Students Making Waves for Positive Change

Post-secondary summer students Jasmin Jacko, Student Liaison Duncan Stewart, Manager of Community Economic Development Sandy Jacky, summer students Miles Sutherland and Kristen McGinley, Band Manager Art Jacko and Chief Shining Turtle at the Sandy Beach Community Development Project.

By Duncan Stewart

The 2019 Summer Student Experience Program kicked off in full swing with orientation and training beginning on July 8 through July 19. Training sessions included workplace skills and certifications such as Customer Service, WHMIS, Workplace Safety, safeTALK, Safe Food Handler’s, as well as First Aid and CPR. It is worth highlighting that the safeTALK Trainers, Cynthia Booth and Micheline Lavallee expressed that, “It was our pleasure to work with the participants and we were impressed with their attentiveness, openness and responsiveness to this very challenging topic.” The students participated in workshops such as goal setting, housing budgeting, Anishinaabe governance and Anishinaabemowin with Leona Nawegahbow, in addition to Ken Jiang Teg and UCCM tours. As well as lands-based workshops with Keith Nawegahbow, which included learning to fillet fish and GPS geocaching. The Summer Student Experience Program training was two weeks packed with moments of fun and productivity where the students were able to bond with one another in a safe environment.

As part of the Summer Student Experience Program the Post-Secondary and Secondary Students have been responsible for designing and implementing a land-based Community Development Project. The students had one week to plan and design a project proposal that was presented to Chief Shining Turtle, Band Manager, Art Jacko and other members of the WRFN Administration Office for approval. The students ultimately gained project management skills and experience by taking into consideration the objectives, resources, and expenses necessary to complete the project during their preparation periods. On July 5th, the post-secondary students were approved for their project proposal for Sandy Beach #1, beautification and revitalization! Construction has been underway with great progress, so stay tuned for the grand re-opening! Additionally, the secondary students worked diligently planning their project proposal to revitalize and restore the Veteran’s Memorial and received approval on July 26th. Implementation of their project plan will begin on July 29th and community members can look forward to a celebration to showcase the hard work of the students on August 2nd! Each student in their respective group brings highly valued skills, abilities, and personalities that make the Community Development Project both an enjoyable and successful experience. The WRFN members of Chief and Council were very impressed with the project management execution of the post-secondary and secondary student group proposals. The students are thrilled with their success and appreciate the opportunity to engage in their community to make a positive change!

I am pleased to note that as the Student Liaison I have been directly supervising the student workers and I am very impressed with their engagement and attentiveness during the training sessions and project management. The students were extensively immersed in gaining valuable workplace skills such as project management and training certifications that will assist them in employment and academic opportunities beyond the Summer Student Experience Program. Overall, it has been a great pleasure getting to know the youth taking part in the Summer Student Experience Program and their engagement in the community! If you wish to donate or get involved and volunteer in the student projects, you can find out more by emailing dstewart@whitefishriver.ca. Chi-migwetch!

Please note that the deadline for submissions for the next issue is Tuesday, August 20th, 2019 at noon. Migwetch!
rezoundeditor@whitefishriver.ca
Holy smokes it’s been hot out! I hope people have been managing to keep cool. I know that we open up the Community Centre or 7 Fires Elders and Youth Centre as Cooling Stations when the heat becomes unbearable. I confess, there are advantages of my parents living close to the water and that my brothers manage our docks. I managed to get a swim in and boy that felt good. I got a little chilly afterwards despite the heat. I would say, as August approaches, keep your cool! I have put up foil insulation on my windows to block out the heat and my residence manages to keep at a decent temperature. My parents also block their windows with foil and blackout curtains that have the white reflectors on the back. These are just some suggestions to keeping your cool.

We, at the Health Centre, have been diligently working on ways to support families. The Family Resource Worker – Paige – has hosted events like the Bridal Veil Falls Trip, Wasaga Beach Trip, and Chilling & Tubbing event. The Food Security Team – Gail and Louanne – also took people Berry Picking at Emery’s Farm in Massey. The idea behind these events is to provide opportunities for families to have fun together among the generations within the family. So, bring your children, siblings, parents, etc., we encourage it!

During July we started a Young Men’s Program. Candice, the Child & Youth Mental Health and Addictions Counselor, along with Michael, Mental Health and Addictions Worker, is heading up this program and is creating opportunities for male youth to gather in a positive space with fun activities with male mentors. We are just getting started so I hope to have more events planned and male youth participating. In addition, the Family Resource Worker and Community Mentor will be hosting a summer beach event for youth with a Sauble Beach Trip. We are linking with Saugeen First Nation and have an evening event planned with their youth.

Also, in July we had four female youth participate in our Traditional Canoe Journey. These young women persevered through rough terrain as they portaged to reach lakes that I have never been to. I am so impressed with them and I know they have inspired some adults to want to try a canoe journey just for adults. I am proud of these young women – Harmony, Sterling, Ava, and Nevada. The guide was our very own Jordi Jacko with Tania Jacko and Crystal Clark-McGregor as support. You made me proud.

Our Community Wellness Worker – Winniefred – has been working hard at ensuring language learning is available in the community. She also ensures that there are opportunities for community members to attend Full Moon Ceremonies. Added to this work, she opens and maintains the Cooling Stations, provides information on heat awareness, and sun and water safety which is very important information.

The Senior’s Navigation Worker has also been very diligent in ensuring that our elderly community members are getting their needs met. She is starting a Senior’s Reflection Program as well as Family Tree Development. We will see how connected we are to one another. I like how each month, she celebrates senior community member’s birthdays!

We will have our summer students starting with the different departments in August. We are looking forward to working with them and providing a positive learning and work experience.

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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### August 2019

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*unless otherwise indicated Visiting Health Professionals will be in all day*

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Community Health Nurse Lab/Blood Draw Clinic - Fridays @ 10:00 am
Please bring your Requisition(s). Appointments recommended.
Child and Youth Mental Health & Addictions Counsellor
Candice Assinewe

Aaniit/Boozhoo WRFN Youth and Community!

In the month of July 2019 I have been continuing to provide support to children, youth and their families through one on one support and counseling. I have also been coordinating with and assisting facilitator, Dmitri Ashawasagi, Youth Mentor in the Young Men’s Program for youth ages 13 to 18. The program takes place every Tuesday at the Seven Fires Youth and Elders Center, and will continue on Tuesday, August 9th, 2019. I strongly encourage our young men to come out and participate as there will be many opportunities for learning and having fun with your peers. There is also a White Water Rafting Trip to Ottawa as an end of program trip!

For more information on services for youth, please contact me through the WRFN Health Centre. The referral process is quite easy as parents can refer their child or youth to counseling services by contacting me, or youth ages 12 and up can self refer.

Please review 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 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 candicea@whitefishriver.ca

Youth Helplines

Additional Services contact Candice Jacko, Child & Youth Mental Health & Addictions Counselor at 705-285-4354.

Referrals for Healing Centres, Counseling, Traditional/Cultural Services, Mental Health & Addictions Prevention Programs. Applied Suicide Interventions, and self harm prevention (If you are concerned for the immediate safety of a family member or individual, please call 911)

TAKING CARE OF YOUR FIRE
Young Men’s Program

What? A program for young men facilitated by men! For Male Youth 14-18 Years Old
When? 5:00PM Tuesdays, August 13th, 20th, 27th & 2019
Where? Seven Fires Youth & Elders Centre
Weekend Retreat: August 23rd -25th, 2019

Gift Card
Door Prizes and Food!

With Youth Facilitator Dmitri Ashawasagi

Don’t miss out! Forms available at Front Desk of WRFN Health Centre.

Fun, Games Laughter, and Learning!

For more information contact Candice Jacko-Assinewe, Child & Youth Mental Health & Addictions Counselor at (705) 285-4354 or via EMAIL: candicea@whitefishriver.ca

WRFN Youth took in breathtaking views on the Annual Birch Island Territory canoe trip.

WRFN Summer Students engaged in SafeTALK training with ASIST Trainers Micheline Lavallee and Cynthia Booth on July 10, 2019.
Mii Gzizis (Berry Moon)

Gzhaate! It’s been a warm summer so far! PLEASE remember to keep yourself hydrated and cool. There are a number of ways to do this including, keeping hydrated with water or fruits that are heavy in water like the melon variety including watermelon, honeydew, and cantaloupe. If you have young ones please, remember to keep them indoors during the peak hours of 10 am - 4 pm when the UV rays are more powerful and can cause a child to get heat or sun stroke. We are currently working on a heat advisory policy for the community. As it stands, if the temperature rises above 32 degrees Celsius, including the Humidx, we will be opening up a Cooling Station like the Community Centre or 7 Fires Elders and Youth Centre. Heat exhaustion is a common occurrence when working outdoors so please take some time to make sure you stay well hydrated. Keep in mind as well, that we also need to protect ourselves from the sun’s rays when you are out at Pow Wows or doing summer recreational activities like camping, gardening and swimming.

Speaking of swimming, I had a group of our children and youth come out and participate in a swimming test that took place at Laurentian University. It was nice to see a parent come out and help chaperone the event as we had six children between the ages of 7-12 come and do the test. Out of the six that were tested, five passed each level of the test, however one participant was still pretty young compared to rest of the children. I would like to thank all of those that came out to be tested and participate in the program.

In July, we had some of our community members attend the Sun dance Ceremonies. We hosted a Hungry Man’s Breakfast on July 20th to fundraise for travel expenses for those going out to ceremony. Migwetch to those of you who supported our community members by purchasing a breakfast.

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.

Community Wellness Worker - Winniefred Paibomsai

ANISHNABEMOWIN PANE

Gchinendam (Happy) Ndinendaaswin (Relatives)

Aanii Boozhoo Biindigen Maampii

Egijitoowling Anishnabemowin (Learning the Language)

Lunch and Learn
August 7 & 21, 2019
12:00pm - 1:30pm

Sunshine Alley (Transportation provided)
with Speakers and Teachers
Lisa & Marion McGregor

For more information please call Winnie Paibomsai, Community Wellness Worker
@ 705-285-4354

Full Moon Ceremony
August 15, 2019
8:30 PM

Mnoomni Gzizis (Grain Moon)

Sunshine Alley Arbor
with Carmen Pitawanakwat

For more information or for transportation please contact Winnie Paibomsai, Community Wellness Worker at 705-285-4354
Family Resource Worker - Paige Jacko

We are halfway through the summer and I hope you’re enjoying the summer as much as I have been. I find that summer is really about taking a step back, relaxing, and spending time with family and friends. Sometimes, it’s the best few months to travel and explore, while making wonderful memories.

The month of July, has been extremely busy and full of adventure. We had a few families come with us to Bridal Veil Falls, where we swam and picnicked together. I enjoyed both the company and the great outdoors. We also had our Wasaga beach trip where families spent time on a day trip to the beach and enjoyed the beautiful surroundings that Wasaga had to offer.

I still continue to assist families and link them to supports both in the community and external services. Working in collaboration with the Band Representative program allows me to focus on assisting families and creating opportunities for fun.

Please come and see me if you have any questions or concerns about any programming or need some supports.

You can reach me at the Health Centre (705) 285-4354 or through email at Paige@whitefishriver.ca. Have a great summer!

Mental Health & Addictions Worker (NNADAP)

Michael Aelick

Aanii, The Health Centre is looking to develop a list of available Fire Keepers in the community. If you would like to help support your community during Ceremonies, Feasts, and other important events please call me at the Health Centre to add your name to the list.

Due to the nice weather during the summer months the attendance to programing has stopped. I will be postponing Rekindling Our Fires and I am a Kind Man programming for the month of August. I will be supporting Dmitri Ashawasegai with the Taking Care of Your Fire Young Men’s Program for the month of August.

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

Meet and Greet with other Youth

South Beach & Tobermory Caves

August 7 & 8, 2019

Ages: 13-18

For more information or to sign up, please contact Paige Jacko at (705) 285-4354

The Family Resource Worker Program travelled with families to Wasaga Beach for some fun in the sun.
WRFN Summer Student Hall of Fame 2019

Name: Jenna Visior
Title: Youth Worker Assistant
PP: Picking music for car rides.
Motto: Keep calm and eat steak!
Ambition: Travel

Name: Sterling McGregor
Title: Receptionist Assistant
PP: Feedback
Motto: Become the change.
Ambition: Get my PhD.

Name: Kristen McGregor
Title: Housing Assistant
PP: Polson Ivy
Motto: "motto" - Duncan.
Ambition: Graduate

Name: Jordan Pitawanakwat
Title: Garden Assistant
PP: Jaden
Motto: What?
Ambition: To get money.

Name: Duncan Stewart
Title: Summer Student liaison
PP: Colonization
Motto: Peace, Love, Positivity
Ambition: Graduate, Queen’s Law - Class of 2021

Name: Nevada Anwahlin
Title: Elder Project Assistant
PP: Sudden changes
Motto: Full sense
Ambition: Be happy

Name: Miles Sutherland
Title: Public Works Assistant
PP: When store employees tell you, your Status card is expired.
Motto: Fortune favours the bold.
Ambition: To become an Engineer.

Name: Samuel Jacko
Title: Special Projects Assistant
PP: Plants.
Motto: Let the voice of love take you higher.
Ambition: To become the greatest.

Name: Tyrone Pakosigan
Title: Public Works Assistant
PP: Try Hards.
Motto: Yardy Kno.
Ambition: IDK

Name: Jasmínn Jacko
Title: Child Care Assistant
PP: Loud chewing
Motto: Always late but worth the wait.
Ambition: Be unionized with IATSE Local 873 (Makeup/Movie Union)

Name: Anthony McGregor
Title: Daycare Assistant
PP: Mouthy gamers
Motto: If you never try, you’ll never know.
Ambition: One day, I wanna drive as fast as I can.
This past July was hard but I discovered a lot and I am truly impressed with the four young ladies who came out on the high school age Territo-
yry Canoe Trip. They made it! They paddled and portaged roughly 70 km over three days! Their strength, determination and encouragement were a driving force on the trip. It was both a physical and emotional journey over three days and I feel privileged to witness their growth and successes during those days out on the land. If you see Sterling McGregor, Harmony King, Nevada Anwhatin and Ava Owl, please give them a high five for their bravery and commitment. Migwetch to our awesome guide Jordi Jacko! Thank you for also encouraging the group to do their best and to work together as a team.

On July 9 and 10 the youth were able to take part in the Film work shops with the founders of Road to Freedom, Kyle Nobess and Jesse Nobess. They learned what it takes to create a skit and the process of the filming and editing. Day two brought them through the steps of photography and editing their own pictures, which I hope to develop and place up in the Youth and Elders Center.

We had Youth Leadership Training for ages 12 and up on July 11 and 12th at beautiful Sunshine Alley. The Youth learned about anti-bullying, coping skills, calls for change and goal setting. We had a very good turn out for Safe TALK training that took place on Thursday night at the Youth and Elders Center. It was good to know that we have Youth who wanted to gain more knowledge and confidence with their skills relating to that topic.

Day Star came to visit for the third week of July. It was nice to see familiar faces and new faces coming into the community. All the kids had a good time during the day and the Youth enjoyed their evenings with them. Overall it was a nice week of programming.

Coming up for the month of August! Sauble Beach & Tobermory Caves for ages 16 to 20 years old (August 7 & 8). Limited spots. We need to know the number of participants by August 2nd, so that we can plan accordingly with food, transportation and accommodations.

UCCM Police will be hosting the second of it’s two camps this Au-
gust 11-16. This camp is packed with many activities for the Youth which include team building challenges, learning opportunities, swimming, canoeing and much more! Per-
mission forms 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 10 to 14 years old (August 15-19, 2019). I am very happy that we are able to host another territory trip around our beautiful communi-
ty. This year we are venturing out to Killarney, making it a week-long can-
OE trip! If you are interested in ca-
noeing, this trip is just what you are looking for. We will be camping on different locations, sharing stories, and teachings throughout the week!

Niigan Mosewak Camp is a mentorship program designed for Ab-
original youth aged 12-17. It delivers powerful messages of hope for future leaders through the encour-
agement of positive and healthy lifestyle choices. The vision of this program is 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 a registration form, please visit the Whitefish River First Nation Health Center.

Adventures in Engineering and Sci-
ence Summer Camp (August 20-23) Ages 8-12 at the Community Center. Permission forms can be found at the Health Center. Food is provided. Pick up from this program will be at 3pm from the Community Center. Please plan for arrangements if par-
ents/guardians will be late.

Traditional Journey Canoe Ex-
cursion Monday August 26th to Thursday August 29th, 2019. This trip will span 3 nights and 4 days, starting out from Sagamok First Na-
tion. The trip involves participants from Serpent River First Nation, Sagamok Anishnawbek, Whitefish River First Nation and the Algoma Paddlers Canoe and Kayak Club. We are looking for participants ages 14 to 18 years old.

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

Niigan Mosewak Camp

Niigan Mosewak Camp

Niigan Mosewak Camp

Right to Play Worker - Crystal Clark-McGregor

Ava, Harmony & Nevada paddled and portaged their way though beautiful Birch Island Territory.
Whitefish River First Nation Welcomes All to the

26th Annual Wawaskinaga Traditional Gathering

August 17th and 18th, 2019

Whitefish River First Nation, Birch Island, Ontario
at Sunshine Alley, Below Dreamer’s Rock

Host Drum: Biitaabaaness Singers, Whitefish River First Nation
Co Host Drum: Whitefish Bay Singers, Naotkamegwaning First Nation
Co Host Drum: High Eagle Singers, Wiikwemkoong
Master of Ceremonies: Dan Fox

GRAND ENTRIES
Saturday at 1pm & 7pm
Sunday at Noon
COMMUNITY FEAST
Saturday at 5pm
Bring your own feast bundle
SUNRISE CEREMONIES
Each morning 6am

DANCER REGISTRATION
Saturday 10am - noon
PRINCESS PAGEANT
Sunday Morning at 10 am
CANOE RACES
Sunday Morning at 10 am
DANCE & DRUM SPECIALS

Vendors Call to Register. Rough Camping Available. No Pets Please.
This is a drug and alcohol free event.
For More Information contact Sandy Jacko at
705-285-4335 or sandyj@whitefishriver.ca
Seniors Navigation Worker – Marida McGregor

I would like to thank everyone that participated in our Senior Spa Day on July 10, 2019. Participants were able to take part in activities from nail care, foot soaks, reflexology, haircuts and finish off the day with a portrait with Tahnee Margo Photo. I would like to remind everyone that self-care is important in maintaining your personal wellness and positive healthy outcomes.

Wiikenmekoong hosted its Senior’s Jamboree on July 12, 2019 at the Wiikenmekoong arena. The following attendees Ferdinand Paibomsai, Valerie McGregor, Dorothy Hutton, Mary Jane Smith, Mabel Naitiwash and Priscilla McGregor enjoyed a BBQ lunch, live band and a free gift for attending. Fun was had by all.

A reminder that the Seven Fires Youth and Elders Centre is open daily for Seniors Monday to Friday from 8:30 – 4:30. We are open for visits, a cup of coffee, baking or a place to bring your crafts to finish!

For August we will be having the following events:
• Family Tree Design with Nevada An-
hwatin (month of August)
• Meet and Greet Luncheon with Health Department - Friday August 16, 2019
• Meet and Greet Luncheon with Housing Department – Wednesday August 21, 2019
• Senior’s Birthday Cake – August 29, 2019

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, Bill Payments, etc.)
• Medical Transportation supports
• Daily practical living supports (Homemaking, Home maintenance, etc.)
• Application supports (OAS, etc.)
• Collaborate on activities that assist in health and wellness activities
• One to one supports for promotion, prevention, intervention, and after-care.

I look forward to hearing from you at 705-285-1755 or email at maridam@whitefishriver.ca
Food Security Assistant - Louanne Megwanabe

This past month I have assisted with the set-up of the community gardens. It is lots of work culti-
vating gardens. It includes the proper balance of healthy soil and plant food, planting our vegeta-
tbles then finally regular maintenance of weeding and watering. It is nice to drive by and know we
will have a good selection of crops for harvesting this year. A special thanks to, Marcus and BI of
the Maintenance team for helping to rehome one
an unused raised bed.

I hope to see more community participation, as I
personally enjoy being in the garden with my
children. My children had fun shovelling dirt and
sliding off the dirt pile. It makes me remember
my childhood memories of good family fun!

Anishnabemowin Food Phrases
Let’s Eat – “Na how wisnidaa
Berry Picking – Milkedah

Safe Food Handling
I had the opportunity to take the Safe Food Han
dier’s Training on July 17th and was pleased to see
a lot of young minds in attendance. Person
ally, it is always good to have a refresher and find
out new guidelines. This time around we were
provided with the newest version of the Safe
Food Handler’s Book. The most important pre
ventative measures are proper hygiene, food
storage and food prep.
Proper hand washing techniques are something
we all need to learn, soap + lather + scrub = saf
er, cleaner hands and less chance of food borne
illnesses. Using a nail brush to scrub the nails
is recommended as this is where a lot of dirty and
unsafe particles can hide. The danger zone for
food to grow bacteria is fastest between 4
°C to 60 °C. Chill food promptly after meals are
done. Chilling food in smaller batches, using an
ice bath or an ice wand will help to bring the tem
perature from hot to cool enough to handle and
be properly stored.

There are small life forms everywhere, microbi
ological hazards, chemical hazards, physical haz
ards and allergens. The most common cause of
toodborne illnesses is microbiological contaminat
ion. Microorganisms that make us sick are called
“pathogens.” There are six main types of organ
isms which include viruses, parasites, protozoa,
yeasts, mould and bacteria.

Strawberry Picking at Emery Farms:
What a good day for picking strawberries at the
farm. We had various ages of community mem
bers out picking. All participants picked berries,
good conversation and thoughts of yummy rec
ipes.

Upcoming Activities:
This month will be a flurry of final preparations for
the upcoming Student Nutrition Program.
School is about to start up again and I am anxious
to create good, healthy food for our students.
We will try and incorporate more traditional
foods and vitamins and nutrients rich foods that
will help out their immune systems.
We will have students pick a new recipe once a
month from a different region or country and we
will prepare it for them to try. This will help ex
pand their taste buds and hopefully encourage
them to try new foods.
At this time, I have been looking up food phrases
so I can interact better in Anishnabemowin with our students. For the most part, I understand
and can speak, but I would like to be able to pre
sent our food with descriptions in our language. I
am looking forward to this year!!
I will be assisting with Jam Making preparations
for the Elder’s Social this upcoming month. We
will be preparing ahead of time and packaging a
jar for participants to take home and enjoy.

Community Recipes:
If anyone has any recipes that they would like
to share with our community, drop it off at the
community centre or email gailj@whitefishriver.
ca so that we can try it out in programming or
functions and start to compile recipes for a newer
“Whitefish River Community Cook Book”

Have a good month, enjoy berries, water, family
and community time. Baa Maa Pii.

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13 Moons Garden
by Michael Aelick

Plant, Share, Repeat

Food security can be defined as the state of having reliable ac
cess to a sufficient quantity of affordable, nutritious food. It
seems like both the affordability and nutritional aspects of fresh
vegetables is increasingly insufficient. In a CBC article posted
June 19, 2019 about inflation it stated that a “9 faster-than-aver
age growth in food prices was driven by a 16.7 per cent spike in
the cost of fresh vegetables compared to a year ago.” An article
from Global News states that “Canadians are paying about 30
per cent more for their carrots than they were this past February.
And the same might be true for a number of root vegetables, in
cluding potatoes and onions, which have gone up in price respec
ably by 10 and 20 per cent each.” There have been theorized
links between the increase in food pricing and food availability
due to water mismanagement and droughts caused by climate
change.

During hard economic times, people tend to head back to the
garden. Gardening can be relativity inexpensive and the nice
thing is you really do not need any fancy equipment to start.
Seed, soil, water, sun, and pollinators are all that you need to
grow food for yourself. Seed is relatively cheap compared to
buying the finished product at the grocery store. Seed saving
techniques can easily be learned for each different plant. Soil
is consistently under our feet and even though the soil in our
area is not super ideal, it will grow things. It is not necessary
to purchase expensive top soil to start with. Soil can be built
year after year with compost. While we do not compost this
is to compost. Even composting can start out as an inexpensive
endeavour. All you really need to do, is pile some material
and nature will do the rest. Gardening will produce some material
that can be composted. Leaves fall from the trees every year for
free, and in some areas people will rake, bag, and place at the
side of the road for you, all you need to do is bring it to your
compost pile. Water at times will also fall from the sky at no cost
to you but for the most part you will have to water the garden in
between the rain. Rain-barrels can be used to harvest the rain
water to be used at a later time. Mulching the area can hold the
moisture in the ground or a light scratching of the surface will
dry the top layer of the soil. This will help prevent the layers
underneath from evaporating through the soil surface. The sun
shines ever bright for us and asks nothing more but for us to
enjoy it. If you plant it, they will come. Pollinators will come to
the flowers that grow on your plants and pollinate them and
you don’t even have to ask them or exchange any monetary gift,
or services.

All of these things: the seeds, soil, water, sun, and insects give
us so much without asking for anything this is the definition
of unconditional love. We should be more than willing to give
back, protect, and help because without any of them we would
not live. Plant a garden, share the bounty, repeat, next season.

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.

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Meet & Greet
Seniors luncheon with WRFN Housing Dept
Wednesday STARTS AT August 21, 2019 11:30 am
Seven Fires Youth and Elders Centre
For more information contact Marida at 705-285-1755

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1 (https://www.cbc.ca/news/business/inflation-spike-higher-prices-1.5134305)
Education Manager - Jacinta Shawanda

Aanii Kina Weya!

Hope all is well in your family and social circles.

Here are a few highlights of what has been happening in the WRFN Education Department.

Maamwe Kendassing Child Care Centre has hired a new Child Care Centre Supervisor – Melanie Manitowabi. For years, this community member has been an educator at various levels in the community and within the Minidoo Minising Area – from a teacher of local Kindergarten students to an instructor of ECE Educators at Kenjgewin Teg. We welcome her guidance and leadership in the years to come as MKCCC transitions to their new building this fall and eventually adds on the Infant Program.

As the community and Chief and Council are actively exercising our Self-Governance with respect to Education, we are anxious to have Joan Riggs, well known Instructor and Facilitator, join us for a two-day workshop on September 23-24, 2019. Joan will be guiding us on the beginning steps of a community visioning process for Education in WRFN. All parents, Education Staff, Education Committee Members, Chief and Council Members and other interested Community Members are welcome to participate. Feel free to email me for Joan’s Biography and the Agenda for the workshop. Further details will be in the next issue of The Rezound.

Registration for Shawanoswe School will be held at the Post-Secondary Education Awards and Spaghetti Dinner during Friday night of the Homecoming Pow Wow – see poster in this issue for further details. We will also be asking parents of the Bussed students to Espanola to sign up their child(ren) for bussing and let us know of their registration plans with the Espanola schools. WRFN Provincial School policy is to provide bussing from Birch Island to Espanola for the on-reserve students from Grades 7 to 12. We also pay tuition for these First Nation students and when the budget allows, we provide school supply subsidy, as well as High School credit incentives.

Post-Secondary Sponsorship letters have gone out to college and universities across Canada. Budget letters have also gone out for this year’s PSE Students. Remember to provide the Education Office with notice of changes to your contact information, banking information and call if you have any questions on PSE Policy Compliance procedures.

The WRFN Education Committee has found two or three new members. Our Committee is now as follows: Anita McGregor, Giselle McGregor, Greg Francis, Melanie Manitowabi and Sandy Jacko.

Hope you are all enjoying your summer and living the good life! (Nino Bimaadizwin!) Miigwech.

If you have any questions, comments or concerns please contact me through Administration at 705-285-4335 ext.209, by cell at 705-968-0224 or via email at: jshawanda@whitefishriver.ca.

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. Miigwech!
Aanii Parents/Guardians

Niin Cyndil Corbiere ndishinkaaz and the Maamwe Kendaasing Toddler Early Childhood Educator for the Summer of 2019!
This summer we have four very cute, curious and busy toddlers enrolled into our Toddler Program and they are loving every day of Summer! So far we have been enjoying exploring out of doors. Their favorite thing to do is ride the bikes in the playground and water play. We recently did some rock painting and I’m looking forward to doing some more hands on activities with them during our outdoor time. When indoors, our toddlers enjoy social time with our preschool friends. Playing with playdough is another favorite along with painting and colouring.
I look forward to spending the rest of the summer with my little friends. Heads up! A little field trip may be planned soon and I will be sending out information soon.

Just some friendly reminders:

- Bring weather appropriate change of clothes. (We do have water play and sprinklers here at the center on hot summer days!) Extra pair of shorts, shirt, swimsuits, beach towel, water shoes.
- Please feel free to bring a water bottle for your child so your child can stay hydrated during outdoor play.

Chi-Miigwetch, 
Cyndi Corbiere, RECE.

Aanii Kinawaya

The month of July has being busy with our School Age Program in full swing. We have had the opportunity with all the children to spend a lot of time exploring with outdoor activities. The School Aigers had a water day in July which was a fun way to beat the heat. The month of July also included a couple of special activities. On July 26, Maamwe Kendaasing hosted a barbecue. The children really enjoy when we have a BBQ, because we can picnic outdoors! The School Aigers and Preschool were treated to a trip Science North on July 30, 2019.

Day Care Spaces
We currently have one Space available in the Toddlers Room for children between the ages of 18 months - 30 months. As a reminder, we still require updated employment information along with updated phone numbers from parents so we are able to update our files.

Special Events
July 26 – BBQ for children
July 30 – Science North trip for School Age and Preschoolers
August 5 – Closed Civic Holiday
August 16 – Cupcake Day

Happy Birthday to those who celebrate in August!

Baamaapii
Maamwe Kendaasang Eknoomaaget

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**Know what to do in a HEATWAVE**

1. Drink fluids, especially water, before feeling thirsty
2. Slow down! Your body can’t function as well in high temperatures.
3. Cool down in a cool store, public library, or community pool.
4. Shade heads and faces with a loose-fitting ventilated hat or umbrella when outdoors.
5. Dress appropriately in light-weight, light-coloured, and loose-fitting clothing.
6. Avoid getting sunburned. It decreases the body’s ability to cool.
7. Never leave infants, children or pets inside a parked vehicle.
8. Check on elderly family members, neighbours and friends to make sure they are comfortable and safe.


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The Maamwe Kendaasing Pit Crew gets their fleet ready for the First Annual Hot Wheels Races.
The Bobcat
Aani Parents & Families,

I can’t believe how fast July went by, I hope you are all enjoying your summer break. Before you know it another school year will be upon us.

Here are some important dates for you to keep in mind:

2019-2020 Registration Date:  
August 16 2019  
6:00 PM - 9:00 PM  
WRFN Community Centre

First Day back for Mr. Staggart and Miss Nala  
August 19 2019

Shawanosowe School Students  
First Day of School  
September 3rd 2019

*Please ensure you have all the required documentation with you upon registration.*

- Health Card
- Status Card

Again, enjoy these last few weeks of summer and we will see you all soon.

Miigweetch,  
Mr. D. Staggart

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6 delicious facts about blueberries

Summer is the time for blueberries! These juicy berries are small but mighty. Read on to find out six facts that put the super in this delicious superfood! https://www.cbc.ca/kids/cbc2/the-feed/six-delicious-facts-about-blueberries

- 13,000 years ago snack time might have included berries!
- Blueberries are native to North America. They have been more than 10,000 years.
- First Nations peoples ate fresh blueberries. They also dried them to last longer.
- Pemmican is a traditional Indigenous food. It is made from blueberries, or other fruit, mixed with dried meat and fat.

Here’s how the blue gets in the berry!

- There are blueberries and then there are berries that are blue.
- They can taste very different.
- Blue is actually a rare colour for fruit.
- It comes from a pigment (natural colouring) called anthocyanin.
- When a fruit or vegetable has this pigment, it can be red, purple, blue or violet.

Blueberries are super foods

- Blueberries have lots of vitamin C and fibre. You need both of these things to stay healthy.
- The same thing that makes blueberries blue is also thought to help protect your body from all sorts of illnesses.
- Scientists are studying blueberries as a health food. They might be good for your heart, your muscles and even your brain!

Not all blueberry stains are bad

- You might notice a bit of a whitish covering on some berries.
- That’s perfectly natural.
- It’s called a bloom, and it helps protect the berry and keep it juicy.
- TIP: Want to keep your berries fresh? Don’t wash them until you’re ready to eat.

Blueberry bloom - built-in protection

- There are two different kinds of blueberries. You can find both in stores and markets.
- One type is the farm-raised, or cultivated, blueberry. These are rounder and larger — they’re known as high-bush blueberries.
- The other type is the wild blueberry. They are also called lowbush, because the bushes are closer to the ground.
- They may not even be that wild and can be grown on farms. They’re smaller than farm-raised blueberries and have a more intense taste.
Youth Training with Right to Play was offered in July.

Post-secondary students Kristen & Miles put sweat equity into the Sandy Beach #1 Community Development Project.

Felicity and Carter enjoy some down time with Right to Play.

Tracey keeps up the chatter on the field.

Murray McGregor shares his wealth of Project Management knowledge with the secondary summer students.

Walleye Hatchery volunteer Cheyanne Pitawanakwat helps out on release day.
Construction nears completion at the Maamwe Kendaasing Early Learning Centre.

The Nightingales take to the field Monday nights in WRFN.

WRFN Youth experience and explore local waters by canoe in the summer.

Guaranteed laughter at Anishinaabemowin Lunch and Learn classes with Marion and Lissa McGregor.

Gregg Cooke of Stantec presented the Swing Bridge Study on July 23, 2019 at the WRFN Community Centre.

Harmony learns the art of beekeeping from Wayne Leblanc at our local apiary.
Band Manager - Art Jacko

Aani Bemaadizijig
What happened to Miin Gilizis? This month went by fast.

Maamwe Kendaasing Early Learning Centre

Construction continues on the Maamwe Kendaasing Early Learning Centre and the project team continues to monitor progress. The grand opening has changed from mid-August to mid-September. There were a number of factors for the delay in completion. The new Early Centre ushers in an exciting time for the children and the community as a whole, showing the investment in our children's future.

Elder’s Residence

Tenders have been received and we are in the reviewing process and making some final adjustments. The Elder’s Residence project team are:

1. Chris Perry: Architect
2. Kelvin Jamison: Project Manager
3. Murray McGregor: Public Works
4. Georgia Recollet: Housing Manager
5. Ray Moreau: UCCM Technical Services
6. Art Jacko: Band Manager

The project team will be making a recommendation to Whitefish River Chief and Council on who to award the construction contract to.

Niigaan Naabidaa Trust

Once the selection committee is in place, they will begin the process to select the Niigaan Naabidaa Trustees and make their recommendation to Chief and Council.

Summer Students

The summer students are working on two projects as part of their employment experience and incorporating the concepts of project management into their two projects. I won’t be elaborating any further, however, these are two exciting projects and they should be the ones tell their story,

1. for one, am very impressed with our students.

Anishinabek Nation Governance Agreement

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 covering two areas and the ratification process with dates will be provided shortly. The two areas are:

1. Anishinabek Nation Governance Agreement;
2. Fiscal Agreement;

The ratification vote will be by electronic voting, in person voting and mail in ballots.

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.

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

Nahaw, Baamaapii Miimwaa Kawaabmin

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Chii-Migewtech to Albert Willis who graciously donated on behalf of the McLean’s Mountain Wind Farm to the 7 Fires Youth and Elders Centre toward the purchase of new furniture for the Centre.
Whitefish River First Nation
Homecoming Week Schedule

AUGUST 13
11:30 a.m. KICK OFF BBQ at Sandy Beach
6 p.m. INDIAN BALL GAME at Ball Field
7 p.m. GAMES NIGHT at Community Centre

12 p.m. LaFARGE FISH FRY at LaFarge
2 p.m. PRIZE BINGO at Community Centre
6 p.m. OUTDOOR FAMILY DANCE in the Shawanosowe School Parking Lot

AUGUST 14
11 a.m. BELL ROCK TOUR with Esther Osche
5 p.m. COMMUNITY FEAST and DOLLAR AUCTION with FIDDLE MUSIC by Dale McGregor and Family

AUGUST 15
11 a.m. FAMILY FUN DAY at Ball Field

AUGUST 16
6 p.m. STUDENT AWARDS and DINNER at the Community Centre

For more information about Homecoming Week contact Sandy Jacko at (705) 285-4335
Aanii, Boozhoo, Greetings

July was busy month with summer students, researching different funding opportunities, attending meetings, planning homecoming activities and our Annual Pow Wow. August looks to be just as busy with Whitefish River’s Homecoming Week just around the corner. Homecoming is a celebration of Whitefish River and is a week of family friendly activities such as the Outdoor Family Dance, Indian Ball Game and the Family Fun Day. All starting with the Kick-Off Event and BBQ at Sandy Beach on August 13th at 11:30 am. Homecoming ends with our Annual Pow Wow on August 17th and 18th. It looks to be a fun packed week. Hope to see you all there!

This year’s Summer Student Work Experience Program is in full swing. Whitefish River First Nation hired a total of 11 summer students including our WRFN Summer Student Liaison Duncan Stewart. Duncan has been very busy working directly with the post-secondary students and secondary students. All of the students had two weeks of training and two weeks to plan, design and complete a community improvement project. The post-secondary project is a restoration of Sandy Beach and the secondary student project is a revitalization of the veteran’s memorial. Student work placements have just begun and will be done by the end of August. It has been a pleasure getting to know all the students and seeing them become engaged in the community improvement projects.

The Poultry Workshop was very informative. Al Dam, the Poultry Specialist engaged the participants in discussion about the tools and resources needed to raise poultry. If there is enough interest, Al would be willing to come back. If you would like to know more, please contact me at the Band Office.

We will be hosting Anishinabek Nation Governance Information Sessions on August 8th and 23rd, at the Whitefish River First Nation Council Chambers starting at 6 pm. There will be dinner and door prizes at these community events. Throughout August, information booths will be set up at various community events and we will be presenting information on August 26th in Toronto and August 27th in Sudbury.

If you have any ideas or questions, you can email me at sandyj@whitefishriver.ca or visit me at the Administration Building or call me at (705) 285-4335 ext. 216.

OMAFRA Poultry Specialist, Al Dam presented to WRFN Community Members on participation in the Poultry Industry.

Consultation Coordinator - Stephen McGregor

Aanii, July has been a busy month as I have been settling into the work of consultation protocol development, coordinating information sessions and providing administrative support for proponent collaboration. My main task is to develop a consultation protocol. This involves gathering information on how Community members feel about projects being conducted in or near our territory. This was the focus of the first two consultation information sessions that were held during the past year.

Recently we have been contacted by Stantec Consulting Ltd. who are conducting a study on the Little Current Swing Bridge. The study involves a Transportation Needs Assessment and a Study Design Report. One of the aspects of the study is to consult with the public (WRFN included) in order to inform and to gain feedback on different solutions to the Swing Bridge traffic issue. We facilitated an information session for Stantec on July 23rd, and the turnout was excellent. WRFN community members asked some very good questions that are important to document in order to ensure that our concerns have been heard at this stage of the planning process. Anyone that has not had an opportunity to attend an information session can either access feedback forms at the Administration Building, which must be completed by August 30, 2019 or can access the online surveys provided by Stantec at www.swingbridgestudy.ca.

In the coming months I will be also involved with the Anishinabek Nation Governance Agreement voting process for WRFN. Information sessions will be held at 6 pm on August 8th and 23rd, 2019 at the WRFN Council Chambers. This is an important vote for WRFN members to be involved in and I encourage people to attend the information session.

If you have any questions you can contact me at the at the Administration Office or by email at stephenm@whitefishriver.ca

Migwetch

Structure types

- Swing bridge
- Lift bridge
- Bascule bridge
- Fixed bridge or tunnel
- Screened-out

1. Structure is not required because
   - Traffic volume is low enough, or
   - The traffic can be diverted through an alternative route

2. Structure is not required because
   - Traffic volume is low enough

3. Structure is not required because
   - The required structure is not feasible for this location

4. Structure is not required because
   - The required structure is too expensive

5. Structure is not required because
   - The required structure is not feasible for this location

6. Alternative 2 is carried forward because
   - This alternative does not impact existing marinas and boating terminals
   - This alternative does not impact existing marinas and boating terminals

7. Structure is not required because
   - The required structure is not feasible for this location

Corridor alternatives presented at the Swing Bridge Study Information session held July 23, 2019 at the WRFN Community Centre.

Corridor alternatives

Carried forward - Swing bridge
Carried forward - Fixed bridge or tunnel
Screened-out
Boozhoo! In early July I started as the Governance Communications Coordinator with Whitefish River First Nation. My role is to ensure that all Whitefish River First Nation eligible voters are aware about the Anishinabek Nation Governance Agreement and the upcoming Anishinabek Nation Governance Agreement Ratification Vote.

The Anishinabek Nation Governance Agreement: 24 years in the Making

“The Restoration of Jurisdiction Department of the Anishinabek Nation was mandated by the Chiefs of Assembly in 1995 to establish and carry out negotiations with the federal and provincial governments to restore jurisdiction in several areas with initial focus on governance. Negotiations are now complete. Anishinabek Nations First who have submitted Band Council Resolutions indicating their First Nation will participate in an Anishinabek Nation Governance Agreement Ratification Vote. The voting period will be August – November.”

On August 8th and 23rd, information sessions will take place at the Whitefish River First Nation Council Chambers at 6 p.m. to do a presentation on the Anishinabek Nation Governance Agreement. In case you miss either presentations, I will be at various community events with a Governance Information booth. Also, we will be hosting information sessions for Whitefish River First Nation membership on August 26th in Toronto and August 27th in Sudbury. I will also be going house to house with information packages for voting members. If you would like a package mailed to you, please let me know. Also, if you have had a change of address, please call the Band Administration to advise the Membership Office of your address change.

Homecoming Week and 26th Annual Wawaskina Traditional Pow Wow

I have also been busy assisting Sandy Jacko with the pre-planning for the Homecoming Week and the annual traditional gathering from August 13 – August 18th. This is going to be a great week to be in our homeland. Dale McGregor, along with his children will be performing fiddle music at our Community Feast on August 15th. I am so excited to hear them play as both my late uncle Pit (Alian) and my father were awesome fiddlers. WRFN is also bringing in world renowned drum group Whitefish Bay Singers for the Pow Wow gathering.

If you would like to volunteer, donate or would like to host a special or need more information, contact Sandy Jacko or myself at Administration or by email at pgpelletier@whitefishriver.ca.

Baa Maa Piil Minwa.

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**Community Governance Coordinator - Kiki G. Pelletier**

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**COMMUNITY NOTICE**

**Anishinabek Nation Governance Agreement Information Session**

**August 8th & 23rd, 2019**

6 PM Start

WRFN Council Chambers

All WRFN Community Members are encouraged to attend.

Meeting will be Live streamed.

For more information please contact Gil (Gil) Pelletier, Community Governance Coordinator at WRFN Administration, 705-285-4335 ext.220 or via email at pgpelletier@whitefishriver.ca

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**Anishinabek Nation Governance Agreement OVERVIEW**

**NEGOTIATIONS HISTORY**

- Framework Agreement signed in 1996.

**WHAT DOES GOVERNANCE MEAN?**

“Governance” simply means the structures and processes used to “govern” for example, the “structure” is the Chief and Council while the processes are the rules and regulations governing the council.

**WHY IS GOVERNANCE IMPORTANT?**

- Helps ensure fair decision-making and outcomes for the community through transparency and processes.
- Shores potential business partners stably and certainty when it comes to investment decisions with First Nations.

**LAWS RECOGNIZED IN THE AGREEMENT**

- Leadership: The right to pass election laws that reflect the way our citizens want to see their leaders.
- Language and Culture: The recognition of the right to pass laws to promote and protect the use of the Anishinabek language and the practice of commercial speaking and conduct of meetings.
- Citizenship: The right to choose who operates are and what rights, privileges and responsibilities come with that citizenship.
- The Management and Operations of Government: Recognition of the right to develop laws, such as financial management Acts.

**IMPORTANT POINTS**

- The Governance Agreement opens the door to future discussions on matters related to First Nations, health, justice etc., as determined by the First Nations who ratified the Agreement if so chosen.
- Section 87 (tax exemption) under the Indian Act will remain.
- The Anishinabek Nation Governance Agreement recognizes the inherent right of our First Nations to govern themselves in relation to matters integral to their unique culture, identity, traditions, languages and institutions with respect to their special relationship to the lands and resources.

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**INTERGOVERNMENTAL FORUM**

- The Governance Agreement establishes a new “Intergovernmental Forum” between the Anishinabek First Nations who ratified and the Government of Canada. The Forum will provide for the establishment of a new government-to-government relationship to address matters of concern to our First Nations. No other government agreement has this provision.

**GOVERNMENT STRUCTURE**

- The Anishinabek Nation Governance Agreement recognizes the Anishinabek Nation and Anishinabek First Nations as governments, with the same legal status and capacities of other Governments. Under the Indian Act, there is no member of any status of First Nations (Nation Band) and the capacity to enter into contracts and lend in their own name.
- The Anishinabek Nation Government will be made up of the First Nations who ratified the Governance Agreement. They will elect what laws to pass at the Anishinabek Nation level. First Nation laws will take precedence over laws passed at the Anishinabek Nation level. The corporate body, the Indian Act (Canadian Indians, Band or First Government).
- Collective priorities of the member First Nations who make up the Anishinabek Government will determine its direction.

**RATIFICATION VOTE**

A ratification vote on the Governance Agreement will be held in the fall 2019 to early winter 2020. Options for voting:

- E-voting
- Mail-in ballots
- In-person voting

**NEW FISCAL FRAMEWORK**

- Funding Agreements will contain substantially more money for governance-related functions. The funding agreements will be for longer terms, five years with renewals.
- The additional money can be used to offset costs related to elections, governance operations, citizenship and community engagement.

**OWN SOURCE REVENUE**

- Own Source Revenue is in a memorandum of understanding until further notice as stated by Crown-Indigenous Relations Minister Carolyn Bennett in November 2018.

For more information please visit: governancevote.ca
Housing Manager - Georgina Recollet

Housing has always been an issue with First Nations. I always think back when I started working with our First Nation. There was no housing policy; no files (just a bunch of dusty boxes in the basement of the old band office) and a long housing waiting list. Individuals would be waiting for ten to fifteen years for a housing unit.

When I started work, Walter Mishininjiima, Housing Inspector mentored me in completing new builds and many renovations. He always told me that the four elements in housing were the 4 “M’s” – man power, machinery, money, and materials.

After so many years I realized there is more to “First Nation Housing”; which can include and not limited to the “4 P’s” – planning, policy, proposal, and partnership. The last four months our office has been planning and consulting with other departments such as O & M, Lands, Health, Family Services (Band Representative). The Housing Committee will be assisting with these four elements in the upcoming months.

The housing department has been very busy organizing the staff and Housing Committee. We have four new staff on board as follows: Yvette Maigangowi, Energy Champion; Mike Megwanabke & Isaac Pakosigan, Housing Maintenance Trainees and Joe Recollet, Temporary Housing Maintenance until Francis McGregor starts in September 2019.

We had also posted for one additional Housing Committee member. The Chief and Council approved two new additional members as follows: Greg Francis and Mark Shawanda. The Housing Committee will be reviewing and updating the current housing policy along with our consultant Scott Flamand, Flamand Management Services with the financial assistance of Canada Mortgage and Housing Corporation.

We also have posted for three positions to assist with the development of the Whitefish River First Nation Alternate Dispute Resolution. This is a short term appointment with an estimated completion date of February 2020. If you are interested in assisting with this project please submit your letter of interest to Art Jacko, Band Manager as soon as possible.

Construction season is in full swing and we are at least three months behind in the “Seniors Residence” projects. Closing tenders were completed on July 18, 2019. Once a final contractor is approved we can start the project. More information will follow once we have our first meeting.

Whitefish River First Nation recently received approved funding for ICS Enhanced Housing On-Reserve Program 2019-2020. This funding will assist in meeting the residential health and safety such as smoke alarms, fire extinguishers, exterior landing replacements; extending the life of the unit which will include shingle replacement; and energy efficiency items such as windows, doors and furnace replacements for band rental units.

Please note that we have submitted a funding proposal to assist band members with Estate Management-Will and Power of Attorneys. Once this is approved we will continue the program with our legal counsel.

The Housing Staff will be hosting a lunch with the Seniors at the 7 Fire Youth and Elder’s Centre on Wednesday, August 21, 2019 at 10:30 am to 12:30 p.m.

In the meantime enjoy the rest of your summer and be safe.

If you have any questions or concerns do not hesitate to contact me through Administration at 705-285-4335, ext. 214 or via email at: georginar@whitefishriver.ca

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Tenant Relations Worker - Brianna McGregor

First Quarter 2019/2020 – Rental Units

The Housing Department managed 83 rental units in the first quarter of 2019/2020. Over 80% of tenants made full and regular rent payments in this quarter. The chart provided outlines the statistics for each month in the first quarter. The rental payments were categorized as full payments, partial payments, and no payments.

Private Residential Swimming Pools and Tenants

According to the Ontario Building Code, it is mandatory to have a fence for above ground, in ground or semi-in ground pools. The fence must make it impossible to gain entry into the enclosure through climbing. Fencing requirements were established in Ontario to prevent drowning stemming from unsupervised and unauthorized use of public and private pools. The Housing Department requests that tenants comply with the regulations to ensure the safety of others in the community.

Propane Heat and Hot Water

The Housing Department would like to remind tenants with propane-heated rental units to ensure they have a minimum of 30% of propane in both tanks at all times. Propane is not only required for heating the unit, but for the hot water on demand in these rental units as well. The cost for regular or emergency delivery is the responsibility of the tenant. Section 5.0 (iii) of the Rental Agreement states: “The tenant agrees to pay hydro, telephone, heating, service fees, and/or any other personal utility services; maintain the premises by setting up and paying for regular septic service, furnace & ductwork cleanings, Heat Recovery Ventilator (HRV) cleaning, snow removal, water and garbage services.”

Lawn Care and Maintenance

The Housing Department would like to remind tenants to ensure their yard is kept clean and the lawn is cut regularly. Section 5.0 (iv) of the Rental Agreement states: “The tenant agrees to perform general maintenance on the premises, clean the premises on a regular and as needed basis, and maintain and keep the yard/grounds in good appearance (grass cut, eaves trough cleaned, no accumulation of garbage, refuse and other material).”

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.

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 briannnam@whitefishriver.ca.
Membership Office Hours:
Monday to Friday 9:00 am to 4:00 p.m.
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 Crow-indigenous Relations and Northern Affairs Canada (CRNAC) website: https://www.aadnc-aandc.gc.ca/eng/1462806841047/1462806896454#chp1 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 a 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

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

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

CITIZENSHIP - Whitefish River is a section 10 band under the Indian Act and determines its own Citizenship (Band). Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply.

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

1) Indian Status: non-insured health coverage, treaty payments (if applicable), possibility of post-secondary education funding, and exemption from certain federal and provincial taxes.
2) Band Membership (Citizenship): a right to reside on reserve, a right to housing, voting privileges within the band, and a right to community involvement and affairs

CHANGES TO ONTARIO GAS CARD - 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 Ontario’s Regulatory Registry at https://www.ontariocanada.com/registry/view.do?language=en&postingID=26386

NOTICE:
WRFN Membership Office will be Closed on the following dates:
July 31 – August 7, 2019
August 9, 2019
August 16, 2019
August 26 – 30, 2019

REQUEST TO UPDATE CONTACT INFORMATION
We are asking all members of WRFN to please update your mailing contact information with the WRFN Membership Office.

Your mailing address is required for voting purposes within the band, (i.e. elections, referendums), as well as distributing important information.

Members are encouraged to visit our website at www.whitefishriver.ca and enroll in the membership portal.

Please contact: Kathleen Migwanabi, Lands Manager/IRA at the WRFN Administration Office at (705)285-4335 ext. 208, Fax: (705)285-4532 or by email at kathleenn@whitefishriver.ca
Our mailing address is:
Whitefish River First Nation Membership Office
17 A Rainbow Ridge Road
P.O. Box 688
Birch Island, Ontario P0P1A0

Chi-Migwetch for all the prayers & support provided to myself, my husband Andy and my children during this difficult journey.

Special Migwetch to Kiki Pelletier, Marida McGregor, WRFN Health staff, and WRFN Administration.

Also, Chi-Migwetch to the Mnaamodzawin Health Services Staff for the continued care.

Joyce McGregor
The Whitefish Falls Walleye Hatchery Program is an annual operation that has been releasing Walleye into the waters of the North Shore for the past 30 years. In 2019 WRFN teamed up with the Whitefish Falls Sportsmen Club to assist in raising and releasing approximately 25000-30000 Walleye fingerlings into Lake Huron. WRFN hopes to play larger role in this program for years to come.

The Walleye Hatchery program consisted of raising Walleye fry into fingerlings in a rearing pond before being released into the shores of Lake Huron. The whole process takes approximately 90-100 days and the release time is based on temperature. When the pond becomes too warm it is time to release the Walleye. On the release day the group of volunteers carry buckets full of Walleye fingerlings to be released in Lake Huron.

The Walleye arrived as fry from the Blue Jay Creek facility in late May and were raised in the pond for 7 weeks. The Walleye fingerlings were approximately 1-2 inches in length when they were released at various points along the shores of the Lake Huron including the Whitefish River and Swift Current. The Walleye were released in areas of open water to give them an extra chance for survival.

It was a successful year for the Walleye Hatchery Program and we would like to thank all the volunteers from WRFN; Kyle Virta, Cheyanne Pitawak, Jim Andrews, Dan Andrews, Keith Nahwegahbow, Craig McGregor, and Derek Prince.

This Walleye Hatchery program is an important aspect to the sustainability of the Walleye fishery. We are seeing all band members to take part in a collective effort to ensure this valuable resource is available for future generations. All efforts will help make a significant difference in the long term fisheries management strategy.

If you want more information or to get your name on the volunteer list for next year, please contact the Lands Department.

Last month I attended the Lake Huron roundtable meeting held at the Union of Ontario Indians in North Bay. At the roundtables, we discussed three different topics; GIS (Geographical Information Systems), Agriculture, and Mining.

First we talked about the various GIS applications to First Nations, and how it’s important to check the accuracy of the data you’re using as well as using Anishinaabemowin for place names on maps. In the Agriculture session we looked at the policies for food production in Ontario, then examined various food circles, farms, coops, productions and their possible funding sources. Lastly was the mining roundtable. Here we learned how to respond to new Mining Claim notifications. I am currently working with our Consultation Coordinator, Stephen McGregor in responding to Mining Claims near WRFN. We also had community members assist in completing ecological assessments along the highway. They were examining the culvert areas to create baseline data before future work on the highway. The work consisted of a terrestrial assessment (plants) and stream assessment which includes water, fish, benthic, and water quality.

I am currently working with the North Shore and Sudbury Forestry management units. WRFN traditional territory is located within three forestry districts, the third being the Algoma Forestry district. Both management units are currently drafting new 10 year plans for 2020-30. I am communicating the WRFN traditional territory and interests so future work does not occur in these areas. The management plan has entered the Draft stages and expect a comment period in the upcoming fall.

The WRFN Lands Department has installed new signs around the territory of WRFN. New large signs were placed along Gravelle Road, Storehouse Bay and McCutcheon Road. These signs are to mark the areas when people enter into WRFN territory and to remind everyone to be respectful of the land.

If you want more information please feel free to contact me through the Lands Department at 705-285-4335 or via email at keithn@whitefishriver.ca
Additional Content:

Waste Management Action Plan Coordinator
Public Works Clerk - Crystal McGregor

Textile Waste Diversion

More and more retailers are starting take back programs. A few textile retail collection sites are listed below. I recently used the H&M site to return a small bag of 5 tops to their store, in return I received a $5.00 off coupon for my next purchase greater than $30.00.

The community swaps that were held over the Winter & Spring months diverted approximately 750lbs of textile waste that was destined for our landfill. All items from these events were donated to the Jarrett Centre in Sudbury, a local organization that assists individuals with developmental disabilities.

A list of places that accept unused/wanted textiles:

• H&M - Accepts all clothing textiles plus you may get a store credit to use towards your next purchase.

DOES NOT ACCEPT: Leather, shoes/boots, accessories or belts.

• Levi’s

• The North Face

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

Community Energy Champion - Yvette Maianwagi

Aanii,

My name is Yvette Maianwagi and I have been recently hired as your Community Energy Champion. I am excited about what this opportunity will bring to WRFN in the next few years and beyond.

I am from Wikwemikong and I hold a degree in Electrical Engineering. I have spent over two decades doing electrical system planning in three different provinces and in the US. I’ve been slowly transitioning away from hard core engineering and so, in 2014, I came home to Wiky to develop and write their community energy plan. Eventually I’d like to pass the baton to the next generation and bring education and awareness of the possibilities that engineering can bring, but especially in the “green” economy.

My transition has brought me to WRFN where I will focus on a couple of overlapping projects. In the short term, I will work with Housing to deliver the second round of the Conservation Program which was in the community a few years ago. In the midterm future, I will begin to implement the strategies and goals identified in the 2016 Community Energy Plan.

Having only joined the team in the beginning of July, I hit the ground running to amp up the Conservation Program participation. With the amazing help of Arianna Pitawana-wakw, over 100 homes have applied to the program and could be eligible to receive free energy-saving devices and appliances. The next step is to schedule Energy Assessments in your home to see what you qualify for. August is a busy month for WRFN but the plan is to do all the assessments the week of August 26 to 30.

Coming up in the fall, I will be looking for input and feedback from the community through workshops, meetings, and other events so I can develop informational and educational material that is useful to WRFN and also to encourage our youth to consider careers and jobs in the energy sector.

I’m looking forward to working with my new colleagues in office and also getting to know the community so we can bring new initiatives to life. Watch for my updates and announcements. In the meantime, I encourage you all to call, write, or stop by to meet me in person. If you have any suggestions or particular concerns about electricity, don’t hesitate to email me at: ymaianwagi@ whitefishriver.ca or through Administration at 705-285-4335 ext. 227.

Migwetch
Monster Garage
Plant Manager - Murray McGregor Jr.

July is always a very busy month for my office. Public Works has been planning and carrying out various tasks for the local school summer shut down, including some small remediation work for a sensory room that has been built and also repainting various classrooms. Next, the cleaning crew will be in to wash down all the remaining walls and fixtures, washing down the exterior of the building, sanitizing all the furniture and finally removing the old wax on the floors and applying a new coat. The school’s fire alarm and sprinkler system will be inspected and tested in mid to late August before school start up. Arrangements for the purchase of a new 52 passenger school bus have been completed with the new bus scheduled for delivery mid to late August.

Another task that keeps my office very busy is the management of the new daycare project. The project is moving along well as the project team and builders have worked together to provide a new facility for our children and educators. Much of my attention has been spent with the new build as a project manager and maintenance manager. I’ve had the opportunity to closely observe as the building is being constructed, to see how it is wired electrically as well plumbing and all the mechanical work. Valuable information is passed on from the contractors to us. When certain jobs are done a certain way and they offer useful advice on how to maintain equipment to ensure we optimize efficiency and reduce emergency repairs. Management also requires careful observation to underground and below grade work. If repairs or upgrades are required, the installation is already reviewed and stored for future reference.

The project is at the drywall stage. The drywall crew is on the heels of the mechanical crew and soon the finishing will be starting as the floor colors and patterns have been designed and approved. The mill work has been designed and priced with delivery expected in September. In early August the playground area’s work will commence with the new equipment and design.

As per my usual, I will be taking my summer holidays starting after civic long week-end. The Public Works crew already have their summer jobs lined up including assisting with setting up and shutting down our community’s traditional Pow Wow celebration.

Upon my return, again my office will be busy with catch up, attending the 2nd phase of Health & Safety training and preparing the annual First Nation Infrastructure Investment Plan. This particular report is to identify funding for First Nation owned assets that may require upgrades or replacement, housing renovations and potential funds for members who chose to build in rural areas that may require septic and water service. This report is prepared and approved by Chief and Council before it is submitted to Indigenous Service Canada before the end of September.

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

Mark Shawanda & Amy Waboose display an impressive fleet of AWWAQ Water Taste Challenge trophies!

The Water Shed
Water Treatment Plant Operator - Mark Shawanda
Water Quality Analyst - Amy Waboose

Aanii kina wiya!


Before I started with Water Treatment, I was protecting it at its Source, as the Source Water Protection Plan Assistant here with Whitefish River First Nation. Before that, I worked with Anishinabek Ontario Fisheries Resource Center doing research on Sturgeon in the Great Lakes. My previous employment has involved around water and since then I have had a keen interest in working with Water which I believe is my calling. I started out as a Water First Intern, with a 16 month contract working hands-on in the Water Plant alongside Mark Shawanda. Once my contract was up, I was hired as the Water Quality Analyst here at Whitefish River First Nation Water Treatment Plant.

My name is Mark Shawanda, I have my Level 2 in Water Treatment Subsystem as well as my Level 2 in Water Distribution and Supply Subsystem. I have been working with Whitefish River First Nation for 30 years, with 17 of those years at the Water Treatment Plant. Before I was the Water Treatment Plant Operator, I was working in the Public Works Department and delivering Water to residences with Water holding tanks.

We have been asked to do a monthly taste for you from us at the Water Treatment Plant, to keep you up to date for what we do here on a daily basis. Every day you will see either myself or Mark out and about grabbing water samples and doing our daily checks at all our locations to make sure everything is running up to par. We sample at least 3-4 locations here in our community to make sure the chlorine levels are just right. For us, to provide you with clean safe drinking water is an Honor.

Last week finally got our Trophy for the Water Taste Challenge. What’s a Water Taste Challenge you may ask? Every year we enter in a competition with all the Water Treatment Plants here in Southern Region, and WRFN has won 5 of the 7 competitions thus far.

This summer we have been doing week-long Recreational Sampling at our local swimming holes, Sandy Beach 1 and the former Station Grounds down on Lakeshore Rd. All tests have been sent to Health Canada and have come back safe and healthy to swim in.

You might also see us on the outskirts of Birch Island. At this time we are sampling those households with Water Holding Tanks. We test these homes once a month to make sure the water is safe for drinking, in total we have 39 Holding Tanks.

If you have questions or concerns please do not hesitate to call us at the Water Treatment Plant at 705-285-0007 or via email at: waterplant@whitefishriver.ca.

* ATTENTION *

Homeowners with Pressure Reducing Valves (PRV’s)

As you know, WRFN has installed a Pressure Reducing Valve inside your home. This is due to the new Water Tower which now provides more water pressure and fire flow to the entire community. As a result, the PRV installed at your home reduces the pressure of water inside your home to a normal level. Without it, the water pressure could cause damage to your pipes and would be uncomfortable for taking showers.

The PRV does not require maintenance from you and if it does, a plumber should be called. However, until April 1st, 2020, WRFN will address any issues with your PRV. If you notice an issue or if there is leaking from the PRV’s please do the following actions:

- Immediately, shut the main water valve in your house. If you do not know where it is, please contact Murray McGregor to assist with the location.
- Contact Murray McGregor at (cell) 705-863-1619 or Water Plant Operations at 705-285-0007 or (cell) 705-863-2557

Mnoomni Gизис 2019
Pet Care & Tips

Hello everyone!

How is everyone coping with all this hot weather? On days like this, I usually stay inside and Webbby, Empress Farrah, She-Pet Elizabeth and maybe Luka will stay in the basement where it is cool. Along with my air conditioner, I put on all of my ceiling fans and table fans so it stays nice and cool inside. The rest of the cats go and lay down in the shade by the trees on the bay side of the house. I still have to catch Tinker to clean him up, but he is finally starting to look better with just a bit of matted fur and burs on his tail. Some evenings the cats enjoy just laying around my yard taking it easy. I have been putting some cat nip in their dry food occasionally to keep them happy. The evenings have been nice and cool, making it easier to sleep. On some afternoons I will myself occasionally take a catnap, with the drapes blocking out the hot afternoon sun. I also open my door early in the morning to let in the cooler air and to listen to all the little birds chirping. It is hard to believe that within a few short weeks it will start to slow down at the docks again for another year. Where did May, June and July go? It seems as though time is moving so fast. My flowers are coming along fine with all this humid weather however I am not so good as it brings along with all this humid weather however I am not so good as it brings on aches and pains.

I forgot to mention last time that the hummingbird I call my little Buddy, is back sitting on my telephone line by kitchen window again. I thought at first he was gone and perhaps something had happened to him. A friend told me that the reason why we do not see the Hummingbirds very much during the months of June and July is that they’re nesting. By July’s end you will start to see them coming around and if you’re lucky maybe some little babies will come around your feeders. I usually try to hang up a couple of extra feeders in July.

Some Cat Facts:

• Tom Kitten belonged to Caroline Kennedy. When he died in 1962, the press gave him an obituary notice.
• Indoor cats tend to shed year-round because we often leave our lights on in the house. This irregular cycle tricks a cat’s body into thinking the seasons are always changing, thus the natural rhythm of seasonal shedding is disturbed.
• Some common houseplants poisonous to cats include English Ivy, Iris, Mistletoe, Philodendron and Yew.
• Legend has it that in Russia a cat was put into a new cradle to drive out evil spirits before a baby was allowed to sleep in it.

Well, that is it for another month! The cats and I would like to wish all the people celebrating birthdays and anniversaries all the best. Remember to visit our elderly, sick and shut-ins I am sure they will enjoy it. Remember to get your dogs and cats fixed to help keep the pet population down in our community. ‘Till then take care.

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

Dennis L. McGregor (The Big Cat)
Message from Ogimaa Shining Turtle
Sturgeon Clan, Anishinabek Nation

Wow, July has come and gone. The heat wave was nice, after a long bitter winter. It’s time to start thinking about the fall, returning to school and picking fruits and vegetables from the garden. Preparations are fully underway for our Homecoming week and Annual Pow Wow from August 12th to 19th. This will be a fantastic event for our entire community.

Our Summer Students are taking a skills based approach to their work. They are incorporating project management principles to several initiatives including work at Sandy Beach and our Veteran’s Memorial. The students are applying these principles to make a difference in our community and also to add value to their resumes. This is terrific to see. When you see these projects completed by our students, you will all be very proud.

Locally, the construction of the Daycare Centre is moving along. The exterior is being completed and interior work continues. The completion date for this new center has not be nailed down by the Contractor and work continues on this wonderful addition to Shawanosowe School.

The tendering process for the new Elder’s Building has been completed. Our professional project Manager is assessing the bids and the results of the bidding will be made available through the administration. This project is expected to begin in August. We can expect a lot of activity in the coming months on this important project.

We are pleased to see strong community support for the new speed limits signs in the community. When you drive around the village, you are very visible and serve as a fantastic reminder to observe posted speed limits in our beautiful community. In fact our community is so beautiful, it’s well worth a leisurely drive, there’s no need to speed. Let’s all join together and be a caring community!!

First Nation water issues grabbed headline news again in July. I want to say, we have the best water anywhere. This is not by chance, we have made significant investments in our community infrastructure, with the new water tower being the capstone to our water infrastructure. However, our infrastructure needs good operators to produce good water, and without a doubt we have a very dedicated staff that run our water supply system. We are very fortunate to have water for drinking, bathing, cooking and recreation. Not all communities have this fortune and for this I am most appreciative.

We have been working with the Whitefish Falls Fish and Game Club for several years and in the early part of July, our community joined forces with the club to release close to 20,000 pickerel fingerlings. We now following in the footsteps of the Students at Shawanosowe School who have been doing this for over 5 years now. This is great for the Walleye population in the Whitefish River basin.

Away from the community, I attended the Annual Assembly of First Nations (AFN) Gathering in Fredericton, New Brunswick This year’s host was the New Brunswick First Nations. The attendance at the AFN Assembly was about 60% of the 633 First Nations. There is no shortage of Regional and National issues that the Chiefs discussed at the AFN Assembly. One of the key issues discussed was the upcoming Federal election. Within 6 weeks, the writ will likely drop and the campaign will begin.

Lastly, if you get the opportunity, spend some time on the land, try fishing, berry picking or hiking. It’s a great time to be out on the land. Until next month, enjoy the month of August.

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

Chi Miigwetch

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**CHIEF AND COUNCIL MEETING SCHEDULE**

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<td>4</td>
<td>Civic Holiday Office Closed</td>
<td>5</td>
<td>Regular Chief and Council meeting 6:00 pm</td>
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<td>Kina Gbezhogomi – Strategic Planning Wikwemikong</td>
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<td>11</td>
<td>MMP 2nd Quarter meeting</td>
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<td>18</td>
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<td>Working Chief and Council meeting 6:00 pm</td>
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<td>25</td>
<td>UCCMM Tribal Council Meeting</td>
<td>26</td>
<td>Chief Committee on Housing – Toronto Service Meeting 6:00 pm</td>
<td>27</td>
<td>Chief of Ontario meeting on Environment</td>
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Whitefish River First Nation Administration Office
17A Rainbow Ridge Road
Birch Island, Ontario
POP 1A0

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

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<tr>
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<td>Murray McGregor Jr.</td>
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<td>Leslie McGregor</td>
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<th>Maamwe Kendaasing Child Care Centre: (705) 285-7777</th>
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<td>WRFN Homecoming Week August 13th -18th, 2019</td>
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<td>24th Annual WRFN Pow Wow Sunshine Alley Canoe Races Sunshine Alley 10AM</td>
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**August 2019**

**Community Calendar**

**Birthday & Anniversary Wishes!**

- Happy Birthday to my Girls Cindy & Darlene on August 10th Love Dad
- Happy Birthday on August 4th to Clark In the year to come, May your spirit be strong May your heart be courageous, and May you walk a path of rich adventure Lots of Love from your family and fur babies.
- A Special Birthday wish goes out to my favorite person on August 19th Auntie Pat Thank you so much for taking me fishing down the Bay and our other hot spots catching those big beasts. Have a terrific day. Love Leo xoxx
- Happy 8th Birthday to my grandson Noah on August 26th Love Nokims
- Happy Birthday Pat From Trace, Calvin, Quintin & Aurora
- Happy Birthday to my Uncle Emmett! Marti & Family
- Happy Belated Birthday goes out to our Auntie Crystal on July 31st Love Quintin, Alexis, Aurora, Dakota, and Leo
- Happy 8th Birthday to our Big Boy Mr. Noah on August 26th I hope you have a blast on your day and get all you wish for! Love Mom, Dad, Aiden, and Phoebe!
- Happy 11th Birthday to Soleil on August 14th Love, Auntie Krystal
- Happy Birthday to Alexis Crowe. We wish you another terrific journey around the sun! Love Auntie & Uncle Xoxoxox
- I’d like to wish my granddaughter Soleil a very Happy 11th Birthday on August 14th! Love Nokims
- Happy Birthday to Godfather Aaron on August 3rd XOXO K.C.
- Happy Birthday to Austin (3:16) on August 5th XOXO Sydney, K.C., Nicole, Braxton, Braxlyn ‘n Lincoln
- Happy Birthday to my Taylor. As each year passes, you amaze me more and more. You have grown into an intelligent, beautiful, funny and caring woman. I am so excited to watch as you forge forward with your life. I am so proud to be your mom. Happy Birthday Beautiful Love Auntie Burg!
- Happy Birthday Austin on August 6th XOXO Poppi Jim, Auntie Katt & Craig, Happy Birthday Taylor on August 12th XOXO Uncle Craig, Katt, Syd, K.C., Nicole, Braxton, Braelyn ‘n Lincoln Happy Anniversary to Jose & Paul XOXO Katt ‘n Craig Happy Birthday to our cousin Alexis. Love your cousins Quintin, Aurora and Leo. xoxoxox
- Happy Birthday to Auntie Pat on August 19th XOXO Sydney, K.C., Nicole, Braxton, Braelyn ‘n Lincoln
- Happy Birthday to Sista’ Pat on August 19th Katt
- Sending Birthday Wishes to my nephews, Wesley on August 20th and Brayden on August 25th. Love Va & Steve
- Happy 51st Anniversary to my Mom & Dad on August 24th. Love Va & Steve
- Happy 53rd Anniversary to Auntie Burg! ‘n Chi-Mama XOXO Love Liham
- Happy Birthday to my nephew Aaron on August 3rd! From Auntie Helen
- Happy Birthday to my Godmother Miranda on August 11th XOXO K.C.
- Happy Birthday to my Grandpa Francis on August 2nd XOXO K.C.
- Happy Birthday to my Grandpa Louis on August 9th XOXO K.C.
- Happy Birthday to my Grandpa Katt on August 15th XOXO Katt ‘n Craig
- Happy Birthday to the Best Papa in the world! Love Rhysbo & Goose
- Happy 90th to the best Brother & Uncle Carsmandigan We love you tons, Josh, Cail, Laila & Unah
- Happiest of Birthdays to my sister Louise on August 26th! Love Sandy & Sammy
- Happy Birthday Auntie Burg! Hope you have a great day! Love Dellah & Breaha
- On August 22nd, 2019 our Handsome Sweet Great-Grandson Greyson is celebrating his 1st Birthday! Happy Birthday from your Great Nana & Great Papa xxxoxo