Biindigek Kina Wiiya!

Shawanoswe School students were welcomed back to a refreshed and renovated building on September 4, 2019. The emphasis on an Anishinaabemowin and cultural based learning approach has been infused in all areas of planning for the upcoming school year. The month of September included a trip for Grades 3-6 to Wiikwemkoong for the “Aabiziitooda Anishinaabe Aadiziwin” Rebuilding our Nation, Robinson Huron Treaty Gathering. It was a privilege for the students to hear the Chiefs share a wealth of treaty knowledge with them. The WRFN Community Wellness program included students in the preparation of the annual Fall Fast, through cedar harvesting as well as fire-keeping. The Annual Fall Harvest in Michígeeng on September 19th, afforded the opportunity for the whole school to engage in outdoor education on a beautiful sunny day. The Shawanoswe School Open House was hosted on September 24th, where families and students connected with educators and also worked together on making feast bags. On Friday September 27th, Kina Gebezhgomi hosted Cultural Days at the WRFN soccer field. Shawanoswe students engaged in a variety of teachings, such as the Clan System and the 7 Stages of Life as well as arts and crafts at this all-day event. Every Child Matters, Orange Shirt Day was acknowledged on September 30th, with a week of activities of remembrance planned. Looking forward to an amazing school year!

Giishpin binoojihin ni kendizik nikeyaa ezhi kinoomaageying, ginamaage gdaa zhi kinoomaagemi waa ni zhi kendamowat.

If a child doesn’t learn the way we teach, maybe we should teach the way they learn.

Please note that the deadline for submissions for the next issue is Tuesday, October 22nd, 2019 at noon.

Miigwetch!

rezoomeditor@whitefishriver.ca
Aanii fellow community members!

Fall is here and winter is fast approaching. With the start of school in September and children interacting more with one another, there is a risk for contagious transmissions including cold, flu, hand/foot/mouth disease, pink eye and lice. We know that kids play with one another and the small ones, may not be diligent in washing their hands, frequent or not. With this in mind, let’s encourage the children and youth to wash their hands frequently. Also, it’s important that if you or your child is sick, stay at home, rest, and get better. I will be attaching some posters for this monthly newsletter that you can put on your refrigerator or washroom mirror.

In September, we co-hosted two major events. One was the Fall Fast with Shkagamik-Kwe Health Centre while the other major event was Kina Gbezhgomi Child & Family Service’s Cultural Days. These were opportunities for community members to participate in cultural events and teachings. Also, in September, I provided a week of training to the Health staff on program planning. The components of the training were focused on project management as well as effective problem solving. Towards the end of September, the Mental Health and Addictions Worker, Community Mentor, and I participated in Crisis Negotiation and De-escalation training. These were intensive days and we learned a lot.

Coming up in October, the Student Nutrition Program will be up and running. This program provides a lunch for the students at Shawanoswe School as well as lunches for the bussed students who go to A.B. Ellis and Espanola High School. Please sign your student up for this program as it focusses on healthy, nutritious meals and snacks. And, it’s free!

We are now harvesting the gardens and have started to plan and prepare the raised gardens beds for the winter months. Similar activities are happening for our bee apiary as we prepare the bees for the upcoming winter months. Let’s hope it’s not as cold and long a winter as last year as some of our hives did not survive the harsh winter months. Because of this, we did not have much honey from the bees.

Also in October, I will be participating in training on Emergency Preparedness Response. Specifically, this training will focus on setting up Evacuation and Reception Centres as well as an overview of Business Continuity.

The Health Team will be supporting Shawanoswe School’s Bobcat Run on October 10th and are making plans to host some Halloween Events. We will also be planning for All Souls Day and Winnie, Community Wellness Worker, will be hosting wreath-making activities.

There are more activities happening and being planned at the Health Centre and 7 Fires Youth and Elder’s Centre. Please look for information in the Rezound newsletter as well as flyers in your mail or on social media.

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

Have a happy and safe month.
Community Wellness Worker - Winniefred Paibomsai

This summer has been an adventurous and busy season with the Whitefish River Health Team. As the Community Wellness Worker I have had the privilege of participating in ceremonies such as; the summer equinox, honoring Ogitchidaa Kwe (Dreamers Rock), cleaning of the Potholes, Full Moon ceremonies, Sundance ceremonies, the spring fast and just recently, the fall fast. I feel fortunate to be able to be a part of all of these ceremonies in our community.

Healing also takes place when we come together and help one another out in times of need, such as helping families of our community with the loss of a loved one. In this aspect our little community shows how connected we truly are. It truly is remarkable how we can all come together to show each other that community support. We as a community can all lend a hand in someone’s healing whether through sharing experiences or by reaching out to ask for help to feel less of the struggle. I hope that we can all take a moment and remember even as an adult that it’s okay to ask for help. We shape our families based on our own experiences as to how we were raised. I know I was raised in an urban setting in the states, so growing up I learned to not ask for help from my family and community. Professionally, I am now learning to ask for help from my colleagues who are a great support to all and each other.

Migwetch to Whitefish River for the continued support in making our families and community a better place to raise children and for the healing that takes place whether we know or see it. It happens every day that we wake up and take our first step of the day. Sometimes it is even acknowledging that bit of gratitude that makes life a lot better. So let’s show each other a little more understanding and learn to grow each and every day.

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

Aani,

September was a busy month and went by very fast. The second week was spent on program planning and training exercises, taking into consideration the various methods which will ensure we are doing the best job for the community. As a staff we all participated in group exercises. What the training also allowed for, was the discussion of the ways we can collaborate and support requests for programming. During our discussions we decided to have more of a presence in A.B. Ellis and Espanola High School. Crystal Clark-McGregor and I will be going into the schools to do a general check-in with the youth. This will give the youth an opportunity to have conversations, voice any concerns, and a chance to express what types of programming they would like to see.

The Health Centre is also 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.

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

Needed! 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 Addictions Worker at the Health Centre 705-285-4354 or by email maelick@whitefishriver.ca.

Health Promotion Educator – Jasmine Fournier

Aaniil

My name is Jasmine Fournier. I am fish clan from Garden River First Nation, but I grew up in Sudbury. My grandparents are Angeline and Louis Fournier from Garden River First Nation and Sagamok First Nation respectively.

I graduated from the Masters of Public Health program at Western University in London, Ontario in the fall of 2016. Since January 2017, I had been working with the Thunderbird Partnership Foundation as the Indigenous Knowledge Exchange Coordinator focusing on research, curriculum development, and training. One of my big projects was to research and create easy to understand presentations, toolkits and lesson plans on cannabis.

I am excited to be back up north working with Whitefish River First Nation! I will be working closely with the Ayaan-gwaa-mizid-daa – Let’s Be Careful – Whitefish River First Nation Community Cannabis Advisory Group to support the strengths and needs of your specific community. We are still looking for someone in high school to join the advisory group. If you or someone you know is interested, please let us know. I am looking forward to meeting and working with everyone.

When I am not working you can find me somewhere close to the water or snowboarding in the winter.

If you have any questions or suggestions, please contact me at the Health Centre 750-285-4354 or by e-mail jfournier@whitefishriver.ca.
Family Resource Worker - Paige Jacko

As fall quickly approaches, I have been taking the time to create programming for the next few months. With that in mind, I have partnered with Noojmowin Teg to have a Girls’ Program starting October 4, 2019, from 5-7 pm, with topics such as; Self-Care, Body Image, Self-Esteem, and Bullying. Also, I have been working with Crystal to resume the Youth Drop-in Nights on Fridays, starting October 11, 2019, from 6 to 10 pm. Furthermore, I will continue to assist families and link them to 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.

I know that sometimes, we get busy in our everyday lives, but I want to remind you that, it is not selfish to focus on your own needs and desires when you are a caregiver, in fact it’s an important part of the job. You are responsible for your own self-care.

Focus on the following self-care practices:

• Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
• Attend to your own healthcare needs.
• Get proper rest and nutrition.
• Exercise regularly, even if only for 10 minutes at a time.
• Take time off without feeling guilty.
• Participate in pleasant, nurturing activities, such as reading a good book, taking a warm bath.
• Seek and accept the support of others.
• Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or pastor.
• Identify and acknowledge your feelings, you have a right to ALL of them.
• Change the negative ways you view situations.
• Set goals.

I hope you have an amazing month and a Happy Thanksgiving.

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

Attention Grades 7-8 & High School Students

REGISTRATION NIGHT
for the Youth Leadership Program
6:00PM TO 8:00PM

AT THE WRFN HEALTH CENTER

Wednesday
October
3rd, 2019

For more information please contact Crystal Clark-McGregor at 705-285-1755 or at righttoplay@whitefishriver.ca

Girls Group

Guided discussion each week accompanied with a wellness activity. Topics will include, self esteem, body image, bullying and self care.

October 3rd, 10th and 17th
From 5:00pm to 7:00pm
Ages 12 - 15
Seven Fires Youth and Elders Centre
Whitefish River
Dinner will be provided!

For more information and to register please contact, Kim Stewart
kim.stewart@noojmowin-teg.ca or 705-368-0229 ext. 240
Paige Jacko at paigej@whitefishriver.ca or 705-285-4354 ext. 209

7 GENERATION YOUTH COUNCIL

Bi-weekly Meetings on
Tuesdays
6:00PM to 8:00PM
At the Youth & Elders Center

Open to the 7 Generations who will make a change in our community!

Volunteers Hours Given &
Dinner provided

For more information please contact
Crystal Clark-McGregor at 705-285-4354

Next meeting on October 8th!

Right to Play
PROTECT. EDUCATE. LEARN.

REGISTRATION NIGHT
for the Youth Leadership Program
6:00PM TO 8:00PM

AT THE WRFN HEALTH CENTER

Wednesday
October
3rd, 2019

For more Information please contact
Crystal Clark-McGregor at 705-285-1755 or at righttoplay@whitefishriver.ca
Hello October, September was jam packed with training opportunities and the Fall Fas. I felt during those weeks I was able to regroup myself, but I was also able to use the opportunity to reach out to surrounding organizations like Noodjomwin-Teg and UCMM to discuss potential programs and events for the Youth in the community. I am looking forward to collaborating with them.

This month I am so happy to be returning back to running programs!

Registration for the Right to Play Program will be taking place at the Health Center on Thursday October 3, 2019 from 6:00pm to 8:00pm. (Registering your child is important so that I may be better prepare for program attendance.)

Programming for Grades 7 and 8 will be taking place Tuesdays at the Youth and Elder’s Center from 4:30 pm to 6:00 pm., starting on October 8th.

I will be returning to Espanola High School for visits on Tuesdays and Mike Aelick will be in and around on Thursdays. We will be located in the Aboriginal support room or around the halls if you need to chat. The times for the visits are as of yet unknown.

The 7 Generation Youth Council meetings are still in a full effect! The Youth Council meets on a bi-weekly basis on Tuesdays at the Youth Center from 6pm to 8pm. Volunteer hours can be given out as well, so come on out!

The Youth Council hosted their very own Cultural weekend that took place September 6-8, 2019 at Sunshine Alley. The council organized everything including the agenda, meals and special guests. The turnout for this event was not as high as anticipated, but those in attendance had a great time overall, and plans went on without a hitch. These youth did such an incredible job and they are looking at another event that will take place near Halloween.

Wednesday evenings will be reserved for the High School Right to Play program, which will be running from 6:00pm to 9:00pm at the Youth and Elders Center, starting up on October 9th.

Last but not least, Drop in Nights will be back up and looking to start on October 11th. The hours of the drop in will be from 6:00pm to 10:00pm, Fridays at the Youth and Elders Center.

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

FULL-TIME YOUTH SUPPORT WORKER

Salary: $35,000 - $45,000 / year
(depending on education and experience)

Whitefish River First Nation (WRFN) is seeking a positive community-minded team member who is energized by challenge and motivated by youth and children, for the position of Youth Worker. The Youth Worker will provide early intervention and prevention programming to youth ages of 7-29 years of age. The programming will consist of planning, coordinating and delivering services geared to address the youth’s physical, emotional, social, cultural and intellectual needs.

RESPONSIBILITIES:

- Manages groups of children and youth; supervises children and youth's safety and monitors interactions during programming;
- Develops and implements after school, professional development day, spring and summer break programming (basketball, volleyball, floor hockey, skiing, and etc.);
- Ensures that activity schedules are inclusive and balances between age groups, genders and includes all youth;
- Adheres to protocols regarding parental permissions and liability waivers;
- Create, organize and facilitate workshops focusing on aspects of healthy living, culture, life skills, self-esteem, alcohol and drugs, etc.;
- Assists with the supervision and assistance homework club; coordinates snacks with nutrition program;
- Creates detailed monthly calendars and circulates in the community newsletter;
- Prepare program budget and reports monthly expenses to Supervisor;
- Develops and implements fundraising events for youth;
- Provide one to one support to youth as needed;
- Liaises with outside agencies and the community on programs relating to WRFN;
- Assists in the delivery of WRFN language and culture programs for the youth;
- Assists in the development, implementation and delivery of community events;
- Promotes education and employment amongst youth; invites guest speakers;
- Promotes and enhances youth participation in local conferences and training;
- Assists youth with educational needs through collaborations with the local schools and teachers;
- Maintains professional boundaries and professional working relationships at all times;
- Mentors and role-models positive behaviours;
- Consults with parents of children and youth; and
- Develops and implements community-based and culturally relevant mental health prevention and promotion programming to engage children and youth within community.

QUALIFICATIONS:

- Native Child & Family Worker, Child & Youth Worker Diploma, or 3 years related experience; preferably in a First Nation Community or Indigenous organization;
- Demonstrated ability to follow direction and work with little Supervision;
- Knowledge of Health and Safety and Child and Family Services Legislation;
- Knowledge and understanding of Indigenous culture, language and healing practices, in addition to experience working with Indigenous families;
- Excellent communication and negotiation skills along with the ability to effectively maintain solution focused dialogue;
- Ability to develop collaborative relationships with youth and other service providers;
- Knowledge of needs of WRFN youth and families, or the willingness to learn;
- Excellent verbal, written and interpersonal communication skills;
- Clear Driver’s Abstract, ability to drive, and a reliable vehicle;
- Maintenance of an ongoing clear Police Vulnerable Sector Screening Check;
- Valid Standard First Aid Certificate and CPR; Mental Health First Aid; and A.S.I.S.T Certification; and
- Ability to travel and to work flexible hours according to the needs of youth.

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

CONFFIDENTIAL:
Andrea McGregor, Human Resources Coordinator
Whitefish River First Nation; 17-A Rainbow Ridge Road; P.O. Box 188; Birch Island; ON P0P1A0
Email: andream@whitefishriver.ca; Fax: (705)285-4532

Applications must be submitted by October 11th, 2019 by 4:30 p.m. and must include the following;
Cover letter, current resume, copies of applicable Diplomas and 3 reference names (with contact information).

Successful candidates must submit an original/current copy of their Vulnerable Sector Screening Check prior to employment.

We thank all who apply, however only those applicants selected for an interview will be contacted.
Seniors Navigation Worker – Marida McGregor

Seniors events for September was busy with the following: Impromptu visit with Frances Mandamin, Anishinabe Aadza-win Manager (Noojmowin-teg), Meet and Greet Luncheon with Chantelle Taylor, Geriatric Social Worker and Kim Genereux, Anishinabe Health Care Navigator (Noojmowin-teg), Seniors Canvas Painting 101, Seniors Traditional Cookbook Planning, Meet and Greet Luncheon with UCCM Police Services and Seniors September Birthday Cake acknowledgements. I have also been busy with advocacy and referral supports.

For October we will be having the following events:

- Advance Care Planning and Power of Attorney on Health - October 16, 2019
- Traditional Cookbook Planning - October 18, 2019
- Senior’s Birthday Cake - October 24, 2019
- Seniors Tea Time Reflection Social - October 30, 2019

Reminder that the Seven Fire Youth and Elder Centre is open daily for Senior’s Monday - Friday to enjoy from 9:00 am to 4:00 pm. We are open for coffee, baking, bring your crafts, and visiting with each other, etc.

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
Fall is here, in all of its pumpkin spice glory and it is one of my favourite times of the year. Temperatures are perfect. The changing leaves, migrating birds, and cool air creates sights, sounds, and smells that can only be explained as fall time wonders. During this time of year, you can still plant an apple tree, spring flower bulbs like daffodils and tulips and edible bulbs such as garlic. This is also an opportunite time to collect and save seeds from your favourite heirloom vegetable or fruit. Collecting and saving seeds can and will develop a plant that becomes accustomed to the growing areas and conditions in which we live.

Fall is the time year people are cleaning up and getting their gardens ready for the deep sleep of winter. Before the snow flies most people tidy their gardens and leave them looking aesthetically pleasing. We tend to enjoy seeing perfect clean garden beds that resemble a living room, more than it does nature. This can be detrimental to the many pollinators and other species of insects that use your garden as their home. Insects need protection while overwintering, and by clearing out your garden, you may be inadvertently wiping out all the beneficial insects you’ve been trying to attract. To have a balanced population of these predatory insects, you have to have a winter habitat. When spring arrives, they’ll be better able to keep early-emerging pests in check. Overwintering pollinators can spend the winter in a variety of life stages; egg, larva, pupa or adult.

Ontario has more than four hundred species of native bees. Native bees are one of the most important pollinators for our gardens. For every three bites of food you take, native bees are responsible for one bite. Most native bees spend the winter in their nest cells as pupae, tucked away in a hollow stem or a burrow in the ground. Emerging as adults the following spring.

Declining butterfly populations are one of the best reasons not to clean up the garden. Except for the Monarch Butterfly which migrates south for the winter. Some butterflies spend the winter in a variety of dormant life stages, depending on the species, and all require some sort of sheltered area in the garden. Swallowtails, cabbage whites and sulphurs are butterflies that overwinter in a chrysalis. Many of these chrysalises can be found either hanging from dead plant stems or tucked into the soil or leaf litter. While the Viceroy will spend the winter as a caterpillar rolled up into a fallen leaf.

Unlike the Asian ladybug, none of our native ladybug species has any interest in spending the winter inside of your house. Most of them enter a version of hibernation soon after the temperatures drop and spend the colder months tucked under a pile of leaves, nestled at the base of a plant, or hidden under a rock. Most will overwinter in groups of anywhere from a few individuals to thousands of adults. Ladybugs are notorious pest eaters, with each one consuming dozens of soft-bodied insects and eggs every day.

Leaving the garden intact for the winter means you’ll get a jump start on controlling pests in the spring.

I hope you have found this article informative and enjoyable. If you have any questions or comments please contact me on Facebook at 13 Moons Garden and remember to plant a garden, share the bounty, repeat next season.
Aboriginal Support Worker
Eric Johnston

Aanii, my name is Eric Johnston and I’d like to introduce my role as the Aboriginal Support Worker for both, Whitefish River First Nation and Sagamok Anishnawbek students at Espanola High School. This is my fourth year providing support for students who are transitioning from AB Elias or Sacred Heart or are coming from the off-reserve grade schools to Espanola High School. I am a M’Chigeeng Band member but currently reside in Sudbury. I am a graduate from both Laurentian University and Cambrian College. I have two children, my son is 21 and my daughter is 17. In the past my daughter has played hockey for the Whitefish River girls’ team in the LNHL and I also helped coach the girls one year. I am honored to be able to help your child during their journey through high school.

Espanola High School has a room for all First Nations students to access. The office is located at room A1231 corridor A. This room is a safe, comfortable environment, where the students can access:
- Student Support
- Advocacy
- Referral to supports.
- Complete class work or assignments, but are encouraged to attend class everyday.
- Access to snacks.
- Access to computers and internet
- Counselling and support
- Access to traditional 4 medicines and 7 Grandfather Teachings

• Aboriginal activities and crafts.

Aboriginal Support Workers are dedicated to supporting the First Nations students to succeed in secondary school. To ensure that the students are transitioning into the new school system and to assist with the transition, I let them know that they are not alone.

As well as part of our support, we support the current students preparing to leave for college in the next school year in working with their respective First Nation education department to ensure they’ve met the requirements for funding.

Important Dates:

October 8th
• Progress Reports are handed out

October 10th
• Parent/Teacher Night

November 15
• Midterm report cards go home
  (Semester one)

January 24 – 30
• First Semester Exams

February 11
• Final report cards go home
  (Semester one)

If you, the parent(s) or guardian would like further information on the Aboriginal Support Program or would like to know how your child is doing in High School, please don’t hesitate to contact my office at (705) 869-1590 ext. 6233 or by email: johnste@rainbowschools.ca

Miigwetch

October 2, 2019 AT 1 PM - 3 PM

COME OUT and CLEAN our community ditches before the Bobcat Run and the snow flies.

(DITCHES ONLY NOT HOUSEHOLD WASTE)

Participants get entered for a chance to win a President Choice Gift card $50.00

SIGN UP and GET SUPPLIES at either the school or the Administration Office

For more information call Leslie at 705-285-4335 ext 201
OR WINNIE AT 705-285-4354

Made with PostmarkMyWall.com

Missed an issue of The Rezound?

Find them online at

www.whitefishriver.ca

(1-r) Joan Rigg of Catalyst Research and Communications facilitated two days of training with Jacinta Shawanda, Education Manager, Melanie Manitowabi, Daycare Supervisor & Candice Jacko, School Based Intervention Worker.
Maamwe Kendaasing Child Care Centre

Fall is upon us and sweater weather is here! Please remember to send in extra clothes with your child, which also includes rubber boots, and extra indoor shoes. I would like to take the time to say Miigwetch to all our parents and guardians for finding alternate care during our closure in September, this allowed for important staff training, and the ability to plan for our move to the new Early Learning Centre. There will be more updates on this plan and our move in date in the coming days.

Programming

This past month children have been adjusting to the fall weather and new routines with their educators. In Early Learning, transitions, routines and schedules helps children feel comfortable and builds trust with their educators. As part of our professional practice we will be strengthening our flow of the day, and support our children’s social, emotional growth through developmental appropriate activities and assessments based on our children’s interest, and needs. Children will also be learning about harvesting fall foods, which help to sustain us during the winter months. Lastly, this month is all about being thankful and grateful for what we have, students will be immersed in sharing what they are grateful for, as we acknowledge the Thanksgiving holiday feast.

Professional Learning

Our educators had a professional learning week, which included learning about our roles and responsibilities as educators in our Early Learning (EL) environments, what we need to do to create change within our own education system, and how positive changes will impact our next generation of learners, by learning about our own collective history, as Anishinaabek. The staff also had an opportunity to attend a one-day EL conference offered by the Indigenous Centre of Excellence in M’Chigeeng where they extended their learning about Anishinaabek philosophies in EL.

The last two days were dedicated to learning about policies and procedure within our Centre, and our professional responsibilities as a Registered Early Childhood Educator. We also had an opportunity to build our capacity in learning about speech and language development, to ensure that our children are getting the best start in communicating their needs. Lastly, staff worked together to put all of what we learned into a plan of action towards positive change. The staff was very busy, and exhausted by all the great information shared, so kudos to them for being so engaged!

Day Care Spaces

Currently, our toddler program is full, we have one opening in the preschool program, and a few spaces in the school age program, however, this changes frequently, and parents are encouraged to fill out an application. The Centre requires updated employment information should parents require full time day care services as per our policy, and socialization programming will be offered if space is open.

We have been successful hiring a cook, and we welcome Julie Boweman to our team. Julie brings much experience with her, as she has worked Dietary Aid at the Little Current Hospital for many years. We will continue with recruitment efforts with full-time staff, relief staff, and supply staff, as our new license will allow for higher enrollment into our programs, which will include an infant program.

Child Care Closure:

The Centre will be closed October 14, 2019 for Thanksgiving Day.

Happy Birthday to those celebrating in October!

Buamaapii,
Maamwe Kendaasing Eknoomaqet

Maamwe Kendaasing Staff attended two days of training on September 23 & 24, 2019 facilitated by Joan Riggs of Catalyst Research & Communications.

GET THE FACTS – not the flu

Get a flu shot, if you can
Wash your hands often
Cough and sneeze into your arm, not your hand
If you get sick, stay home

PROTECT YOURSELF, YOUR FAMILY AND YOUR COMMUNITY
Talk to your health care provider or visit: www.healthycanadians.gc.ca/flu

Health Canada Santé Canada

Canada

Canada
The Bobcat

Aaniin Parents/Families

September is a few weeks in and the good weather has not stopped. This school is vibrating with the buzz of anticipation of new learning experiences and new opportunities. Over the summer and the last week of August we have had many changes intended to create a more welcoming and comfortable learning environment for our students. In addition to our existing staff, we have hired two new EA’s, Casey Digby working in Kindergarten and Kristine Gammie working in our Grade 3/4 classroom.

Throughout the summer, three classrooms and the office area received a fresh coat of paint. We have also deconstructed our library into individual classroom libraries freeing up space to build an enhanced sensory room. The purpose of the new sensory room is to help support the needs of our students with ASD. We have begun the transformation of our classrooms as comfortable learning environments so that our students feel like they are at a home away from home. We are creating environments where students feel comfortable to take risks and be innovative and creative in their work.

Our school continues to focus on four goals-enhancing language and culture activities within the school. This school year we will continue to further develop our students’ skills in literacy and numeracy. We will endeavours to engage parents/families and the community in working together as partners to better serve all students to achieve their true potential.

Finally, we continue to enhance our students’ 21st century skills by integrating technology into their learning. In order to achieve these goals, we have a few initiatives going on that are important to note. We are using a school wide wide strength approach where each class discusses each student’s strength in a variety of areas per month. September was as a friend, October will be as a school. Teachers will as well, be engaging our parents/families in discussing their child’s strength. This approach builds an inclusive classroom but also builds our students’ self-esteem and confidence. More importantly it allows them to share their gifts with their classmates. We have partnered with the Wikwemikong World Champion robotics team and they will mentor us to create our own robotics club here at Shawanosowee School. We will be reaching out to a variety of community members to share their gifts around language and culture to students throughout the year.

In September, we had a variety of great learning opportunities for our staff and students. On September 13th, our Grade 3/4 and 5/6 classes attended the Robinson Huron Treaty gathering in Wikwemikong. Both classes received some pre-teaching around treaties and the gathering from Maurice Switzer. On September 19th, all students attended the Fall Harvest in M’Chigeeng which is a great learning opportunity for all ages. On September 23rd, Laurentian University visited Shawanosowee as we begin our research project using local stories and infusing them with mathematics lessons. This will allow our students to connect to their learning. On September 24th, Shawanosowee School hosted our Open House where participants got the opportunity to make feast bags, visit teachers and win prizes! The night was a fun and interactive evening for everyone in attendance. On September 25th, we will have early dismissal for students as staff examine data to look for strategies to continue to improve our students’ achievement and students’ well-being. On September 26th EHSS teacher Jason Stewart will visit our Grade 5/6 class and be working with them on how to create podcasts. On September 30 - October 4th, our students will take part in a variety of activities for Every Child Matters Week ending with our walk of orange down to the Community Centre for lunch. A schedule of activities will be sent out once finalized.

October will be a busy month here at Shawanosowee School. As mentioned the first week, students will be taking part in Every Child Matters Week. Our running club will attend the Wikwemikong Run on October 3rd, and then we will be hosting our Running Wild with the Bobcats on October 10th. Planning is well underway and invitations are out to the area schools. We anticipate it to be bigger than last year and look forward to all the community joining us in this great day! On October 14th Shawanosowee School will be closed for Thanksgiving and then on October 16th, the cross country team travels to the Sagamok Anishnawbek Cross Country meet. We are still planning a number of additional days with our students. October 25th is our school PD Day. The last week of October is sure to be fun and busy with school wide Halloween activities, such as our annual costume contest and classroom door decorating challenge!

We encourage all parents/families to come out to all the school activities being held. I look forward to another great year working with all of you!

Migwech

The Grade 3-6 classes travelled to Wikwemikong on September 13, 2019 for the “Aabizitoodaan Anishinaabe Aadziwin” Rebuilding our Nation, Robinson Huron Treaty Gathering.
Band Manager - Art Jacko

Aanii Bemaadzijig
Waabaagaga Giziis – Leaves Turning Colour Moon (September) went by fast and we welcome Bnaakwi Giziis – Falling Leaves Moon (October)

Specific Claim with our Reserve Boundaries and Trust Agreement
You should have received your information packages and the following list of documents:

1. Council’s cover letter from the Chief
2. Copy of the Initialed Whitefish River Boundaries Specific Claim agreement
3. A summary of the Settlement Agreement
4. Copy of the Trust Agreement
5. A summary of the Trust Agreement
6. Whitefish River PowerPoint presentation on the settlement agreement
7. FAQ’s
8. Three community update notices on the settlement agreement

The Referendum on the Settlement Agreement and the Trust Agreement is set for October 26, 2019. The referendum will be held at the WRFN Community Center.

Information Sessions for the
Upcoming Referendum, Settlement Agreement and Trust Agreement are set for:

- October 15
  - WRFN Community Center
    - 6pm - 9pm
  - Toronto at the Chelsea Hotel on Gerard Street
    - 6pm - 9pm
  - October 17
  - Sudbury at the Holiday Inn on Regent Street
    - 6pm - 9pm

Early Learning
Planning is now underway for the Grand Opening of the Maamwe Kendaaing Early Learning and Innovation Centre. Please watch out for flyers and notices of this exciting event in the coming week.

Elders Residence
Construction is moving along very fast, you will see very soon the building taking shape. The Lignum Builders our contractor is on top of this project. It is great to see Lignum Brother have hired some of our own people working at the site. This is an eight-unit residence complex that will continue to serve the independence for our elders. This is an exciting time for our elders and the community.

2018-19 Budget
We had out 2018-19 Audit presentation on September 4, 2019 at the Council Chambers. This event was also live streamed. The independent audit was performed by John Missere and Gabe Stefanizzi from BDO. Once again, with the strong administration leadership, led by our Finance Director Dave Shawanda we generated a $1,060,409 surplus, this is huge. Chi-Migwech to our finance team, Dave, Theresa, Brian and Zach. Great job!

Employment Opportunities
With the closing of the job postings on September 30th, interviews will be scheduled in the coming weeks. We will be having some new faces in October working for our community. The following positions will be filled:

1. Child & Youth Mental Health and Addictions Counsellor
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

Anishinaabemowin
Now that we are part of the Anishinabek Education System and as we advance towards Anishinaabemowin Kinoomaagewin, it’s important to consider the following:

Gishpin binojihin ni kendizik nikeyaa ezhi kinoomaageyin, ginamaage gdaa zhi kinoomaagemi waa ni zhi kendamowat.

If a child doesn’t learn the way we teach, maybe we should teach the way they learn.

Miinwaa - and

Gegwa noondash piitendige e’piichii’imigak nendimowin, mi maanda gichi milikan gikendimaaw-zowining.

Don’t underestimate the power of thought, this is the biggest road to discovery!

Credit for the two quotes is the Wiikwemkoong Anishnaabemowin Group.

As always, I am available to the community, please don’t hesitate to drop by for a visit and have Mkade Misikodiiismi Naaboo (coffee) or Niibi-ishaaboo (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.

Nahaaw, Baamaapii Miimwaa Kawaabimin

Collection of Member Contact Addresses & Contact Information:

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

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

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

You can send the a letter addressed to:

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

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

and request to be put on our mailing and email listing to receive important information on future Trust developments.
Look for the Cambrian College graduation upcoming in November. Congratulations to all the students.

There were mixed reactions to the spiralized zucchini at the Harvest Fest.

Gearing up for hockey season at the WRFN Equipment Giveaway.

There was great turnout at the Sudbury Anishinabek Nation Governance Agreement Information Session.

It was a beautiful day for impromptu family gatherings at the Fall Harvest Fest.

UCCM APS doled out delicious snack size fish and chips at one of the Harvest Festival’s most popular booths.

The Water First booth engages Uriah in the wonders of science.
Aden, Deacon & Leo ready themselves up for some delicious fruit and vegetable smoothies courtesy of Mnaadmodzawin Health Services.

Mike, Olivia, Charlotte & Jennifer make feast bags for whole family at the Shawanosowe School Open House.

Isla rocks on at Kina Gbezhgomi Cultural Days.

Mr. Legrow’s Grade 3/4 class relaxes in the shade at the annual Harvest Festival.

Sibling love.

Veronica & Darrel enjoy a beautiful fall day at the annual Harvest Fest in M’Chigeeng.
September 14, 2019

Dear Whitefish River First Nation Member:

**RE: Ratification Vote- October 26, 2019**

Chief and Council of the Whitefish River First Nation have requested a referendum vote of the First Nation’s electors concerning the ratification of the Whitefish River First Nation Boundaries Specific Claim Settlement Agreement and the related Trust Agreement.

The referendum date is set for October 26, 2019 between the hours of 9:00 a.m. and 8:00 p.m. Eastern Standard Time at the Whitefish River Community Centre, on Whitefish River First Nation Indian Reserve, 6 Rainbow Valley Road, Ontario.

There will be three (3) information meetings which will be held at the Whitefish River Community Centre on Whitefish River Indian Reserve, 6 Rainbow Valley Road, Ontario, on October 15, 2019 from 6:00 p.m. to 9:00 p.m., AND at the Chelsea Hotel in Toronto, Ontario, 33 Gerrard Street West, on October 16, 2019 from 6:00 p.m. to 9:00 p.m., AND at the Holiday Inn in Sudbury, Ontario, 1096 Regent Street, on October 17, 2019 from 6:00 p.m. to 9:00 p.m. Representatives from the Whitefish River First Nation will be available to discuss the Whitefish River First Nation Boundaries Specific Claim Settlement Agreement and the related Trust Agreement, and the First Nation’s legal and financial advisors will be available. Representatives from Indigenous Services Canada will also attend the meeting to answer questions on the ratification process.

Eligible electors may cast their ballot in-person on the above-noted referendum date. If unable to attend the referendum in-person, please cast your ballot by using the enclosed mail-in ballot. If you choose to vote in-person on October 26, 2019, you must return your mail-in ballot to the Electoral Officer at that time.

To cast your vote by mail-in ballot, please follow the instructions enclosed. Should you require any assistance or further information on the voting process, please contact:

**Kristen Kayesas, Electoral Officer**
Indigenous Services Canada
100 Anemki Drive, Suite 101
Fort William First Nation, ON P7J 1A5
Phone: (807) 357-8015
Fax: (807) 523-3535

**Kathleen Migwanabi, Deputy Electoral Officer**
17 A Rainbow Ridge Road
Whitefish River First Nation
Telephone: 705-285-4335 ext. 208

Your vote is your voice. It is extremely important in determining the wishes of the Whitefish River First Nation in regards to the ratification of the Whitefish River First Nation Boundaries Specific Claim Settlement Agreement and related Trust Agreement.

Sincerely,

Kristen Kayesas, Electoral Officer
Indigenous Services Canada
Ontario Region
BOUNDARIES
SPECIFIC CLAIM
INFORMATION SESSIONS

Presentation on Settlement
&
Trust Agreements

BIRCH ISLAND
October 15, 2019
Whitefish River First Nation Community Centre
Time: 6:00 pm to 9:00 pm

TORONTO
October 16, 2019
Chelsea Hotel
33 Gerrard Street, Toronto
Time: 6:00 pm to 9:00 pm

SUDBURY
October 17, 2019
Holiday Inn
1696 Regent Street
Time: 6:00 pm to 9:00 pm

For more information contact the Administration office at 705-285-4335
Aanii, Boozhoo

September was a month of meetings, networking and writing proposals as I continue to look for opportunities to create jobs, offer training and business development. If you have ideas or questions you can email me at sandyj@whitefishriver.ca or visit me at the Administration Office or call me at (705) 285-4335 ext. 216.

In August, I had an information session on Kenjigewin Teg’s Mshiigaade Miikan program. If there is enough enrollment, Kenjigewin Teg will deliver the program in Whitefish River in February 2020. The program is for Anishinabek youth and adult members between the ages of 16 to 49 years old who have status. It is for individuals interested in improving their employability skills and/or pursuing their High School Diploma, ACE, GED and/or Post-Secondary studies. Kenjigewin Teg will pay participants to attend the program. Please contact the WRFN Education Manager, myself or Kenjigewin Teg, if you are interested in enrolling.

On September 5th, I attended the Mmidoon Minising Employment and Training (MMET) Board Planning meeting. MMET serves five First Nations as a Local Delivery Mechanism of the Anishinabek Nation Indigenous Skills and Employment Training Program (ISETS). ISETS provides a First Nations approach to employment and skills development, capacity building at the local levels and skill development. The five member First Nations are Aundeek Omni Kanie, Whitefish River, Sheguandah, Zhilbaahasing, and Sheshgawaning. The MMET Board is comprised of two appointed members from each First Nation and meets monthly. The next meeting is on September 30th.

On September 9th, I submitted a proposal to Ontario’s Rural Economic Development Program to help establish a WRFN Business Association. The Association would be to help local business owners and entrepreneurs create shared opportunities for the sharing of ideas, training, professional development, and business planning through regular meetings. WRFN Economic Development will be working with the members of the Association to give them the tools they need to be successful and expand their business, through professional development and workshops/seminars on business practices (ie. human resources, grant writing, business plans) and employee training (ie. First Aid, WHIMIS, Customer Service).

On September 12th, I attended the Anishinabek Nation Gas and Tobacco Steering Committee meeting in Thunder Bay. In March 2018, The Anishinabek Nation signed an Agreement in Principle with Ontario to guide negotiations between Ontario and participating First Nations in regards to First Nation law making related to Gas, Tobacco, and Cannabis and revenue generated by sales of Gas, Tobacco, and Cannabis to non-First Nations within First Nation territories. The steering committee makes recommendations to the Chiefs Committee on the Economy. The next Steering Committee meeting will be in November.

I attended the Ontario Aboriginal Lands Association Joint AGM/Conference with the Ontario First Nations Economic Developers Association (OFNEDA) that was held from September 16th to 19th in Mississauga. While most of the presentations were geared towards lands, this conference provided me a good opportunity to network with other Economic Development professionals.

The Whitefish River Development Corporation will be having a meeting on October 16th from 6 pm to 8 pm in the Council Chambers. The agenda includes discussion about membership, bylaws, finances and setting the AGM date.

On October 17th from 6 pm to 8 pm in the Council Chambers, the Pow Wow Committee will meeting to begin planning the 2020 Annual Traditional Pow Wow. Please feel free to join, share ideas and volunteer to fundraise for next year’s Pow Wow.

On September 12th, the Consultation Coordinator and Lands Assistant attended the Whitefish Falls Sportsman Club’s (WFSC) final meeting of 2019 in order to foster a relationship with the group. The WFSC have run the Whitefish Falls Walleye Hatchery Program over the past 30 years in a partnership with MNR and just recently WRFN.

On September 16th and 17th, the Consultation Coordinator attended the Anishinabek Nation regional sand, gravel and aggregate tour in the H a l t o n Region to learn about the industry including operations, reclamation and regulations. The tour included site visits to locations that dem on s t r a t e d operations and site rehabilitation.

There is a Community Information Session on the Proposed Coniston Hydroelectric Generating Station Redevelopment the Ontario Power Generation on October 9th from 6 to 8 pm at the WRFN Council Chambers.

On September 18th and 19th, the Governance Communications Coordinator, Consultation Coordinator and myself were at the Community Outreach Information Sessions held in Toronto at the Chelsea Hotel and Sudbury at the Radisson respectively. Chief Shining Turtle gave opening remarks followed by presentations by former Grand Chief, Pat Mahdabe, Anishinabek Nation’s Chief Governance Negotiator Martin Bayer and Anishinabek Nation’s Fiscal Analyst Jide Afolabi. Both sessions were well attended. If you missed any one of these sessions, Anishinabek Nation will be hosting other Information Sessions on the Agreement, however, they will not be Whitefish River First Nation specific. In Sudbury on October 23rd at the Holiday Inn and Sault Ste. Marie on October 24th at the Quattro Hotel. Both sessions start at 5 p.m. The Governance Agreement Ratification Vote period will be: February 1 - 29, 2020.

Miigwech
Ahnii

August and September have been very busy with my participation with Homecoming Week, WRFN Pow Wow weekend, communications with energy proponents, Anishinabek Nation Governance Agreement (ANGA) information sessions, Whitefish Falls Sportsman Club engagement, Anishinabek Nation Aggregate Tour, as well as ongoing communication with mining prospectors who continue to be submitted through the MNR office.

I was fortunate enough to work with the students on their project to improve the waterfront property at Sandy Beach. It was good to see the young people of WRFN take a strong interest in the land as they were willing to put in the extra time and effort to see the project through. It was also great to see some community members volunteer their time and equipment to this project. Migwetch to everyone involved!

Recently, the Governance Team have been conducting ANGA Information Sessions in order to inform community members about the upcoming vote. The first session was held in council chambers on August 8, followed by a session on August 23 focusing on the Anishinabek Nation Fiscal Agreement (ANFA). We followed these two sessions up, by hosting information sessions in Toronto on September 18 and in Sudbury on the following day. The sessions were well attended and WRFN members posed some great questions for the presenters in the three sessions that I attended. The Governance Agreement Ratification Vote period will be: February 1 - 29, 2020.

In the interests of economic development, I attended the year-end meeting for the Whitefish Falls Sportsman Club (WFSC) in order to demonstrate WRFN interest in their efforts to repopulate Lake Huron with Walleye. This is an ongoing concern for WRFN and anyone interested in Walleye populations that had historically been decimated by overfishing and habitat encroachment. As a result of the meeting with WFSC I am attending the Fisheries Management Zone (FMZ) 10 Advisory Council Meeting in order to gain support in our combined efforts to reintroduce the species to the region.

I have also attended the first Anishinabek Nation Aggregate Tour in Milton, Ontario. The tour focused on the economic viability of maintaining a pit or quarry. The most interesting aspect of the tour was the rehabilitation plan that prospective quarry/pit proponents must provide with the corresponding funds in order to have permission to open up a pit or quarry. These rehabilitated areas that we toured have reintroduced some species of plants and animals that are endangered in southern Ontario. The new regulations surrounding pit and quarry legislation and the results of established rehabilitation efforts is that there is room for vast improvements in local fish population concerns and potential environmental/economic concerns.

On October 9, 2019, WRFN will be hosting an information session on the Notice of Commencement Coniston Generating Station Re-Development Environmental Assessment at 6PM in Council Chambers. Essentially, the Coniston Generating Station is old and the turbines have reached the end of their service life. The project is subject to an environmental assessment under the provincial Environmental Assessment Act as such the Ontario Power Generation is obligated to notify the public in order to identify potential impacts. I urge WRFN members to attend the session if they have concerns regarding this project.

If you have any questions you can contact me at the Administration Office at 705-285-4335 ext.217 or by email at stephenn@whitefishriver.ca

Migwetch

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

Boozhoot! Well, September was a very interesting month! We were able to coordinate two information sessions: one in Toronto and one in Sudbury. They were both well attended, with 24 community members in attendance in Toronto and 19 in Sudbury. Ch-Migwetch for coming out to the meetings and staying engaged. It was nice to see all our relations out and engaged in the information brought forth to them.

Moving into October, I will be starting community outreach sessions for people living in and around Whitefish River First Nation. The community outreach session will be designed to include an initial contact (by phone or email) for booking a time, date and location of the outreach session. The sessions can be booked according to the community members’ convenience and location. I can either meet you at your home or we can schedule a time to meet at the Administration Building. At the outreach sessions, I will provide you with all the updated information about the Anishinabek Governance Agreement and the Upcoming Voting Information on the Agreement.

If you would like to pre-book a community outreach session for yourself and/or your family, or you would like more information, please contact me at the WRFN Band Administration Office at 705-285-4335 or email gpelletier@whitefishriver.ca. Here are some highlight dates for you to remember:

- **October 2019 – November 30, 2019**
  - **WRFN Community Governance Coordinator Community Outreach Sessions in and around Whitefish River First Nation**
  - **February 1 – February 29, 2020**
    - **Anishinabek Governance Agreement Voting Period**

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**Anishinabek Nation Governance Agreement INFORMATION SESSIONS**

*Upcoming Sessions*

- **October 22, 2019**
  5:00 - 8:00 pm
  Hampton Inn, North Bay
  950 McKeeown Ave. | North Bay, ON

- **October 23, 2019**
  5:00 - 8:00 pm
  Holiday Inn, Sudbury
  1590 Regent St. | Sudbury, ON

- **October 24, 2019**
  5:00 - 8:00 pm
  Quatro Conf. Centre, Sault Ste. Marie
  229 Great Northern Rd. | Sault Ste. Marie, ON

*For more information contact governance communications coordinator Lisa Restoule-Brazier - Lisa.Restoule@anishinabek.ca OR PHONE: (705) 492-2197 ext. 2344*
Basic Home Maintenance
It is important to remember to inspect and maintain your home during the fall season. Basic home maintenance is crucial to prolong the lifespan of major and expensive housing components. Below are a few key tasks for you to consider undertaking during the fall season:

- Have your furnace or heating system inspected by qualified technicians.
- Vacuum all electric baseboard heaters to remove any dust and debris.
- Check your furnace each month during the heating season.
- Inspect the ductwork leading to and from the HRV system.
- Clean the filters and core for your HRV system; and check the filter bi-monthly for the season.
- Check that your bathroom exhaust fans and range hoods are operating properly.
- Check that all of your windows are closed tightly and replace any weather-stripping as needed.
- Check that all of your exterior doors are closed tightly and replace any weather-stripping as needed.
- Clean leaves from eavestroughs and roof; and test downspouts for proper drainage.
- Drain and store your outdoor hose; and ensure the interior tap for the outside line is shut off.

Septic Pump Outs
The Housing Department scheduled another round of septic pump outs for WRFN tenants and homeowners on October 10th, 17th & 24th. The cost for this service is $85.00. If you are interested in having your septic tank pumped out, please register and pay the fee at least one week prior to your appointment date. It is recommended to have your septic tank pumped every two years. If you’re unsure of when your septic tank was last serviced, you may have the last date it was serviced on file. Please contact the Housing Department for more information or to register for a septic pump out.

Ontario Electricity Support Program (OESP)
The Housing Department is available to assist tenants and private homeowners with applying 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.

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.

Develop a home fire escape plan today...
It could save your life tonight!

Fire and smoke move quickly. Every second counts when you are trying to escape a fire. Everyone must know what to do and where to go when the smoke alarms sound. Take a few minutes with everyone in your home to make a home fire escape plan, following the instructions below.

1. Draw a floor plan of your home
   Use the grid on the back to draw a floor plan of your home. You should draw a plan for each storey of your home.

2. Include all possible emergency exits
   Draw in all the doors, windows and stairways. This will show you and your family all possible escape routes of a plan. Include any features, such as the roof of a garage or porch, that would help in your escape.

3. Show two ways out of every room, if possible.
   The door will be the main exit from each room. However, if the door is blocked by smoke or fire, identify an alternate escape route, which could be a window. Make sure that all windows can open easily and that everyone knows how to escape through them safely. If windows have security bars, equip them with quick-releasing devices.

4. Does anyone need help to escape?
   Decide in advance who will assist the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency.

5. Choose a meeting place outside
   Choose a meeting place a safe distance from your home that everyone will remember. A tree, street light or a neighbour’s home is all good choices. In case of fire, everyone will go directly to the meeting place so they can be accounted for.

6. Call the fire department from outside your home
   Don’t waste valuable seconds calling the fire department from inside your home. Once you have safely escaped, call the fire department from a cell phone or a neighbour’s home.

7. Practice your escape
   Review the plan with everyone in your household. Walk through the escape routes for each room with the entire family. Use this walk-through exercise to check your escape routes, making sure all exits are practical and easy to use. Then hold a fire drill twice a year and time how long it takes. If it’s a real fire, you must react without hesitation as your escape routes may be quickly blocked by smoke or flames.

Remember:
- Plan two ways out of every room, if possible
- Hold a fire drill twice a year
- Install smoke alarms on every storey of your home and outside all sleeping areas

If you live in a high-rise apartment building, contact the building management for information on what to do if there’s a fire in your building.
Community Energy Champion - Yvette Maiangowi

Conservation Program

Over half of the community applied for participation in the Conservation Program which is designed to replace older, inefficient appliances (refrigerators, freezers, window air conditioners or portable dehumidifiers) as well as offer some other energy-saving measures from LED light bulbs to water saving faucet aerators and shower heads.

During the week of August 26 -30, we had two energy assessors who were supported by local community members to visit 97 homes. As of September 1, we determined that the assessments will result in 46 community participants receiving one or more appliances. Once the order has been placed and confirmed, the appliances are expected to be delivered in the next two to three months.

Additionally, if any community members are having issues with any of the new product they received from the Conservation Program (LED bulbs, aerators, showerheads, power bars, or timers for block heaters). Please contact the Community Energy team at 705-285-4335.

Energy Plan Implementation

Next month the Energy Committee will be re-established with a focus on community liaison to provide feedback and input on future initiatives such as expansion of the current renewable energy installation (solar panels) and the replacement or upgrading of the back up generators at the Administration office.

We have many ideas on how we can move the community ahead on energy and sustainability. Community members are encouraged to bring forward suggestions to us any time. With that said, we will be participating in various community gatherings as well as hosting our own workshops. Planning is underway for children and youth activities as well.

Both the Conservation Program and the Energy Plan implementation require significant resources therefore we re-allocated some existing funding to create an internship role. We anticipate that through direct mentorship of one youth member to be part of our future green initiatives will greatly enhance the capacity and capability of the community as a whole. We are very pleased to welcome Kendra McGregor to our team.

Community Energy Intern

Aanii,

Kendra McGregor ndiznakas Wawaskinaga ndoonjiba. I am elated to be back in my beautiful community!

I have recently been hired on for the new position of Community Energy Intern here in Whitefish River First Nation. I will be mentored by our Community Energy Champion, Yvette Maiangowi, which I am very eager about as she has an extensive knowledge and experience to share. I have already had my first week of intensive training which involved energy literacy and measurement as well as planning. I will be passing along what I’ve learned in the form of monthly energy and sustainability tips.

I am thrilled to start this position and assist in implementing the community’s energy plan and help my community succeed!

I can be reached through Administration at 705-285-4335 ext. 222 or via email at kendra.mcgregor@whitefish-river.ca

Baamaampii Miinwa! Until next time.

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![Energy Efficiency Tips of the Month](image)

**Tips of the Month**

**Get Your Home Ready for Fall:**

- Check for drafts
- Cover your outdoor A/C unit
- Reverse the spin of ceiling fans
- Let the sun in as much as you can!

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**Friendly Reminder to the Community of WRFN**

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

Please contact Marida McGregor at 705-285-1755 for further information. Miigwetch!
DON’T Pitch It

Whitefish River First Nation
Waste Management Program

Call out to
Ms. or Mr. Fix it

Let’s work together
Ideas of potential fix it jobs could include lamps, zipper repair, etc. This initiative is based on participation on both levels. Please confirm your attendance.

To Fix It

Council Chambers
Monday, October 21st
1:00 - 4:00 p.m.
6:00 - 8:00 p.m.

Light refreshments available
Contact Crystal McGregor for more information @ Admin. Office

Household Hazardous Waste Day

Saturday, October 26, 2019
10:00 A.M. - 2:00 P.M.
Location: Landfill

- Aerosols
- Cleaners & detergent
- Fuel, Oil, Antifreeze
- Propane cylinders
- Paint cans
- Fluorescent bulbs/tubes
- Fire extinguishers

Contact Crystal
705 285 4335 ext 230

Reduce Waste
Bring a Feast Bag!

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, including 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) 285-1432
or by email at
kathleenm@whitefishriver.ca
Our mailing address is:
Whitefish River First Nation
Membership Office
17 A Rainbow Ridge Road
P.O. Box 188
Birch Island, Ontario PoP 1A0
Mii-gwetch
Monster Garage
Plant Manager - Murray McGregor Jr.

Summer has come and gone; already the trees are starting to show their fall colors reminding us of the next weather cycle “autumn”. With the fall season underway, the Public Works crew will start preparing the tools for the winter and cleaning up the summer tools to store them for the season. One of the jobs the Water Plant Operations crew has started is the semi-annual flushing of the fire hydrants. This is an important job as it keeps our water mains flushed and our fire hydrants operational. The water operations crew selects a street to concentrate their efforts and runs each hydrant fully open for 5 minutes. After this the crew empties each hydrant ensure no water is in the hydrant barrel to freeze in the winter. If they fire hydrant does not open or close properly a bag is placed over it with an out of service notice. When the flushing is complete and a hydrant needs attention the crew will take it apart and repair it. If you notice any discoloration in the water when the crew is flushing fire hydrants on your street, run the cold water until it clears up. If the discoloration persists call the Water Plant at (705)285-0007 and one of the operators will come and test the water for you to ensure it is safe for consumption. The semi-annual hydrant flushing is currently scheduled for the week of October 7th to 11th, 2019.

Another task that keeps my office very busy is managing the new daycare project. The project team and builders have worked together to provide a nice new facility for our children and educators. Much of my attention has been spent with the new build as a project manager. This project is near the completion stages as; the drywall is complete, the mechanical and plumbing items are complete, the mill work has been designed and approved and the playground area has been designed and is awaiting approval. My office is now working with Hydro One to schedule the electrical connection. This process has been time consuming as many factors had to be in place before Hydro One will do the connection. Without hydro in place the contractors simply cannot complete their work to test that all the equipment is operational before the building is ready for occupancy.

Listed below are a few tips for you to get your home to get ready for the winter season.

- Turn off exterior faucets and drain the line of water.
- Empty garden hoses of remaining water before storage.
- Make sure area where your water service comes into your home is covered with no foot traffic to push down frost.
- Clean out eaves trough from fallen leaves to keep water flowing away from your home.
- Run gas powered lawn equipment with fuel stabilizer to ensure the fuel does not go bad and coat the carburetor.
- If you have a wood burning stove or furnace make sure the chimney is cleaned regularly during the winter.
- Change furnace filters regularly, operating with clean filters will help ensure your furnace or heat recovery systems are working efficiently and will reduce energy consumption.
- Vacuum out fire and CO2 detectors as dust build-up can render them ineffective.
- If you are due for septic pump out, make sure it is done before the frost and snow covers the tank.

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.

September 24, 2019

* NOTICE *

The Annual fire hydrant flushing will take place on the following dates:

Monday October 7th, 2019
- Shawanoswe Street
- Bay of Islands Road
- Red Eagle Road
- Apple Valley Lane

Wednesday October 9th, 2019
- Start by the water tower Maple Heights Road
- Finish Top of the hill on Maple Heights Road

Thursday October 10th, 2019
- Start at the top of the hill on Maple Heights Road
- All along Rainbow Ridge Road
- Remainder of Rainbow Ridge Road

This Annual Maintenance is required to insure the fire hydrants and water mains are working properly and helps ensure any stagnant water is removed from water mains.

If you are a resident on these streets you may notice water pressure changes and discoloration of the water; if the changes remain after this maintenance exercise is completed run your cold water tap until the water clears up.

If discoloration persists call the Water Plant at 705-285-0007 or Public Works Office at 705-285-1812.

Migwetch
Whitefish River Public Works Department

The Water Shed
Water Quality Analyst - Amy Waboose

Aanii !

UPDATE: We are going to be flushing all 35 Hydrants here in Whitefish River on the week of October 7th to 11th, 2019

Why do we flush the Hydrants?
We flush hydrants every spring and fall to exercise the valves as well as move stagnant water that may be sitting in our pipes. We will be starting at Shawanoswe St. and making our way up to the Elevated Storage Reservoir (ESR).

With the arrival of fall, I have now finished the recreational sampling for this season. We are starting to pull out our winter gear since cold weather will be here before we know it! The tasks of winterizing our trucks and pulling out the plows to ensure our community of a safe and easy commute to and from work.

Every month, we run our generators for an hour to ensure in the even of a power outage we will still have water within our community. We have monthly checklists that need to be done to keep our maintenance management up to par, and well as our analyzers and pumps need to be running smoothly. Every Tuesday, we send out our Bacteriological Analysis’ to Near North Labs and then sent to Health Canada. Every Thursday we do our own IN-HOUSE Bacteriological Analysis’ here at the plant, we have a routine that is consistent to make sure our water is safe for us to drink.

If anyone has any questions or concerns, feel free to call us at the plant at 705-285-0007.

Baamaapii !

FUN FACT: A small drip from a faucet can waste as much 128 liters of water a day...and on average we... Whitefish River uses 690L per day per household. Fix your leaky faucet!
"Pet Care & Tips"

Meow everyone!

Well, another month has come and gone. I will soon be taking down my flowers from my front and back decks along with the water fountains I have. I get kind of sad this time of year when I have to do this, as it means we’re getting ready for the winter. I used to do it after Thanksgiving weekend but now since I have to get someone to help me, I do it much earlier, before the cold weather settles in.

I have just finished cleaning the cat shelters I have on my front deck. I took them apart and washed all the blankets and covers for the heating pads. I also staple a tarp on the top of the cat shelter to ensure everything inside stays dry. Litter box cleaning and washing is next on the agenda. Some of the cats have started to come in more at night to sleep on their favorite spots in the bedrooms and Empress Farrah has her spot up on top of my armoire. Webby sleeps on the living room rocker on her favorite blanket. They usually get some snacks before bed time and I will open some canned cat food for them and then refill the dry food in their bowls. They also get kitty treats, talk about spoiled cats. I have also started taking down my hummingbird feeders. There are still some Monarch butterflies flying around getting ready to fly south again and stocking up on fuel for their flight. It is hard to believe these little creatures can fly all the way to Mexico every year. They say the flowers just start to open as they arrive there. They also say if there is a storm in the Gulf of Mexico, more than a few of them will perish as they go across that stretch of water. Well that is it for now.

Some Cat Facts:

- ‘Ear furnishings’ are the protective hairs that grow inside a cat’s ears.
- Originating on the Isle of Man in the Irish Sea, cats are famous for not having a tail.
- Cardinal Richelieu of France was so fond of cats that he shared his house with 14 of them and had special servants to care for them. Upon his death, the Cardinal left all his wealth to his feline companions.
- At one time, Egyptians shaved off their eyebrows as a sign of mourning when they lost their beloved cat.

Well that is it for now, the cats and I would like to wish happiness to all the people celebrating anniversaries and birthdays for the coming month. Make sure to stop by and visit our elderly, sick or shut-ins I am sure they would appreciate a visit! Remember to get your cat(s) or dog(s) fixed to help to keep the pet population down in our community.

‘Til then take care.

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

And Me the Big Cat - Dennis L. McGregor

Happy 30th Anniversary Brian!
Another milestone for us and many more to celebrate.
We ‘go together’, like ‘peanut butter and jam’ or ‘bologna and scone’. Love you more than words can say.
Karen
Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

The month of September has been very busy with students returning to school and many construction projects starting and finishing.

During the month of September we have seen;

1. Return of all students to School
2. Annual Audit Presentation
3. Robinson Huron Treaty Celebrations in Wikwemikong
4. Anishinabek Nation Governance Presentations
5. KINA Annual General Assembly
6. Traditional ceremonies

Locally, the construction of the Daycare Centre is in its final stages. The exterior is being finalized and interior finish work is moving along. The completion date for this new center is expected to be in October. This is a truly spectacular addition to Shawanosowe School.

The construction of the new Elders’ building is now fully underway. Lignum Construction is our Contractor for the project. The foundation work is completed as well as backfilling for the concrete floor slab. There is a tremendous amount of activity going on at this project site as construction is fully underway. It won’t be long before the exterior walls will be going up.

The annual audit was presented. The findings of the audit show the following three key points;
1. Total accumulated Surplus of $1,060,409.00. Representing a $1,385,869 increase in financial position from 2018 to 2019. That is fantastic work by the department of finance and our administration.
2. In 2018 we used 15% of our funded reserves. In 2019, we had 100% funded reserves. That is a very healthy for our reserves.
3. The auditor’s Independent opinion indicates a very strong financial position for 2019.

Our overall Administration is exceeding $25Million dollar per annum. To have a very strong financial position based on the programs delivered to the community is a testament to the work done by my Senior Administration.

Final work continues on our Boundary Specific Claim. Complete Material on the claim was sent out to all known addresses on September 12, 2019. At this time we have over 84% of the addresses for our eligible voters for the upcoming referendum vote. 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.

The federal election has been set for October 21, 2019. Please ensure you exercise your right to vote.

Since the last federal election the following has been prioritized;
• A commitment to deal with boil water advisory. That meant a $3.5 Million dollar state of the art Elevated Water Reservoir.
• Jordon’s Principle for public funded health and social and educational services for First Nation children. Our new $1.3 Million dollar daycare is an example of the tremendous benefit Jordon’s Principles can have in our community.
• Investment in housing. With the housing support we are now building our new $3Million dollar Elder’s centre.

These are examples of the importance of exercising your right to vote.

Until next month, enjoy the month of October and enjoy your Thanksgiving celebrations.

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 Migwetch

CHIEF AND COUNCIL MEETING SCHEDULE

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</table>
Whitefish River First Nation Administration Office  
17A Rainbow Ridge Road  
Birch Island, Ontario  
PO1 1A0  

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

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Public Works</td>
<td>(705) 285-1812</td>
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<tr>
<td>Murray McGregor Jr.</td>
<td>Plant Manager</td>
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<td>Franklin Paibomsai</td>
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<td>Health Centre:</td>
<td>(705) 285-4354</td>
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<tr>
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<td>(705) 285-1311</td>
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<tr>
<td>Daniel Stargratt</td>
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<tr>
<td>Maamwe Kendaising Child Care Centre:</td>
<td>(705) 285-7777</td>
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<tr>
<td>Melanie Manitowabi</td>
<td>Supervisor</td>
<td><a href="mailto:daycare@whitefishriver.ca">daycare@whitefishriver.ca</a></td>
</tr>
<tr>
<td>7 Fires Youth and Elders Centre:</td>
<td>(705) 285-1755</td>
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<tr>
<td>Marida McGregor</td>
<td>Seniors Navigator</td>
<td><a href="mailto:maridam@whitefishriver.ca">maridam@whitefishriver.ca</a></td>
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<tr>
<td>Library:</td>
<td>(705) 285-1888</td>
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<tr>
<td>Evelyn Jacko</td>
<td>Librarian</td>
<td><a href="mailto:evelynj@whitefishriver.ca">evelynj@whitefishriver.ca</a></td>
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### October 2019 Community Calendar

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<td>Elders Centre Soup &amp; Sandwich</td>
<td>Community Health &amp; Wellness Fair 11am-8pm</td>
<td>Elders Centre MOW’s Girl’s Group 7 Fires Centre 5pm-7pm</td>
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<td>Leather Concho Belt Making 7 Fires Centre 9am-7pm</td>
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<td>Regular Chief &amp; Council Meeting</td>
<td>Full Community Clean-up 1pm-3pm</td>
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#### AA Meeting
- **6** AA Meeting
- **7** BINGO
- **8** Elders Centre Soup & Sandwich
- **9** BIFD Open House 4pm-7pm
- **10** Elders Centre MOW’s Girl’s Group 7 Fires Centre 5pm-7pm
- **11** BINGO
- **12** BINGO

#### WRFN Offices Closed
- **13** Full Moon Ceremony Comm. Centre Arbor 7 pm
- **14** Elders Centre Soup & Sandwich
- **15** Eiders Advance Care Planning & Power of Attorney Info. Session Comm. Centre 6pm-9pm
- **16** Elders Centre - MOW’s Claim Info. Session 7 Fires Centre 11am-1pm
- **17** Elders Centre - MOW’s Pow Wow Committee Council Chambers 6pm-8pm
- **18** Elders Family Recipe Cookbook 7 Fires Centre 12pm-3pm
- **19** BINGO

#### Waste Reduction Week
- **20** AA Meeting
- **21** Share & Repair Council Chambers 1pm-3pm & 5-8pm
- **22** Elders Centre Soup & Sandwich
- **23** Eiders Centre MOW’s Plastics & Packaging Council Chambers 6pm-8pm
- **24** Eiders Centre - MOW’s Winter Clothing Swap Comm. Centre 6pm-8pm Working C&C Meeting
- **25** Family Halloween Dance Comm. Centre 7pm-10pm
- **26** BINGO

#### Birthday & Anniversary Wishes!
- **27** AA Meeting
- **28** BINGO
- **29** Elders Centre Soup & Sandwich
- **30** Elders Centre MOW’s 7 Fires Centre 12pm-3pm
- **31** BINGO

| Happy 60th Birthday on Wednesday October 23rd to my Fav Sister, Karen McGregor. Try and act your shoe size not your age that day! LOL From your brother & sister-in-law in The Bay, Pete & Kris We love you! Happy Birthday wishes to Kendra in October You’re 26 on the 27th Love Kendra |
| Happy Birthday to our friend Karen on October 23rd. From all your friends at the Elders’s Centre. Happy 6th Anniversary Mike and Tah on October 10th. Love Mom & Dad Happy Birthday to the Paiibomans’s who celebrate in October, * Isaac * Clarence * Katherine * Salka * Joseph * Rose * Love, Mabel 16 years on October 13! Happy Anniversary Franklin! - Love Bonnie |
| Happy Birthday to my sister Joanne & brother Dave Love, Joyce & Andy Happy Birthday to our granddaughter Tahnee on October 29th! Love Nana & Papa Happy 14th Birthday to my granddaughter Felicity on October 9th. Love Grandma Birthday Wishes to Eli! Happy 35th Birthday on Oct. 17 Love Mom, Dad, Isaac, Lucy, Ziggy and Mitty Happy 16th Anniversary to Bonnie & Franklin From Marjorie & family Birthday wishes going out to my beautiful daughter Jessica on October 16th! Love Mom & Family Happy Birthday Wishes to all my nieces and nephews who celebrate in October - Marjorie Birthday wishes going out to my brother Joe and my sister in law Rose in October Love Marjorie & family Happy Anniversary Bonnie! Franklin Happy Thanksgiving to everyone in Beautiful Birch Island Marjorie King On October 7th 1969, My parents made a vow to love and cherish each other for their entire lifetime, and I’m pleased to say that they’ve kept the promise. Happy 30th Anniversary to Brian and Karen McGregor! Love always, Brianna xo xo Happy 66th Birthday to our mom Karen! She celebrates her milestone birthday on October 23rd. Love always, Brianna and Johnny. Happy 6th Birthday to my Grandma on October 23rd! Love, Izzy xo xo. Happy Birthday to my Fave Uncle, Pete Nahwegahbow, on October 24th! Love, Cheez. Happy Birthday to our brother Pete on October 24th, the final year of the sixth decade!! Cheers to 59 years! Hope your day is exceptional in every way!! Love, your favourite sister Karen and favourite brother-in-law Brian The Best Sister ever is turning 60! Happy Birthday Karen Love Val Happy Anniversary Karen & Brian 30 years of bliss! Here’s to 50 more! Love Val Happy 20th Birthday to my daughter Kara on October 2nd! From Mom & Steve Happy Birthday to my Mom Elaine on October 23rd Love Va & Steve Happy Birthday to my Chi-Mama on October 29th, and my Auntie Kiwi on October 29th. Love Liam Birthday Wishes to Carrie Recollet & Evelyn Leeson on October 31st From Va Sending a Belated Birthday wish for Louise on September 5th. Love, Jean, Lawrence & Clarissa Wishing a Happy 30th Anniversary to my wife Karen. Looking forward to many more. Love Brian Best ever Birthday wishes go out to my wife Karen McGregor on October 23 and my brother in law Kelvin (Peter) Nahwegahbow on October 24. Cheers. Happy 15th Birthday Eli! We love you twice as well as you know and half as much as you deserve! Love your Family |

Happy Birthday to my Mom .... who sacrificed many precious moments in her life, so that I could have them in mine. Love always and forever, Your son, Brayson

October 25th No matter how old you are, you will always be our little angel. Have a Fabulous 26th Birthday Kendra! Love, Mom and Dad xo