been ordered and is currently being built with an expected delivery of August 2019. Capital acquisition from Indigenous Services Canada 100% with 10 years of Operations and Main tenance costs covered by Indigenous Services Canada.

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.

Another wicked day and I hope you all had fun! Our trails had a bit of everything, even some downed trees, but that didn’t stop us, the day turned out awesome! From near and far, for some who never even stepped foot on Birch island, they now know where it is! They all said they’ll be back, so Chi Miigwetch to everyone for coming out and supporting the Birch Island Fire Department.

Big shout out to our volunteers, without these people this day wouldn’t be possible! Theresa Recollet, Trevor Mcevy, Stephanie Recollet, Aaron Recollet, Lesley Recollet, Tony Andrews, Richard Shawanda, Alex Shawanda, Amber Zona, Gregor Jacko, Gail Jacko, Gary McGregor, Doreen Jacko, Barb Recollet, Georgina Recollet, Dan Drewz, Craig Poloko, Noah Mcevy, Paul Shawanda, Grant Oshikawasbens.


Georgina Recollet, And Memory Of John Rutledge.

The Birch Island Fire Department and Mudslingers ATV are grateful for all the hard work that Trevor Mcevy put in selling 80% of our tickets for the Annual Mudders Day ATV Poker Run and we showed our appreciation by giving him one of our Mudslingers Racing Jerseys. Thanks Trevor!

We hope to have another successful year next year, so that being said mark your calendars for May 9, 2020. See you all next year!

Water Plant Operator in Charge, Mark Shawanda and Water Quality Analyst and Operator in Training, Amy Waboose conduct the semi-annual hydrant flushing in Whitefish River.

Friendly Reminder to the Community of WRFN

There is Deer meat and Moose meat available at the 7 Fires Youth & Elders Centre.

Please contact Marida McGregor at 705-285-1755 for further information. Miigwetch!
Pet Care & Tips

Hello Everyone,

I almost forgot to do my article for this month, but I managed to get it done and sent in. I hope everyone is doing fine and that the weather will be warm by the time you get this. The Hummingbirds are back and I hope those who feed them have started to put out your feeders. I’ve noticed a Baltimore Oriole, also called a Northern Oriole has arrived. If you see a big bird with bright black and orange colours that is an Oriole. It is suggested that you feed them oranges cut in half placed somewhere easily accessible. I bought oranges as well as an Oriole feeder and have them hanging out back on my birch tree. The Oriole feeder looks similar to a Hummingbird feeder but is just a little bigger. You will also find them at Hummingbird feeders where they will pull out the yellow flower part on the feeders to get at the food. If you do not know how to make your own hummingbird food, the ratio is 2 cup of sugar to 4 cups of water. Boil the water first, and mix in the sugar while it is still hot to help the sugar dissolve better. Wait until it gets cool before you put in your feeder. I usually have about eight hummingbird feeders on the go in the summer time.

My cats are doing fine and spending most nights outside close to my front deck where they know it is safe. They all know they can dive into one of the two cat shelters I have on my deck for safety. They are still losing their winter fat from the additional exercise of being outside. If it is really nice out I leave my living room door with the pet door open to give them more free access. It’s nice to see the people walking their dogs around in our community and it’s good exercise for you too. I remember taking my dog Tut for walks along the highway and getting honks from cars passing me by. I used to like going for walks for exercise. I got my list of flowers I will need to plant in my containers again this year. I also have to go and get my potting soil that I will need. I finally got my yard work done and got some help from one of my great-great-nephews who also helped me out last year.

SOME CAT FACTS:

• Cats come back to full alertness from the sleeping state faster than any other creature.

• The Scottish Fold cat has a natural dominant gene mutation that makes its ear cartilage contain a fold. This causes the ears to bend forward and down, giving it an owl-like appearance.

• Nostradamus, the French Astrologer (1503 - 1566), had a cat named Grimalkin. A grimalkin was a general term for an evil looking grey female cat.

• Himalayans are bred from Siamese and Persian cats. In Europe, ‘Himies’ are also referred to as Colour point Persians.

Well, that is it for now and in closing make sure to get your cat or dog fixed to help keep the pet population down in our community. Remember to visit our elderly, sick and shut-ins and have a nice chat with them as I am sure they will enjoy your company for a little while. Remember to look after your cat or dog and make sure they have plenty to eat and water so they won’t run away from home to look for food elsewhere. The cats and I want to wish Happy Birthdays and Anniversaries to the people celebrating in the month of June.

*Till then take care.

From:
She-Pet Elizabeth, Empress Farrah and Webby Debby. (The girl cats).
Luka, Tinker, BJ and Francis. (The boy cats).

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

With any luck a warmer and dryer month of June is waiting for us and hopefully the spring rains will bring sunny skies!!

Chief and Council continue to impress on the administration to share information with the community in a timely manner using our Rezounds, Shawanoswe School Spirit, and with our approved WRFN social media tools.

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

We are very pleased to announce that with a lot of dedicated work and perseverance, that we have secured the necessary funding to construct our elders housing project. The total estimated cost of construction is approximately $2.9 Million dollars. The project will be going to a public tendering process during the month of June.

Features of the residence includes 8 units, barrier free design and integrated common area for the residents. Once completed this will be a spectacular addition to our housing program.

We have also been reporting on the construction of our Early Learning Centre.

The project is in full construction with Morgan Construction as the contractor. The Walls and the roof are constructed and the interior floor slab has been poured. This exciting project includes;

• Construction of a new Early Learning Centre as part of Shawanoswe School
• Fence free design
• Increased space for Early Learning.

When completed our new Early Learning Centre will provide quality Daycare 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.

We had the Union of Ontario Indians make a presentation to Chief and Council on the Anishinabek Nation Governance Agreement on May 27th. The agenda included a discussion on the following;

• History of the Initiative since 1995.
• Framework for Initiative signed in 1998.
• Agreement in Principle to allow UOI to complete work in 2007.
• Agreement covers the following laws, Elections, Citizenship, Language and Culture and Management and Operations of Government.
• There will be a new fiscal framework for participating First Nations.
• The Anishinabek Nation will also be recognized as a Government.

• No powers will be taken away for the First Nations that ratify the Agreement.
• The presentation described how this Governance Agreement would benefit Whitefish River.
• The Agreement recognizes the inherent right of Whitefish River to govern itself.
• A key feature is also a new intergovernmental forum between participating First Nations and Canada.
• Ratification process is from August to November 2019.
• UOI anticipates a final document by May 31, 2019 from Canada.

The Council have made no determination on the Agreement as this was the first meeting between the Negotiating committee and Chief and Council. Council will be posting for a Communications Coordinator to engage the membership on this Governance Agreement as soon as possible.

I am a father, there have been more than a few times when being a dad has been my most challenging job, but also the most rewarding.

To all those fortunate to be a Dad, Happy Father’s Day!!

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

Chief and Council Meeting & Events Schedule

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June 2019
Whitefish River First Nation Administration Office
17A Rainbow Ridge Road
Birch Island, Ontario
PO Box 1A0

Tel: (705) 285-4335
Fax: (705) 285-4532
Toll: 1-800-265-4335
website: www.whitefishriver.ca

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<tr>
<th>Public Works: (705) 285-1812</th>
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<td>Murray McGregor Jr.</td>
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<th>Administration Office: (705) 285-4335</th>
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<th>Library: (705) 285-1888</th>
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# Community Calendar

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<td>AA Meeting</td>
<td>3 Bi Nightigales 7pm - Ball Field</td>
<td>Elders Centre Soup &amp; Sandwich</td>
<td>Elders Centre Open Craft Day 9AM-3PM</td>
<td>Elders Centre MOW’s Anishinaabemowin 6:30-8PM 7 Fires Centre</td>
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<td>Elders Centre Soup &amp; Sandwich</td>
<td>Youth Sweat 6PM Sunshine Alley</td>
<td>Elders Centre MOW’s Anishinaabemowin 6:30-8PM 7 Fires Centre</td>
<td>Community Open House 11AM-2PM 7 Fires Centre</td>
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<td><strong>HAPPY FATHER DAY</strong></td>
<td>Father’s Day Celebrations 8AM - 7 Fires Centre</td>
<td>Elders Centre Soup &amp; Sandwich</td>
<td>Elders Centre Luncheon Elder’s &amp; Youth BBQ 5:30 PM Rainbow Lodge</td>
<td>Elders Centre MOW’s Elder’s Prize Bingo 1:30 Shawanosawe School Graduation 10AM-2PM Anishinaabemowin 6:30-8PM 7 Fries Centre</td>
<td><strong>Anishinaabe Aadziwin Giizhigad!</strong> WRFN Offices Closed</td>
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<td>24 Bi Nightigales 7pm - Ball Field</td>
<td>Elders Centre Soup &amp; Sandwich</td>
<td>Information Session 7 Fires Youth &amp; Elders Centre 10:30AM – 1:30PM</td>
<td>Elders Centre MOW’s Anishinaabemowin 6:30-8PM 7 Fries Centre</td>
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### Birthday & Well Wishes!

**Happy 28th Birthday** to my baby girl Zena on May 30th 2019.
Wow, I can’t believe how fast you have grown into the beautiful young woman you are.
I love you, you are simply amazing!
Love Morn

Happy Birthday to my beautiful granddaughters Alanna & Sasha, who celebrate in June!
Love Grandma.

Happy Birthday to my sweet son Jason on June 16th.
From your Momma.

No one can measure my love for you and it’s not even possible for Google or Wikipedia.

Happy Birthday to my beautiful children on June 14th.
XOXO from Auntie Cara, Wynona, Jenna and Brandon

I would like to thank the Elder’s Centre Cooks for the good food they prepare! Thanks, Bill Ellison

Happy Birthday wishes to,
My niece Julia McGregor on June 2nd
My ❤️ Steve Paregis on June 4th
and my Son-in-Law Jesse Bowles on June 9th
Love Va, Kiara and Chico

I may have taught you to become a good student, good citizen, good sportsperson and a good friend.
But you are my son, having taught me the most important thing in all –
how to become an amazing Mother.
Happy Birthday.
Happy 14th Birthday Brandon Visitor
Love Morn.
Wynona, Jenna and Dora

Happy Birthday to my Daddy (Jesse) on June 7th.
My Papa “Steve” on June 4th and my cousin Julia on June 2nd.
Love “Me” Liam

Happy Birthday to my handsome Brian on June 7th.
You are a #1 Husband, Father & Grandfather.
Cheers to many, many more years to celebrate!
Love your fabulous wife, Karen

Happy Birthday to my grandson Ryan on June 14th.
Love Nokomis.

Happy Birthday to my beautiful girl Danielle on June 8th.
Have an awesome day.
From the first time I laid eyes on you, I fell in love with you.
I held you in my arms, and felt unconditional love.
Today you have grown into this beautiful woman that I am so proud of.
You are awesome and you will always be my girl.
Love you
Lots of Love mom

Happy Birthday to my sister Danielle
Happy Birthday to Our Girl Sierra
on June 23rd.
Love Mom, Dad, Raidyn, Daylyn and Jax

I may have taught you to become a good student, good citizen, good sportsperson and a good friend.
But you are my son, having taught me the most important thing in all –
how to become an amazing Mother.
Happy Birthday.
Happy 14th Birthday Brandon Visitor
Love Morn.
Wynona, Jenna and Dora

Happy Birthday to my hubby Brian on June 7th.
You are a #1 Husband, Father & Grandfather.
Cheers to many, many more years to celebrate!
Love your fabulous wife, Karen

Happy Birthday to my grandson Ryan on June 14th.
Love Nokomis.

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Have an awesome day.
From the first time I laid eyes on you, I fell in love with you.
I held you in my arms, and felt unconditional love.
Today you have grown into this beautiful woman that I am so proud of.
You are awesome and you will always be my girl.
Love you
Lots of Love mom

Happy Birthday to my sister Danielle
Happy Birthday to Our Girl Sierra
on June 23rd.
Love Mom, Dad, Raidyn, Daylyn and Jax

Happy 13th Birthday to Our Girl Sierra	on June 8th.
You are such a special gift and we are so blessed to have you in our lives.
Thank you for being you and choosing us.
Lotsa Love today and every day.
Love Mom, Dad, Raidyn, Daylyn and Jax

Happy Birthday to my loving husband Larry on June 23rd.
Love Pauline

Happy 14th Birthday B-Man on June 23rd.
Love from Auntie Roz, Joel, Sierra, Raidyn and Daylyn

Happy Birthday to Our Girl Sierra
on June 8th.
You are such a special gift and we are so blessed to have you in our lives.
Thank you for being you and choosing us.
Lotsa Love today and every day.
Love Mom, Dad, Raidyn, Daylyn and Jax

Happy Birthday to my loving husband Larry on June 23rd.
Love Pauline