Celebrating Homecoming with Pride!

Homecoming was a week of fun filled activities, food, laughter, friends and family. But the question asked was, what exactly is Homecoming Week? The answer is, it was series of events showcasing aspects of our amazing and vital community which in turn springboarded into our Annual Pow Wow, and we called it Homecoming Week! The kick-off for these events started on Tuesday August 13th with a BBQ at the revitalized Sandy Beach Community Development Project, in order to acknowledge the work of our summer students. It was a beautiful day to be at the beach with an incredible turnout. Later that evening, there was an exciting intergenerational game of Indian Ball at the ball field along with Family Games night held at the community centre. On Wednesday, following the Annual Lafarge Fish Fry there was an afternoon Prize Bingo at the Community Centre. A rocking outdoor family dance with music provided by DJ Blake Debassige was held in the Shawanosowe School parking lot, later that Wednesday night. Thursday’s activities began at sunrise with the first of four sunrise ceremonies for our Annual Pow Wow. Later that morning Esther Osche gave an in-depth tour of the Bell Rocks and at 5 pm, the Community Centre began to fill with anticipation for the Community Feast and Auction which showcased the musical talents of Dale McGregor and Family who now hail from the Fraser Valley. Long after the food was gone, the music played on and proceeds raised at the Dollar Auction helped offset the cost of the Pow Wow. Family Fun Day was held the following day at the Ball Field, complete with bouncy castles, art stations, a free BBQ luncheon as well as free snow cones and popcorn for the kids. Later that evening, the Post-Secondary Student Awards and Spaghetti Dinner took place at the Community Centre. The good vibes rolled right through to Pow Wow weekend with the rain clearing just in time for Grand Entry on Saturday, with beautiful Sunshine Alley skies holding up for the remainder of the weekend.

Chi-Miigwech to all who came out to celebrate our community, you made all the work worth it and Chi Miigwech to all those who helped make it possible.

Please note that the deadline for submissions for the next issue is Wednesday, September 18th, 2019 at noon.
Miigwetch!
rezoundeditor@whitefishriver.ca

“A Place of Visions and Dreams”
Waabaa

REMINDER

Fall Fast is Approaching

Wednesday September 18 – 4 day fasters
Thursday September 19 – 3 day fasters
Friday September 20 – 2 day fasters
Saturday September 21 – 1 day fasters

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

From the Family of Murray Sr. (Cappy) McGregor

We would like to offer our gratitude to family, friends, and fellow community members for the kindness, compassion, and respect given to Murray Sr. and our family. We wish to offer our sincere thank you to many of you who assisted us in the ceremonies, services, fire keeping, food, friendship, and assistance given during this difficult time.

To Dr. E. Nelson, a heartfelt thank you for the respect, honesty, dedication, and compassion you gave to Murray Sr. Gichi-migwech.

To Art Jacko, the kindness given, the guidance provided, and the ceremony you led us through will have a lasting impact on us. We gratefully appreciate your knowledge and willingness to help us. Gichi-migwech.

To Craig Abotossaway, the ceremonies you led not only helped Murray Sr. but our family as well. We cannot thank you enough. Gichi-migwech.

To Carmen Pitsanawin, the ceremony you held for Murray Sr. helped him and our family with his transition. Gichi-migwech.

To Harvey Ball and the Red Man drum group, the drumming and teachings given helped us tremendously and assisted us in our grief and healing. Gichi-migwech.

To the Fire Keepers, who are too numerous to mention (and we don’t want to leave anyone out) but, in particular, Winnie, Mike, Cubby, and Ferdinand who started the fire and kept it going through the early days of our grief. Gichi-migwech.

To Father George Gardiner, Ulate Musgrove, the pall bearers, service readers, musicians, and all that helped during the church service and procession, thank you for the comfort and assistance you provided. Gichi-migwech.

To Chief Shining Turtle, Chief Desbassins, Greg McGregor, and Steve Whittaker, thank you for your words, humor, and excellent stories. Gichi-migwech.

To the Helpers, in particular Gerri Hinse-McGregor, Vianne McGregor, and Paige Jacko, thank you for your assistance with the ceremonies and helping our family through our grief. Gichi-migwech.

To friends and community members who brought food, flowers, and offered their help through ceremonies and in the kitchen, in particular, Ahn, Winnie, Andrea, Peggy, Tina, Louanne and the rest of you who are too many to name here, thank you. Your assistance and food was most appreciated. Gichi-migwech.

To our extended family, our friends, friends of Bill W, and our fellow community members, thank you for offering your condolences, your compassion, and your respect for Murray Sr. and our family. Gichi-migwech.

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

Community Health Nurse Lab/Blood Draw Clinic - Fridays @ 10:00 am
Please bring your Requisition(s). Appointments recommended.
Aanii Boozhoo anish nih giig? I hope everyone had a great August as time had flown by and we have been busy with program planning. I would like to take a moment to acknowledge how awesome it was to see our community members proudly engaging in various social activities. It was a blessing to see our youth and elders having fun and enjoying the Pow Wow as well as the Homecoming events. It will be important to start this fall off with some programming that will be beneficial to all our community members. Topics included will be: Ice and Water Safety, Internet Safety, Night Walking Safety, Bike Safety, Safe talk, and Relationship Safe Talk. Upcoming events will also include a 16 Week Fitness Challenge!

So many families came out for the Homecoming Week Family Dance, that interest has been generated in holding monthly family dances! In response to this interest I suggest families take turns in being the DJ for our family dances. We all have our very own playlists that we love to listen to and we could dance the night away. So if you would like to have these community functions we can do it together while honing our mad DJ skills! Let’s work together as families, offering assistance, moving forward and having fun!

Back to School Bingo has been postponed until further notice. To all our students, remember you’re your family and community are proud of your academic, sports, school club and committee achievements and accomplishments. As the new school year begins, remember we must step out of the comfort zone and take chances to find what out what our capabilities truly are!

Sundance Ceremonies happened this month and we had seven dancers join a sundance family and will be dedicating four or more years to dancing. If either of dancers miss a year they will have to restart all over again as a 1st year dancer. I’m so proud of all those that went and danced or supported these individuals through the process of preparing themselves and then working to build a lodge and dancing. Migwetch

**Dates to Remember**

- **September 9th**: FASK Day Awareness
- **September 18-22th**: Fall Fasting with partners SKHC, KINA and WRFN
- **September 30th**: Every Child Matters

I’m currently looking for a date and venue for Putting an End to Family and Domestic Violence

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.
Family Resource Worker - Paige Jacko

Well as summer 2019 comes to an end, I hope everyone took full advantage of the beautiful warm weather! This summer the Family Resource Worker Program spent traveling and spending time at the beach. Crystal and I had the opportunity to take youth to Saugeen First Nation and the Tobermory Caves also known as the grotto. We had an amazing time on this trip getting to create connections with other youth support workers as well as other youth. On our trip, we spent some time at the beach, playing games and sitting around the fire learning about the history of their First Nation. All around, the youth enjoyed the opportunity.

Michael Aelick and I also had the opportunity to take families to Niagara Falls and Canada’s Wonderland. This was an amazing opportunity for families to connect with each other creating memories with their children. We spent one in Niagara, enjoying time at the waterpark capping off the long day with an evening fireworks display. The next day we traveled to Canada’s Wonderland, where families spent the day on rides, laughing, lounging and eating! Again, an amazing few weeks of connecting, learning and growing.

The month of September, I will continue to assist families and link them to supports both in the community and external services. Working in collaboration with the Band Representative programs allows me to focus on assisting families and creating more opportunities for growth, learning, and fun. Also, Whitefish River First Nation and Kina Gbezhgomi will be hosting a Cultural Day event September 27 & 28, 2019 at the WRFN Ball field.

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

Mental Health & Addictions Worker (NNADAP)  
Michael Aelick

Aanii, WRFN Health is looking to develop a list of available Fire Keepers within our 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.

On August 16th I enjoyed having some lasagna during the Meet and Greet at the Seven Fires Youth and Elder’s Centre. This was a great opportunity for people to meet the Health Centre team as well as pose any questions or concerns they may have. I assisted Paige Jacko with taking some families to Niagara Falls and Canada’s Wonderland from August 19th - 21st. Everyone enjoyed the time spent together and I enjoyed spending time with the families involved.

September will start with two weeks of Strategic Planning for WRFN Health. During this time, we reflect on what has worked for our programming and what we may need to improve to best serve the community. Mental Health and Addictions programming will resume in October.

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

Miigwetch to Lafarge for hosting the 45th Annual Fish Fry

The community of WRFN always looks forward to this amazing event!  
Chi-Miigwetch!

Homecoming Week coincided with the 45th Annual Lafarge Fish Fry bringing families together from far and wide to enjoy shared laughs and a delicious fish dinner!

WANTED! Fire Keepers

We are looking to create a list of available Fire Keepers in the Community for supporting Feasts, Ceremonies, and other important events.

If you are interested in being a Fire Keeper please contact Michael Aelick, Mental Health and Addiction Worker at the Health Centre 705-285-4354 or by email maelick@whitefishriver.ca.
Right to Play Worker - Crystal Clark-McGregor

This past August was very eventful with all the trips.

Sauble Beach & Tobermory Caves (August 7 & 8)
It was really nice to have been welcomed into Saugeen First Nation once again. The participating youth stayed in the host community’s Youth Center overnight and were able to access the basketball court, pool table, video games, and a fire that night made complete with s’mores. I am very happy to have gone on this adventure with 12 youth who all had a fantastic experience! As it turns out I am not the right person to take pictures so I hope all your social media posts turned out!

Birch Island Territory Canoe Trip (August 15-19, 2019)
I am very happy that we are able to host another territory trip around our beautiful community. It was an awesome challenge that the younger youth had taken part in. I’d like to send a shout out to Cubby, our MVP (Most Valuable Paddler). He has displayed skills learned over the years and has shown much improvement with his canoeing skills. I am very proud of everyone who pushed through all the waves and the portages, even the unexpected ones. It was a great trip and I hope that more youth ages 10 and up gather the courage to join next summer!

Adventures in Engineering and Science Camp (August 20-23)
Thank you once again to the University of Ottawa for coming out to share all the tech, science experiments and games. The kids had an excellent time.

To the summer students who had helped me, I am beyond grateful to you all! I would have not made it through the summer without the four of you. CHI-MIIGWECH for the hard work that you put in!

Fall is approaching!
This September I will be in two weeks of staff training with the Health team. I will also be assisting and attending this year’s Fall Fast (September 18-23).

I am excited to be going back to evening programs and hope to see all the Youth out on Registration Night on October 3rd, 2019. I would also like to hear feedback on the program. What times work best and what kinds of programming would you all like? Are there sports of interest? Please send me an email at righttoplay@whitefishriver.ca or a call at 705-285-1755.

The 7 Generation Youth Council meetings are in a full swing, and I am pleased to announce that they will be hosting their very own Cultural Weekend on September 6-8, 2019 at Sunshine Alley! They have organized everything from agenda, meals, special guests and so on. They are also hoping to reach out to our youth in the community to come on out! The Youth Council will be meeting on Tuesdays at the Youth Center from 6pm to 8pm.

The next meeting will be held on September 3rd, and we hope to see you there! Keep in mind that volunteer hours can be given out as well.

Hope your school year is a great one!
Seniors Navigation Worker – Marida McGregor

The Seven Fires Youth and Elders Centre was busy in August with the following: updated interior paint job, Meet and Greet luncheons with WRFN Health staff and WRFN Housing staff, Traditional cookbook preplanning as well as our second Seniors Reflection Session. I have also been busy with advocacy and referral supports.

For September we will be having the following events:
- Meet and Greet luncheon with Chantelle Taylor, Geriatric Social Worker and Kim Genereux, Anishinabe Health Care Navigator from Noojimowin-teg Health Centre – September 18, 2019
- Seniors’ Cookbook Design – September 23, 2019
- Meet and Greet luncheon with UCCM Police Services – September 25, 2019
- Seniors’ Reflection #3 – TBD
- Seniors’ Birthday Cake – September 26, 2019

Reminder that the Seven Fire Youth and Elder Centre is open daily for seniors Monday to Friday to enjoy from 8:30 am to 4:30 pm. We are open for coffee, baking, bring your crafts, and visiting with each other.

I am available to assist with the following, but not limited to:
- Referrals to Internal and External supports
- Advocacy (Medical, Housing, Mental Health, Bill Payments, etc.)
- Medical Transportation supports
- Daily practical living referrals (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 aftercare.

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

Joyce and Andy enjoyed beautiful, warm August weather at the Annual Lafarge Fish Fry.

Meet & Greet Luncheon

Wednesday September 18, 2019
11:00 am to 1:00 pm
Seven Fires Youth and Elders Centre

For more information contact Marida at 705-285-1755

Meet & Greet Luncheon with UCCM Police Services

Wednesday September 25, 2019
STARTS AT
11:00 am to 1:00 pm
Seven Fires Youth and Elders Centre

For further information call Marida at 705-285-1755 or email at maridam@whitefishriver.ca

Kim Genereux, Anishinabe Health Care Navigator - Noojimowin-teg Health Centre

This program aims to support Manitoulin Island District Indigenous elders, aged 55 and over, to remain living at home as long as possible, improving their quality of life. Services are client-centered and promote culturally relevant health care. This program works in collaboration with clients, families and other community-based traditional health and social services providers...

Chantelle Taylor, Geriatric Social Worker - Noojimowin-teg Health Centre

Works collaboratively with other health care professionals in order to achieve optimum psycho-social functioning, prevent unnecessary deterioration and promote independence. Services are provided in an accessible manner and are offered directly in the community, where the older resides or at local health centres...
Food Security Assistant - Louanne Megwanabe

Student Nutrition Program 2019-2020
As we are heading into the month of September my mind is full of all the nutritious recipes I will be preparing for our Student Nutrition Program. We have invested a great deal of time and effort to produce the best possible menu packed full of vegetables, protein, nutrients and taste. We are following a seasonal menu, incorporating extra vitamins and nutrients as needed by the season we are in e.g. prior to the “cold” season we will be adding more cold fighting foods, or more vitamin D since we have less exposure to the sun. This is a sample of the planning that goes into the menu.

Healthy Kids
Switching to a healthy diet can have a profound effect on children’s health:
1) Helping to maintain a healthy weight
2) Possibly avoiding certain health problems
3) Stabilize their moods
4) Sharpen their minds
5) Can help stabilize a child’s sense of mental and emotional well-being.

Kids aren’t born with cravings for fries & pizza and dislikes for broccoli & cauliflower, they become conditioned over time as they are exposed to more and more unhealthy foods. Occasionally, we need to make it clear what is for dinner and then turn it into an everyday treat. Children’s food cravings can be changed so they crave healthier foods.

A good tip to start this change is to always include your children in food selections, food preparation, cooking and even clean-up. When kids are included they feel ownership for the dinner prepared and may be more likely to sample it. This is a good time to incorporate talk-time with your children. Important decisions and discussions happen around the comfort of food, bringing your family closer together.

Food Myths:
Over the next year I will be writing about food myths, food facts and interesting tips about ingredients, generally and “foodie” information.

Myth 1: You Should Avoid Fat
Fats – good fats – are needed to support a healthy body, promoting satiation, proper brain function, hormonal stability and more. A balance of unsaturated and saturated fats are ideal, so load up on good-for-you choices like avocados, nuts, chia seeds, olive oil, pasture-raised eggs and grass-fed butter. Low-fat or fat-free prepared foods often replace fat with refined sugars and unpronounceable additives, which you should avoid.

Craberry Season
What, exactly, are white cranberries? They’re cranberries early in the harvest season, and they’re ripe! If you put white cranberries in the freezer, they turn red. If you cook them, they turn red. That’s because cooking and freezing releases the anthocyanin (red pigment). If you look at a bed of cranberries, they all look red.

On a side note, there are cranberries on WRFN Territory, look forward to an upcoming craberry harvesting trip.

Have a wonderful month of September, enjoy the fall harvests, a warm cup of herbal tea and enjoy some good company. Baa Maa Pii

13 Moons Garden

By Michael Aelick

The Shrub With Hips and the Spicy Lemonade Tree

The days are starting to get shorter, the nights are getting cooler and this year’s growing season is coming to an end. This is the time for harvesting what we have grown and what might be available near us that we can turn into preserves or store for later use. Some of the things that will be readily available at this time of year around us; will be Rosehips, Sumac, Beaked Hazelnut, and Cattails. In this article I will talk about Staghorn Sumac and Rosehips.

Staghorn Sumac produces beautiful cone shaped red clusters of berries that are said to have a tangy lemony flavour. These berries can be collected and steeped to make a drink similar to pink lemonade. It is best to harvest the berries from mid-August into September preferably before the heavy fall rains wash out all of the flavouring. It is said that the berries are packed full of Vitamin C and lots of other trace minerals. Once you have harvested the berries, bring them home and inspect them for any hitchhikers like spiders and stink bugs. If the berries are badly infested, just discard them and try a few other berries. Do not rinse the seeds, as this will only wash away all of the flavouring. To make the Sumac lemonade all you have to do is soak the berries in water either over night or like making sun tea; just leave it in the sun to brew for the day. Strain all the berries and the fine hairs through a coffee filter into a juice pitcher. Depending on how many berries used, and how strong you like it, the juice may need to be diluted. You can also add honey or maple syrup to sweeten. Your Sumac lemonade is ready to be chilled and enjoyed. To make Sumac spice, the berries can be dried for a week or two and put into a food processor. Process the berries until all of the red fruit is off of the seeds. Strain out all the seeds which will leave you with a tangy, lemony red seasoning that can be further refined into a fine powder if you desire.

The Rose is not just another pretty face. The flowers have been used to make rose water for flavouring as well as for cosmetic uses. In the fall we are looking to use the fruit called Rosehips that can be made into jams, jellies, syrups and teas. We have three types of roses that grow wild in our area they are the Prickly Rose, Smooth-stemmed Rose and the Swamp Rose. All of these roses will produce Rosehips with a sweet, tangy flavour that can be used dried, fresh or preserved. Rosehips are packed with vitamin C and it is said that three ripe Rosehips have more vitamin C than one orange. The Rosehips should be harvested after the first frost as this will improve the sweetness and it also softens the fruits. The easiest way to store Rosehips long term is by drying them. To do this cut the Rosehips in half with a sharp knife and remove the seeds and tiny hairs from the inside and rinse gently. Spread the hips out in a single layer so they can dry well or they can be placed in an oven on the lowest temperature. Store in sealed glass jars in a dark place.

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 and remember to plant a garden, share the bounty, repeat next season.

Aambe Bagilse’daa- Let’s go Hunting
September 27-29, 2019

UCCMM Hunters and families are invited to the “Aambe Bagilse’daa - Let’s go hunting” weekend. Come celebrate our culture and share our traditional harvest! The UCCMM Tribal Council is partnered with Gwekwaadziwin Milanik and Noojimwin Teg to bring you this event.

Participants will be provided with:
- Camp meals (breakfast, lunch & supper) for duration of the harvest.
- Portable toilets and sanitation stations.
- Limited number tents and cots will be provided (assigned at registration).
- Opportunity to participate in indigenous food based workshops and cooking sessions.

All participants will be required to:
- Assist with the operation of the camp (gathering of wood, meal preparation/cooking and camp cleanup) when required.
- Assist with the preparation of harvested animals (if possible).
- Bring necessary supplies for camping and including feast bundles.

Absolutely No Alcohol or Drugs

Registration CLOSES on September 18, 2019 @ 4pm
Information/Registration CONTACT:
SAUL at 705-377-5307 Ext. 221
Aanii Kina Weyay!
I hope all is well in your circles of family and friends.

Post Secondary Education
A total of 29 Post Secondary Graduation Financial Awards have been provided to 27 WRFN Band Members who graduated various College and University programs at our Homecoming week PSE awards dinner. A few students graduated from two programs from April 2017 to June 2019!

If there are more recent Post Secondary Graduates out there, perhaps you or someone you know, then please send in a photo or scan of your certificate, diploma or degree by September 30th, 4:30 PM to jshawanda@whitefishriver.ca

There is still a chance for you to be acknowledged!

For High School Students:
The Deadline for Ontario high school students to submit their completed application to the OUAC (Ontario Universities’ Application Centre) for September 2020 start is January 15, 2020.

Note: The OUAC still processes applications received after this date and distributes them to the universities; however, specific university deadlines will apply.

February 4, 2020
Recommended last date for students to submit university and program changes and additional active choices to the OUAC to be considered for early admission.

Note: This is a recommended deadline. The OUAC will still accept and process application changes at any time.

May 27, 2020
The latest date all high school applicants can expect a response from an Ontario university. This includes: an offer of admission; a refusal; or a deferral, once additional information is received.

June 1, 2020
The earliest date an Ontario high school student may be required to respond to an Ontario university offer of admission and give a financial commitment (e.g., registration deposit, residence deposit, etc).

Important Dates and Deadlines for Ontario College Applications
When to Apply: As long as space remains in an Ontario college program, you may apply for it. However, there are some important dates to keep in mind, especially for popular programs that fill up quickly.

Apply to college as soon as the online application becomes available in October.

Complete and pay for your application on or before February 1 in order to receive equal consideration for admission to programs beginning the following September.

The following dates apply to programs starting in the fall of 2020. The application process at ontariocolleges.ca follows an annual cycle, based on the academic year (August to July). For programs beginning at other times of the year, please contact the individual colleges for more information about application processing dates.

Early October 2019: Online Application Opens
In early October, access to the online college application becomes available for programs beginning in the following academic year (August to July). You may create an account and begin your application.

February 1, 2020: Equal Consideration Date
Apply on or before this date in order to receive equal consideration for admission to programs starting the following fall. After this date, colleges consider applicants on a first-come, first-served basis until programs are full.

Note that applications to Highly Competitive Programs must be received by this date in order to be considered. As these programs receive a high volume of applicants, all seats may be filled by February 1.

Applicants are encouraged to complete their applications well before the Equal Consideration Date, as website volumes on the online application are at their highest at this time. Many programs continue to accept applicants after February 1. Use our Find a Program tool at any time to find programs that are still open.

February 1, 2020: Earliest Offer Date
This is the earliest date that colleges may begin to send offers of admission to programs for the upcoming academic year. Offers will continue to be issued until programs are filled or wait-lists are established.

May 1, 2020: Deadline to Confirm Offers of Admission
Applicants must confirm their acceptance of an offer of admission by this date. Log in to your ontariocolleges.ca account to confirm your offer.

Colleges may extend offers of admission after this date. Each college will set the deadline to confirm offers made after May 1, and this deadline will be communicated to you with your offer.

June 2020: Tuition Deposit Due at the Colleges
The colleges require payment of a tuition deposit in June to secure your spot in your program. Each college sets its own tuition deposit amount and payment deadline. This information will be communicated to you by the college.

To Parents of Students Grades K-12, living on-reserve (WRFN) for the School year:
All should have received School Supply Subsidy Cheques; if I have missed one of your students please call or email me and I will ensure you receive your subsidy.

In future, please let me know by Mid-August which school you will be registering your child(ren) in – Shawanoswe School, Sacred Heart School, A.B. Ellis School or Espanola High School.

Joan Riggs Facilitated Workshop – Community Centre, September 23 & 24, all day sessions. Ms. Rigs is going to assist WRDN in our beginning phases of a Community Wide Education Visioning Process – We are beginning with focus on Maamwe Kendaaing Child Care Centre since there are big things on the horizon. All community members and band members, WRDN residents and citizens are welcome to take part. Please let us know by Wednesday, September 18th, 4:30 pm if you plan on attending as snacks and lunch will be provided both days and we would like to get an idea of number of participants.

WRDN Bussing Schedules
Espanola High School Schedule
First bell - 8:35 am
Home room - 8:40 am
Last class ends - 2:40 pm
Bus Leaves - 2:50 pm

WRDN EHS Bus Pick-up route
Hwy 6 South - 7:35 am
Maple Ridge 1st stop - 7:40 am
Maple Ridge 2nd stop - 7:42 am
Rainbow Ridge Stop - 7:45 am
Church - 7:50 am
Hwy 6 North - 7:52 am
EHS - 8:15 am

WRDN AB Ellis Pick-up route
Maple Heights 1st stop - 7:35 am
Rainbow Ridge 2nd stop - 7:38 am
Arrives at Church - 7:40 am
Leaves Church - 7:45 am to Espanola

Have a great year to all students!

Baa Maa

Congratulations to our daughter Brianna, who graduated from Confederation College in the Business Marketing Program! We are extra proud of all you have accomplished from your past couple of years. You are a true inspiration, role model and a fantastic Mom to Isla.
Love, Mom and Dad
Aanii, Melanie Manitowabi ndiznakas, Wawasking ndoojibaa. I have recently accepted the Supervisor position for the Maamwe Kendaasing Child Care Centre, as of August 6, 2019. I am busy learning the ropes of what it takes to support the Centre in all capacities, so please be patient with our plans moving forward in Early Learning (EL). I have a background in early childhood education and teaching in the k-12 system. I also have been a lecturer in the Early Childhood Education and Teacher Education Programs at Kenjgewin Teg Educational Institute. Currently, I am a PhD student in the Education and Sustainability at Nipissing University focusing on Indigenous Education Frameworks, and Collaborative Inquiry cycles, I am a mom, mama, wife, daughter, niece sister, auntie and cousins to many. Now that the busy and fun filled summer has come to an end, and our summer school-age family has returned to school, we will begin planning for our fall cycle.

Programming at the Centre is ongoing, and we are gearing up for our new strategic plan based on our collective voice of what Early Learning (EL) will be for Wawaskinaga. Stay tuned as we work towards improving how we plan for our future leaders. Below are a few highlights from our summer programs. This past month children have been engaged in exploring and learning about their community. All the students had a chance to attend the family fun day at the track field. While there, the children enjoyed the food, the bouncy castles, and visiting. The school-age group had an opportunity to visit the bell rocks and listen to the history of our community. The summer ended with a trip to Sudbury, where the children were able to have a blast at the Kupp Centre and Urban Air. At the Centre the students have also been engaged in their own individualized programs delivered by their educators, with all having wonderful experiences. I would like to take the time to say miigewichi to all the educators for supporting our children’s interest daily! The children are lucky to have you in their lives.

**Professional Development**

Our educators had an opportunity to attend a professional learning session in M’Chigeeng at the Minido-Mnising Sharing and Learning Centre. During the session they learned various ways to incorporate Anishinaabe teachings into their programs, as well as the importance of utilizing our lands as our first teacher. This form of professional learning is one of our goals for the Centre moving forward in EL! I attended the School Health Support Services (SHSS) a local First Nation health organization that provides support for daycare and schools who require referral services for all areas of positive healthy development. We are also very open to community helpers in our Centre to help build our programs to be strong and vibrant. If you have a gift that you would like to share with us, please call or stop by and we can plan how we can support each other. Examples that would be helpful include: storytelling, singing, Anishinaabemowin lessons, land based activities, creative arts, the list goes on. We need your help, so please stop in!

**Day Care Spaces**

Currently, our programs are full, however, this changes frequently. Parents are encouraged to fill out an application to be put on a waiting list, and when a spot opens, you will be notified of an opening. The Centre requires updated employment information should parents require full time day care services as per our policy, if there is room in our program we also offer a social program for non-working parents, please fill out a form and we will accommodate when space is available. Our recruitment efforts have been successful and we are happy to welcome Courtney Laundrie and Cheryl Shawanda to our team. Both have been educators in the field for many years and have also gained much experience in various areas in EL, we are so grateful to have them join our team. We will continue with recruitment efforts with full-time staff, relief staff and supply staff and cook, as our new license will allow for higher enrollment into our programs, which will also include an infant program. During the coming months we will be actively seeking input by all stakeholders as this will help to better inform our programs and services, which will be based on our mission, vision and philosophy of the early years based on Anishinabek values and beliefs. Miigwech for your continued support as we move ahead in our planning!

**Child Care Closure:**

The Centre will be closed September 2, 2019 for Labour Day.

Professional Development Days for our strategic planning session and EL framework will take place, as well as the packing for our move to the new EL Centre September 23-27. The Centre will be closed for these important days of planning, a letter will been sent out to all parents letting them know. If you have any questions please call Melanie at the Centre.

Happy Birthday to those celebrating in September.

Cheryl Shawanda, Melanie Manitowabi & Courtney Laundrie were welcomed onboard at Maamwe Kendaasing in August.

Esther Osche shares Bell Rock teachings with Daycare Friends.

Maamwe Kendaasing enjoyed the warm weather with an outdoor excursion on Family Fun Day.

Sammy maintained his cool supplying a constant flow of Snow Cones during Family Fun Day.

Baamaapii, Maamwe Kendaasing Eknoomaaget
## School Year Calendar 2019-2020

<table>
<thead>
<tr>
<th>Month</th>
<th>Number of Instructional Days</th>
<th>Number of Professional Activity Days</th>
<th>1st Week</th>
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### Please Note:

The staff and I are very proud to be serving both the community and the students at Shawanosowe. We look forward to a very exciting 2019/2020 school year.

Daniel Stagratt

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**The Bobcat**

Aanii Parents and Guardians

Welcome back to Shawanosowe School.

At Shawanosowe School, our staff of teachers, educational assistants and support staff is committed to the success and well-being of every student. As a staff we work collaboratively while continually striving to improve the quality of our instruction through a variety of initiatives.

Shawanosowe is truly a community school. We invite our families and community to take part in as many activities as they can. Our students benefit from a wide variety of experiences and opportunities which creates an environment that is healthy, safe and caring. Students are encouraged to take part in extra-curricular activities (arts, clubs, sports) that are offered throughout the year. My name is Daniel Stagratt and I am honoured to return to serve the students and families at Shawanosowe School. I have worked for over twenty years at various levels of education as a teacher, vice-principal and principal. This coming year we have many exciting things planned for our students.

A few important dates to book are;

- **Sept. 3rd:** (PD Day) First Day for Teachers and EA’s
- **September 4:** First Day of School for Students
- **September 13:** Spirit Day
- **September 24:** Open House
- **September 25:** Early Dismissal
- **September 30:** Orange Shirt Day- Every Child Matters

The staff and I are very proud to be serving both the community and the students at Shawanosowe. We look forward to a very exciting 2019/2020 school year.

Migwetch,

Daniel Stagratt
Band Manager - Art Jacko

Aani Bemaadizjig

Mnoomini Gизис (August) went by fast and we welcome the changes that Waabaagaa Gизис (September) brings to our community.

Early Learning
As construction continues, each day we are approaching the grand opening. This will be an exciting time for the children and the community, showing our investment towards Anishinaabe-Gikino’aamaadwiin.

Elders Residence
Construction has started, the area is fenced off and the office trailer and other equipment is moving onto the site. Lignum Builders Ltd., out of Espanola is the contractor selected for this project. This is an eight-unit residence complex that will continue to serve the independence of our elders. This is another great investment for our elders by Whitefish River. Now that ground breaking has occurred the foundation is being poured and it will not be long before we see the building structure up. This is another exciting time for our elders and the community.

Jijngamowin
Well, we had another wonderful powwow weekend! There were a few light showers at the beginning, however we were graced with beautiful weather for the rest of the weekend. There were many visitors, dancers and we had five drums in total. Good food, laughter and smiling faces were evident throughout the whole weekend. The organizers and volunteers did an excellent job with our pow-wow. A special acknowledgment goes to the team leader, Sandy Jacko who deserves a special recognition as she was there at every sunrise ceremony and stayed right to the end each day. They were very long days for her.

Summer Students
The summer students are done their work and this is the first time the concepts of project management and other training were incorporated towards their working experience. The two Community Development projects completed as part of their employment experience were successes. The work on our Veterans Memorial and Sandy Beach #1 was awesome. We are very proud of their hard work and chi-Migwech for your investment in our community.

Back to School
Waabaagaa Gизис marks the beginning of another school year. This is a very exciting time for all students, both new and returning, parents and their families. I would like to take this time to wish all of our students the very best as they continue to pursue their education.

Employment Opportunities
The following are some of the upcoming employment opportunities that will be posted shortly:
1. Child & Youth Mental Health and Addictions Councilor
2. Mental Health and Addictions Worker
3. Child & Family Well-Being Coordinator
4. Family Navigation Worker
5. Early Learning Coordinator
6. Family Well-Being Coordinator
7. Events Coordinator
8. Indian Day School Community Coordinator / Navigator

Anishinaabemowin
Now that we are part of the Anishinabek Education System and as we advance towards Anishinaabe-Gikino’aamaadwiwin, I want to start sharing in each of my articles, a bit of our language, this may include a series of words, phrases or short stories. I am going to start with Family Titles.

I came across this list a few months ago and wanted to share, however the credit for this list goes to Winkwenkoong Anishnaabemowin Group.

My family – Ndodemak
My parents – Ngitiizmak
My grandfather – Nmisheonis
My grandmother – Nookmis
My father – Noos
My mother – Ngashi
My older brother – Nsayeey
My older sister – Nmisheen
My younger sibling – Nshieen
My son – Ngwis
My daughter – Ndaanis
My brother/brother speaking – Nikaanen
My sister/sister speaking – Nwidiigikhn

My brother/sister speaking - Ndaawemaa

My sister/brother speaking - Ndaawemaa
My uncle - Nzhisenh
My aunt - Nashenh/Nizgwais
My grandmother - Nooshen
My great grandmother - Ndaankaabijig
My niece – Nzhims
My nephew - Ngingins
My cousin – Nitaas’/Ndaangshen/ Nindaangosh
My great uncle - Nmisheonis
My in-law – Ndindawaa
My father-in-law - Nzhinis
My mother-in-law - Nzingis
My son-in-law - Nzingwani/Naangish
My daughter-in-law - Naangwanaa
My sister-in-law - Ndaangshen
My brother-in-law - Nwiita
My step daughter - Ndozhikwe
My step son - Ndozhima
My oldest son – Njiiikwis
My oldest daughter - Nmjiiikwekis
My relative - Ndindwenaagaan
My friend - Nwiiiken
My girl/boy friend - Nbazagin
My spouse - Nwiiigemaagan

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

Nahaw, Baamaapii Miiwmwa
Kwaaabmin

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 Mgwabanji
Lands Manager/IRA
at the WRFN Administration Office
705-285-4335 ext. 208
Fax: 705-285-4532
or by email at
kathleenm@whitefishriver.ca

Whitefish River First Nation Membership Office
17 A Rainbow Ridge Road
P.O. Box 188
Birch Island, Ontario
PoP 2Ao

Mii-gwetch
Baby Willow attends her very first Lafarge Fish Fry, surrounded by family.

The Annual Lafarge Fish Fry is a time to gather together, for old friends and new.

Miss Corrina and son Memphis wait patiently at the Lafarge Pavilion.

Olivia was the lucky recipient of a new bike at the Lafarge Fish Fry draws.

Sneak up time!

The skies were clear for family time at our Annual Pow Wow.

Families came out to enjoy the revitalized 1st Sandy Beach Kick Off event.

Chi-Miigwetch to our hardworking summer students, and good luck in the upcoming school year.

George and Bug glided to a smooth second place finish, in the adult mixed canoe races!

The Pow Wow supper break crowd was treated to an outdoor concert courtesy of Dale McGregor & Family.

The Whitefish Bay Singers were the co-host drum at our 2019 Annual Pow Wow.
Whitefish River First Nation Boundary Claim Trust Agreement Update

Greetings!

My name is Esther Osche. As the Trust Coordinator for the Whitefish River First Nation Boundary Claim Trust Working Group, I provided a monthly report on the ongoing activities related to finalizing the draft Niigaan Naabidaa Trust Agreement. As previously reported, the Trust Working Group worked diligently to shape the terms of the Niigaan Naabidaa Trust Agreement based on the input provided by members who contributed during member consultations. The finished draft Trust Agreement was then approved by the Whitefish River First Nation Chief and Council to await ratification, an approval by referendum vote, by the members of Whitefish River First Nation. The Trust Agreement will only take effect after it is ratified by the members.

Purpose of the Niigaan Naabidaa Trust Agreement:

A Trust Agreement is a Rule Book that preserves and protects the settlement funds for today’s and future members.

A Trust operates as a separate legal entity and its function, along with those of the Trustees, are limited to receiving the settlement funds, investing the Trust property and, making annual payments to the First Nation for the purposes described in the Trust Agreement. The decision to how to spend the annual payment is left up to the community.

Niigaan Naabidaa Finished Draft Trust Agreement: The Working Group provided representation and input into a draft Trust Agreement template with input gathered from the members at community engagement sessions. The finished draft Trust Agreement was approved by the Chief and Council on September 18, 2018.

**UPDATE:** The Trust Selection Committee Members have now been established with an approved Terms of Reference. The Trust Selection Committee will help to put in place five (5) Trustees as follows: 1 corporate trustee, 2 member trustees, and 2 ex-officio trustees (non-voting) comprised of 1 youth aged 18-25 and 1 councilor.

The Ratification Vote for the Trust Agreement will take place during the month of October 2019. In preparation for the vote, information packages containing a message from the Chief, Notice of Vote, details on the Trust Agreement, including the Settlement Agreement, and Voting instructions will be sent out by mail to all members whose addresses we have on file. Please keep an eye open for the Ratification Vote Information Packages to arrive in your mail by mid-September 2019. Inside the information packages will be details specifying the locations, dates and times of the Community Information Sessions leading up to the Ratification Vote. These will be scheduled for Birch Island, Toronto and Sudbury following the Thanksgiving Weekend.

Collection of Member Contact Addresses & Contact Information: We continue to need your help! It is VERY important that we collect member contact addresses and emails. I have received some updates since the last report and encourage all members to contact family near and far to ask them to send their contact information to my attention. This is extremely important for communications that will be sent out to members regarding the upcoming ratification vote.

You can send the Trust Coordinator either a letter addressed to P.O. Box 88, Birch Island, ON PoP 1A0, or, email at eosche@whitefishriver.ca or, telephone call at 1-800-265-4335 and request to be put on our mailing and email listing.

**Please help spread the word to family and community acquaintances to update their contact information by contacting our office at the number and email address provided above.**

Questions? Please send a letter or, email to the above-noted mail and email addresses to the attention of Esther Osche. A response will be prepared and sent back to you. Migwetch and Thank You to all those members who have sent in your inquiries so far.

The WRFN Trust Process Chart: The process chart has been revised to show we have reached the final stages of our identified tasks. Please note, the Chart has been finalized to mark the reaching of a major milestone – being the Ratification Vote to approve the Trust Agreement.

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**WRFN TRUST PROCESS**

- **March 2018**
  - Preparations for Ratification Vote on Trust Agreement
  - Ratification Vote Information Packages Mail Out

- **April-May 2018**
  - Share first draft and final input and changes
  - Both on and off Reserve

- **June 2018**
  - Chief & Council Acceptance of Final Draft of the Trust Agreement

- **July- August 2018**
  - Committee Meetings
  - Planning & Development Process

- **August 2018**
  - Community Information Sessions & Both on and off Reserve

- **September 2018**
  - Community Engagement Sessions & Both on and off Reserve

- **October 2018**
  - Development and Presentation of Initial Draft Trust Agreement

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August was a busy month for the Community Economic Development Department from Information Sessions to Homecoming Week to our Annual Pow Wow.

The first Anishinabek Nation Governance Agreement Community Information Session with Lisa Restoule was held August 8th in the WRFN Council Chambers. There was over 30 community members in attendance and many participants took the time to ask questions about the agreement.

Homecoming Week in WRFN was hosted from August 13th to 18th. There were nine events held during the week, not including the four sun rise ceremonies leading up to our Annual Pow Wow Weekend. The week embodied the team effort of the Consultation Coordinator, Governance Coordinator, available summer students and I. Chi Miigwech to all those involved in the planning, preparation and realization of these events. Without you, these events would not be possible.

Kenjigewin Teg was here to present information on the Mshigaade Mikwan Program on August 22nd, as well as their upcoming trades programs. Since, turnout was low we will be hosting another session in mid-September. Please plan to attend the next session to learn more about these exciting learning opportunities.

The second Anishinabek Nation Governance Agreement Community Information Session with Martin Bayer was held on August 23rd. This session was live streamed and there were 15 community members in attendance who took the time to ask questions. All the questions asked at these community information sessions are provided to the Anishinabek Nation so that they can help develop the requested information. The Community Outreach Sessions in Toronto and Sudbury have been rescheduled to September 18th and 19th respectively.

The Summer Student Work Experience Program wrapped up on August 30th. I am so happy to have had the chance to get to know these future leaders, proud of what they have accomplished in such short window and look forward to seeing more of their great accomplishments in years to come.

The Ontario Power Generation will be making a presentation to the community on the proposed Coniston Hydroelectric Generating Station (GS) Redevelopment. The Consultation Coordinator is working on setting a date for mid-September or early October.

In September, I will be attending a Gas and Tobacco Steering Committee Meeting in Thunder Bay and the Ontario Aboriginal Land Association Joint AGM/Conference with the Ontario First Nations Economic Developers Association in Mississauga.

I look forward to what September brings. If you have any ideas or questions, you can email me at sandy@whitefishriver.ca or visit me at the Administration Building or call me at (705) 285-4335 ext. 216.

Boozhoo! August was a very busy month and we got a lot accomplished. We had four information booths where the Anishinabek Nation Governance Agreement Information Packages were available for distribution. We also hosted two Open Houses in the Council Chambers on August 8th and 23rd. I also attended the Anishinabek Nation Eshekenijig and Getzi’dijig Governance Gathering in Sault Ste. Marie from July 30 to August 1. Roughly 100 participants learned about the Anishinabek Nation Governance Agreement and the complementary Anishinabek Nation Fiscal Agreement along with the Traditional Governance Clan Teachings from Nnishomis Gordon Waindubence, Anishinabek Nation Grand Council Head Getzit. Three youth and two elders also attended the gathering with me.

Moving forward, I will be starting my home visits to provide information on the Agreement to ensure that community members understand the Agreement, its’ impact on our community, and voting information. These home visits will begin in September and run through until December.

We postponed our two information sessions in Toronto and Sudbury and they have been rescheduled to Wednesday, September 18th in Toronto and Thursday, September 19th, in Sudbury.

If you would like an information 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.

Just a few points of interest:

On August 23rd, 2019, the Honorable Carolyne Bennett, Minister of Crown-Indigenous Relations, and Anishinabek Nation Grand Council Chief Glen Haré celebrated the initialing of a proposed Anishinabek Nation Governance Agreement and the formal launch of the Anishinabek First Nations community approval process. To date, 20 Anishinabek Nation First Nations throughout Ontario have committed to holding a community vote on the proposed Agreement. If ratified, the Anishinabek Nation Governance Agreement would be the first Indigenous self-government governance agreement in Ontario.

Once the Anishinabek Nation Governance Agreement is ratified, the Government of Canada will recognize Anishinabek law-making powers and authority over how their First Nations are governed. Four parts of the Indian Act that deal with governance will no longer apply to the Anishinabek First Nations who ratify the proposed Agreement. The First Nations will make their own decisions about leadership selection, citizenship, government operations, as well as how best to protect and promote Anishinaabek language and culture.

Whitefish River First Nation will be hosting a few more Open Houses where staff from the Governance Unit at the Union of Ontario Indians will be present. These will happen before the actual voting period. The voting period is from February 1st to February 29th, 2020.

Call me or drop by at the Administration Building, or email me at gpellettier@whitefishriver.ca if you have any questions.
Whitefish River First Nation

wishes to thank the sponsors of our Annual Pow Wow,
whose generosity and support make this spectacular event possible!

Aanii,

As the summer chapter winds down to an abrupt end, the student workers prepare to complete their placements but have many fond memories of hard work and fun to look and reflect back on. The 2019 Summer Student Experience Program and student workers demonstrated great success in their job placements as well as community development projects and events. Be sure to enjoy Sandy Beach #1 before school is in session and the leaves begin to change! As well, a special chi miigwech goes out to all the students and volunteers who gave tremendous effort into making Homecoming Week and the Annual Pow Wow awesome. Howah! Their hard work paid off because the students and volunteers were generously rewarded for the fruits of their labour (don’t worry, there is always next year to volunteer!).

Overall, I very much valued my time reigniting past connections and fostering new ones with my home community this summer! It was such a pleasure getting to know the students along with their goals and ambitions, as well as seeing their hard work pay off from their successful community development projects. It has been an incredible experience reconnecting with my roots and grounding myself in community and culture before returning to navigate Queen’s University Faculty of Law. I feel confident moving forward into the new school year with the teachings and experiences I have gained.

For myself, high school and university introduced Western pedagogies and knowledge which imposed narratives and ways of knowing that drastically differed from what I was taught growing up in Birch Island. However, my experience in education and critically examining Western thought only further instilled values and teachings of the Anishinaabe worldview. Indigenous Peoples are thriving as the living embodiment of resilience despite settler colonial structures that dispossess lands and attempts to erase Indigenous knowledge and representation in urban settler spaces. Although, the power of Indigenous knowledge acts as a mechanism for resistance against a logic of elimination by deconstruction. Indigeneous excellence and resilience drives my will to succeed as I hope it does for others operating in and actively decolonizing settler spaces. I wish all the students of Whitefish River First Nation the best of luck in their future studies and endeavours! Stay woke because, “Education is vital for the development of our people.” – Art Nahwegahbow.

Lastly, a thousand miigwechs go out to members of Whitefish River First Nation Chief and Council, Administration, Department Managers, Rezound Editor, members of the Homecoming and Pow Wow committee, as well as the student participants and everyone that contributed to the 2019 Summer Student Experience Program. If you’re interested in finding out more about my work and education experiences I am happy to share! You can reach out via email (d staples@whitefishriver.ca) or connect with me on LinkedIn.

Chi Miigwech!

Chi-Miigwetch to the following individuals and organizations for helping to make Whitefish River First Nation Homecoming and Annual Pow Wow a success! Without all your hard work and tireless support, these events would not be possible!

Chief Franklin Paibomsai
Art Jacko
Andrea McGregor
Ann McGregor
Athena Jacko
Aurora Megwanabe
Al White
Bonnie Nahwegahbow
Brian McGregor
Brianna McGregor
Cara McGregor
Carriane Agawa
Carter McGregor
Corrina Francis
Crystal McGregor
Dale Manitowabi
Dave Shawanda
Duncan Stewart
Emma Recollet
Esther Osche
Fabian Paibomsai
Francis McGregor
Gail “Kiki” Pelletier
Georgina Recollet
Gerry Kaboni
Giselle McGregor
Jacinta Shawanda
Jasmine Jacko
Keith Nahwegahbow
Kristen McGregor
Judy Nowgabow
Larry Bowerman
Leona Nahwegahbow
Leslie Recollet
Lisa Cywick
Louise Jacko
Marcus Pitawanakwat
Marilyn Stevens
Marty Pitawanakwat
Matthew Assinewi
Mel Manitowabi
Mike Aelick
Miles Sutherland
Nala Toulose
Rod Nahwegahbow
Sam Jacko
Sandy Jacko
Stephen Pelletier
Steve McGregor
Tammy Nahwegahbow
Todd McGregor
Tyrone Pakosigan
UCMM Justice
Winnie Paibomsai
Yvette Maiangowi

Summer Student Liaison - Duncan Stewart-Nahwegahbow
Lands and Order
Lands Assistant - Keith Nahwegahbow

Ahnii, are you interested in a parcel of land? In WRFN, band members are entitled up to 1-acre land allotment for recreational and/or residential use. Land requests are on a first come basis. So if you are interested in either a residential or recreational land allotment please visit the Lands Office. The following summarizes the process to apply for a land allotment;

- **Written Application**: The applicant must submit a written request addressed to the Chief and Council for the parcel of land that they are interested in obtaining. They must indicate what type of land use they seek. How they plan to access the lot. The written request must be accompanied by a sketch or map of the location.

- **Access**: Will it be a road access? Or water access? It is the responsibility of the applicant to determine how they will access their proposed land allotment. Access to the lot is essential in order to register an interest in that lot.

- **Arranging for a Sketch / Map**: A sketch must accompany the written request. The Lands Office now has GIS capabilities and we can make this sketch/map for you! If you need assistance making a sketch please visit the lands office for help.

- **Site Check**: The applicant must attend the Lands Office in person to verify if the site is available for allotment. Inspection of the reserve survey plans then take place followed by a site inspection with the land applicant and lands office staff.

- **Serviced Lots (For Residential Land Allotments)**: Serviced lots will be approved for allotment with conditions that a residential unit is to be constructed and completed within two (2) building seasons. Applicants will be issued a Certificate of Occupation. Should construction not have commenced within the two building seasons, the land will revert back to the band.

- **Septic and Field Bed Suitability**: After the written request is received the Lands Office will arrange for an inspection by the Environmental Health Officer to check your plans.

- **Unsuitability**: If the land is considered unsuitable for the proposed septic and field bed system you will have to resubmit your land request and start the process again.

- **Public Posting**: If the requested site meets septic & field bed obligations, Chief and Council will approve public posting of the land request. The Land request is posted for sixty (60) days in the community to ensure that no other Citizen has an interest in the same parcel of land.

- **Survey**: Upon approval you have 6 Months to complete a survey of your lot. If the survey is not completed within this timeframe, the requested parcel becomes available for other applicants seeking land. The required survey must be arranged and paid for by the applicant at their own cost.

- **Survey Approval**: Once the site survey is completed by the applicant’s contractor, the applicant brings the final draft survey description to the Lands Office and then the survey is given approval by Chief and Council after their review.

- **Survey Registration**: The surveyed parcel is registered at the Indian Lands Registry Office in Ottawa, and given a legal description number. A copy of the final registration is sent to the Lands Office.

- **Allotment by Band Council**: Once the legal description is received, Chief and Council formally allot the parcel under Section 20 (1) of the Indian Act by Band Council Resolution (B.C.R). The BCR containing the legal survey description is forwarded to the Indian Lands Registry Office in Ottawa to register the land allotment.

- **Certificate of Possession**: After the Band Council Resolution is registered, the Indian Lands Registry Office issues a Certificate of Possession (C.P.) to the Lands Office and then it is distributed to the Applicant named on the CP. You now hold title to the requested parcel of land. If you would like a copy of the WRFN Land Allotment Policy please contact the Lands Department and we can make arrangements to get you one.

You can contact the WRFN Lands Department at 705-285-4335.

TORONTO URBAN TREATY ANNUITY PAYMENTS

**DATE**: MONDAY SEPTEMBER 9, 2019
**TIME**: 9:00 A.M. TO 6:00 P.M.
**LOCATION**: NATHAN PHILLIPS SQUARE, TORONTO, ONTARIO

AVAILABLE TO INDIGENOUS PEOPLES REGISTERED TO FIRST NATIONS LOCATED IN CANADA, THAT RECEIVE ANNUAL/BI-ANNUAL TREATY ANNUITY PAYMENTS

**REQUIREMENTS**:
**VALID PHOTO IDENTIFICATION REQUIRED FOR ALL ADULTS**
**VALID IDENTIFICATION REQUIRED FOR ALL MINORS**

Lands and Order 2: Permits
Lands Assistant Keith Nahwegahbow

Fire Wood!
Currently in development is our “Firewood Cutting Permit”. This is for all band members wish to harvest firewood for the winter. WRFN has new designated firewood cutting areas. You are only allowed to cut fire wood for personal use only. Do not sell firewood. Timber is a limited resource. The fire wood permit is good for one year. Each permit will need to be renewed each year. You will be assigned a cutting area and you are only cut within that designated area. Please visit the Lands Office to see the designated timber cutting areas.

To protect the environment while harvesting firewood we ask that you;
- Do not leave any garbage on site
- Sunshine Alley!

With the ever growing popularity of Whitefish River First Nation, the Administration Office and Lands Department has developed a form to keep track of the use of Sunshine Alley. This is for band members, non-band members, citizen and non-citizens. So if you’re planning to swim at Sunshine Alley, have a picnic, or hike up to Dreamers Rock please contact the Administration Office to check if Sunshine alley is currently being used and to complete the form.

For more information about permits and the new designated firewood cutting areas please visit the Lands Department.
Ontario Electricity Support Program (OESP)
The Housing Department is available to assist tenants and private homeowners with applying for or reapplying for the OESP credit. OESP is a program provided by the Ontario Energy Board that lowers electricity bills for lower-income households. The OESP provides a monthly credit to eligible Hydro One customers based on household income and size. This monthly credit is directly applied to a customer’s Hydro One bill. An eligible Hydro One customer can expect to save anywhere between $45.00 and $113.00 on their monthly hydro bill for the next two years. Please contact the Housing Department for more information or to schedule an appointment.

Annual Furnace Cleaning
The Housing Department is now scheduling appointments for the annual furnace cleaning with Manitoulin Fuels. The furnace cleanings are scheduled for September 25 & 26, and October 2 & 3, 2019. The cost for the standard furnace cleaning is $199.99 per appliance. Manitoulin Fuels advised that there are changes to their furnace cleaning services this year. A service plan agreement must be completed and submitted with your payment for the furnace cleaning. Also, all customers must provide access to their home on their scheduled appointment, otherwise a $25.00 fee will be charged to the customer. Please contact the Housing Department to schedule an appointment.

Septic Pump Outs
The Housing Department will be scheduling another round of septic pump outs for WRFN tenants and homeowners in October. It is recommended to have your septic tank pumped every two years. If you’re unsure of when your septic tank was last serviced, we may have the last date it was serviced on file. A detailed flyer outlining the dates and cost will be distributed at the end of the month.

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 service; 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.”

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 briannam@whitefishriver.ca.

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**RENTAL ARREARS MANAGEMENT WHITEFISH RIVER FIRST NATION**

- Rent is due on the 1st of each month.
- First Notice if late will be issued after 10 days after rent is due.
- Second Notice will be sent after 30 days requesting a meeting.
- Final Notice if rent is 45 days late and advising tenant they have 5 working days to make full payment.
- If no payment is made after 50 days and no arrears management - Eviction notice to be sent.
**BRANT LECLAIR OF LIGNUM BUILDERS LTD IS NOW HIRING**

JOIN OUR TEAM

FOR THE WRFN ELDER'S SENIORS RESIDENCE

HIRING FOR VARIOUS POSITIONS

SEND YOUR RESUME TO:

GEORGINA RECOLLET - HOUSING MANAGER

17A RAINBOW RIDGE ROAD

P.O BOX 188

BIRCH ISLAND, ONTARIO

POP IAO

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**SAVE BIG WITH THESE ELECTRICITY SAVING TIPS**

**SMALLER APPLIANCES USE LESS ELECTRICITY. TRY TO USE A TOASTER OVEN OR A MICROWAVE INSTEAD OF A STOVE WHenever possible.**

**UPGRADE THE LIGHTING IN YOUR HOME TO LED'S**

**ELIMINATE ENERGY CONSUMPTION BY MINIMIZING PHANTOM POWER. APPLIANCES AND ELECTRONICS STILL USE ELECTRICITY WHEN PLUGGED IN AND TURNED OFF. TRY UNPLUGGING THem WHEN THEY ARE NOT IN USE**

**KNOW WHAT YOU WANT IN THE FRIDGE BEFORE YOU OPEN THE DOOR INSTEAD OF TRYING TO DECIDE WHILE KEEPING THE DOOR OPEN**

**ENGAGE IN OUTDOOR ACTIVITIES THAT DO NOT REQUIRE ELECTRICITY**

**TRY TO USE AS LITTLE WATER AS POSSIBLE**

**TURN OFF THE LIGHTS WHEN LEAVING A ROOM**

**USE A CLOTHESLINE OR DRYING RACK INSTEAD OF A DRYER**

**LOOK FOR THE ENERGY STAR LABEL WHEN BUYING APPLIANCES**

**MINIMIZE CELLPHONE USE. CELLPHONE BATTERIES REQUIRE ELECTRICAL CHARGE**

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**Community Energy Champion**

**Yvette Maiangowi**

By the time this issue comes out, the first part of the First Nations Conservation Program will have been complete. We had over 100 homes scheduled for the Home Energy Assessment – that’s a phenomenal participation rate of 60% of homes in the community.

Over the next few months, eligible homes could receive new, Energy Star appliances including refrigerators, freezers, window air conditioners, and portable dehumidifiers. Electrically heated homes may also receive insulation retrofits and a new programmable thermostats. All free of charge.

Thanks to all who have participated in this important energy-saving program.

In other news, we will have an Energy Intern added to our group who will receive on-the-job training in our energy initiatives and will be assisting us in implementing the Community Energy Plan. Miligwetch If you have questions or comments, please drop me a line. If you have any suggestions or particular concerns about electricity, don’t hesitate to email me at: ymaiangowi@whitefishriver.ca or through Administration at 705-285-4335 ext. 227.

Yvette

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**Reduce Waste Bring a Feast Bag!**

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Jeff Peters of Indigenous One Inc. isolates a hot water tank as part of the First Nations Conservation Program Home Energy Assessments.
Update on the textile recycling locations
LEVI’s outlet store at Cookstown outlet mall
DOES NOT accept textiles for recycling.

Good Diversion!! The school decommissioned their resource/library space to accommodate student needs. I was asked to help divert their collection and I am happy to report that approximately 1200 lbs of books have been diverted. Not pictured is a full SUV that went out the day before.

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.

We can all do our part to make our community eco-friendly. Reduce – Reuse – Recycle
Remember to bring your feast bundle.

The Water Shed - Water Quality Analyst - Amy Waboose

Aanii!

I am back from Vancouver! I was invited by the Assembly of First Nations to take part in their Youth Water Tank from August 20th-23rd, 2019. Many of us, from all across the different regions of Canada and all treaties were asked to speak and share our knowledge about Water, the traditional and western science perspectives.

It was our very first meeting and we all came together to develop a strategy to build awareness, mobilize youth, and start a movement to reform water laws. Connecting to our culture and sacred laws about water is foundational in this work. While there we built a network based in kinship where we can support each other, when the time is needed.

I have come to realize that we all have the same concerns and needs for the water, whether it be Fresh Water or Sea Water. We talked about the remote First Nations and the people there who simply cannot drink and wash with their water. I have stressed that, you have to keep the water clean from its source rather than trying to filter it clean later. I have talked about Whitefish River First Nations Source Water Protection Plan and how we as a community protect and clean our water at its source. I have shared our way of life and how we truly believe that through ceremony we speak to our water as if she is an actual human being.

On the last day of the Conference, I had the privilege to be part of a Water Ceremony, in a canoe on the Pacific Ocean, across from the Kinder Morgan Pipeline located right there on their shoreline. All Nations that were there prayed as a whole for this body of water. To be a part of this amazing and powerful experience I could not have been any happier, representing our community and developing a kinship across Canada.

Back here at the Water Plant, Mark has been off on holidays, so while he was gone we had our back-up operator Andy Recollet running everything smoothly this past month. Students from EHS had a field trip to the Water Treatment Plant for a tour on how the plant works. Andy showed them in and around the plant explaining and answering questions on how our system works for our area.

It’s been very busy this past summer, but I feel fall in the air! Everyone’s back to school and we here at the plant will be doing our Fall Hydrant Flushing, we will keep you all updated!

Baamaapii Miinwaa Kaawabimin!  
Amy Waboose

Kendra, Amy & Cheyenne represented WRFN proudly at the AFN Youth Water Tank held August 20th-23rd, 2019 in Vancouver, B.C.

Fun Fact: On Average here in Whitefish River First Nation every house hold uses about 690 Litres of water PER day. That’s like 1380 water bottles per house if you want to compare.
More Birthday Wishes!

Happy Birthday Action Jackson
on September 25th
From Tony

On Aug. 26th, 2019, our Handsome brother Adam celebrated his 80th Birthday!
A Happy Belated Birthday,
With Love From your family!
Pearl & Don from Mississauga
and Rosie & Brian,
Clark & Rob from Orangeville.

Happiest of Birthdays
to my favourite daughter Tammy
Love your Dad Ed

Happy Birthday to my sister Tammy
on September 1st
from the ‘other’ daughter Bonnie

We are so grateful and blessed that you came into the world September 1st,
not so many moons ago!

Sending you our Happy Birthday Wishes!
With Mucho Love,
Naki, Lila, Dan and Diego.

Happy Birthday to my sisters Margaret,
Pearl & Barb who all celebrate
in September.
Love your brother Edward

Happy Birthday to Brother Al on September
14th & Cousin Tammy on the 1st
All the love in our hearts,
Deb, Bug & Families

Happy Milestone Birthday
on August 29th, Jacinta Bud
Love Sheri

Happy Belated Birthday
on August 26th to Ruth Pires
Love your buddy Sheri

Happy Birthday to Gilles
on September 11th
From your Bingo Friends

Pet Care & Tips

Hello everyone!

Well, August is in the rear view mirror and our youth are gearing up for
the new school year! I remember those days fondly, of getting new school
clothes or the anxiety of leaving home for college. For those leaving home
for the first time, I would recommend having a solid plan for both accom-
modations and finances. I left apartment hunting until the last minute one
time and had to stay in a motel for a short term basis, which proved to be
expensive. I was lucky that the Student Counselling office helped me a lot.
I also dealt with the inevitable homesickness, but that eventually passed.
Part-time jobs are an excellent way to supplement a limited student income.
In my last year of college, I worked as a waiter in the college dining room in
the evenings or for special events. I started as a waiter and was eventually
promoted to dining room supervisor. Through this position I got to know the
president of the college personally and upon graduation was offered a job to
教 at the college. I had other plans, but I often wonder sometimes what
would have happened had I taken the job.

Well, the cats are doing fine. Empress Farrah comes to sleep on her loft
sometimes in the evenings and She-Pet Elizabeth will also come for a nap.
Although evening naps mean that they want to be let out in the early morn-
ings hours! I noticed some scratching which means the inevitable trip to the
veterinarian for their yearly flea medication. I was advised to get it done as
soon as possible so the fleas won’t get into the house. The Hummingbirds
have been busy at the feeders along with the new young. Within the month
they will start the journey down south for the winter. It is nice to see some
people walking their dogs. I met my niece’s dog Snowflake out walking with
her owner. Be cautious of ropes and wires with your dogs as they can easily
get injured if the rope gets tangled around the feet or legs. Gerry and Kathy’s
dog sustained some injuries, and needed to get a hind leg amputated. On
a sad note one of our family dogs has passed away. We called her Old Squades,
and she was a regular fixture on our driveway. She was over 22 years old,
which is 154 in dog years, and going blind and deaf. I will miss her company
as I liked to go and give her doggie treats some evenings. When they found
her she was given a burial. Rest in peace old girl, running somewhere with
Buddy in a meadow chasing butterflies. I almost got emotional typing that.

SOME CAT FACTS:

The eye of a Siamese cat appear red in the dark due to the lack of pigment in
the retinas. The red colour comes from the blood vessels.

Cats can be taught to walk on a leash, but a lot of time and patience is re-
quired to teach them. The younger the cat, the easier it will be for them to
learn.

Always adaptive to their environment, there are about 1,000 species of ani-
mals that cats will eat.

‘Piebald’ or ‘particolour’ cats are white and any other colour. Bicolour is the
term used to describe a cat that is one- third to two-thirds white and has
patches of colour on its head and torso.

Well, that is it for another month, I hope all you are doing fine. My cats and
I want to wish all the best to all who will be celebrating birthdays or anniver-
saries for the coming month. Remember to visit our elders and shut-ins and
those not feeling well. I am sure they will enjoy your company even if it is
just for a little while. Remember to get your cats and dogs fixed to help keep
the pet population down in our community.

‘Till next time take care.

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

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

What, summer is over? Well, the heat wave was nice, after an especially long bitter winter. However, it is time for students to go back to school already! It’s also time to start thinking about fall activities, like the harvest and picking the fruits and vegetables from the garden. We are now recovered from the flurry of events that Homecoming week and Traditional Pow Wow encompassed. It was an incredible success for our community. During Homecoming week, there were many events including:

- Opening of the revitalized Sandy Beach area for community.
- Indian Ball game that brought out a significant crowd.
- Fiddling night with Dale McGregor and family.
- 45th Annual Lafarge Fish Fry
- Post Secondary awards night.
- Many fish feasts and a lot of good humor and laughs.
- Annual Traditional Pow Wow.

Thank you to the many volunteers and helpers that made homecoming week a tremendous success. Without your efforts, we simply would not have been able to carry out many of these events. A special thank you to Dale McGregor and his family, your music warmed our spirit.

Our summer students took a skills based approach to their summer employment. They incorporated project management principles to several initiatives including work at Sandy Beach and our Veterans Memorial. The students applied these principles to make a difference in our community and also to add value to their resumes which was terrific to see. When you see these projects you should all be very proud.

Locally, the construction of the Daycare Centre is moving along. The exterior is being completed and in the interior finish work continues. The completion date for this new center is expected to be the end of September by the Contractor. Work continues on this spectacular addition to Shawanoswe School.

The construction of the new Elders building is now fully underway. Lignum Construction is our Contractor for the project. They have cleared the property and the footings have been framed and the concrete poured. We can expect a lot of activity in the coming months on this important project.

During the week of August 19-23, the University of Ottawa, School of Engineering conducted our 3rd Annual WRFN Science Camp. This is a great learning opportunity of our young learners. They learn to have fun with science and engineering right here in our beautiful community. Thank you to all the young students that participated.

We are pleased to see strong community support for the new speed limits signs in the community. When you drive around the village, they 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, no need to speed. Let’s all join together and be a caring community!

Work continues on our Boundary Specific Claim. Material will be going out to band members in September. We now have 84% of the addresses for our eligible voters.

If you have not submitted your updated address, please contact our membership department and ensure that we have your most updated mailing address, so you can receive the material being mailed out. Lastly, if you get the opportunity, spend some time on the land, try fishing, berry picking or hiking. September is a fantastic month to be out on the land.

Until next month, enjoy the month of September. To all our students, welcome back to school. If you have any questions or concerns, do not hesitate to contact me at 705-285-4335 ext. 202 or via email at: franklinp@whitefishriver.ca.

Chi Migwetch

Dale McGregor and Family present gifts to Chief Shining Turtle and Homecoming Week organizers Sandy Jacko, Manager of Community Economic Development and Gail Pelletier, Community Governance Coordinator.

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**CHIEF AND COUNCIL MEETING SCHEDULE**

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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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#### September 2019

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<td>22</td>
<td>Fall Fasting Dreamer’s Rock</td>
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<tr>
<td>23</td>
<td>BINGO</td>
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<tr>
<td>24</td>
<td>Elders Centre Soup &amp; Sandwich</td>
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<td>25</td>
<td>BINGO</td>
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<tr>
<td>26</td>
<td>Elders Centre - MOW’s</td>
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<tr>
<td>27</td>
<td>BINGO</td>
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<tr>
<td>28</td>
<td>Kina Gbezhgomi Cultural Day Event WRFN Ball Field</td>
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<td>29</td>
<td>Kina Gbezhgomi Cultural Day Event WRFN Ball Field</td>
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### Community Calendar

**Birthday & Anniversary Wishes!**

- **Happy 20th Anniversary on September 4th, 2019**
  - To my best friend and hubby Floyd
  - We have our ups and downs and we have each other.
  - I am truly blessed to have you as my partner in life.
  - Love your wife for life
  - Forever and Always
  - Cindy
  - Happy 10th Anniversary on September 5th to Larry & Emma, From Floyd & Cindy

- **Happy 44th Anniversary on September 6th**
  - To my Sweet Sweet Sister Carol & brother-in-law Ron
  - Love Floyd Cindy & Family
  - Happy 8th Anniversary on September 10th to Kevin & Annie
  - Love Mom, Dad, Melissa, Skylar & Ashley

- **Happy Birthday Wishes to:**
  - **Lynnie Baby on September 14th**
  - **Sweet Sweet Sister Carol on September 16th**
  - **Diane on September 17th**
  - **Sweet Sweet Sister Linda on September 28th**
  - **Cheryl on September 28th**
  - **Sebastian on September 29th**
  - **Nixon on September 8th**

- **Happy Birthday to Brianne and Joey who both celebrate a birthday on September 22nd.**
  - Love you more than words can say!!!
  - Another year of new memories to make and adventures to experience!
  - XXOO Love, Mom

- **Happy Birthday to Sandy M Jacko on September 3rd**
  - From all your Minions!

- **Happy Birthday to Grandma, Mom on September 11th.**
  - What a wonderful family you have created, the love we share, the way we can rely on each other, the never ending support and encouragement, we owe you big time! Most of all you have taught us that we are strong, loved, resilient and always learning.
  - Many more to come! Love Elizabeth, Louanne, Clarissa, Jessica, Dryden and Mason! We love you so much!

- **Happy Birthday to my Wife Jean, on September 11th and Happy Anniversary on September 29th to my Soulmate in life, my friend forever. Love always, Lawrence.**

- **Happy Birthday to Montana on Sept. 29th, Love Grandma**

- **Happy Birthday to our mom Louanne on September 29th,**
  - To our Mom, we love you, you always cook for us, you play games, you clean, you buy us stuff and you love us.
  - We love you mom,
  - Love Dryden “B” and Mason “Tiny B”

- **Happy Anniversary to our parents, grandparents Lawrence and Jean,**
  - They say when babies are created, they choose their parents, gosh are we ever lucky, the many unsellable things you have done for your family, the many life teachings, the fun-loving family gatherings and knowing that you are always there for us means we picked the jackpot!
  - Love you both so much, Migwetch for all you both do.
  - Love Elizabeth, Louanne, Clarissa & Jessica, Dryden and Mason.

- **Happy Anniversary to my Husband Lawrence on September 29th,**
  - the kids, the grandkids, the pets, the home, the wonderful memories we have created, the memories to come, thank you my love. Many more chasing grandkids to come. Love Jean

- **Happy Birthday to Brianne & Joey on September 22nd**
  - Happy Birthday to Johnny on September 24th
  - From Dad

- **Happy Birthday to Lynn on September 14th**
  - Love Mom

- **Happy Birthday Kait! Love Auntie Crystal**

- **Happy Birthday to my granddaughter Aurora on September 3rd**
  - Love Grandma

- **Happy Belated Birthday to my granddaughter Alexis on August 23rd**
  - Love Grandma

- **Happiest of Birthdays to Diane Gaudette on September 17th!**

- **Happy 17th Birthday to Nevada on September 20th! Love Nevada**