"In a Class of Our Own," was the theme for the 2019 Shawanosowe School SK and Grade 6 Graduation ceremony. The graduation and awards, gala-styled event was held on Thursday June 20th, 2019 in the Shawanosowe School Gymnasium. An Honour Song with a hand drum accompaniment was sung for the graduating class by fellow Shawanosowe students. “Moments are opportunities to be great. Anything and everything you do is a moment,” was the message delivered to the students by Chief Shining Turtle in his opening remarks. Dr. Lorilee McGregor, next had the crowd chuckling with a lighthearted keynote address on the benefits of building resiliency through sports. A catered lunch followed the presentation of diplomas and class awards, as well as video presentation of the graduates organized by Mr. Rick Legrow. Miigwetch to the Staff of Shawanosowe School for organizing this extraordinary event.

Congratulations to the graduates!

Please note that the deadline for submissions for the next issue is Friday, July 19th, 2019 at noon. Miigwetch!
rezounceditor@whitefishriver.ca
Good day fellow community members!

Last April, we had Traditional Healers Jimmy George, Vera George, Abraham Bearskin, and Roy Paul in our community assisting us with healing. At the Tie Up Ceremony, our community was asked by Spirit to attend Sundance ceremony. A man and a woman were asked and two of our community members stepped up. Candice Assinewe volunteered to dance for the women in our community and Emmet Pitawanakwat volunteered to dance for the men. I am so honoured to know these individuals and the sacrifice and determination required to Sundance. This month – July – they will be attending the Sundance and dancing for community healing. We will be supporting them and the other community members dancing.

For July, the Right to Play Community Mentor – Crystal Clark McGregor – and the Child & Youth Mental Health and Addictions Worker – Candice Assinewe – will be taking high school aged community members on a traditional territory trip. Jordi Jacko will be heading this canoe, hiking, and camping adventure. There are other activities and camps available for the children and youth in our community and a flyer outlining what those activities are, is available.

I am sorry to announce that Shawnessy Jacko, Family Well-Being Coordinator, and Courtney Laundrie, Early Learning Coordinator, have left their respective positions here at the Health Centre. They will be missed and I appreciate the knowledge, hard-work, and enthusiasm both brought to their jobs.

This year, Noomjowin Teg Health Centre will be seeking feedback on their services from community members. Surveys will be available at the Health Centre from July 2 to August 2, 2019. A box will be set up in each Reception area for clients to place their completed surveys. The survey will also be offered on-line and will be anonymous.

The Canadian National Institute for the Blind (CNIB) is pleased to announce that they are launching a new Eye Van Unit. The unit will offer privacy, accessibility, and has new technology. They will have two Ophthalmic Assistant/Nurses and a Program Assistant along with an Ophthalmologist delivering care. You can get an Eye Van Patient Referral Form from your physician, Optometrist, Nurse Practitioner, Diabetes educator (signed by a physician, optometrist, nurse practitioner) for services like screening & prevention, diagnosis and treatment of eye disease, and minor surgeries and SLT/Yag laser. Children can also be referred (0-18); however, if glasses are required, it is recommended that they see an Optometrist in the town local to you. In addition, the CNIB Eye Van also acts as a referral source for the Vision Loss Rehabilitation Ontario (VLRO) and the CNIB Foundation.

Non-Insured Health Benefits has provided an update for June 2019. This update focuses on changes to the Non-Insured Health Benefits (NIHB) Eyewear Coverage. On June 29th, NIHB made changes to coverage of corrective eyewear (glasses and contact lenses). You will be able to use your coverage towards the purchase of any type of prescription eyewear. The rates for Standard Coverage are $275 for prescriptions that are less than (plus/minus) 7.0 (minimum prescription strength). This is the most common rate. For high index coverage (plus/minus) 7.0 or higher, the amount is $415. However, how often you are covered for eyewear will not change. Children 0-17 years are eligible once a year; clients 18 years and older are eligible once every two years. For more information, you can check out their website: https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/non-insured-health-benefits-program-update-first-nations-inuit-health-canada.html#s19-06-1

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.

July 2019

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*Community Health Nurse Lab/Blood Draw Clinic
Fridays @ 10:00 am

Please bring your Requisition(s). Appointments recommended.

WRFN Health Centre Visiting Health Professionals

*unless otherwise indicated Visiting Health Professionals will be in all day*
**Child and Youth Mental Health & Addictions Counsellor**

Candice Assinew

Aanii/Boozhoo WRFN Youth and Community! Traditional Healers, Jimmy, Vera, Abrahams and Roy were in the community from June 11th-14th, 2019 to provide one on one counselling and sweat ceremonies for our community. We also had Dmitri Ashawagapi, Youth Mentor/Role Model and Traditional Knowledge keeper come in and help our youth build a sweat lodge and give teachings.

In the month of July, there will be a six-week program called Taking Care of Your Fire for Young Men between the ages of 14 to 18 years old. This program will begin July 9th, 2019 at 5:00 pm at the Seven Fires Youth and Elders Centre, and will take place every Tuesday. The program will be facilitated by Dmitri Ashawagapi who is Anishinabek from Henvey Inlet. He is a Youth Mentor and comes with plenty of traditional knowledge of being on the land. Not only will this program have land based activities such as fishing, setting nets, life skills and survival skills, it is also shaping up to be a lot of fun. Meals will be provided with great door prizes, fun activities, weekend retreats, and a trip to go Whitewater Rafting in Ottawa!

Please see some of our local resource crisis support numbers for Addictions & Mental Health Services that we have in the area. And if you or someone you care about is going through a difficult time and you have some concerns, please do not hesitate to contact me or one of the providers listed.

If you have any questions 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 candice@whitefishriver.ca.

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**Welcome to the Mino-Bimaadizi Fitness Centre!**

Inquire today about a membership with our local gym!

**Monthly Membership Fees:**
- Student Rate $20.00
- Individual Rate $30.00
- Family Rate $50.00
- Joint (2) Rate $50.00

Please stop by the WRFN Health or WRFN Administration to pick up an application form.

Children under the age of 14 must be accompanied by an adult.
Aambe Niibin!!!

It has been a very busy month with programming and ceremonies. To start, we had a Tick and Lyme disease presentation on June 5, 2019 and those that attended received a tick remover compliments of Carolyn Strum, Community Health Nurse, Mnaamodiziwin Health Services. If you would like more information on the Tick and Lyme Disease presentation please stop by the Health Center.

We also had Traditional Healers in the community from June 11 - June 15, 2019. It was a full week of ceremonies and healing. We had sweats for the Men of the community, a Youth sweat as well and a Woman’s sweat. It really was good to see. We closed off the week with a ceremony for Dreamer's Rock “Ogitchidaa-kwe.” We also celebrated the Full Moon Ceremony on June 17, 2019. We then assisted with the Summer Solstice on June 21, 2019 with a sunrise ceremony. I held a Sun Safety Workshop at Shawano sowe School and the Community Centre on June 26, 2019. I hope that we all practice sun safety with our families this summer.

We should be looking at Water Safety with our future generations. It is important to know that they are safe around the water. I will be holding a Swim Safety Session at Laurentian University pool on July 4, 2019 from 2-3 pm. The children and youth will be receiving a certificate stating what swimming level they are at. The age for swim testing will be from 4 & up. If you would like to have your child tested, please don’t hesitate to contact me at 705-285-4354 ext.214.

It is also important to know that all our swimming areas are not supervised by a life guard and that our children should always be swimming with adult supervision.

I would like to extend a Congratulations to all graduates that have accomplished their dream of graduating from elementary, middle school, high school, college or university. A job well done to all that have made that huge step of completing your schooling. Good Luck to all who will be moving on to the next stage of life and continuing your education and career paths. Please know that we as Community are supporting your endeavors and choices.

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

Aanii.
June was a busy month, especially in the second week from the 11th - 15th when the Traditional Healers were in the community. On June 11th, with the help of some men from the community, we built a Sweat Lodge, with assistance from Edward Pitawanakwat, and held a men’s sweat. I was excited with the opportunity to attend and participate in my first sweat.

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.

With that in mind, Rekindling Our Fires program will continue through July on Thursday the 4th and 18th. The basics of fire starting and safety will be covered at this event. Come on out and enjoy some hot dogs, hot chocolate, hot apple cider, and some s’mores.

Kizhaay Anishinaabe Niin, “I am a Kind Man” will also continue every Tuesday night in July with the exception of July 9th, as I will be away. 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.

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

Hello, Aanii,

Summer is finally underway and it has been a great to see the sun shining and the kids enjoying the warm weather.

A lot of happenings have been going on for June. First off we had the Paint Night with Who’s Crafty on June 4th at the Community Centre. It was another great turn out. We had a lot of frequent participants and a couple of new faces. Anastasia Cywink brought some children up from Martin Falls so we had her small group come and join. It was overall a great turn out.

I also had Anishnaabemowin with Marion at the Daycare and it was so cute so hear the children start using the language. It definitely made both myself and Marion very happy.

July will also be bringing some changes for me as well as I will be leaving my position here as Early Learning Coordinator for Whitefish River First Nation. I have enjoyed working here in my community and am proud to say I have worked hard bringing the Early Learning Program off the ground. I have enjoyed working with the families and learning more about the culture.

I wish everyone the best of luck here and many successes.

Deacon and Nico enjoy a BBQ Luncheon at the Shawanoswe Father’s Day Social with their dad Lee.

Family Resource Worker - Paige Jacko

Aanii,

Well, it’s been a fantastic first month working at the Health Centre. I have been enjoying my transition back home into this new position. I’m getting to work with community members and a new team. But, as I adjust to the new position, there are some program ideas that I want to start. With that in mind, I’m always open to input, feedback or even ideas your families would want to see in the future. Please, let me know.

With the start of summer and the end of the school year, we are in the process of planning fun family activities in the sun. Watch for upcoming posters on beach trips, hiking trips, tree top trekking and many more. I’m also looking at creating a program for families throughout the year, but more information will follow in the next few months. Thank you, so much for the warm welcome and have happy summer!

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

WEENGUSHK INTERNATIONAL FILM FESTIVAL

JULY 12 - 14 2019
MANITOULIN ISLAND

31 FILMS • 2 VENUES • 3 DAYS

‘WARU’ ‘TOXIC BEAUTY’ ‘ANGELIQUE’S ISLE’ ‘WE WILL STAND UP’

WITH LIVE PERFORMANCES BY:
BILLY JOE GREEN PAPPY JOHN GARY FARMER CRYSTAL SHAWANDA VERN CHEECHOO PATRICK CHEECHOO TE HIKU MAORI MEDIA CLASSIC ROOTS

Four Directions Community Complex
1300 HWY 540 AUNDECK OMNIKING FIRST NATION ONTARIO

OPENING NIGHT • $25 • SATURDAY PASS • $35 • RED CARPET GALA • $125 • ALL ACCESS PASS • $150

TICKET SALES
WEENGUSHK FILM INSTITUTE 705-377-6011 FESTIVAL@WEENGUSHKFILMFESTIVAL.CA

WEENGUSHK INTERNATIONAL FILM FESTIVAL

Whitefish River First Nation Seniors has been sponsored for one table of eight (8) to attend the Jay Switzer Bursary Fundraising Gala on Sunday July 14, 2019 starting at 3:30 pm.

THE AGENDA IS AS FOLLOWS:
DOORS OPEN AT 3:30 PM
3:30 PM – RED CARPET AND NETWORKING
4:00PM – OPENING REMARKS – PATRICK CHEECHOO
4:10 PM – KEYNOTE – MICHAEL ETHERINGTON
4:40 PM – KEYNOTE – CRYSTAL SHAWANDA
5:15 PM – DINNER IS SERVED
5:20 PM – SPEECH BY: BRIAN HUTCHINGS
5:45 PM – MUSIC BY CRYSTAL SHAWANDA
6:15 PM – AWARDS

9:00 PM – CLASSIC ROOTS YOUTH DANCE (Ages 16+)

TO REGISTER OR FOR FURTHER INFORMATION CONTACT MARIDA AT 705-285-1755 OR EMAIL AT maridam@whitefishriver.ca
Seniors Reflections

July 24, 2019
11AM to 1PM

A time to reflect, share your stories and laugh together

Seven Fires Youth and Elders Centre
Light lunch provided
Call Marida at 705-285-1755

Seniors Navigation Worker – Marida McGregor

I would like to thank everyone that attended our Open House at the Seven Fires Youth and Elders Centre on June 14, 2019. This event allowed friends, family and community members to visit and share time together in the new revitalized setting. The following events have been planned for July 2019:

- Senior Spa Day - July 10
- Meet and Greet Luncheon with WRFN Health Team - July 17
- Senior Reflection Session - July 24
- Craft Days – open anytime

There will be two new activities coming soon: Memory Wall Hanging Quilt and Memory Photo Albums. Stay tuned for further information of dates and times.

As this position is still relatively new, advocacy remains a priority but not limited to:
- 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
- One to one supports for promotion, prevention, intervention, and aftercare.

I look forward to hearing from you at 705-285-1755 or email at maridam@whitefishriver.ca

The Seven Fires Youth and Elders Centre hosted a Community Open House on June 14, 2019.
Right to Play Worker - Crystal Clark-McGregor

Summer is here, which means summer camps will be starting!

Congratulations to all of our 2019 graduates! It was really nice to see the graduation pictures all over social media. Graduates, please take a moment to acknowledge the hard work that you all put in over the years. We’re all very proud and excited for you all.

I hope everyone has been enjoying this beautiful weather, this summer we are excited to be running camps for the Children and Youth. Parents, please register your child/ren prior to the camp so that we can get an idea of what will be needed to have a successful week. You will be able to find permission forms at the Health Center with Cathy.

UCCM Police will be having two camps this summer! From July 2-7 and August 12-16, each camp will be packed with many activities for the Youth which include team building challenges, learning opportunities, swimming, canoeing and much more! Permission form can be found at the Health Center, if any youth would like to attend please let me know at righttoplay@whitefishriver.ca

Birch Island Territory Canoe Trip for ages 14 to 18 years old (July 1-5, 2019). I am very happy that we are able to host another territory trip around our beautiful community. This year are adventuring out to Killarney, making it a week-long canoe trip! If you are interested this trip is just what you are looking for. We will be camping on different locations, sharing stories and teachings.

The Road to Freedom Workshop on July 9 & 10, will take place at the Rainbow Lodge from 10am to 4pm for both days. Facilitator’s Bio: Kyle & Jesse Nobess are First Nation brothers, Actors and Motivational speakers with a passion to bring inspiration and life skills to First Nation communities across the Country. They have toured this workshop all across Canada and it has been a great success. Road to freedom is a Film Acting & Youth Empowerment workshop that focuses on training the youth how to act for Film and Television. It also focuses on developing life skills that the youth can incorporate into their lives and take them to the next level. We are looking forward to see what you all can create!

Staff from Right to PLAY will be coming to visit on July 11 & 12 for Youth Leadership Workshops with youth ages 12 to 25 year old. We will be over at Sunshine Alley for both days and ask parents to send their child/ren over with a lunch and water bottle.

For ages 15 and up there will be a Safe TALK training, facilitated by Right to Play, down at the Youth and Elders Center from 6pm to 9pm on Thursday July 11th.

Niigan Mosewak Camp is a mentorship program designed for Aboriginal youth aged 12-17. It delivers powerful messages of hope for future leaders through the encouragement of positive and healthy lifestyle choices. The vision of this program was to enhance community wellness through the promotion of personal wellness and respect. Through celebrating cultural pride and distinction, the youth are given the opportunity to celebrate who they are and to “Walk Forward” in a positive direction. The program activities include: drum building, mask making, leadership skills, traditional Anishinaabe teachings, healthy relationships, drug and alcohol awareness, internet safety and team building experiences. For registration forms please visit the Whitefish River First Nation Health Center.

I am really looking forward to this summer and all the camps and programs that will be taking place in our community.

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.
Food Security Assistant - Louanne Megwaneb

What a good month of June we had. It was so busy, with so many different activities and in the middle of it we had Tradional Healers in our community. One of the highlights of this past month was watching our resident “bread/scone maker” teach the healers how to make scone. We had one baked scone made and two batch-es of fried scone. There was even a request for “kikil”, imagine that! What an opportunity to give them back some knowledge. Migwetch Doreen.

The Youth and Elders BBQ
It was a privilege to cook for the Youth and Elders’, to see the excitement in their eyes as they enjoyed the food that was prepared for them. There wasn’t a better place to have this BBQ than at Rainbow Lodge; sitting at the bottom of Dreamers Rock with all this culture and tradition around us. It was truly enjoyable as well as important to appreciate the young and the wise together. There is so much the Elders’ can pass on to our youth, life experiences, learning experiences, traditional teachings, traditional family values, most importantly the pride we have as Anishinaabe of Whitefish River First Nation.

Health Tip/Info:
Leeks + Whole Wheat Pasta
“The sulfur in leeks helps you make the most of whole-wheat pasta’s iron and zinc, which strengthen the immune system”.

Red Bell Pepper + Black Beans
“Vitamin C rich bell peppers help you take in up to six times the iron from black beans, which boosts energy and keeps you strong.”

Storage of Foods:
(I know I had this in last month but it is important for people to remember how easy it is to get sick when food is not handled or stored properly)
1. Please remember to keep perishable food cold in a cooler or portable cooling device. Some coolers can be plugged into your vehicle, house/cabin or outlet or a generator. Having one cooler that has meat, mayonnaise based foods or items that should be kept cold in one cooler and another cooler containing frequently used items.
2. Keep hot food to temperature until you are done with it. Wash and prep your food before you pack it. Wash all veggies and fruits thoroughly as there can be many bugs or products on them and they are not necessarily safe for human consumption.
3. Always keep disposable rubber gloves on hand in case you cannot access soap and water.
4. Keep different types of meat separate either in containers or Ziploc bags.

Student Nutrition
Another year for our students has passed, another year to have seen their growth and change. Only cooking food for my two children at home will be a challenge, as I am now accustomed to cooking for the Shawanosoewa School and Off-reserve bussing students. Hmmm, what creations to think of for September? I will spend time this summer researching recipes, ingredients and working on adding more traditional foods for our students. In the fall I would like to incorporate the fall harvested foods. We as Anishinaabe people need to be connected to the land as we were born of this land, we have lived off this land and it’s important for our future generations to continue to thrive off our traditional proven ways of life.

Have a good, safe month of July
and Happy Canada Day!

13 Moons Garden
by Michael Aelick

Sun, Shade or Something In Between

Light requirements for plants is something that I have discussed in most, if not all of my articles. I believe it is a worthwhile subject to understand so you can get the most out of the area you have to grow food in. Plants need sunlight to photosynthesize and produce food. Different plants require different amounts of light to be able to produce food. We can easily fall into a trap in believing that all plants need endless amounts of sun exposure to survive and provide. Understanding the different light requirements for different plants opens up more possibilities, especially if you do not have a lot of space to garden with. You can grow plants that can climb and find the sun, while planting shade loving vegetables underneath; or plant an apple tree and grow shade loving vegetables at the base, the possibilities are almost endless. Terms that are used to explain light requirements are: full sun, part sun, part shade and full shade. So what exactly do these words mean?

Full Sun: Most sources agree that full sun is six or more hours of direct sunlight per day but some plants such as vegetables really need eight to ten hours per day. This doesn’t have to be continuous; you could have four hours in the morning, shade mid-day, and four hours in the afternoon. As long as it is direct full, sun. Cucumbers, squash, watermelon, cantaloupe, eggplant, tomatoes, peppers, corn, beans are some examples of vegetables that prefer to be grown in full sun.

Partial Sun or Partial Shade: There is a fine line that differentiates the two. Partial sun means the amount of sun isn’t full sun, yet not partial shade and implies the plant can handle more sun and is more heat tolerant. Most references put this between 4-6 hours of sun a day. Partial shade means the amount of sun is less than partial sun, but more than shade, so we will define it as 2-4 hours of direct sun per day. The terms sometimes are used interchangeably. However, being shaded in the morning is not the same as being shaded from the scorching afternoon sun. “Partial shade” implies that the plant should be protected from the sun during the afternoon. Peas, beans, broccoli, cabbage, onions, leeks, radish, rutabaga, turnip, carrots can thrive in partial sun conditions while kale, arugula, endive, lettuce, spinach, mustard greens, swiss chard and brussels sprouts are examples of plants that will be happy in the partial sun to partial shade areas of your garden.

Shade: Shade by definition is lack of sunlight, but when it comes to gardening the definition is less than two hours of sunlight a day. More plants tolerate dappled shade than can live in really deep shade. Currants, blueberries, gooseberries are some fruits that will be content with hanging out in the shade to provide you some tasty fruit.

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.
Jenna, Nevada & Raven help out at the Elders & Youth BBQ held June 19, 2019.

Darrel joined in on the Father’s Day festivities held at the 7 Fires Youth & Elders Centre.

The Shawanoswe school year ended with the Annual Summer Olympics.

Autumn creates artwork inspired by artist Jocko Chartrand.

Wayne measures up at the Cambrian College Level One General Carpentry program.

Father son duo Brian and Carl Ziegler enjoyed the Father’s Day Breakfast hosted by WRFN Health.
Congratulations to Sacred Heart Grade 8 graduate Christopher Chandler!

Phil Bowerman enjoys the Shawanosowe School Father’s Day luncheon with Lily & Ace.

Miss Gagan’s Grade 1/2 class visited the Sudbury Art Gallery for their year-end class trip.

Congratulations to our AB Ellis Grade 8 graduates Carter McGregor, Ira Paibomsai, Brandon Visitor, Felicity Paibomsai-Prince, K.C. Migwanabi, Sierra McGregor and Ravon Bowerman.

A sea of blue and white at the Warriors banquet held June 20, 2019.

Mno-Noos-Giizhigad from Shawanosowe School!
Education Manager
Jacinta Shawanda

Congratulations to all graduates, especially those who have had the privilege of assisting this year:

Shawanoswe Senior Kindergarten
Aden Shawanda
Dee Shotridge
Dellah McGregor
Jeremiah Shawanda
Leonidas McGregor
Lily Bowerman
Naomi Pitawanakwats-Eskuk

Shawanoswe Grade 6
Alexis Crowe
Luke Trudeau-Agawa
Morgan Billings
Nico Jacko
Novalie Assiniwe
Victoria Nahlwegahb

Sacred Heart and AB Ellis
On-Reserve
Christopher Chandler

Brandon Visitor
Ira Paibomsai
Carter McGregor
KC Mignanabi
Sierra McGregor
Felicity Prince
Raven Bowerman
AB Ellis Anishinaebemowin Award: Carter McGregor

Espanola High School
On-Reserve Graduates
Alexis McGregor
Monika McGregor
Kolby McGregor
Samuel Jacko

Reengagement OSSD Graduates
Arianna Pitawanakwats
Klan Pelletier
Danielle Pregent
Sebastian Shawanda

Kenjewin Teg Graduate
Hailey Paibomsai

Congratulations OSSD Graduate Arianna Pitawanakwats!

Maamwe Kendaasing Child Care Centre

Milin Gilis
Aanii Kinawaya

The month of June has been very busy here at the Centre and will continue to be busy with summer holidays fast approaching. Parents please update your contact lists, as some emergency contact numbers are no longer in service, a new form will be coming home shortly.

Programming at the Centre is in full bloom. Below are a few highlights from our daily programming that we would like to share with you, in this month’s edition. At our Centre we have an Anishinaabemowin Language Program, which occurs twice a week with Marion McGregor. We are so happy to have her come and teach our students. Staff and the language program children are engaged in their own self-selected activities. As language speakers have shared with me, “language is alive” therefore, learning the language is more meaningful and more often retained, if we connect it to our everyday lives. Miigwetch Courtney Laundrie for coordinating this learning opportunity.

Another opportunity our children had was learning to Grow Traditional Foods with the help of Cody Leeson from Noojmowin Teg. Our students planted corn, beans and squash in our backyard. Hopefully we can transplant our plants to our new location when the time comes.

Our school age educator Cyndiil had an opportunity to attend a half day professional learning session in Mchiigeeng at the Mnido-Mnising Sharing and Learning Centre. During the session she learned various ways she could incorporate land-based education into her daily programming. Nishin Cyndiil!

Day Care Spaces

We currently have one space available in the toddler room for children ages 18 months - 30 months. The Centre requires updated employment information should parents require full time day care services as per our policy. As our staffing needs are growing within our current facility we have been actively seeking qualified staff to fill this void. Once we begin to build our staff numbers we will begin to plan for our growing community needs. Therefore, we will be diligently working to wards devising a strategic plan that will examine what early learning will be for Whitefish River First Nation and our next generation of learners. During the coming months we will be actively seeking input by all stakeholders, while building our staff’s professional learning bundles. This will help to better inform our programs and services, which will be based on our mission, vision and philosophy of the early years based on Anishinabek values and beliefs. We will be sending out flyers shortly!

Child Care Closure:
• The Centre will be closed July 1, 2019 for Canada Day.
• Professional Development Day for Staff is Friday, July 12, 2019. The Centre will be closed for this important day of learning, a letter has been sent out to all parents letting them know.

July Spirit Days are Beach Day and Super Hero Day! Remember these are held every second week!

Special Events past, current and future:

On Thursday, June 13th we celebrated Father’s Day with a luncheon, a cake and a special gift made by the children. We were so engaged that we forgot to snap a pic. Next year for sure!

Graduation was held on June 19, 2019. The children from the preschool program are moving on up to Shawanoswe School in fall! Chi-miigwetch to all the staff for organizing, and putting on such a wonderful graduation for the children. It sure was a memorable moment.

Happy Birthday to those celebrating in July!

Baamaapi, Maamwe Kendaasing Eknoomaaget

I’d like to personally thank the students of WRFN for another great year.

Miigwetch, as well to WRFN Education as well as the Staff of WRFN Health Student Nutrition Program for providing nutritious and delicious snacks and meals throughout the school year.

Stay safe and have fun this summer, and I look forward to seeing you all in September.

Chi – Miigwetch
Ignatius “Bird” Pitawanakwats

Missed an issue of The Rezound? Find them online at www.whitefishriver.ca
The Bobcat

Aani Parents/Guardians

As June comes to an end so does another great school year! June was another busy month and our students took part in many learning opportunities.

On June 4th, 2019 our Grade 5/6 students went to Race against Drugs in M’Chigeeng. One day after, on June 5th, they travelled to Toronto for their year-end three day trip. The students stayed in Victoria College, a part of University of Toronto which allowed to them to see what post secondary residences are like. In addition, they visited the Toronto Zoo, The Royal Museum of Ontario, Ripley’s Aquarium, the Playdium and also attended a Toronto Blue Jays game. The Grade 5/6 students had a wonderful time in the city and Chi-Migwetch to everyone who helped our students fundraise for this awesome experience.

Our Grade 3/4 students went swimming and bowling in Espanola on July 7, 2019. The Grade 3/4 students finished up their class trips on June 10, 2019 with a trip to Sudbury where they learned some gymnastics and played laser tag. The students were engaged and quite active on their class trips. Our Grade 6 students went to AB Ellis on June 11, 2019 to visit their new school in the fall where they met their new teachers and made some new friends. Shawanosowe School held a Father’s Day BBQ on June 13th and it was so nice to see such a great turnout of fathers, grandfathers and other male role models come out for this school event. Miss Gagan’s Grade 1/2 class visited the Art Gallery of Sudbury on June 18th as their year-end trip.

In addition to learning about various pieces of art, students created one of their own pieces inspired by a current exhibition.

“In a Class of Our Own” Shawanosowe School 2019 graduation ceremony took place on June 20th, 2019. The community of Whitefish River and families of Shawanosowe students turned out to support our youth as they move forward in their learning journey. Chi-Migwetch to all the students, families, leadership and staff for working hard at making this such a wonderful event. The school trips wrapped up with the Kindergarten class will be visiting the Kupp centre on June 25th, as their year-end trip.

Finally on June 28th, Shawanosowe wraps up the last day of school and report cards are sent home with students.

On behalf of Shawanosowe School, we wish our students and families a very relaxing and safe summer holiday! We look forward to another exciting school year starting Tuesday, September 3, 2019. I have been honoured to serve as principal of Shawanosowe this past year and look forward to a great new year in the fall.

Migwetch.

Mr. D. Stargratt

Have a safe and happy summer from the Staff of Shawanosowe School!

See you in the fall!
Band Manager - Art Jacko

Aanii Bemaadizijig
Well another school year is coming to an end and summer is finally here! Families are planning summer activities and this will be a good break for our students.

Aboriginal Day was another busy day in WRFN. It started off with a sunrise ceremony at the community arbour, followed by a hearty breakfast. The community luncheon was well attended with plenty of summer salads and roast pork for all. The day ended with a fantastic display of fireworks by Dream Catcher Fireworks.

Maamwe Kendaasing Early Learning and Innovation Centre
Construction continues and the project team continues to monitor. We are still on track for the Grand opening to be held mid-August. This is an exciting time for the community as well as a fantastic investment in our children’s future.

Elders Residence
Tenders have been released for the project and we will be breaking ground to begin construction very soon.

Niigaan Naabidaa Trust
The posting for two Niigaan Naabidaa Trustees and three selection committee members closed June 28th. Once the selection committee is in place, they will begin the process to recommend to Chief and Council the two people for the Niigaan Naabidaa Trust.

Staff Updates:
1. Stephen McGregor – Community Consultation Coordinator
2. Carmen Pitawanakwat – Band Representative
3. Yvette Maiangowii – Community Energy Champion
4. Post-Secondary Students hired:
   a. Duncan Stewart – Student Liaison Worker
   b. Myles Sutherland – Public Works Assistant
   c. Kristen McGregor - Housing Assistant
   d. Jasmine Jacko – Daycare Assistant

Resignations:
1. Shawnessy Jacko – Family Well-Being Coordinator – last day June 20, 2019
2. Courtney Laundrie – Early Learning Coordinator – last day June 28, 2019

I would like to thank both Shawnessy and Courtney for their time with us and wish them the very best with their new employment.

Positions currently posted:
1. Housing Assistant – applications were due June 20th at 12 p.m.
2. Family Well-Being Coordinator – applications due June 28th at 12 p.m.
3. (2) Early Childhood Educators and 1 part-time – applications due June 28th at 12 p.m.
4. (1) Teacher Education Assistant - applications due June 28th at 12 p.m.

Some other position to be posted:
1. Child & Family Wellbeing Coordinator
2. Early Learning Coordinator
3. Mental Health & Addictions
4. Health Promotions Specialist

With all the new hires and other pending hires office space is becoming a premium and we are exploring options to find the right solution that works for us.

Anishinabek Nation Governance Agreement
Whitefish River First Nation Chief & Council passed a resolution to engage the membership, host information sessions both on and off reserve and to take the necessary steps to conduct a ratification vote on the Anishinabek Nation Governance Agreement.

History
1. Started in 1995 with an Anishinabek Nation Grand Council Resolution passed in Rama authorizing the Governance negotiations;
3. Agreement-in-Principle signed at Nipissing First Nation in 2007;
4. Negotiations are now completed

The Anishinabek Nation Governance Agreement covers two key areas:
1. Anishinabek Nation Governance Agreement (Law Making – four areas);
   a. Elections - First Nation & Anishinabek Nation;
   b. Citizenship;
   c. Language and Culture;
   d. Management and Operations of Government;
2. New Fiscal Agreement;
   a. Increase Band Support Funding Ratification

There will be a vote on the Anishinabek Nation Governance Agreement between August and November 2019 on:
1. Anishinabek Nation Governance Agreement;
2. Fiscal Agreement;

The ratification vote will be by electronic voting, in person voting and mail in ballots.
We will be providing a lot more information coming and you will be hearing from our team very soon.

Our team is:
1. Sandy Jacko: Project Lead
2. Gail (Kiki) Pelletier: Communications Coordinator
3. Stephen McGregor: Consultation Support

Information will be distributed (Community Information Sessions, Information cards) to community citizens, both on and off-reserve, outlining voting options (ballot, mail-in, e-vote) and voting timelines, and the ballot question.

*Ayaan-gwaa-mizid-da – Let’s be Careful Community Cannabis Advisory Group*

We will be posting very soon for a Health Promotion Specialist (Coordinator) to work with the community and the committee. The committee will continue to meet and soon to continue with their work and prepare for final engagement with the community. More information will be provided to the community very soon.

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

Nahaw, Baamaapii Milimwaa Kawaabmin

Collection of Member Contact Information:

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

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

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

You can send the a letter addressed to:

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

or email at: eosche@whitefishriver.ca

and telephone call at: 1-800-265-4335

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

Nimiki builds a workbench at the Level One General Carpenter Training through Cambrian College.

Dreamcatcher Fireworks light up the sky over the ballfield on Antishnaabe Aaaditwin Gishigad.
Aanii, Boozhoo, Greetings,

June just flew by as I have been busy preparing for the summer students, searching for funding, attending meetings, and continuing to learn more about my role as Manager of Community Economic Development.

Part of my role includes serving as the Project Lead for the Anishinabek Nation Governance Agreement Ratification Vote. My team members are Gail Pelletier who is our Communications Coordinator and Stephen McGregor who has recently returned as Whitefish River First Nation’s Consultation Coordinator and will serve as the project’s Consultation Support. We will be engaging membership on and off reserve, hosting information sessions, and completing the steps up to ratification vote.

Summer is here and so is the 2019 Summer Student Work Experience Program. I would like to take a moment to welcome aboard my Summer Student Liaison Duncan Stewart. We have been busy planning and organizing this year’s program. The program will consist of two weeks of training, two weeks of planning and implementing a community project and four weeks of work experience. Our goal is to provide the students with skills to help them on their journey through school, work and life.

Feeling cooped up? Whitefish River will be hosting the 2019 Poultry Workshop on July 19th starting at 6 p.m. at the Whitefish River First Nation Community Centre. Light refreshments and snacks will be provided. This workshop is geared to all who are interested in raising poultry. The speaker, Al Dam, is the Ontario Ministry of Agriculture Food and Rural Affairs’ Poultry Specialist so he will be able to answer all your questions about raising poultry. Please contact me to RSVP to this event.

Are you looking for work? Please give me a call or come to the Administration office and fill out the Worker Database Information Form. Often, we get calls from employers looking for workers and I want to be able to connect them to the right people. This form allows me to provide them with your contact information, and the form lets me know the type of work you are looking for and when you are available to work.

In the coming weeks, please keep an eye out for more information on the following: the Anishinabek Nation Governance Agreement Information Sessions and Ratification Vote; Whitefish River’s Homecoming Week; and Whitefish River’s Annual Pow Wow.

Save the Date(s):
- Poultry Workshop - July 19th
- Whitefish River First Nation Homecoming Week August 12th - 16th
- Whitefish River First Nation Annual Pow Wow from August 17th & 18th

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 sandy@whitefishriver.ca

Migwech

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Swing Bridge Community Information Session

Stantec Consulting Ltd. will be at the Whitefish River Community Centre on July 23rd to discuss the Swing Bridge project and answer any questions you may have. Please join us to learn more about the project and to give your feedback.

Starts with dinner at 6 p.m. on July 23rd at the Whitefish River Community Centre.

For more information contact Stephen McGregor, Consultation Coordinator at (705) 285-4335

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Consultation Coordinator - Stephen McGregor

Aanii

It is with great pleasure that I can announce my position as Consultation Coordinator has been renewed. For anyone that is unfamiliar with my role, one of my main tasks is to provide the community with a working internal and external consultation protocol. I began this process last year with three community information sessions that were quite productive in terms of turnout and participation. It is a because of this large turnout that I have yet to process the results from the second and third session as the large amount of data requires the appropriate amount of attention.

I intend to have the results made available as soon as I have given the report its due consideration. It is important to note that this process of community engagement coupled with the appropriate analysis followed up with a report is critical to protocol development.

Another function of my position is to engage with government and private sectors in relation to the Duty to Consult. This aspect of the job requires research into both the Crown’s position on matters of Duty to Consult and Accommodate and more importantly the traditional aspects of WRFN’s ongoing role as stewards of the land that we have been gifted with.

On a personal note I am enthused to be back in this position as I feel the consultation protocol is important to this community, as well. I am pleased to be working with the team at the WRFN administration building again. If you have any questions you can contact me at the Administration Office or by email at stephenw@whitefishriver.ca

Migwech
Aanii, Boozhoo, Duncan Stewart-Nahwegahbow n’dizhnikaaaz Anishinaabe n’daaw. Ma’ingan n’doodem. I am 22 years young and I have recently graduated with distinction from Carleton University with a Bachelor of Arts Honours degree in Human Rights with a double minor in Law and Indigenous Studies. During the four years I spent at Carleton University I was able to make meaningful contributions to the Centre for Student Academic Support as a peer Facilitator and as an undergraduate representative for the Indigenous Education Council. I will be returning to school to continue to study my passions this coming Fall at Queen’s University Faculty of Law to obtain my Juris Doctor. Upon my graduation from law school I have ambitions of working in environmental and Aboriginal Law. I am very excited to be taking up residence and employment back in my home community! After several years spent in the city I am very much looking forward to spending summer days on the lake and learning Anishinaabemowin with my Dokonis and Mishomis (Leona and Adam Nahwegahbow).

On June 24, 2019 I started my new employment position as the Summer Student Liaison. I will be working collaboratively with the post-secondary and secondary students in the Summer Student Experience Program which aims to provide students with the opportunity to learn and work in fun and engaging ways. Myself and other student workers will contribute to activities in Whitefish River while gaining knowledge, skills and a meaningful work experience. In this position as the Liaison I hope to inspire and have fun with the students of the Summer Experience Program and youth of the community as a peer role model. Ultimately, my goal is to facilitate a respectful workplace that will encourage and empower the youth taking part in the Summer Experience Program!

You can reach me via email dstewart@whitefishriver.ca or through the WFRFN Administration Office at 705-285-4335.
EMPLOYMENT OPPORTUNITY
HOUSING MAINTENANCE TRAINEE

The Housing Maintenance Trainee will provide assist the Housing Department of Whitefish River First Nation in identifying tenant buildings and homes. The Housing Trainee will be directly supervised by the Housing Manager, but will be guided by the Housing Assistants. The Housing Maintenance Trainee will assist in providing daily maintenance services which will include the following:

- Assist with minor maintenance and renovations services to all WRFN residential units under the WRNF Housing Department;
- Assist with preventative maintenance and on-going maintenance schedules;
- Participate in health and safety training as identified;
- Provide written weekly reports to Housing Manager;
- Assist with interior and exterior cleaning and painting;
- Operate with various types of equipment such as snow plow, lawn mower, and any other power tools necessary to perform minor maintenance tasks;
- Work safely, identify any health and safety concerns and report to Supervisor; and
- Assist with all other duties as assigned.

QUALIFICATIONS:
- Must have a minimum of Grade 12 or equivalent;
- Some experience in basic carpentry and basic home maintenance;
- Strong interpersonal skills;
- Good communication skills;
- Ability to work independently;
- Must be physically fit to perform this type of work; able to lift at least 50 lbs; and
- Must be between the age of 16 – 30 years old.

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

Andrea McGregor, Human Resources Coordinator
Whitefish River First Nation; 17-A Rainbow Ridge Road; P.O. Box 188; Birch Island; ON  P0P1A0

Applications must be submitted by JULY 17TH, 2019. Cover letter, current resume, and 3 work related references.

**Successful applicants will be contacted via phone or e-mail for an interview.

KEYS TO SUCCESSFUL HUSING FOR STUDENTS

The Housing Department will be hosting a lunch and learn for the post-secondary and secondary students on July 10th from 9:00am to 12:00pm. All summer students employed with WRFN for the summer will be undergoing two weeks of employment and skill training. The housing department will be discussing the steps involved in securing and maintaining housing on and off reserve.

A variety of topics such as budgets, credit scores, references, tenant responsibilities, rental agreements, landlord communication, and more will be covered in the session.

First Nation Conservation Program (FNCP)

The Housing Department received 54 applications from tenants and private homeowners in the community. The program provides Hydro One customers living in First Nation communities with tree energy-saving upgrades such as refrigerators, chest freezers, dehumidifiers, air conditioners, smart power bars, outdoor timers, LED light bulbs, draft-proofing, and more. The next stage in the FNCP process is the Home Energy Assessment where the energy assessor performs an in-home assessment and determines the applicant’s eligibility for the various upgrades. The Community Energy Champion will take the reins on FNCP and any remaining processes. Please contact the Community Energy Champion if you have any questions or concerns regarding FNCP.

Tenant Relations Worker - Brianna McGregor

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 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.

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@whitefishriver.ca.

July 27, 1974

Andy & Joyce tied the knot.

3 kids, 9 grandchildren and 2 great grandchildren later.

45 years of laughter, lessons learned, trials and tribulations, accomplishments and cherished memories.

Happiest of Anniversary wishes to you.

You are an inspiration and deserve this recognition.

Love you both to no end.

Love, Tah & Mike

Congratulations

Tristan!

We are all so very proud of you.

Finding your groove and a program that makes you smile and feel proud makes all the difference.

One chapter ends while the next one begins in the Fall.

Oh the places you will go!

Enjoy your summer.

Love from Mom, Mike, Taylor & Tahnee, Ceara, Nina & Asher
Lands Assistant - Keith Nahwegahbow

Camping
This is to all band and non-band members. There will be no camping at Sandy Beach #1. Everyone will need permission to camp at Sunshine alley. We encourage band member to notify the Lands Department to camp anywhere on the territory. All non-band members will need to obtain a permit to camp anywhere on the land.

Bell Rocks
If you want to visit Bell Rocks you need to notify the Lands Department. This will allow us time to give notice to Fisher Wavy.

Docks
Everyone needs to notify the Lands Department in order to gain permission to use the shoreline for docking purposes.

Swimming
To all community members. The following map shows all the public swimming areas in Birch Island. Please be respectful of other people and DO NOT SWIM ON PRIVATE PROPERTY. Remember to always practice swim safety and have fun!

Bats
During June some of the Lands Department attended a Bat Information/Training session in Attikameksheng Anishinabek. At this session we looked at the different reasons why bats are dying off at an alarming rate. One of the reasons is a fungus that colonizes the bat’s nose and eventually their skin, which is known as White Nose Syndrome. White Nose Syndrome affects all of the Bat species found in Canada and has already caused two species to be placed on the Species at Risk list. Another reason bats are dying off so quickly is from wind generator blades and the angle that they are placed. Although this still counts for less than half of the deaths for bats, it is still a contributing factor. We learned how to use some of the instruments that are used specifically for bat detection which included, an infrared scope, a telescopic camera and an acoustic Bat sound monitoring device. Some of the recommendations that we can implement, is to find locations where bats populate and do what we can to protect them.

Whether it be inside or outside your house, I believe that after learning about white nose syndrome and how it affects bats, it has a much larger impact than anyone of us could know. Bats play a large role in keeping the pests down when it comes to night time insects and they can also be pollinators. I remember seeing bats when I was young, and this training helped understand why they are continuing to disappear and hope this will teach others. One way we can help is by making homemade bat houses to provide crucial habitat for these endangered bats.

Walleye
The walleye hatcheries have been doing very well. We have been staying on a feed schedule which consists of a certain number of pails a day on a certain side of the pond. The head of the Whitefish Falls Sportman Club has been impressed with how WRFN has been volunteering at this the operation everyone involved is doing an excellent job with the mixing of food for the fish and keeping the pond aerated properly and full. The pond also receives water daily which accounts for the drainage and daily aeration for the fish to have plenty of oxygen when growing up. The expected release date is around July 12th 2019. If you want to volunteer at this event or want more information please feel free to contact me through the Lands Department at 705-243-4335 or via email at keith@whitefishriver.ca

Membership - Kathleen Migwanabi

Membership Office Hours:
Monday to Friday
9:00 am to 4:00 pm
Appointments are encouraged

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).

REGISTRATION AS A STATUS INDIAN IN CANADA – all forms available at
Crown-Indigenous Relations and North ern Affairs Canada (CIRNAC) website: https://www.sadmc-sandc.gc.ca/eng/1 462806841047/1462806896458chp1 or available upon request.

Required documents:
• Original long form Birth Certificate (also known as statement of live birth)
• Child Application or Adult Application
• For Child application: Copy of applying parent/guardian identification (e.g. Driver’s License, health Card, passport, etc.) signed by guarantor
• Guarantor Form If applying or renewing the Secure Certificate of Indian Status Card (SCIS):
• Guarantor Form (holder of SCIS card, Chief, Councillor, IRA, etc.) can sign as guarantor
• Copy of 1 i.d. from parent/guardian (e.g. Driver’s License, health Card, passport, etc.) signed by guarantor
• 2 passport Style photos

Marriage Reporting:
Original marriage certificate and marriage reporting form is required

Death Reporting: A death Certificate is required to register the death of a residents band member or their spouse

CHANGES TO ONTARIO GAS CARD
Amendment to Ontario Regulation 533: Gas Card Modernization - Regulation 533 has been amended to simplify how gas is purchased tax-exempt by First Nation people and entities on reserve. The government is proposing to eliminate the requirement for and use of the certificate of exemption (Ontario Gas Card) as proof of entitlement to purchase tax-exempt gasoline on reserve. This change would become effective in 2019.

Effective January 1, 2020, the Ontario Gas Card will be replaced with the more secure federal Indian status card as proof of entitlement for First Nation people to buy tax-exempt gas on reserve. Band councils, tribal councils and band empowered entities, will use an Ontario-issued certificate.

In place of the Ontario Gas Card, the Ministry of Finance is proposing to accept the following as proof of entitlement for the tax exemption:
• First Nation individuals would use a Certificate of Indian Status, or Secure Certificate of Indian Status Cards; or
• A Temporary Confirmation of Registration Document could also be used, which is an official document issued by INAC while an individual awaits their Status Card.

For more information on the gas card modernization, please visit the Ontariio’s Regulatory Registry at https://www. ontariocanada.com/registry/view. do?language=en&postingId=26386

REQUEST TO UPDATE CONTACT/MAILING INFORMATION.

We are asking members of Whitefish River to contact the Administration office to provide/update their contact information. This information will be used to distribute important information (i.e. Elections, referendum, etc.). You may also provide your updated contact information by enrolling in the membership portal on our Website at www.whitefishriver.ca

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: kathleenn@whitefishriver.ca
Waste Management Action Plan Coordinator
Public Works Clerk - Crystal McGregor

I am glad to be back with another short term contract ending March 31, 2020 with a rather lengthy title of Public Works Clerk/Waste Management Action Plan Coordinator. My duties and work will continue on with the waste management work that was started and continuously move forward to assist with building a better plan. Additional duties are to assist the Public Works Manager with some of the day to day tasks within the program.

Most of us have them but rarely use them.....Feast Bundles!

The average community events attendee can contribute a small garbage bag of disposable waste in a year, based on attending two community functions per month and using one of each plate size, bowl, cup and utensils. By bringing your feast bundle you can help eliminate much of this waste. As some may be aware, our landfill site is nearing capacity and we need to proactively reduce as much waste as possible.

Using biodegradable products also helps to reduce landfill garbage. Did you know that almost all of our dining products at the community centre are biodegradable? This means that whereas a typical Styrofoam plate or plastic fork will take approximately 500+ years to decompose, our Eco Guardian products take approximately 33 days to degrade, if disposed of properly in a biodegradable bag.

We can all do our part to make our community eco friendly. 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.

Reduce – Reuse - Recycle

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Reduce Waste
Bring a Feast Bag!

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Congratulations to my son Sam.

I’m so very proud of you for facing your challenges with strength and determination.

Love Mom
Welcome to another addition of ‘Monster Garage.’ It’s been a long cool spring but we are very glad to have summer here. As always, the Public Works department is a very visible program and can be seen spotted within the community doing tasks to keep our community running smoothly. For the next few months like many programs within the administration the public works crew will be taking time to regenerate and utilize some annual leave, which leaves the program short staffed at times, therefore if you have any requests please be patient.

As some of you may or may not know my office is now located upstairs at the Fire Hall. If you have any questions or concerns regarding Public Works do not hesitate to stop by or contact my office 705-285-1812. Generally, if the Red F-150 is parked out front, I am in the office.

Plans are in the works to do some minor ditching at Sunshine Alley Pow Wow grounds. We are planning on putting in some drainage to help offset the water build up in the dance area and a French drain along the hill to capture the runoff.

The daycare project is progressing well, as stated in earlier reports, it does not look like much is happening but it is progressing. The team and leadership want to make sure the proper steps are taken to provide our community with a nice safe and well-built building to utilize for many years. The septic system is all but complete and a final inspection is required before the system is buried and the sewage line from the building is installed. This is a Peat Moss Septic System, which is designed to reduce the amount of space required. Canadian Shield Consulting and E. Corbiere and Sons were contracted to carry out the design and installation.

On Thursday June 20th, 2019 I had the opportunity to attend the Shawanoswe School graduation ceremony. This is an exciting and special event for our community as we get to see our young kids move from Grade 6 into the next level of their education and the preschool kids start their educational journey. With the introduction from the Chief and keynote speaker Lorilee McGregor the message was clear, “to be resilient, remember where you come from, and to never give up”

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” —Malcolm X

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.

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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!

Well, it almost happened again that I forgot to write my article, but I think this month I am only a day late. I forgot to mention last time that my hummingbird friend that I call my little buddy, is back sitting on my telephone line by my kitchen window again. I always wait for him every spring to arrive and I thought he had passed on last summer because I had not seen him for a while. He may have gone further up north where it was cooler because of the heat wave we had last summer.

Well, the cats are doing fine, although Tinker looks pretty rough. I’ve been trying to brush his fur but he won’t let me. When he does finally come around, I try to get a hold of him to cut off some of the matted fur and burs. He still has a few clumps on his tail that I have to get at. What is it with cats that they always seem to go to places where burs are? The rest are doing fine and most have saggy bellies from losing all their weight. Francis, Empress Farrah, Webby Debby and She-Pet Elizabeth always like to come to me and have their backs rubbed when I watch the APTN channel. I also watch the lady who does the cooking show from 12:30 pm to 1:00 pm. I like the closing music they have on there, it is a catchy tune played on an accordion. Usually Webby Debby will come and jump on the chair I have for her beside my recliner and will knead her paws on the arm as a way of showing me she likes the music and dances. So, I crank up the TV and almost feel like getting up and dancing myself.

The rest of the cats are usually around during the day either inside in the basement where it is cool or outside in the bush to catch a breeze from the bay. They always show up on time around supper to eat. I can’t believe that my baby boy Fabio has been gone now for three months. There are days I find myself looking or thinking about the little guy as he was quite the character.

I got half of my flowers done and as I write this, and I am off to John’s Flower Shop tomorrow to get the rest of my flowers.

Some Cat Facts:

- The paranormal phenomenon of cats finding their owners in a place where they have been before is known as ‘psi-trailing.’ Many stories tell of a cats that have walked dozens of miles to find their owners.

- To make sure your cat’s collar fits properly, make sure you can slip two fingers between the collar and your cat’s neck.

- The sand cat is a wild desert cat of Africa that burrows into the sand to protect itself from the heat of the sun.

- Up to sixty percent of a cat’s sleep is REM sleep, three times more than a humans.

Well, that is it for another month, I hope all of you and your pets have a nice warm and safe summer. Remember to feed and give them cool water on these hot sunny days. The cats and I would like to wish Happy Anniversaries and Birthdays to all celebrating for the month of July. Remember to visit our elderly, shut-ins and the ones not feeling well. I am sure they will like your little visit even if it is just for a few minutes and it will help to brighten their day. In closing the cats and I want to wish everyone a safe summer, till next time take care.

She-Pet Elizabeth, Empress Farrah and Webby Debby - the girl cats.

Luka, Tinker, BJ and Francis - the boy cats.

Me - The Big Cat

Dennis L. McGregor
Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

As we move into July and much warmer weather, it’s time to be on the land taking in the beauty of our territory. Many people are now fishing or berry picking now that the school year is completed.

One of our most important months is of our calendar year is June. There are so many fantastic events that happen in the month leading up to our annual graduation ceremonies. This year we had five graduations; 1. Daycare Students graduating to the JK/SK program at Shawanoswe School.
2. Shawanoswe School Graduation for 5th and Grade 6 student and awards ceremony.
3. Sacred Heart School Grade 8 Graduation ceremony.
4. A.B. Ellis 99th Annual Grade 8 Graduation ceremony.
5. Espanola High School Grade 12 Graduation ceremony.

All of these graduation exercises are so important to our students, family and community. We have made education a cornerstone of our administration program and this year we celebrated many fantastic accomplishments of our students. We hope that all these graduates will ultimately go to College or University after receiving there Grade XII diploma. And judging from the list of our Grade XII graduates, we can all be very proud of the breadth of their post-secondary interests. Congratulations to all our graduates on another very successful year.

Locally, the National Indigenous Day celebrations was another very success event. This year, there were four functions; 1. Sunrise Ceremonies starting at 5 am.
2. Community Breakfast.
3. Community Pig Roast.
All the events were well attended by the membership, the highlight being the Fireworks to end a superb day.

Away from the community, I attended the Annual Ontario Chiefs Conference in Sault Ste Marie. This year’s host was the Batchewana Band. The attendance at the AOCC was just over 50% of the 133 First Nations that make up the Chiefs of Ontario. There is no shortage of Regional and National issues that the Chiefs discussed at the AOCC.

Finally, the Union of Ontario Indians held the Grand Council in beautiful Georgina Island First Nation. There was full participation by the 40 First Nations.

If you get the opportunity, spend some time on the land, try fishing, berry picking or hiking. Our territory is beautiful and is truly worth seeing.

Until next month, enjoy the summer.

Chi Miigwetch

Congratulations to Monikka McGregor upon completion of your OSSD!

### CHIEF AND COUNCIL MEETING SCHEDULE

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**JULY 2019**
COMMUNITY NOTICE

Dear Band Members,

On behalf of Council, we are letting our membership know that we have received a formal letter of offer from Canada to settle our Specific Claim with Canada regarding our reserve boundaries. We are now able to share the contents of that offer with you.

Canada’s global settlement offer is $104,013,790. This offer includes $1,013,790 towards research, negotiation, legal costs and ratification expenses which Canada will deduct from the global amount. Therefore, Canada will pay us the net amount of $103 Million. The offer will allow us to add up to 64,896 acres to our reserve. You may recall the previous offer was for $52 million minus costs and 32,000 acres.

Council has identified a selection area where we can in future add lands to our reserve under this settlement. The selection area is the traditional territory recognized by the colonial government as the traditional territory of Whitefish River First Nation before the Robinson-Huron treaty was signed in 1850.

We are progressing as efficiently as possible with Canada to complete the next steps on the Settlement Agreement and the related Trust Agreement. The next steps are:

- Canada is required to undertake section 35 consultations with a few First Nations. This consultation process is in its final stages. Once Canada completes this process, Canada will initial the formal Settlement Agreement that is consistent with the offer. Once Canada initials, the Chief will initial on behalf of Whitefish River.

- After the settlement agreement is initialed, we will work with Canada to begin the ratification process and setting the date for the ratification vote. This will involve at least one formal information meeting with the membership about the initialed Settlement Agreement along with the Trust Agreement.

- This ratification process will be by way of a community ratification vote with a double majority voting threshold, so we will need a majority of the electors to participate! (double majority = at least 50% of the electors must participate and of those who participate, a majority must vote in favour in order for the community ratification to be successful)

- If ratified by our members, Chief and Council, along with Canada’s Minister of Crown-Indigenous Relations will sign the Settlement Agreement.

We are working expeditiously as possible with Canada to try to complete these steps before the federal election writ is dropped, all Federal government business comes to a stand still. It will be a busy summer!

We will also be consulting with you very shortly regarding the per capita distributions.

Any questions regarding this letter, please contact me at the office at 705-285-4335 ext. 202 or cell phone 705-968-0409.

Respectfully,

Chief Franklin Paibomsai

WHITEFISH RIVER FIRST NATION

17A Rainbow Ridge Road, PO Box 188, Birch Island, Ontario PO1 T1A
TEL (705) 285-4335  FAX (705) 285-4332  www.whitefishriver.ca
## July 2019

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<td>BI Nightingales 7pm - Ball Field BINGO</td>
<td>Elders Centre Soup &amp; Sandwich PM-Activities</td>
<td>Road to Freedom Workshop Rainbow Lodge</td>
<td>Elders Centre MOW's PM-Activities</td>
<td>Rekindling our Fire 4PM-8PM Field</td>
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<td>“I am a Kind Man” 6PM-BFM @ Health Centre Regular Chief &amp; Council Meeting</td>
<td>Road to Freedom Workshop 11AM-5PM Rainbow Lodge</td>
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<td>Elders Centre Soup &amp; Sandwich PM-Activities</td>
<td>Seniors Spa Day 10AM-2PM 7 Fires Centre</td>
<td>Elders Centre MOW’s PM - Activities</td>
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<td>BI Nightingales 7pm - Ball Field BINGO</td>
<td>Anishinaabemowin Lunch &amp; Learn 12-1:30 PM Comm. Centre Road to Freedom Workshop 11AM-5PM Rainbow Lodge</td>
<td>Poultry Workshop 6PM Comm. Centre</td>
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<td>Elders Centre Soup &amp; Sandwich PM-Activities</td>
<td>Food Handler Training 9AM - 4:30PM Comm. Centre</td>
<td>Elders Centre MOW’s PM - Activities</td>
<td>Poultry Workshop 6PM Comm. Centre</td>
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<td>Anishinaabemowin Lunch &amp; Learn 12-1:30PM Comm. Centre Seniors Reflections 11AM – 1PM 7 Fires Centre</td>
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<td>BI Nightingales 7pm - Ball Field S CHI-BINGO S</td>
<td>Elders Centre Soup &amp; Sandwich PM-Activities Services Chief &amp; Council Meeting</td>
<td>Happy Birthday Sydney on July 1st XI0XO Mom &amp; Dad, and K.C.</td>
<td>Congratulations K.C. on your Grade 8 Graduation! Love Mom &amp; Dad</td>
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### Community Calendar

**Birthday & Anniversary Wishes!**

- **Happy 50th Birthday to my son Darnell on July 07, 2019!**
- **I love you very much and I hope that you have an amazing birthday and you find your right path. We wish nothing but the best for you... lots of hugs and kisses I still can't believe you are 50 already!**
- **Son, may every dream and wish you have not only come true but also lead to an amazing future for you! HAPPY BIRTHDAY SON!**
- **Congratulation to our son Leonidas for graduating SK. Keep up the good work. Mommy & Daddy Love you so much!**
- **Happy Birthday to my sister Vera on July 20th, Love Mom**
- **Happy Birthday to my brother Franklin on July 31st, Have a great day/year, Love Quentin, Aurora & Leo**
- **Happy Birthday to Steve Shawanda on July 7th. From the Muzz Family**
- **Happy Birthday to my sister Vera and my nephew Gerard who celebrate on July 22nd. Love Mabel**
- **Happy Birthday to my daughter Cindy on July 20th, and my daughter Crystal on July 31st Love Mom**
- **Happy Birthday to my late son Gabriel on July 12th. Love you forever. Mom**
- **Happy Belated Birthday to my great-nephew Mason! Love Great Aunty Marj**
- **Happy Belated Birthday to my loving son Gerard on July 22nd Love Mom & Dad**
- **Happy 45th Wedding Anniversary to my loving wife Joyce on July 27th. Love Andy**
- **Happy Birthday to everyone celebrating in July & Congratulations to all our graduates! Keep up the good work! Reach for the stars! Jean, Laurence & Clarissa**
- **Happy Birthday to Yvette Pitawanakwat on July 4th. Jean, Laurence & Clarissa**
- **Happy Birthday to my loving son Gerard on July 22nd Love Mom & Dad**
- **Happy Birthday to my sister Gloria “Beaz” on July 9, 2019. From Va, Steve, Kiara & Chico**
- **Happy Birthday to my sister Helen on July 22nd. Love Your Boys!**
- **Happy Birthday to my sister Vanessa on July 28th! Love your Family!**
- **Happy Birthday to Leslie McGregor on July 31st! From the WRFN Health Team**
- **Happy Birthday to Andy ‘n Joy on July 27th XOXO Craig, Katt, Sydney, K.C., Nicole, Braxton, Braelyn & Lincoln**
- **Happy Birthday to Auntie Tah on July 22nd XOXO K.C., Sydney, Nicole, Braley, Braelyn & Lincoln**
- **Happy Anniversary to Andy & Nicole on July 27th XOXO K.C., Sydney, Nicole, Braley, Braelyn & Lincoln**
- **Happy Birthday to the coolest of cats on July 3rd! We are so lucky to have such a great dad/grandfather! Mo, Ewok, Shodi, Grandpa Love, Tammy, Dan, Nakia, Lila, Bonnie, Franklin, Eli, Ira & Lucy**