Historic Milestone in WRFN!

Congratulations to the community of Whitefish River First Nation on reaching the historic milestone of voting to ratify the Boundary Specific Claim under the 1850 Robinson-Huron Treaty. The vote was held at the Whitefish River First Nation Community Center on October 26, 2019. Boundary Specific Claim information sessions were held in Whitefish River, Toronto and Sudbury in the weeks prior to the vote and in total we had 635 members vote in the referendum. Through our community’s persistence, hard work and determination the threshold for the vote was 562, and of that, there was 97% support from voters (616) for the Boundary Specific Claim. Notices will be issued on a monthly basis as we now move through the process with the government.

Chi-Miigwetch to all who were involved in this historic event.

Please note that the deadline for submissions for the next issue is Wednesday, November 20th, 2019 at 4:30.

Miigwetch!

rezoundeditor@whitefishriver.ca
Good day fellow community members!

It seems that November is upon us and on November 3rd is Daylight Saving Time! We “fall” back an hour so 8AM will be turned back to 7AM. It always seems like it is an extra hour of sleep but, I find, my body quickly adjusts to the time change.

On **Friday November 1st**, we will be hosting our All Souls Day acknowledgement and feast. It is a potlück feast so please bring your loved one’s favourite dish. Also, we will be hosting our Fall Feast on November 6th where we celebrate our gardens, bees, and traditional meats. Sounds delicious!

There have been some changes to Non-Insured Health Benefits. You can use the medical transportation service to attend dentist and optometrist appointments. However, if it is a speciality service, I would verify through the Non-Insured Health Benefits program that it is an eligible service or item – just to be sure. Doreen Jaco, Community Health Representative, or Cathy McGregor, Medical Receptionist, can find out that information for you. With our medical transportation service, we do have to submit travel reports to Indigenous Services Canada – it is part of our accountability.

At the end of the month (last week of November) will be National Addictions Awareness Week. Mike Aelick, Mental Health and Addictions Worker is planning events during this week. Come and check it out!

There are changes a-coming! We have been interviewing for new staff for some of the Health Centre positions. We have a new building being erected (Senior’s Centre) and the Daycare is being moved. This is a time of change and it’s very exciting!

During the 2nd last week of October, I participated in Emergency Response training specifically on Evacuation and Reception Centres. It was intensive training with long days. I learned a lot and will be implementing what I learned.

Also, Mnaamodzawin Health Services has a new Community Health Nurse. She has already started in the First Nations communities under Mnaamodzawin’s umbrella. Her name is Lauren Booth. She says: “My name is Lauren Booth I am the new Community Health Nurse with Mnaamodzawin Health Services. Originally from Sudbury ON, I moved to Manitoulin Island last year after completing my Bachelor of Science in Nursing at Laurentian University. After graduating I worked with Public Health Sudbury & Districts as a Public Health Nurse in Mindemoya. When I am not working, I enjoy spending time outdoors with family and friends, playing recreational sports and travelling any chance I get. I look forward to continuing my work in community health nursing and getting to know each and every one of you!”

Welcome to our community Lauren!

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**November 2019**

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

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

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**IT’S FLU SEASON**

Mnaamodzawin Health Services Flu Shot Clinic
Whitefish River First Nation Health Centre

- **Friday November 8th**
  - 10am - 2pm
- **Monday November 18th**
  - 5pm - 7pm
- **Wednesday November 27th**
  - 5pm - 7pm

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Community Health Nurse Lab/Blood Draw Clinic - Fridays @ 10:00 am
Please bring your Requisition(s). Appointments recommended.
It has been a beautiful month of watching the leaves change color and even the sunsets seem to have changed to become more vibrant. Well, it’s been another busy month and I’ve been gearing up for another full month of programming. The Community Wellness Program assisted with the Showenasowe School Annual Bobcat Run as well as facilitating Wreath Making leading up to All Soul’s Day.

Jiiibaya-giizhagad, Anishinabemowin has started back up on Tuesday nights from 6:30 pm until 8 pm. If you’re a fluent speaker, please come out and join in to help those of us that are in all stages of learning the language. If we had more local seniors and elders coming out to join us, it would assist new learners to practice words and phrases in our regional dialect. Language is an important and sacred part to who we are as Anishinaabe, that we must take the initiative to practice with the fluent speakers in our community. Growing up, away from my home community, I know I missed a great opportunity to learn Anishinaabemowin as a youth and consequently the first language I learned was English. Both my mother and grandmother did not want us to learn the language for fear of being hurt as they were, in Residential School. Upon returning home, I knew very little in the language but now my vocabulary is expanding constantly. Although it has taken me this long to learn, I consider learning the language, a lifelong goal.

Another program that was a great success was the Leather Concho Belt workshop that was held on October 5, 2019. I had 12 registered participants with the final count being 10 that were able to make it out. It was a great program that was hosted by Paulette Albens who has facilitated programming within our community in the past.

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

Aanii, National Addiction Awareness Week is from Sunday, November 24th to Friday, November 29th. Gabor Mate explains addiction as “behaviour that gives you temporary relief, temporary pleasure, but in the long term causes harm, has some negative consequences and you can’t give it up despite those negative consequences”.

The theme this year will be “Stigma Ends with Me”. Stigma is one of the biggest barriers to treatment and recovery. “Words are important. If you want to care for something, you call it a flower; if you want to kill something, you call it a weed.” - Don Coyh

During NAAW week, some of the topics and events will be a Recovery Breakfast, an introduction to Jasmine Fournier, Health Promotion Educator, Cannabis Safety, Photo Voice, Technology Addiction, The 8-pointed Star, Naloxone Kits and ending the week with a Recovery Dinner.

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

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

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National Addictions Awareness Week November 24th - 29th 2019
Stigma Ends with Me
Recovery Breakfast
Introduction to Jasmine Fournier, Health Promotion Educator
First Nations Mental Health Wellness Continuum Framework
Cannabis Safety
PhotoVoice
Naloxone Kits
Technology Addiction
The Eight Pointed Star
Recovery Dinner

More information and if you have any questions, please contact Michael Aelick at the Health Centre 705-285-1354 or maelick@whitefishriver.ca.

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Reposted - Employment Opportunity
Mental Health & Addictions Support Worker

Duration: To March 31st, 2020 (with the possibility of an extension)
Salary: $40,000 - $45,000 (depending on education and experience)

Responsibilities:
- Provide support to children, youth, families, and groups in the community;
- Collaborate with local community agencies;
- Provide referrals to culturally appropriate treatment services;
- Administer the Mental Health and Addictions Program;
- Assist eligible members with goal setting and achieving those goals;
- Support eligible members leaving care to identify, access, and navigate the service systems relevant to their needs and transitions to the community;
- Support eligible members leaving care to develop and maintain relationships with responsible, caring adults in the community to help them as they transition to adulthood.
- Work with local service agencies to develop a referral approach, and to create awareness of the program among members leaving care;
- Facilitate access for members leaving care to existing supports and resources in the community. Some of the supports and resources may include:
  I. Housing supports
  II. Education resources
  III. Employment services & training
  IV. Life Skills training (e.g. FIN and household management)

Qualifications:
- Post-Secondary Diploma or Degree in Health or Social Program;
- Two years’ experience in providing services to children, youth, and their families or at least 3 years’ relevant experience in the mental health and Addictions field;
- Knowledge and understanding of Indigenous culture, language and healing practices, in addition to experience working with Indigenous families;
- Strong verbal and written communication skills;
- Conflict resolution skills, problem-solving, and dealing with challenging situations;
- Ability to maintain the high professional and confidentiality standards.
- Experience working with Microsoft Office; Experience with creating databases;
- Maintenance of an ongoing clear Police Vulnerable Sector Screening Check;
- Valid Standard First Aid Certificate and CPR; Valid Mental Health First Aid, Valid A.S.I.S.T Certification;
- Valid Ontario Driver’s License with access to a vehicle; and
- Ability to travel and to work flexible hours according to the needs of the WHFN and children.

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

CONTRIBUTION: Michael Aelick, Human Resources Manager
Whitefish River First Nation; 17-A Rainbow Ridge Road; P.O. Box 188; Birch Island; ON; P0P 1A0
Email: MaeAllie@whitefishriver.ca; Fax: (705)205-4112

CONTRIBUTION: Michael Aelick, Human Resources Manager
Whitefish River First Nation; 17-A Rainbow Ridge Road; P.O. Box 188; Birch Island; ON; P0P 1A0
Email: MaeAllie@whitefishriver.ca; Fax: (705)205-4112

Applications must be submitted by Nov. 15, 2019 by 4:30 p.m. and must include the following: Cover letter, current resume, and 3 reference names (with contact information).
Sometimes the Blocks Fall Down
Parenting Group

Guided discussions each week around topics of emotional regulation, setting boundaries and attachment parenting

Date: Tuesday, November 5th, 12th and 19th
Time: 12:00-2:00pm
Lunch is Provided
Location: Whitefish River First Nation Community Centre

To Register, please contact:
Email kim.stewart@noojmowinweg.ca
Phone: (705) 368-0229 ext. 240
Website: www.noojmowinweg.ca

Noojmowin Teg
A place of healing
Find us on Facebook

Family Resource Worker - Paige Jacko

Well, this month has been absolutely amazing. We started our girls’ program with Noojmowin Teg where we focused on topics like; self-care, healthy relationships, bullying, and self-esteem. We also had the opportunity to create our own self-care projects like; scrunches, paintings, and using essential oils. The group was going to run for three weeks, however, we will be extending it until Christmas break. So, if you have any young girls who would be interested in the group. They are all more than welcome to join. Every Thursday from 5:00 pm-7:00 pm at the 7 Fires Youth & Elders Centre.

We have a parenting group starting called the Circle of Security starting on November 5, 2019. The group will be held for three weeks at the Community Centre at noon, and lunch will be served. This program will focus on understanding their child’s emotional world by learning to read emotional needs, supporting their child’s ability to successfully manage emotions, enhance the development of their child’s self-esteem, and honor the innate wisdom and desire for their child to be secure. We will be partnering with Noojmowin Teg to help facilitate this group. If you would like more information. Please, contact me or Kim Stewart from Noojmowin Teg.

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.

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

Health Promotion Educator – Jasmine Fournier

Anniin! It has been a busy month! Chi-Milgwitch for the warm welcome at the Community Health Fair, Family Halloween Dance, and the 7 Fires Elders and Youth Center – Youth Drop In on October 9th and Elders Meet & Greet on October 28th. Along with slowly introducing myself at these events and spaces I have also been reading and meeting with community members to catch up on what WRFN has been doing around cannabis. From these readings and meetings, I proposed a work plan to the Ayaan-gwaa-mizid-daa – Let’s Be Careful committee. We agreed that the week of November 24 – 30th, National Addictions Awareness (NAA) Week, is a great week for me to start sharing neutral cannabis facts and gathering your thoughts and opinions – how do you want the newest cannabis research shared with you? How do you want to share your ideas with me? I am open to all suggestions! Keep an eye on your Facebook feeds and mailboxes for full details on events happening during NAA Week. During the community dinner on Friday, November 29, we will be revealing the youth logo contest winners.

In an effort to be as transparent as possible, I will be working on a web page expansion for the current WRFN website. This will be a one-stop shop for all of your unbiased cannabis information and to check out what events, activities, and engagement sessions are coming up and to see what was learned in events passed. Until then, be sure to check out the YouTube video, “WRFN Cannabis Video” https://www.youtube.com/watch?v=dzQonBRizs . This video is a summary of the Cannabis Information and Discussion Forum held in October 2018.

I was able to attend Anishinabek Nation Cannabis Forum on September 25 – 26. It was a lively discussion with the following highlights:

- Anishinabek Nation Legal Department – Inherent Rights Approach
- First Nations have the inherent right to self-govern
- Anishinabek Nation Legal Department – Cannabis Agreement Options
- How to partner with different levels of government with a focus on the Alcohol and Gaming Cooperation of Ontario
- Cannabis Panel Discussion
- First-hand experiences about what is happening in four different communities: Aldersville First Nation, Mississauga First Nation, Thessalon First Nation, and Nipissing First Nation
- Cannabis Law Enforcement On-Reserve
- Ontario Provincial Police and Anishinabek Police Services were present
- Individual approach – Highlights of what other FN are doing across Canada
- Collective approach
- One approach to potentially profiting from cannabis sales

This month’s cannabis safety tip:

October 17, 2019 marks one year of legalized recreational cannabis use in Canada. As part of the initial Cannabis Act the federal government strategically left one year to develop comprehensive regulations for edible cannabis (things than can be eaten like), cannabis extracts (things that can be made from oils like oil vape pens), and cannabis topicals (things that can be put on the skin). Although these products are now legal, we will not see products in the Ontario Cannabis Stores until mid-December or early 2020. But why the delay? A licensed producer must inform Health Canada of the products they intend to sell. These new products must then go through rigorous testing to ensure they pass all regulations and safety measures, such as those set out in the Food and Drugs Act. Remember that cannabis reacts differently for everyone depending on a lot of things like how it is used (smoked vs eaten), strain of cannabis, your mood at the time of use, and many others. If you choose to use, start slow and go slow.

As always, you can contact me at the Health Centre 705-285-4354 or by e-mail at jfournier@whitefishriver.ca

Ayaan-gwaa-mizid-daa – Let’s Be Careful.
Whitefish River First Nation Community
Cannabis Advisory Group

Youth Logo Contest

In your logo design please include the three pillars of our work plan: 1) Health, 2) Safety and 3) Social, all with strong guidance from our traditional and cultural strengths. Keep in mind that the purpose of the Committee is to provide guidance on all the cannabis prevention and support programs, policies and regulations with the aim to promote responsible use.

Open to WRFN youth up to age 25
Your chance to win an iPad
Submit by November 27, 2019 at 4:00pm

Please submit your designs, names, and age to the Health Promotion Educator - Jasmine Fournier jfournier@whitefishriver.ca. 1-705-285-4354 ext. 206

Winner and honourable mentions will be revealed at the National Addictions Awareness week dinner on Friday November 29.
November is upon us and I am definitely not ready for winter. Looking back at October, I am so happy to return to my regular programming and am so glad to see the Youth.

Programming for Grades 7 and 8 will be taking place on Tuesdays from 4:30 – 6:30 pm at the 7 Fires Youth and Elders Center

I have been making regular visits to Espanola High School on Tuesdays. I can be found in the Aboriginal support room (A1231) or around the halls if you need to chat.

The 7 Generation Youth Council meets on a bi-weekly basis on Tuesdays at the Youth Center from 6pm to 8pm. Come on out to share some fundraising ideas and don’t forget that volunteer hours can be given out and dinner is provided!

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. Last but not least, Drop in Nights are continuing throughout November. The hours for the drop-in program will be from 6:00pm to 10:00pm, Fridays at the Youth and Elders Center.

I am also looking forward to working with Nina Toulouse and Andrew Debassige from UCCMM, we will be partnering up on some upcoming events for the Youth.

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

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### November 2019 Community Youth Program Calendar

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For more information on Youth Programs, please contact Crystal Clark-McGregor, Right to Play Community Mentor at the Youth & Elder’s Center at (705)285-1755 or righttoplay@whitefishriver.ca
Traditional Family
Recipe Cookbook
Planning Session #4

By the Whitefish River
First Nation Seniors

November 15, 2019
11:00 am to 2:00 pm
Seven Fires
Youth and Elders Centre
Contact Marida at 705-285-1755

Light lunch provided!

Seniors Navigation Worker – Marida McGregor

The Seniors program was busy in October with the following events: Advance Care Planning and POA, Traditional Cookbook #3, Seniors Lunch and Conversation with Jasmine Fournier, Seniors Social Tea and Seniors September birthday cake acknowledgements. I have also been busy with advocacy and referral supports.

For November we will be having the following events:

- Straight Talk with Rose Pitawanakwat, CCO: November 8th
- Seniors Traditional Cookbook planning #4: November 15th
- Seniors Painting 102: November 16th
- Seniors Christmas Card Social: November 18th
- Seniors Painting 102: November 23rd
- Seniors Tea Social: November 25th
- Birthday cake acknowledgements: November 28th

Reminder that the Seven Fire Youth and Elder Centre is open daily for seniors Monday to 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.

Also, if you would like moose or deer (fish pending availability) please come and pick some up for those delicious meals.

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

Seniors Presentation

STRAIGHT TALK
WITH ROSE PITAWANAKWAT
HBSW NAVIGATOR – INDIGENOUS HEALTH
NORTH EAST CANCER CENTRE

NOV 08 | 10AM 1PM
SEVEN FIRES
YOUTH AND ELDERS CENTRE

Light Lunch Served

Any questions, call Marida at 705-285-1755

Senior’s Tea Social

Tea time is a chance to slow down, pull back and appreciate our surroundings and company. Come and enjoy an afternoon of storytelling and sharing in a calming environment.

November 25, 2019
from 12 pm to 3 pm
Light lunch provided
Seven Fires Youth
and Elders Centre

Niibiishaaboo
For more information, contact
Marida at 705-285-1755
Food Security Assistant - Louanne Megwanab

What a pleasure it is to cook good, wholesome food for our young students. This year we are off to a good start, having served a moose meat/ground beef rice mixture, homemade muffins and classics like homemade spaghetti sauce and meatballs. The students have really enjoyed the menu so far, even coming out to give a thumbs up or to tell “Dryden’s mom” that it was “nishin”. Seeing the students enjoying their food and socializing reminds me of growing up, visiting over snacks, learning from each other and most of all enjoying each other’s company and staying connected.

Bobcat Run
Earlier this past month, we helped cook for the Bobcat Run. We had a great turn-out, as the weather co-operated and so did the fans. The children were able to have barbecued hamburgers and hotdogs that the staff dished out. Thank you to all who helped with getting the food prepared for the kids, I really appreciated the help from the enthusiastic crew.

Healthy Kids
As I ponder on how to provide healthier choices for kids and to also include them in the menu selections I have had to make a few changes, first at home, then for our students. One positive change to stay connected is by turning the television and internet off while I am preparing our daily dinner. This one change, includes my children in meal planning and it keeps me connected to them. Without knowing it, this change has diverted their attention away from the internet and the TV and helps us focus on bonding with each other. So, in our local school, I am always conversing with the children and asking about their day or week end, if they like the food or why they might not like it and what I can do to change the dish. Healthy kids are not just about food, it is their lifestyle, their feeling of importance and value in decision making.

Food Myths:
Myth: Vegetarian and Vegan Diets are Always Healthier
There are many plant-based eaters who pay great attention to their nutrition. Vegetarian and vegan diets with a focus on produce, whole grains, beans, legumes and nuts benefit from the array of nutrients these real foods deliver. However, processed mock meats, refined carbs and peanut butter sandwiches can also be part of a plant-based diet. So skip the processed ready-made meals, and choose real-food sources instead.

Upcoming Month
This month I will be working on preparing a fish dish for the local school, incorporating wild meat into the students’ lunches and making treats like zucchini bread and carrot muffins. Our local students have requested vegetable lasagna, more breakfast sausages and fruit sauce with pancakes (of course, locally produced Maple Syrup too). Have a great month, baa maa pil.
13 Moons Gardens

by Michael Aelick

Trees Talk on The Wood Wide Web

The entire web of life is connected, and it is connected by fungi. Fungi are the unsung heroes for life as we know it. Plants, animals, insects and humans owe a debt of gratitude to this misunderstood organism. There have been estimates of around five million species of fungi on the earth. We have only discovered approximately one percent of all fungi. Fungi are responsible for bridging the gap between plants and the soil, making it possible for a breathable atmosphere to form. Around 420 million years ago when plants were insignificant existing on the edges of the water and trees reached heights of three feet. Mushrooms reaching 24 feet high with the main stem measuring about three feet wide, defined some of the earliest complex life forms on land. These fungi broke down the rocky landscapes using acidic excretions; mining the minerals from the earth allowing the plants to move from the edges of the water, forming forests and landscapes.

Mushrooms, unlike plants, cannot produce their food from the sun’s energy. Plants can transform sunlight, water, and carbon dioxide into sugars known as photosynthesis. Mushrooms have evolved three ways of survival: symbiosis, saprophytic and parasitic.

Saprophytic mushroom’s role is of decomposition. These fungi help in the composting of dead plant matter in forests. Shaggy Mane mushrooms have recently been growing in a lot of yards in Birch Island. These mushrooms are breaking down organic matter in the form of decaying wood in the soil.

Parasitic mushrooms can live on healthy trees, plants and even insects without killing them. A great example of this would be Chaga as it does not kill the host tree. Other parasitic mushrooms affect unhealthy hosts and can even hasten their death.

One of the more common fungus, and the kind I find the most fascinating is the type that forms symbiotic relationships with plants. Around ninety percent of all land plants form a mutual relationship with fungi. Yellow Lady Slippers require a specific fungus to be present in the soil for their seeds to sprout. Yellow Lady Slipper seeds lack the stored energy necessary for reproduction. The before mentioned mycelium penetrates seeds allowing them to develop into mature plants.

Where mycorrhiza and mycelium become interesting is the intimate connection they have with trees. The mycelium connects to the roots of trees, forming a symbiotic relationship. The mycelium assists the trees with the extraction of minerals and water from the soil. In exchange, the tree supplies the mushroom with carbohydrates. There have been some very extraordinary studies performed with trees and mycelium by Suzanne Simard at the University of British Columbia. An experiment was developed where they grew Mother trees with their seedlings as well as seedlings from different trees. It was discovered that Mother trees could recognize their kids. They even helped to colonize them with a bigger mycorrhizal network and reduced their roots to allow more room for their children to develop. The fascinating discoveries from this study were when the mother tree is injured or dying; they will send messages of wisdom on to the next generation of seedlings sharing a lifetime of knowledge. This study proves that forests are one living organism, not just a bunch of plants haphazardly growing together as competitors, but are cooperating.

I hope you have found this article informative and enjoyable. If you have any questions or comments; please send me a message on Facebook at 13 Moons Garden. Plant a garden, share the bounty and repeat next season.
Education Manager
Jacinta Shawanda

Aanii kina weya!

This month I just have a few announcements to make

Re-engagement is in its final year, as we don’t anticipate funding for next year. Adults in the community who want to earn their OSSD can still do so through the re-engagement program. The new re-engagement teacher, Mr. Alain Sauve will be available at the WRFN library Tuesdays from 1pm-3pm to meet with students. Attendance is mandatory every week to earn your credits. Don’t miss out on this opportunity.

The snow will be flying soon and potential snow days are coming up for winter as usual. Parents and guardians are reminded to check the consortiums website to see if buses are cancelled at http://www.businfo.ca/

If the Espanola buses are cancelled then Whitefish River buses travelling to both AB Ellis and Espanola High School will also be cancelled.

If the Manitoulin buses are cancelled then our local run to Shawanosow School is also cancelled.

Normally, during a snow day teachers are expected to report to work and classes are usually open. Parents and guardians have the option of transporting their children both to and from school themselves. Please call the school to confirm for each snow day.

Enjoy the last of the autumn weather!

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

Miigwech

Whitefish River First Nation Public Library

Come and expand your mind or just relax it

Aanii fellow community members!

I have been busy cataloging the Library’s inventory from books and novels to puppets and stuffies. When complete, these items will be included in the Library’s lending program. Please stop by the library to fill out the lending and borrowing application. Upon completion of the application I will issue a library card. You will need the card to access all library materials.

I will be having Tech. & Tea (coffee) afternoons/ evenings for those that would like help navigating technology. I can offer assistance with cell phones, laptops, and other devices along with the computers that we have here at the library. If you would like to apply for an email address or any other social media page I can also help with this. This service is open to adults and Elders in our community that would like assistance on a first come first serve basis. Should overlapping patron visits occur, then I will start making appointments. We don’t have to worry about that just now, just an idea for the future.

I look forward to your visits, and when visiting the Library we ask that you sign in for statistical purposes as this assists with our yearly funding.

Hours of Operation & Contact Information

Tuesday - Saturday: 1PM - 7PM
Phone: 705-285-1888
Email: evelynj@whitefishriver.ca
Maamwe Kendaasing Child Care Centre

Aanii Kinawaya, November is the month of Remembrance. Let us not forget those who have given us the freedom we have today to live Bi-maadzawin (the good life). We will share with our students the importance of Remembrance Day, as we share stories of our community members who have served in both World Wars and our warriors who continue to serve and protect their nations today. The month has come and our move to the new Centre is upon us! We hope there is not too much disruption to our move, but if there is we will let families know in advance. We have a tentative date to move in for November, however, this may change and we will let everyone know, as we near this important day. Also, I just wanted to send out a heartfelt appreciation to all the Early Childhood Educators that dedicate their hearts to their profession, as the first five years of a child’s life are the most pivotal, and fastest in child development. To show our appreciation at Maamwe Kendaasing, we had a luncheon and gifts to celebrate Early Childhood Educators day!

**Programming**

**Aanii from the Toddler Room**
The fall season has quickly arrived and before you know it the cold winter months will be upon us. All the children love to explore the great outdoors including the puddles and the sand. With all the various elements the weather brings, we encourage you to please provide extra clothing at the Day Care. We would also like to remind parents and guardians to dress your children according to weather (remember to dress them in layers), and to please bring in mitts, hats, sweaters and rubber/winter boots. Please ensure our youngsters also have extra indoor shoes to leave at the Centre. The children have been enjoying the fall season by watching the leaves swirling, twirling and falling from the trees. They’ve been listening and watching Chi-Noodin blow the leaves around. One day we were collecting leaves and putting the leaves in a few pumpkin bags; we were learning the different colors of the leaves in our outdoor classroom (the playground.) We have been playing a few traditional games that you may have played back in the day like hide seek, running races and ball tag. The children have been learning a lot through play.

**Aanii from the Preschool Room**
October was a busy month for us all with lots of fun fall activities going on like our Thanksgiving dinner to our annual Trick or Treating excursion to the various organizations in the community. With November upon us, we are prepared for another busy month for us, as we transition to the new daycare, which we are excited about. Our preschool room has been active with making different crafts and learning our days of the week in Ojibway during calendar time. For the month of November, we will be learning about Remembrance day and preparing for the winter. We remind the parents that the days are getting cooler and to please dress the children according to weather, and also to remember to send extra clothes for their child. We like to wish all a great month of November and stay warm.

**Aanii From the SAC room,**
First off, I would like to officially welcome fall, my favorite season. Here in the School Age Program we have been slowly getting back into our usual routine before and after school. In the mornings we have breakfast together and then are off to school for the day. After School our children return to the center and participate in activities of their interest until parents arrive. Some of their interests include reading, writing and creating art in their own way. This month we also celebrated a Birthday. Happy Birthday Jackson! Finally, with the leaves changing and the cooler weather approaching us, please send your child with weather appropriate clothing. (Jacket, sweater, hat, mitts, etc.)

**Day Care Spaces**
Currently, our Toddler program is full, we have space in our 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 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. So please stop by and fill out an application to get the ball rolling if you require care now or in the future!

**Child Care Closure: Remembrance Day - November 11, 2019**

**Happy Birthday to those celebrating in November**

Baamaapii,
Maamwe Kendaasing Eknoomaaget

Thanksgiving celebrations with family at Maamwe Kendaasing.

WRFN celebrated Halloween in style with a Family Dance on October 25, 2019.
Aanii Parents/Families

It is hard to believe that we are already through October. The weeks seem to fly by. Our September concluded with our Every Child Matters Week. Our students were involved with a number of activities that promoted health in all aspects of well-being. Our students participated in yoga, a community environmental cleanup and also made flags to support and advocate for the awareness of Orange Shirt Week. Our week concluded with our community march and a delicious potluck turkey dinner luncheon which coincided with our monthly community luncheons. Miigwech to the Health Centre Staff and parents/families for their support during this week.

In October, our students continued to be active in their learning. Our Bobcat running team attended four community cross country meets; Wiikwemkoong, Sagamon Anishinaabek, the Manitoulin Island cross country run and the best one our own 8th Annual Running Wild with the Bobcats. This year, we included a section through the bush which was well received and we got many great compliments about. Chi-Miigwetch to our staff, and our community partners for all their assistance and Chief Shining Turtle for everything they do to help make this the best cross county running event. We had great weather, a great turn out and a great time had by all that attended.

Our Grade 3/4 class attended Wreath Making at Ojibway Cultural Foundation on October 15th. On October 17th, Individual Education Plans were sent home to parents outlining the steps we are taking to support children with individual needs. It is through our partnership (school and families) that we will continue to improve outcomes for all students. On October 21st, we welcomed Mr. Tim McGregor back to Shawanoswe School to share his knowledge of Eagle Staff teachings with students and staff. Our Gardening Club attended a sprouting seeds workshop and harvested our garden’s bounty before the weather changes. This was a great way for our students to connect to the land.

This month we as a school discussed strength in our classrooms, looking at what our students feel is their strength within Shawanoswe School. This initiative is not only building our student’s confidence but it’s also creating a better sense of community within our classrooms. October also had some learning opportunities for our staff. Our staff Anishinaabemowin class is in full swing Tuesdays at the WRFN Health Centre, mentoring with fluent speaker Marion McGregor. On our PD Day, staff are learning about the significance of Anishinaabe Place names with Alan Corbiere and visits to schools to enhance their practice. We have many more activities to conclude October. On October 28th, Sacred Heart School’s Grade 5/6 classes and our Grade 5/6 class will be travelling to Sunshine Alley to discuss Treaties with Esther Osche. On October 29th, all students will be making wreaths under the guidance of the Health Centre. Picture Day is on October 30th for all students and on October 31st we will be hosting our annual Halloween Costume Parade.

November’s events are quickly starting to take shape. Treaties Recognition Week activities are scheduled for November 4th – 8th, 2019. Further information will be sent out to families once activities are confirmed. On November 7th, our Grade 5/6 class will be fortunate to have a teacher from Spanish High School work with the class on how to create Podcasts. Our robotic kits are starting to arrive and our two Robotic teams will start to work with Chris Mara (Teacher of Wiikwemkoong World Team) to enhance our skills that will be tested at our first tournament December 14th at Science North. All staff will head To Wiikwemkoong for their Annual Language Conference. On November 18th and 19th, our staff will receive Archery Training so that we can now have archery as part of our physical education program. There will be an opportunity for parents to receive training on November 18th evening. More information will be sent home.

Other Important Dates in November:

November 8th: Spirit Day
November 11th: Remembrance Day
November 12th: Progress Reports sent home
November 15th: Professional Development Day
November 20th: Early Dismissal

As the month progresses we will continue to look for additional learning opportunities for our students. Parents/families are always welcome and are encouraged to take part in classroom activities.

Miigwech
Daniel

From the 5/6 Class at the End of the Hall
Well, we are two months into school and are really enjoying it. We have had several of our classmates celebrate their birthdays, which translates to cake and gifts. Our school has completed a successful cross-country season, with many of us attaining personal bests. Our classroom has many different features such as seating, focus areas, and a warm fuzzy feeling (our indoor campfire). We are all excited, as we continue our classroom journey together!
Aanii Bemaadizijig

As we say Baamaapii to Baakikii Giizis (October-Falling Leaves Moon) and welcome Baashkaakodin Giizis (November – Freezing Moon), exciting happenings continue in the community.

Bobcat Run

We had another very successful cross country meet with our 8th Annual Bobcat Run. The hard working staff at Shawsanoswe School did an excellent job in organizing and carrying out this event. The Bobcat Run was a great example of excellent team effort by all WRFN staff. Staff from WRFN Health, Public Works as well as Administration all had a hand in ensuring the day’s resounding success!

Specific Claim with our Reserve Boundaries and Trust Agreement

All the paper is now completed, we have an initial settlement agreement and a trust agreement, now the decision whether to accept both documents rest with the membership. History will be made on October 26, 2019, with the membership coming together to make a decision on a very important matter.

Early Learning

We are in our final stages of completion of our new Early Learning and Innovation Centre and planning is now underway for the Grand Opening. Watch out for flyers and notices in the coming week for this exciting event!

Elders Residence

Construction on this project continues to advance and the building is quickly taking shape. This is an eight-unit residence complex that will continue to serve the independence for our elders. This project is on target to be completed within the first quarter of 2020. This is an exciting time for both our elders and the community.

Employment Opportunities

With the closing of the job postings in October, interviews will be scheduled in the coming weeks. We will be having some new faces in October/November working for our community. We are in the process of filling the following positions:

1. Office Manager
2. Custodian
3. Events Coordinator
4. Mental Health and Addictions Worker
5. Family Well-Being Coordinator

Anishinaabemowin

Now that we are advancing toward more Anishinaabemowin I found two pieces I felt important to share. Credit for the following two pieces go to the Wiikwemkoong Anishnaabemowin Group:

Ngii kendaan naangwadinong znagi zhiyaamgad wi ni aabizikaang gde’ ekow miinwaa gdo ojaang-inige aabidek dash kwini aabizikaa.

I know sometimes it feels hard to go on your tired and drained but you have to keep going.

We are standing on sacred ground, it is the dust and blood of our ancestors, we are always strong when we stand together also when we dance and talk to the creator to the betterment of fellow being.

Halloween

Thursday October 31st is Halloween in WRFN! On that night we will have Trick or Treater out collecting goodies door to door. As a community, let us be extra mindful to watch for our young trick or treaters on our streets.

Upcoming Events / Items

1. November 1st: Towasaanikeng (Tasewong) – All Souls Day
2. Treaty Week: First week of November
3. November 11th: Remembrance Day
4. November 30th: WRFN’s Annual Christmas Parade

As always, I am available to the community, please don’t hesitate to drop by for a visit and have Mkade Miskodisim Naaboo (coffee) or Niibishaaboo (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 Miinwaa Kawaabmin
A walk honouring Every Child Matters week was held October 1, 2019.

Shawanoswe students Violet Sutherland and Laila Taibossigai raced to a one-two finish at the Bidaaban cross-country run held in Sagamok Anishnawbek.

Raising the roof for the new Elders complex.

Potential new recruits for the Birch Island Fire Department.

WRFN Housing Department and BIFD hosted an Open House on October 9, 2019.

Gregor nshaamiiing ebakadehjig at Birch Island Fire Department’s Open House.

Anishinaabemowin classes are held Tuesday nights at the Health Centre with language instructors Lissa & Marion McGregor.
The Bobkittens kick start the Running Wild with the Bobcats 8th Annual Cross Country Meet.

The weather was clear and cool for our Annual Cross Country Meet.

Tricks and Treats from our Kindergarten class.

Miss Gagan’s Grade 1/2 class were bone to be wild.

Boo-yah from Mr.Spanos’ Grade 5/6 class.

Spirits are high in Mr. Legrow’s Grade 3/4 class.
Manager of Community Economic Development - Sandy Jacko

Aanii, Boozhoo

During October, I learned more about the Trillium Foundation including what they fund and I reviewed MMET policies, attended meetings and held meetings.

Mniidoo Ningsing Employment and Training (MMET) is in the process of reviewing and updating its policies and I will be assisting with that Policy Review. I attended the Policy Review meeting on October 2nd and MMET Board meeting on October 28th in Whitefish River. Applications for MMET funding from all the five communities are reviewed at these board meetings. MMET’s Annual General Meeting is going to be on November 14th in Sheshegwaning at 10 AM.

Ontario Power Generation (OPG) held a community information session on the Proposed Coniston Hydroelectric Generating Station Redevelopment on October 9th at the WRFN Community Centre. The current generating station is near its end of life and they are trying to determine the best course of action: refurbish or redevelop. As part of their studies, they are seeking input from all who may potentially impacted by the project through consultations with the public and surrounding Indigenous communities.

Whitefish River Development Corporation (WRDC) held a meeting on October 16th. At this meeting we discussed the upcoming WRDC Annual General Meeting. Look for a notice in the next Rezound.

On October 17th I hosted the Pow Wow Committee meeting to begin planning the 2020 Annual Traditional Pow Wow. Those who attended shared their thoughts on how we can improve next year’s Pow Wow and what fundraisers we would like to host. The Pow Wow Committee will be working with the Youth Council on fundraising initiatives. If you want to get involved, share ideas and help, our next Pow Wow meeting is on November 13th at the Corporation building on Highway 6. Hope to see you there.

The Anishinabek Nation Governance Agreement Ratification Vote period is from February 1 - 29, 2020. During November, Gail Pelletier, the Whitefish River First Nation Governance Coordinator will be conducting home visits with those community members interested in learning more about the agreement.

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.

JOIN US FOR THE FIFTH ANNUAL
EVERYONE WELCOME!
Featuring 19 Indigenous Artists & Artisans

Indigenous & Ingenious
Show & Sale  Sat. Nov. 16 - Sun. Nov. 17, 2019
11:00 am - 6:00 pm
Ralph Thornton Centre 765 Queen St. East, Toronto (East of Broadview)

Mega Door Prize
Food & Music Admission $5.00

Community Partners
Muskrat
Metroland Media
Riverside

Indigenous & Ingenious
Toronto ON,
For the fifth year, WRFN citizen Barb Nahwegahbow is curating and organizing Indigenous & Ingenious Show and Sale in Toronto. The show takes place at 765 Queen Street East on November 16 & 17, 2019 from 11:00 am to 6:00 pm. The featured artists and artisans, diverse in their cultural expressions, both traditional and contemporary, all have a commitment to excellence, pride in their Indigenous heritage, and enthusiasm about sharing their culture through their art.

Among the 19 artists and artisans participating in the show are acclaimed muralists and illustrators Chief Lady Bird (Rama FN) and Aura (Oneida); well-known multi-media artist Clayton Samuel King (Beausoleil FN); stained glass artist Summer Faith Garcia (Walpole Island FN); beadwork artist Susan Hill (Six Nations); visual artists Joseph Sagaj (Neskantaga FN), and Keitha Keeshig-Tobias (Neyaashiing-ming FN); wood and antler carver and blacksmith Wesley Havill (Batchewana FN).

Indigenous & Ingenious is a celebration of who we are as Indigenous people. To put everyone in an Indigenous celebratory mood, Shandra Spears Bombay will share her gifts of traditional song and drumming throughout the weekend.

To top it all off, Gail King-Stup from Beausoleil First Nation will be cooking up Indigenous food that is usually found on the Pow Wow trail which is where you usually find Gail. Indian Tacos, Scone Dogs, Wild Rice are some of the items she’ll have available at Indigenous & Ingenious.

The show is organized by jewellery artist and photographer Barb Nahwegahbow, founder of Indigenous & Ingenious.

For the fifth consecutive year, Metroland Media and Muskrat Magazine (on-line) are the community media partners for Indigenous & Ingenious. Ralph Thornton Centre and Riverside RA (Business Improvement Association) are community partners. The show has a Facebook page: Indigenous & Ingenious Show and Sale. Admission is $5.00.
Anishinabek Nation Governance Agreement
THE ROAD TO ANISHINAABE GOVERNANCE

2. Anishinabek First Nations who approve the Anishinabek Nation Governance Agreement will decide the structure of the Anishinabek Nation Government and what powers it will have.
3. Fiscal Transfer arrangements will be developed and spending authorities will be created to be ready for the effective date – April 1, 2021.
4. Anishinabek First Nations who approve the Governance Agreement will set up working groups for citizenship, elections and financial administration. Initial First Nation governance laws will be developed in those areas, along with Anishinabek Nation and First Nation Registries and Repositories of Laws.
5. First Nations will be trained on the Registries and Repositories of Laws.
6. First Nations that are party to both agreements will coordinate the Anishinabek Nation Governance and Education Agreement activities. Education and Governance fiscal transfers will be consolidated to facilitate a single self-government fiscal transfer.
7. An Implementation Plan has been developed to bring the Anishinabek Nation Governance Agreement to life and support the smooth transition from the Indian Act governance rules to the Anishinabek Governance System.
8. The Inaugural Assembly of the Anishinabek Nation Government, anticipated for April 2020, would be the first organizing meeting of the First Nations who ratify the Governance Agreement. The agenda would include deciding its Management and Operation, Policy Development and Anishinabek Government administration.
9. The Anishinabek Nation Governance Agreement requires establishing an Implementation and Operations Committee. The committee will help guide the implementation of the Government Agreement.
10. The Anishinabek Nation Government will come into legal existence on April 1, 2021.

governancevote.ca

Community Governance Coordinator
Kiki G. Pelletier

Boozhoo! In early July I started this position at Whitefish River First Nation. My role is to ensure that Whitefish River First Nation citizens are aware of the Anishinabek Nation Governance Agreement and the upcoming Anishinabek Nation Governance Agreement Ratification Vote which will take place in February of 2020.

We have had some Open Houses with guest speakers from the Union of Ontario Indians Restoration of Jurisdiction department that is overseeing the Anishinabek Governance Agreement. The sessions here in Whitefish River, Sudbury and Toronto have been well attended. We have also had information booths at a few community events and now we are booking home visits for those who did not make it to an open house or has not received any information.

Please give me at call at the Band Office if you would like to have a home visit. Home visits will only be conducted here in Whitefish River. What does the Home Visit involve? You will receive the Anishinabek Nation Governance Agreement Information Package and this will be reviewed with you. Upon completion of the visit, your name will be entered into a weekly prize draw. The last draw will take place on Friday, November 29th.

There is a lot of information that you can read online as well at governancevote.ca. A short video is also available for you to check out. If you would like to ask any questions about the Governance Agreement you may call the toll-free information hotline at 1-833-297-9850.

Please remember to give me a call or email to book your home visit at 705-285-4335, ext. 226 or email at: g pelletier@whitefishriver.ca.

Consultation Coordinator - Stephen McGregor

Aaniin, October has been an amazingly busy month. As I mentioned in my last article, the Coniston Power Station has been trying to determine the best course of action in regards to the refurbishment of the Generating Station. Ontario Power Generation conducted an information session on October 9th at the Community Center and I’m proud to report that, though there were other events occurring in the community, the session was well attended. I’m very pleased to say that there were many questions about process, concern over environment, climate change and most importantly observation of Anishinabek laws and customs. I am very fortunate to be a part of this community as the level of concern demonstrates WRFN members are willing to voice their opinions. Migwech to all who attended.

I attended the Fisheries Management Zone 10 meeting on October 1st, where I met other consultation coordinators and individuals whose livelihood depend on fishing. It was reassuring that we have similar concerns regarding fishing zones and restrictions. There were presentations on proposed fishing size restrictions, bait restrictions and fishing season duration.

On October 21 and 22, I attended facilitation training in Toronto. I enjoyed the training and it was great get a chance to meet professionals in other fields who took the time to share their knowledge with me. Following my training, I travelled to North Bay to attend the Anishinabek Nation Lands, Resources and Economic Development Forum. This forum featured many intriguing items such as the Aamjiwnaang Story Board – Mapping Project, Biigtigong Nishnaabeg and Pic Mober Mapping Project, Geotechnical and Corridor Management and a presentation on the Anishinabek Nation Consultation Tool. Needless to say I was eager to see the mapping projects as they are a critical component to consultation. As usual it was great to see the other technicians who attend these workshops and conferences and I always find it useful to talk to them about how they are approaching consultation.

I’m available to speak to WRFN members regarding consultation, I can be reached at the Administration office at (705)285-4335 or by email at stephenm@whitefishriver.ca.

Migwech

Anishinabek Nation Governance Agreement
INFORMATION SHARING FOR WHITEFISH RIVER CITIZENS

Do you want to know more about the Anishinabek Nation Governance Agreement?

Home Visits in Whitefish River First Nation
October 16th to November 29th, 2019

What does a Home Visit involve? You will receive the Anishinabek Nation Governance Agreement Information Package. This will be reviewed with you. Upon the visit’s completion your name will be entered into a weekly door prize draw. The first draw is Friday, October 18th, 2019.

governancevote.ca

FOR MORE INFORMATION PLEASE CONTACT WRFN GOVERNANCE COORDINATOR
GAIL KIKI PELLETIER - gpelletier@whitefishriver.ca OR PHONE (705) 285-4335 ext. 226
Second Quarter 2019/2020 – Rental Units
The Housing Department managed 83 rental units in the second quarter of 2019/2020. Over 90% of tenants made full and regular rent payments in this quarter. This is a 10% increase from the first quarter results of 2019/2020. The chart provided outlines the statistics for each month in the second quarter. The rental payments were categorized as full payments, partial payments, and no payments.

Credit Education Month Workshops
The Housing Department, along with Credit Counseling Sudbury, will be hosting credit education workshops in the community. The workshops will focus on a variety of topics such as budgeting basics, money management, credit and debt repayments, co-signing responsibilities, fraud protection and more. We will be hosting two sessions; one for all community members and one for seniors/elders. The session for seniors/elders will be held on November 13, 2019 from 10:00am to 1:00pm at the Seven Fires Youth and Elders Centre. The session for all community members will be on November 12, 2019 from 5:00pm to 8:00pm at the WRFN Community Centre.

Propane Furnace Cleanings
The Housing Department is now scheduling appointments for propane furnace cleanings with PSL. This service is scheduled for the week of November 18-22, 2019. The cost for the propane furnace cleaning is $116.50. The cost also includes preventative maintenance for HRV units and hot water on demand. All registered tenants must provide access to their rental unit on their scheduled appointment. Please contact the Housing Department to schedule an appointment.

Fire Extinguishers and Smoke Alarms
The Housing Department and Birch Island Fire Department hosted an open house at the fire hall in October. All community members had the opportunity to exchange or receive a new fire extinguisher and register for a free smoke alarm installation with an electrician. If you were unable to attend and would like to exchange or receive a fire extinguisher and/or register for the smoke alarm installation, then please contact the Housing Department.

Occupants and Guests
The Housing Department would like to remind tenants that they must update their rental agreement when adding or removing an occupant. Section 4.0 (b) of the Rental Agreement states: “The tenant agrees that no other person(s) will be allowed to reside in the rented premises, other than those named in section 4(a), without the written approval of the First Nation. Any discovery of such person(s) shall be deemed to be a violation of this agreement and constitute grounds for eviction.” We would also like to remind tenants that guests are not permitted to stay on longer than two weeks at their rental unit. Section 6.0 (ii) of the Rental Agreement states: “The tenant agrees not to allow visitors to stay at the premises for more than two weeks at one time.” Also, please ensure your guests are respectful of your rental unit and the premises, as well as your neighbours.

If you have any questions or require more information please don’t hesitate to contact me at WRDN Administration at 705-285-4335 ext.213 or via email at briannam@whiteshfishriver.ca.

Rentals Payments - Second Quarter 2019/2020

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Membership - Kathleen Migwanabi

MEMBERSHIP OFFICE HOURS:
Monday to Friday 9:00 am to 4:00 p.m.
Appointments are encouraged

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

REGISTRATION AS A STATUS INDIAN IN CANADA – all forms available at Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC) website: https://www.aadnc-aandc.gc.ca/eng/1462806841047/146280689645#hp1 or available upon request.

Required documents:
- Original long form Birth Certificate (also known as statement of live birth);
- Child Application or Adult Application
- For Child application: Copy of applying parent/guardian Identification (e.g. Driver’s License, health Card, passport, etc.) signed by guarantor
- Guarantor Form

If applying or renewing the Secure Certificate of Indian Status Card (SCS):
- Guarantor Form (holder of SCS card, Chief, Councillor, I.R.A., etc.) can sign as guarantor
- Copy of 1 I.D. from parent/guardian (e.g. Driver’s License, health Card, passport, etc.) signed by guarantor
- 2 passport Style photos

As of August 15, 2019, the 1951 cut-off date has been removed. As a result, all known sex-based inequities in the Indian Act have been eliminated. No one will lose status as a result of the removal of the 1951 cut-off date

If you were affected by the 1951 cut-off date and are currently registered or are waiting for a decision on your application for registration, you don’t need to reapply as all applications will be assessed based on the amended Indian Act.

If you were affected by the 1951 cut-off date and your application for registration was denied, you need to re-apply.

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

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

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

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

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

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

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

NOTICE:
WRFN Membership Office will be Closed on the following dates:
November 19th & 20th, 2019
November 25th - 29th, 2019

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<tr>
<th>Whitefish River First Nation</th>
<th>OTHER: Not yet Registered /Non-Status/ Non-Band Members/ Other</th>
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<tr>
<td>Registered Status Indians - Population Stats as of October 26, 2019</td>
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<tr>
<td>Age Group</td>
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<table>
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<th>Population Total</th>
<th>Registered Population</th>
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<tr>
<td>Total Off Reserve</td>
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<tr>
<td>Total Population</td>
<td>1395</td>
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*NOTE: These Stats includes people who are deceased and have not yet been removed from the Indian Registry System. They are included in the on-reserve population.

**Other Resident status includes band members who have not yet registered, non-status, members of other P.K.'s, and non-aboriginals

Missed an issue of The Rezound? Find them online at www.whitefishriver.ca
November is here. Wow, time is certainly flying by. It’s been quite the year here in the Lands Department, as I continue with my training to become a certified Lands Manager. I am currently enrolled in my 4th course at Algoma University in the Professional Lands Managers Certification program.

In October, I had attended NALMA’s Survey Toolkit Pilot training. This three day training provided an understanding of surveys on Indian Reserves, products, records and systems. We also had the opportunity to complete some hands-on field work using pin finders to locate survey pins, complete a sample survey and use a GPS to record the stake locations and then transfer the information to GIS. It was a good learning experience, and each attendee was gifted a GPS unit for their First Nations Lands Department. Chi-Miwetch NALMA for the gift.

A land survey is not as simple as calling a surveyor and getting the work done. There are many steps to the process from identifying a requirement to recording a survey plan, such as research, field work, and approvals. Surveys are used for Exterior Boundaries, Land Designation, Additions to reserves, roads, land use mapping. Surveys are also used to acquire a right or interest in land (land allotments, Lease or Permit), help resolve boundary disputes, determine lot size and exact location. Rights in land are registered in the Indian Land Registry System (ILRS) so they can be transferred, inherited, renewed or returned to the First Nation.

The Lands Department has received a few requests for assistance to help locate lot boundaries, and it has been noted that there are a few land allotments that were completed with a survey plan that have the land description with RSO (Regional Survey Ontario) plans. These RSO plans were done using sketches, and do not have pins/stakes in the ground, these requests would require a surveyor to help locate their boundaries. It is also recommended to have the land properly surveyed with pins in the ground.

November also means it’s hunting season, so I am including some information on hunting. Ojibwa Traditional Hunting Period For Deer

The Ojibwa Nation has always observed a traditional hunting period for the harvesting of deer. Hunting season begins after the first snowfall – usually in November and continues to mid-December.

Our people DO NOT HUNT after mid-December because the deer have begun carrying their young at this time. This is why it is important not to disturb deer after mid-December. This tradition has been practiced for generations and is conservation in action. Because of this practice we still have the deer to rely on for food in this modern day age. Deer meat is a lean and nutritious food high in protein and iron. If we continue to adhere to our traditional practices and observe the acceptable time for harvesting our future generations will reap the benefits of accessing a healthy deer population for their food supply.

RESPECT FOR HUNTING NEAR RESIDENTIAL AREAS

Please keep in mind that NO hunting and no discharge of any type of firearms should take place within or near residential areas, this includes pellet guns. The safety of our community members is of utmost importance.

Respect for Private Property: This is a reminder that if your fall hunt will take you through private lands – you must obtain the permission of the landowner first before entering their property. (Please refer to Map of WRNF for indicators of private property.)

Reminder there is No Night Hunting Permitted on Our Lands. Chief and Council passed Band Council Resolution No.2189 dated October 30, 2000 decreeing No Night Hunting on Reserve. This position was taken after community members indicated their acceptance and approval for the Council to enact a measure to protect the lives and ensure the safety of all residents.

Have a prosperous and safe deer hunt this season! Any questions regarding Lands, please do not hesitate to contact me at (705)285-4335 or by email at kathleenm@whitefishriver.ca

**Lands and Order**

Lands Assistant - Keith Nahwegohbaw

Last month I completed Environmental Management Planning training hosted by North American Land Managers Association (NALMA). This training consisted of, an environmental review (“What is the environment and how do we manage it”), an environmental legislation review, creating an environmental management team and the Environmental Management Planning process. The Environmental Management Plan (EMP) relies on existing data, information and reports. It can be broken down into the following categories:

1. Land Use Plan - WRNF has an existing Land Use plan but this needs to be updated. We will be looking to update our land use plan in the near future.
2. Resource Inventory – What do we have and how much? Natural resource inventory can include but is not limited to; inland lakes, shoreline habitats, forestry resources, fuelwood areas, medicinal plant inventory, any significant wetlands, aggregates and minerals.
3. Biophysical Inventory – This includes our fish and wildlife communities as well as our plant and vegetation inventories. People, dogs and cats can also be included in the Biophysical Inventory.

For an EMP we must take the approach that we are a part of the environment and not separate from it. Our land use activities affect our environment and an EMP plan is the best way to manage our activities without adverse effects for future generations.

I also attended the Anishinabek Nation Lands, Resources and Economic Development Forum in North Bay in the month of October. This three day conference focused on Lands and Economic Development discussions. Some of the topics covered included; Impact Assessments, Highway Assessments, Species at Risk, Nuclear Energy, Geographic Information Systems and Duty to Consult. An underlying theme to the forum was ‘working together’ as first nations, citizens, government, industry and academia. We can only truly move forward by working together to create positive relationships.

Next, I will be attending the Invasive Species Workshop in Little Current Ontario. This is hosted by the Chiefs of Ontario and the Department of Fisheries and Oceans. This workshop is focused on the changes and updates to the Fisheries Act and how they could affect our First Nation. There will be an information session about invasive species control methods on how to prevent the spread of invasive species.

I look forward to taking what I’ve learned at these various training and conference and apply them to future projects her in WRNF. If you have any questions please contact myself at keith@whitefishriver.ca.

**Lands Manager - Kathleen Migwonoabi**

![Image](https://via.placeholder.com/150)

**CHRISTMAS BAZAAR**

**DECEMBER 1, 2019**

WRNF Community Centre
8 AM - 4 PM

**Tables $10 each**

8 AM - Doors Open
Canteen open all day!

For inquiries or to book a table call Judy at 705-285-4888.
Land Allotment moratorium in place for northern portion (above the line)

No Land Allotments below this line
You will be hearing and reading about these terms more often in the coming months.

Recycling and Waste definitions uncovered

Bin or Container – common terms for storage containers for residential, commercial, institutional or industrial solid waste and recyclables.

Blue Box Recycling Program (BBRP) – a recycling program for household papers and packaging containers introduced in Ontario in the 1980’s. Does not neces sarily reflect the approach taken to collect and store the recyclable materials in the home.

The Circular Economy – is defined as “aiming to eliminate waste, not just from recycling processes, but throughout the lifecycles of products and packaging. A circular economy aims to maximize value and eliminate waste by improving the design of materials, products and business models. The goal to minimize the use of raw materials and energy through a closed loop system. Waste is minimized, and resources are kept within the economy when a product has reached the end of its life, to be used again to create further value.”

Source: Strategy for a Waste-Free Ontario: Building the Circular Economy: Minister’s Message

Composting – Controlled biological decomposition of organic material in the presence of oxygen to produce a stable, pathogen-free, humus-like soil amendment material called compost.

Contamination – Material that is placed in a recycling bin that is not accepted in the program. Sometimes referred to as “wish cycling” because residents want the items to be recyclable, but it isn’t and becomes residue at the MRF.

Curbside Collection – the collection of solid waste, recyclables, or other materials placed in the front of the property (curbside) by the generator who then returns the container to their normal location after they have been emptied. Curbside collection is generally used in the collection of residential solid wastes, source separated recyclables and organic materials or other materials.

Depots or Drop-Off Areas – one of the two basic designs for a residential collection system. A depot or drop-off area is a site where solid wastes, recyclables, or other materials are taken by generators and deposited into designated containers.

Depot Collection – Smaller facilities which allow residents and small commercial establishments to drop off recyclables and garbage which are loaded into large storage containers and hauled to an off-site management facility for further processing or final disposal. Do not typically have weigh scales.

Direct Haul – After each curbside collection, the collection crew drive the recyclable materials directly to the materials recycling facility (MRF) for processing.

Typically, the collection and hauling time should be completed in an 8-hour workday. Some communities will store the materials overnight and direct haul to the MRF the next morning.

Diversification – a term used to describe the act of diverting one or more designed materials from a solid waste stream. Diversification typically occurs at the point of generation but can also occur at waste transfer and processing facilities. The objectives of diversification are to market materials for productive use and hence prevent these materials from being landfilled or otherwise permanently disposed.

Hazardous Waste – waste that is reactive, toxic, corrosive, ignitable, pathological, radioactive or otherwise dangerous to living things and/or the environment.

Household Hazardous Waste (HHW) – solid waste generated by residential generators that exhibit the characteristics of hazardous wastes.

Material Recovery Facility (MRF) – a facility for separating mixed recyclables by manual or mechanical means and to prepare the separated materials according to market specifications.

Organic Waste – is defined to include all pre-and post-consumer organic materials from the residential, industrial, commercial & institutional (ICI) sectors, commonly disposed in landfills or incinerated. This includes food waste, compostable food-soiled paper and cardboard products, leaf and yard wastes, and clean untreated wood.

Promotion & Education (P&E) – The process of teaching people how to do something such as effectively participate in the recycling programs to minimize contamination. P&E for waste diversion typically involves developing information materials (e.g. brochures, newsletter articles and advertisements, poster) and outreach activities (person-to-person discussions, events, lunch and learn talks, etc.) to educate the tar get audience about the waste diversion program and the desired behaviour.

Recycling – the process of transforming materials into raw materials for manufacturing new products, which may or may not be similar to the original product.

Residue – Non-recyclables (contamination) that end up as garbage at the end of the MRF processing process.

Transfer Station – facilities at which municipal solid waste (recyclables and garbage) is dropped off and loaded into large containers or onto larger vehicles and hauled to an off-site management facility for further processing or final disposal. Similar to depots but more sophisticated in design. May or may not have weigh scales.

White Goods – Heavy consumer durables such as air conditioners, refrigerators, stoves, etc. which used to only be painted in white enamel finish. Despite their availability in other colours they are still classified as white goods.

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.
Community Energy Champion - Kendra McGregor

Aanii,
Kendra McGregor nindizhinikaz. I am settling into my new role as Community Energy Champion; it has been a month now that I have taken on this role and I am very motivated to get the ball rolling! So far, it has been a significant amount of planning and getting familiar with past and current initiatives. I anticipate to host a number of Community Engagements, as well as attend as many as possible. I encourage Community members to bring forward any ideas, suggestions, or feedback!

Up to this point I have assisted in completing the last home energy assessments for the First Nations Conservation Program. I anticipate the new appliances to arrive within the next month or so. Please remember this is an exchange program, so we will need your old appliances the same day you receive your new ones. Additionally, if any community members are having issues with any of the new products they received from this program, don’t hesitate to contact me at the Administration Office at 705-285-4335 Ext. 227.

Habitat for Humanity Site Visit

On October 18th, 2019, I went on a trip with the Housing Department to a Habitat for Humanity Build in Pointe au Baril. During this trip we got to experience the close-up build of a Passive Style – Net-Zero Home! We also participated in 2 blower door tests, and I had fun with the thermal imaging camera.

I hope to bring back beneficial knowledge and information regarding energy efficiency that I can share with my Community Members.

Until next time, look out for me at our local community functions and remember, “Do the Earth a favor & be a power saver!”

I can also be reached via email at kendra.mcgregor@whitefishriver.ca”

The Water Shed
Water Quality Analyst - Amy Waboose

Aanii!

Winter is coming, I can feel it in my bones!

We did our Fall Hydrant flushing, and all hydrants are working great, with some minor maintenance to a few of them. Additionally, we have also been prepping our plows and pulling out our shovels to become prepared for the snow. Andy Recollet has been our Full Time Operator in Charge and will continue to be for the time being.

UCCMM Hub Program

On October 19th, 2019, we had a scuba diver come to clean the intake structure in the Bay Of Islands. It was through the UCCMM Hub program.

Why do we clean the Intake?
It is a vital task to keep the screens free from debris and algae growing on it. This maintenance ensures that our raw water is free flowing and ready for treatment, to in turn have our clean, safe drinking water.

You might be wondering...What is the UCCMM Hub Program?
The UCCMM Hub program, is where all 7 reserves on the Island seek assistance with the UCCMM Hub if need be. Right now, we are currently updating and looking over our Emergency Response Plan for the Water Treatment Plant. It’s a lengthy and important process to have this updated and revised.

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

Baaamaapii!

Fun Fact:
Did you know?
Average cost of water supplied to a home is $2.00 per 4500L of water! And a can of pop is $1.50...
It’s your choice.
With winter looming off in the distance, which raises the concerns with snowplowing and winter control. The public works crew currently has a schedule of snow plow routes with priority given to main roads for emergency access, (See attached Master Road Plan.) When 5cm to 10cm of snow accumulates the public works crew is out opening up the main roads and public buildings for usage. All snowplow equipment has been readied for winter with winter sand in place… so bring on the next season! Currently leadership is reviewing the information from past winter control methods and will be developing a policy for winter control. Stay tuned for more information.

As a preventative maintenance task, the furnaces in the public buildings have been serviced and readied for winter. Some minor repairs were required and a couple of furnaces needed replacing.

One of the areas that is part of leadership’s mandate is to provide and maintain a safe and efficient public road system. Leadership encourages constant improvements and programs to maintain and reach the goals of safe and efficient roadways. Regular roadway maintenance duties are the responsibility of this office. Scheduling gravel road grading and resurfacing, spring roadway sweeping on hard surface areas, and long-range plans and budging for road resurfacing are all part of regular maintenance. One of the areas generally not focused on, is traffic calming. Traffic Calming is a term used in the traffic industry to describe ways of reducing negative impacts of traffic on public roads. Traffic calming is commonly associated with physical features such as: speed humps, pinch-points, and chicanes. They are installed on a road to reduce the speeds at which vehicles travel and to discourage through traffic and to improve traffic safety and comfort levels for all road users. Traffic calming is intended to improve the quality of life for residents on traffic calmed streets. This is done with slower speeds for motor vehicles thus increasing the safety for non-motorized users of the street. Traffic calming solutions should be looked at as a community-wide strategy (as opposed to a street by street basis) to ensure that volume and speed concerns are not transferred to adjacent streets.

One of the growing pains of our community is the increased traffic on our local roads. Many of us forget that the speed limit is only 30 km/h. As a result, leadership is looking into a traffic calming strategy, the first step was a door to door survey of residents. The survey indicated that placing speed humps at various locations on Rainbow Ridge and Maple Heights roads would be beneficial to slowing down local traffic. Therefore, my office has been doing research into the different styles and sizes of speed humps used in the traffic calming industry. Information was sought from the city of Sudbury Traffic and Transportation Engineering Analyst who was generous in sharing the link to the Cities report done in June 2019. Look for more information to follow.

Another area that requires a lot of my attention is the construction of the new Daycare. As of October 24, 2019, the building is approximately 80% complete. The flooring is now getting installed as well as millwork, plumbing and paint touchups. The playground landscaping has been ordered and scheduled for installation early November. The project team has also been providing information to the Education Department for the license for the new facility. Once a formal notification of the new license is given, plans for the move to the new building and grand opening will be made.

If you have any questions or concerns regarding this report do not hesitate to contact my office or drop a line at publicworks@whitefishriver.ca.

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**WHITEFISH RIVER FIRST NATION**
**MASTER SNOW REMOVAL PLAN**

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**LEGEND**

- **Priority #1:** within 1 hours
- **Priority #2:** within 3 hours
- **Priority #3:** within 3-6 hours
- Unplow Road during winter

Snow removal times above are based on estimated times from when the snow falls.
Pet Care & Tips

Hello Everyone!

Well, by the time you get this Halloween will be over and done with. Then it’s time to get ready for Christmas again! I have been doing the last little bit of yard cleaning and putting things away for the winter. People are also making wreaths for our loved ones who have passed on and cleaning up the grave sites where they lay. I used to make my own flowers and wreaths but I now buy artificial ones. The benefit of artificial flowers is that not only do the look real but they last longer. My mother was the one who taught me how to make flowers from crepe paper. I use to go in the bush to gather the Princes Pine as they call this ground cover. It is harder to find these days as I think some people over picked it. I remember my Mother and Dad would say just take what you need so that it will grow back and so there will be some for other people. This applies to most stuff we get from nature. I hope everyone had a nice Thanksgiving again. This year. I look forward to watching the U.S. Thanksgiving Day parade held in New York City. They sure know how to put on a big parade.

Well the cats are doing fine. Their cat shelters and litter boxes are all cleaned and their bedding has been washed in getting ready for the winter. They are still going outside for now which is good. Webby Debby has been keeping really close to me lately and I think sometimes she senses when I am not feeling well. Webby Debby also appears to like dancing the way Khafra did when I would start playing my music loud. The cats are starting to store up on their winter fat again. I seem to be going in the other direction and I find my clothes are starting to get loose on me, which is good I guess. Well, I guess that is it for now.

Some Cat Facts:

• According to one superstition, people believed that if a cat washed its face in the parlour, visitors would be coming.

• Though rare, cats have been known to contract canine heartworm, a parasite passed by mosquitoes that lives in the heart of its host.

• The American Curl was a new breed discovered by Joe and Grace Ruga of California in 1981. The cats have straight ears at birth, but within two to seven days their ears begin to curl back.

• Queen Victoria was supposedly a big fan of the Russian Blue. Sailors first brought the breed to Western Europe from Russia around 1860, and it was featured at the 1875 cat show at London’s Crystal Palace. (My Luka is a Russian Blue).

Well that is it for now, remember to visit our elderly, sick or shut-ins, say hello to them and maybe have a little visit with them. Me and the cats want to wish all the best to all the Birthday people and those celebrating anniversaries for the month of November. Remember to get your cat(s) and dog(s) fixed to help keep the pet population down in our community. Till the take care.

She-Pet Elizabeth, Empress Farrah and Webby Debby (The girl cats)
Luka, BJ, Francis and Tinker (The boys cats)
And Me the Big Cat - Dennis L. McGregor
Message from Ogimaa Shining Turtle
Sturgeon Clan, Anishinabek Nation

October was an extremely busy month. With the Federal election, Boundary Specific Claim community information meetings, our Annual Shawanoswe School Bobcat run, it has been a very busy month indeed.

During the month of October we have been involved in:
1. Construction of our Elders Centre to include the roof
2. Finalizing of the New Daycare Facility
3. 8th Annual Run Wild with the Bobcats Shawanoswe School cross-country meet.
4. Community Information sessions in Birch Island, Sudbury and Toronto
5. Thanksgiving celebrations
6. Chiefs of Ontario Housing and Infrastructure Meeting
7. Halloween

Locally, the construction of the Daycare Centre is in its final stages. The exterior is being finalized and the interior finishing touches are nearly complete. The completion date for this new center is expected to be mid-November. This is a truly spectacular addition to Shawanoswe School.

The construction of the new elders building is now fully underway. Lignum Construction is our Contractor for the project. If you have been by the site, the roof is now on the structure and work begins on interior slab work. There is a tremendous amount of activity going on at this project site. It nice to see construction fully underway. It won’t be long before the interior walls start to go up.

We have completed the work 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. On behalf of myself and members of Council, we are very grateful for the tremendous turnout by the membership at our Boundary Specific Claim information sessions.

Information session were held at:
- Birch Island: October 15, 2019
- Toronto: October 16, 2019
- Sudbury: October 17, 2019

The Information sessions focused on the following:
- Ratification Process
- Settlement Agreement
- Trust Agreement
- Independent Financial Advisor Presentation (PHT)

Congratulations to the Community for voting on the Boundary Specific Claim. The vote was held at our Community Center on October 26th. In total we had 635 members vote on the Boundary Specific Claim. The threshold for the vote was 562. There was 97% support from voters (616) for the Boundary Specific Claim. As we now move through the process with the Government, we will issue notices on what stage we are at on a monthly basis.

Lastly, as we all know the Liberals have a minority government. We have already secured a meeting with the government to advance our community development priorities for 2020 including:
1. A new 15 lot Subdivision expansion identified in our Community 20 year Capital Plan
2. Investment in Community Development Projects.
3. The finalization of the Boundary Specific Claim.

With the plans that we have ready to go, we are in a good position to advance the work on our community development.

November is the month of Remembrance. On November 11th, when we honour our citizens who have fought for our freedom, it’s hard to find the words to express just what they have given to each and every one of us. “Our nation owes a debt to its fallen heroes that we can never fully repay. But we can honor their sacrifice, and we must.” – President Obama.

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

Chi-Miligwetch

CHIEF AND COUNCIL MEETING SCHEDULE

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<tbody>
<tr>
<td><strong>Sunday</strong></td>
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<tr>
<td>Hydro One scheduled outage 8 am – 2 pm</td>
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<td>UCMM Tribal Council Meeting</td>
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October 29, 2019

Re: Boundary Specific Claim – Ratification Vote

Dear Band Members,

Congratulations on your successful vote to ratify the Boundary Specific Claim under the Robinson Huron Treaty. There was a 97% support by the voters, we achieved the threshold of 562 eligible voters.

We are now in the process of taking the next steps to finalizing the agreement.

This includes in very broad strokes:

2. Financial Advisory and Legal Counsel signed certificates.
4. Order in Council obtained – recommended to Minister for approval of settlement agreement.
5. Canada has 45 days from the date the Minister signs the Settlement Agreement to deposit cheque.
6. Per Capita distribution only after all the above items (1-5) have been completed.

As we go through the various stages, we will provide information on what has been accomplished.

Once again, Congratulations on this historic milestone in our history.

Chi-Miigwetch,

Whitefish River First Nation Chief and Council

[Signatures]

Chief Franklin Palbomsai
Councillor Esther Osche

Councillor Francis McGregor
Councillor Brian McGregor
Councillor Caralyn McGregor

Councillor David Shawanda
Councillor Todd McGregor
Councillor Leona Nahwegahbow

WHITEFISH RIVER FIRST NATION
17A Rainbow Ridge Road, PO Box 188, Birch Island, Ontario P0P 1A0
TEL (705) 285-4335 FAX (705) 285-4332 www.whitefishriver.ca
## November 2019

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**Birthday Wishes!**

Happy Birthday to Carter McGregor on November 19th! May this Birthday bring you joy, happiness, love, prosperity and wisdom for yet another wonderful year of your life! You deserve the best because you are a terrific human being. Happy 14th Birthday bud! Love Mom and Dad

Happy Birthday to my grandson Brayson on November 21st! If there’s one thing we want to do today, that is give you a big, wide hug (and kiss), and wish you a very wonderful birthday today! We love you! Love Mama and Papa OxOxOxOx

Happy Birthday wishes to: Brother Dan on November 13th Cuz’n Stamp on November 6th Cuz’n Gail on November 7th Andy on November 15th Auntie Travellin Bat on Nov. 21st From Katt, Craig ‘n girls!

Happy Birthday to Poppa Andy on November 19th! Luv Nicole, Braxton, Brailyn, Lincoln, Sydney & K.C.

Happy Birthday to Best Dad a girl can ever ask for! I hope you have a great day. I love you dad. Love Tah

Wishing our mom Debbie Shawanda, a very Happy Birthday in November! From all the family

Happy Golden Birthday Delilah Bailey Hope your day is filled with lots of laughs & good food!

Happy Belated 8th Birthday to my GR8 cousin Delilah on October 29th. Luv Nicole, Braxton, Brailyn, Lincoln, Sydney & K.C.

Happy Belated Birthday to my brother Jim on October 29th. Love your brother Bil

Happy Belated Birthday to my GR8 brother Dan on November 15th Todd

Birthday wishes to my sister Bev on November 7th & my brother Andy on November 15th

Happy Bday Keith “You got a friend in me” - Buzz Lightyear

Happy Birthday to my daughter Jennifer on November 14th! Love Mom

Birthday wishes to my brother Robert (Basco) on November 24th!

Love, Liam

Birthday Wishes to my brother Andy on November 7th and Memphis who turns 9 on November 20th.

Love, Mom, Dad, Hunter, Raven, Nodin Murphy & Pablo

Happy 8th Birthday to my son Brayson on 11-11! Love you to the stars, skies, and beyond - Mom

Happiest of Birthdays to Autumn who turns 8 on November 7th and Memphis who turns 9 on November 20th.

Love, Mom, Dad, Hunter, Raven, Nodin Murphy & Pablo