



September 2021  
Waabaagaa Giizis  
Colouring Leaves Moon

# THE REZOUND

## Aabiji Kinoomaagozidaa!



The lucky students collect their winning prizes! Pictured (L-R): Turtle, Kendall Mitchell, Turtle Concepts Co-Founder, Dave Jones, K.C. Migwanebi, Soleil Pitawanakwat, Education Assistant, Keisha McGregor, Education Manager Leslie-Manitowabi Recollet, Techumseh Paibomsai, Raidyn McGregor, Turtle Concepts Co-Founder, Daniel Jones, and Turtle, Naomi Recollet

Neyaab ndoo-o-kinoomaagozimi. (*We are going back to school.*) The Whitefish River Education Team held an outdoor Back to School session with Turtle Concepts for Grades 7-12 students on August 26, 2021. Chief Shining Turtle opened the event with words of encouragement and the importance of attendance to achieving academic goals.

Turtle Concepts is an inter-generational speaking group, that stressed the importance of viewing learning as a life-long journey. The presenters, Liz Jones, Dave Jones, Daniel Jones, Kendall Mitchell and Naomi Recollet engaged the WRFN students in an afternoon filled with music, sharing and laughter. Ms. Recollet shared her love of learning which includes not only University degrees, but she also carries her family's

land based knowledge of tapping maple trees or harvesting basswood.

The Education team had amazing door prizes, which included a Smart TV and Air Pods, for some lucky students, to kick-start the new school year!

### Keep moving forward WRFN!

Please note that the deadline for submissions for the next issue is  
Tuesday September 21st, 2021 at noon.

Miigwetch!  
[rezoundeditor@whitefishriver.ca](mailto:rezoundeditor@whitefishriver.ca)

**"A Place of Visions and Dreams"**

## Whitefish River Health Centre Programs & Services

The Whitefish River Health Services offers a multitude of Health Services to community members which include: Clinical Services, Wellness and Health Promotion, Seniors Navigation Worker services, Canada Prenatal Nutrition Program, Mental Health and Addictions, and Medical Transportation services. These services are overseen by Angela Shawanda, Health Manager and coordinated by WRFN Health Staff.

**Contact: Angela Shawanda, RN, Health Manager**  
**Email: [ashawanda@whitefishriver.ca](mailto:ashawanda@whitefishriver.ca)**  
**Telephone: (705) 285-4354 ext. 211**

### Health Reception

Whitefish River Health Receptionist provides reception, secretarial, filing duties and electronic medical records demographics entry and electronic medical records support. Health Reception advises community members of appointment times and appointment notices and screens for COVID-19 while ensuring appropriate use of personal protective equipment and instructing good hand hygiene before clients enter the Health Centre. Health reception also assists the Medical Transportation coordinator in arranging medical travel as needed. Moreover, other administrative duties include coordinating meetings, training, workshops and conferences, and administrative support for the set up of Electronic Medical Records (EMR) and navigation by arranging online training through. Health reception is also delegated if needed to assist Health Staff in programming activities and workshops as requested.

**Contact: Cathy McGregor, Health Receptionist**  
**Email: [cathym@whitefishriver.ca](mailto:cathym@whitefishriver.ca)**  
**Telephone: (705) 285-4354 ext. 200**

### Primary Care Services

Our Community Wellness Nurse main role is to deliver a Community Health Promotion and Prevention programs that consider physical, social, spiritual, mental and environmental factors which influence each individual, family and community. Primary care education is very broad, and just to name a few, education may be delivered on preconception and prenatal health, maternal and newborn health, infant and preschool, and school health, and accessible Community Health Services. The Community Wellness Nurse also meets and or communicates with visiting physicians, nurse practitioners, optometrists, dentists and hospital authorities or other agencies involved in the care of the community members on a regular basis and as required.

**Contact: Talon McGregor, RPN, Community Wellness Nurse**  
**Email: [talonm@whitefishriver.ca](mailto:talonm@whitefishriver.ca)**  
**Telephone: (705) 285-4354 ext. 216**

### Canada Prenatal Nutrition Program

This program aims to assist pregnant women and infants nutritional support to reduce the incident of unhealthy birth weights through by promoting healthy nutrition while encouraging breastfeeding.

**Contact: Angela Shawanda, Health Manager**  
**Email: [ashawanda@whitefishriver.ca](mailto:ashawanda@whitefishriver.ca)**

**Telephone: (705) 285-4354 ext. 211**

### Health Promotion Educator – Substance Use and Addictions Program

The Health Promotion Educator assist communities to be healthier through mentoring, advocacy and education, and links relevant resources to access, plan, implement and evaluate health promotion strategies. The Health Promotion Educator also develops and implements community-based and culturally relevant mental health prevention and promotion programming to engage community members through workshops, seminars and presentations and or various media methods. This position uses a population health approach to support community members to be aware of and educated on substance, specifically Cannabis. This program focuses on evidence-based resources to teach about substance use. The target audience for this program is for community members between the ages of 13-40 years.

**Contact: Kelsie McGregor, Health Promotion Educator**  
**Email: [kmcgregor@whitefishriver.ca](mailto:kmcgregor@whitefishriver.ca)**  
**Telephone: (705) 285-4354 ext. 208**

### Community Wellness/Community Mentor

The Community Wellness Worker and Community Mentor coordinate a variety of support services and education that are culturally sensitive to aide and improve healing and wellbeing of the Whitefish River First Nation members. They are a resource to community members for achieving wellness to improve physical, mental and emotional health of community members, and to support healing and wellness programs and services for the community. The Community Wellness Worker/Community Mentor is to provide client-based services such as peer counselling, assist in access to services through referrals and provide crisis intervention. In this role, the worker also provides partic-

ipant-based activities that educates awareness of specific issues to reduce and prevent community or group risk factors while promoting positive change in values, attitudes and behaviours. This is delivered through workshops, public presentations, public awareness and education campaigns, community and cultural events/fairs, circles, support groups, and recreational activities.

**Contact: Emily Zanini, Community Wellness Worker/Community Mentor**

**Email: [ezanini@whitefishriver.ca](mailto:ezanini@whitefishriver.ca)**

**Telephone: (705) 285-4354 ext. 207**

### Senior Navigation Worker Program – Programs Home and Community Care and New Horizons

The Seniors Navigation Worker supports seniors over the age of 65+. This role is responsible for assisting seniors in navigating unique challenges including but not limited to mental wellness, isolation, assistance with wills, advocating on their behalf, assistance with information like prescription drugs, medical, housing, etc. The Seniors Navigation Worker works collaboratively with clients and community partners to provide practical supports and services for seniors who may be at risk, isolated and require practical assistance with tasks of daily living including system navigation. They also provide referrals for seniors to receive one-to-one support in the client's home. They also work towards providing health and wellness activities that promote good overall health, and ensures relevant community supports are utilized and identifies and addresses emergent gaps.

**Contact: Gail Kiki Pelletier, Senior's Navigation Worker**  
**Email: [gpelletier@whitefishriver.ca](mailto:gpelletier@whitefishriver.ca)**  
**Telephone: 705-863-2558**



Talon and Kiki served up delicious miijim at Whitefish River First Nation Health Centre's "End of Summer", take-away BBQ on August 30, 2021

**Mental Health and Addictions Worker (NNADAP), and Child and Youth Mental Health and Addictions Counsellor (Ministry of Children and Youth Services)**

The Mental Health and Addictions Worker (NNADAP), and Child and Youth Mental Health and Addictions Counsellor are community-based services that provides Mental Health support and counselling to Whitefish River First Nation community members. Currently, the Health Centre provides these services to external mental health and addictions agencies through referrals. Referrals are to be made with the consent of the client, and may be made by external health care providers who have obtained consent of the client so that we may contact them. You can also ask your family, school, police, nurse or family physician to refer you to mental health services. Referrals can be done by telephone, walk-in, or letter. Mental Health services include but not limited to: Relationship Issues, Parent/Child Issues, Behavioural Problems, Abuse Issues, Grief and Loss, Trauma, Anxiety, Phobias, Suicidal Ideation, Suicide Prevention and Intervention, Depression, Anger Management, Parental Support, and Support/Advocacy.

**NOTE: Positions for the Mental Health and Addictions Worker (NNADAP), and Child and Youth Mental Health and Addictions Counsellor remain Vacant**

**Interim contacts:**

Angela Shawanda, RN, Health Manager  
Email: [ashawanda@whitefishriver.ca](mailto:ashawanda@whitefishriver.ca)

Telephone: (705) 285-4354 ext. 211

Or

Talon McGregor, RPN, Community Wellness Nurse  
Email: [talonm@whitefishriver.ca](mailto:talonm@whitefishriver.ca)

Telephone: (705) 285-4354 ext. 216

**Elder-In-Residence – Building Healthy Communities Program (Part-Time)**

Our Elder-In-Residence's is funded by the Building Healthy Communities program, the main role of this position is to work with clients and their families to address individual or family identified concerns through the provision on enhanced services by developing positive cultural identities of the children, families, and community of Whitefish River First Nation. The Elder-In-Residences works to promote community harmony and community traditional and cultural knowledge to strengthen community relationships. The Elder-In-Residence also provides referrals and coordinates mental and traditional counselling services. Most importantly, the Elder-In-Residence also works towards community mentorship through knowledge sharing and providing direction to clients so that they can achieve positive health and well-being using both a clinical and traditional approach.

Genny Jacko, Elder-In-Residence

Email: [talonm@whitefishriver.ca](mailto:talonm@whitefishriver.ca)

Telephone: (705) 285-4354 ext. 216

**Medical Transportation – First Nations and Inuit Health Branch, Indigenous Services Canada**

The Medical Transportation Coordinator supports on-reserve registered community members with medical transportation to their medical appointments. The Medical

Transportation Coordinator main role is to effective coordination of medical transportation for the community members residing in Whitefish River First Nation (WRFN) using Non-Insured Health Benefits policies and procedures.

**Contact: Beverly Nahwegahbow, Medical Transportation Coordinator**

Email: [bnahwegahbow@whitefishriver.ca](mailto:bnahwegahbow@whitefishriver.ca)

Cell Phone: (705) 863-2330

Telephone: (705) 285-4354 ext. 214

**Medical Transportation Driver – First Nations and Inuit Health Branch, Indigenous Services Canada**

Our Medical Transportation Drivers provide transportation for on-reserve community members to attend both local or long-distance medical trips. The Medical Transportation Driver reports the Medical Transportation Coordinator. They are to maintain confidentiality at all times, and to ensure clients safety

when driving. All drivers are to be courteous and professional in the provision of this service. If required, they may assist the elderly and or disabled clients to and from medical transportation vehicle. Medical Transportation Drivers are also responsible for maintaining a daily log, and reporting vehicle maintenance problems and assist in vehicle delivery to auto service providers. Clifford Jacko is our full-time medical driver for Whitefish River First Nation. Currently, the Health Centre seeks available short-term drivers, if you are interested in being a Medical Driver contact Beverly Nahwegahbow, Medical Transportation Coordinator.

**Contact: Beverly Nahwegahbow, Medical Transportation Coordinator**

Email: [bnahwegahbow@whitefishriver.ca](mailto:bnahwegahbow@whitefishriver.ca)

Cell Phone: (705) 863-2330

Telephone: (705) 285-4354 ext. 214



## If you require Medical Transportation

Whitefish River Health Centre provides Medical Transportation to community residents living on-reserve. If you need Medical Transportation you must call Beverly Nahwegahbow to schedule a Medical Driver.

## If you require an overnight or extended stay

Overnight or extended stays must be pre-approved, this means you need to call and provide your appointment information. An application is provided to Indigenous Services Canada. It is important that you apply in advance as it takes time to complete applications and arrange medical transportation.

## Changes to your Medical Appointment

You must contact the Medical Transportation Coordinator immediately for any changes in appointment dates or times. Medical Transportation. We need sufficient notice so we can make necessary arrangements for Medical Transportation.

### CONTACT

Beverly Nahwegahbow,  
Medical Transportation Coordinator

 (705) 863-2330

Whitefish River Health Centre





## Senior's Lodge Visits Sept 14 - 16 Rainbow Lodge

Visits, Crafts, Games, Food, Sharing

Contact Gail Pelletier, Senior's Navigation Worker at 705-863-2558 to register your timeslot and participation

**WRFN Remains in a State of Emergency All Safety Protocols will be adhered to.**



### Senior's Navigation Worker Gail Kiki Pelletier

Aanii, my work as the Seniors Navigation Worker has been challenging, providing Seniors with regular programming, due to our community State of Emergency, while ensuring COVID-19 protocols are being followed. Our community is committed to the safety of our Seniors as they are the most vulnerable. As a Senior Navigation Worker, I have been directed to ensure that community gathering and programming is limited and minimal to prevent the spread of COVID-19.

Some activities that were provided for our Seniors were several paper bingos and food security hampers, wellness check ins and navigating care services for Seniors who request assistance. Although my program is funded for community members that are 65 years of age and older, I have also worked with our Health Team to host community programs and events to allow our Seniors to participate with their family bubbles while

ensuring our COVID-19 prevention measures are followed.

With that being said, there will be small group programming in the coming months that will focus on information sharing as outlined in Whitefish River First Nation **Gekaanyag Bi-maadzawin (Elders' Good Life of Living), New Horizons Program. The main priorities of this program are:**

1. To support healthy ageing and encourage positive lifestyles through workshops to address social isolation, mental health, and other health topics such as dementia and injury prevention.
2. To provide resources on Elder Abuse and Prevention of Elder Abuse which will also be delivered to all community members so they are knowledgeable on recognizing and preventing Elder Abuse. Other topics that will

be addressed will be Financial Security, and Wills and Estates.

3. To encourage mentoring of our youth through activities that bring Seniors and youth together to learn our language, ceremony, and traditional customs of the Anishinabek of WRFN.

4. To ensure Seniors have accessible resources and information to maximize government and First Nation benefits, which can include free tax filing services, old age pension applications, etc.

5. To provide online training, workshops, and information sharing for Seniors. Support will be provided to teach Seniors how to use technologies such as computers or cell phones.

If you have any questions, please do not hesitate to contact me at 705-863-2558 or email me at [gpelletier@whitefishriver.ca](mailto:gpelletier@whitefishriver.ca)

### Health Manager - Angela Shawanda

Please be advised that the Health Centre has a harm reduction program here for community members. The Naloxone kits are available to community members, and all health information is confidential.

Naloxone is a drug that prevents opioid overdose, and research shows that this drug improves the lives of people who use drugs by increasing opportunities for positive health outcomes. Naloxone programs provide best practices in harm reduction and our staff can provide clear directions for proper use of naloxone and distribution of naloxone kits.

Our primary care staff also provides Mental Health First Aid and Crisis Intervention. We are committed to assisting clients in the referral process to access Mental Health and Addictions services.

#### **What are the benefits of naloxone?**

- Temporarily reverse an opioid overdose.
- Reduces overdose morbidity and mortality.
- Provides an essential community service.
- Teaches overdose prevention and response skills.

#### **Risks of naloxone**

- Not all overdoses can be reversed by naloxone.
- Responding to an opioid overdose can cause a stressful experience.

#### **Pregnancy and Naloxone Use**

- If you are pregnant, nasal naloxone has not been fully tested for its results on an unborn child.
- In pregnancy, you must obtain an injectable naloxone kit from the nearest naloxone distribution pharmacy, which can be obtained at Guardian Drugs in Little Current.

#### **Signs and symptoms of an opioid overdose:**

- Difficulty walking, talking and staying awake
- Blue lips or nails
- Very small pupils
- Cold and clammy skin
- Dizziness and confusion
- Vomiting
- Extreme drowsiness
- Choking, gurgling or snoring sounds
- Slow, weak or no breathing
- Inability to wake up, even when shaken or shouted at

#### **Overdose is preventable!**

If you wish to have access to a Naloxone Kit, your information will remain confidential. Please contact Angela Shawanda, or Talon McGregor for more information at (705) 285-4354.

Celebrate! Celebrate! Celebrate!

# National GRANDPARENTS DAY

*A Memory Making Event*

## SUNDAY, SEPTEMBER 12

**Send in your photos, stories, history sharing of your Grandparent(s) to [gpelletier@whitefishriver.ca](mailto:gpelletier@whitefishriver.ca) or drop off at the WRFN Health Centre**

**EVERYONE IS INVITED TO PARTICIPATE! PARTICIPATION GIFTS FOR YOUR CONTRIBUTION!**

MORE INFO CONTACT GAIL KIKI PELLETIER AT (705) 863-2558 OR EMAIL [gpelletier@whitefishriver.ca](mailto:gpelletier@whitefishriver.ca)

WRFN Remains in a State of Emergency. Please follow all safety precautions.

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### Health Promotion Educator – Kelsie McGregor

Hello Everyone! It has been awhile since we've been able to give an update on the project, so I would love to fill you in about the things that have happened this summer.

Firstly, we said farewell to Jasmine Fournier who had been with project since 2019, and we would like to wish her the best in her future endeavors!

Indeed, this summer has been a busy! Our program delivered many events and workshops, such as 4-Elements Workshop series, Men's Health Golf Days, and we are continuing to deliver our Film-making Workshop. As we begin to prepare for the fall season, keep your eye out for more

exciting opportunities and workshops to come!

Finally, I would like to introduce myself as your new Health Promotion Educator for the "Ayaang-gwaa-mizid-daa – Let's Be Careful" Project. My name is Kelsie McGregor and I am a community member for Whitefish River First Nation. I am also a new graduate and obtained a Master's in Public Health. Health promotion is one of my leading skills, and I am so excited to be in this new role. If you have any questions, please feel free to contact me at [kmcgregor@whitefishriver.ca](mailto:kmcgregor@whitefishriver.ca) or at (705) 285-4354 ext. 208

Miigwetch – Thank you  
Kelsie McGregor



## Whitefish River First Nation Youth

### NEED HELP NOW

**Brighter Days Program - Kids Help Phone offers professional counselling 24/7 by calling 1-800-668-6868**

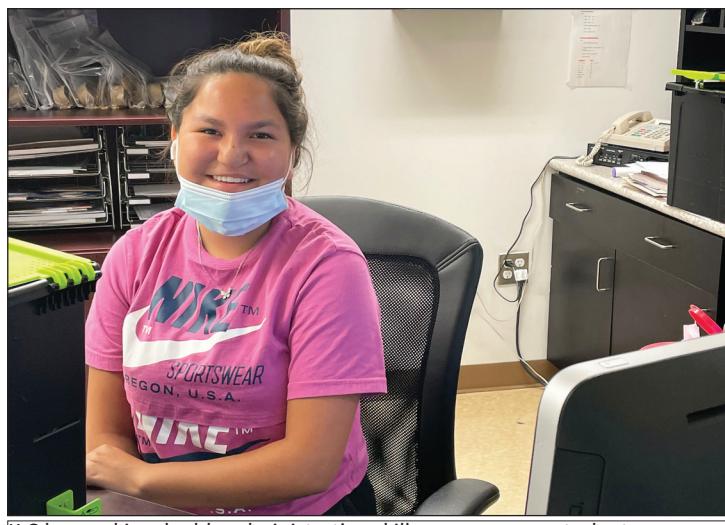
**Your Mental Wellness Matters**

Contact Talon McGregor, RPN or Angela Shawanda, Health Manager for more information.  
Whitefish River Health Centre (705) 285-4354

Whitefish River First Nation Remains in a State of Emergency  
Download the WRFN COVID-19 App from the Apple Store or Google Play for more information on COVID-19



Tending to the Community Gardens, were just a small part of Sierra's summer student duties.



K.C learned invaluable administrative skills as a summer student.

**Family Well-Being Manager**  
**Leslie McGregor**

I saw this quote the other day that read "Summer is over. Time to officially remember what day of the week it is." This is very true for students returning to school and the end of summer vacations for staff.

The Family Well-Being Department has continued to support families – especially in these COVID-19 times. We continue to provide Band Representative services to families who are dealing with child welfare agencies. We continue to provide supports to families to help prevent family crisis. And we continue to provide programs for families in our community like our Chef on Call program.

This past summer, we were able to have face-to-face programming which was very exciting for the staff. Mind you, we have wanted to hold face-to-face programming for a while now, but we also understand the need to minimize contact to keep everyone safe. That is more important.

We did provide opportunities for families to try the Splash 'n Go Adventures, Tubing 'n Chillin', and host a bike clinic. We also tended to our raised garden beds in the back of our building and

provided fresh vegetables to interested community members.

We held a cultural camp mid-August and the children had an opportunity to erect a teepee, have a taste of venison, create wooden bowls, and had a fun day at the beach. The children seemed very happy to be participating in these outdoor events despite having to wear the masks and sanitize frequently. We were certainly happy to be engaging with the children!

As Fall approaches, the programming staff will be starting up their programs. We will be starting the language classes in September with Lisa and Marion McGregor. These classes will be both in-person (at the 7 Fires Youth & Elders Centre) and virtual. We are also working with Shawanosowe School this Fall and working with children at the school.

As the community slowly re-opens, we hope to have more face-to-face activities. We really missed everyone!

Should you have any questions, I can be reached at the Family Well-Being Centre at 705-285-1941 or via email at [lmcggregor@whitefishriver.ca](mailto:lmcggregor@whitefishriver.ca).



Rayna spent her summer working with the Family Well-Being team, organizing family-fun activities.



Cultural Camp attendees learned to make fire-burned bowls at the week-long event.

**Daycare Supervisor**  
**Courtney Laundrie, RECE**



Aanii Kiinawayaa,  
My name is Courtney Laundrie, and I'm from Whitefish River First Nation.

I am a registered RECE and graduated from my program at Algonquin College back in 2017. I have been working in the field of ECE for the last 11 years and have had the opportunity to work at various centers locally. During this time, I have been able to work with and meet so many amazing educators, children and families. In 2018 I made the decision to come back and work for the community, as I was now equipped with so much more knowledge and skills that I wanted to share with the families and children here in the community.

I am a firm believer that we as ECE's are the key component in helping build each child's learning foundation. We as educators work hard to help children on their learning paths and help build this foundation that will set them up for all future learning.

Currently, I am working towards my degree in child studies. This course has opened my

eyes up to so many new ways of thinking and understanding child development and how to help our children succeed in life. I am looking forward to more learning, growing professionally and seeing what future endeavors this opportunity will open up for me.

In the community I was the Early Learning Coordinator and have just recently accepted the role of Daycare Supervisor at Maamwe Kendaasing Childcare & Innovation Centre. I am looking forward to this new endeavor and pushing forward with our childcare vision.

This will be a learning journey for me and I am excited to do this with the families and community. I can be reached at (705) 285-7777 or email me at [courtneyl@whitefishriver.ca](mailto:courtneyl@whitefishriver.ca).

**Maamwe Kendaasing Early Learning & Innovation Centre**  
**Supervisor - Courtney Laundrie**

Aanii.



This summer went by way too fast, but we are looking forward to our fall programming. During the summer we had so many fun learning moments with the children and families here in WRFN. I would like to say thank you to all of our summer staff for helping and being apart of our team; Monikka McGregor, Cheyanne Pitawanakwat, Duncan Stewart, Jenna Visitor and Nevada An-

whatin. It has been a pleasure working alongside you all and it has been great seeing you share your natural gifts and seeing you bond with the children here. We also had 2 other staff that have moved on to other endeavors who will be sadly missed by the children and the staff; Melanie Manitowabi and Natasha Laundrie. We wish all of you the best of luck.

This summer we had 6 graduates from Maamwe Kendaasing Early Learning & Innovation Centre.

**Congratulations to our graduates and good luck at the big school!!**

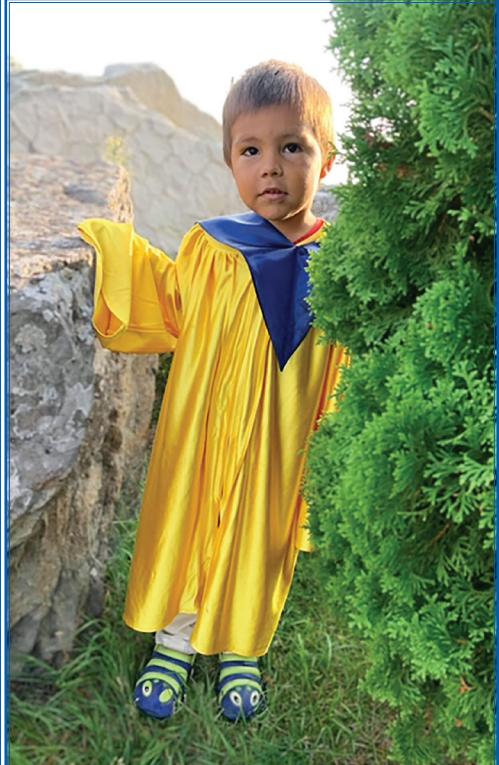
**Ace Bowerman**  
**Haisley Jacko**  
**Caleb Laundrie-Mathias**  
**Mason Paibomsai**  
**Andrew Bowerman**  
**Shelby Duncanson**



Haisley



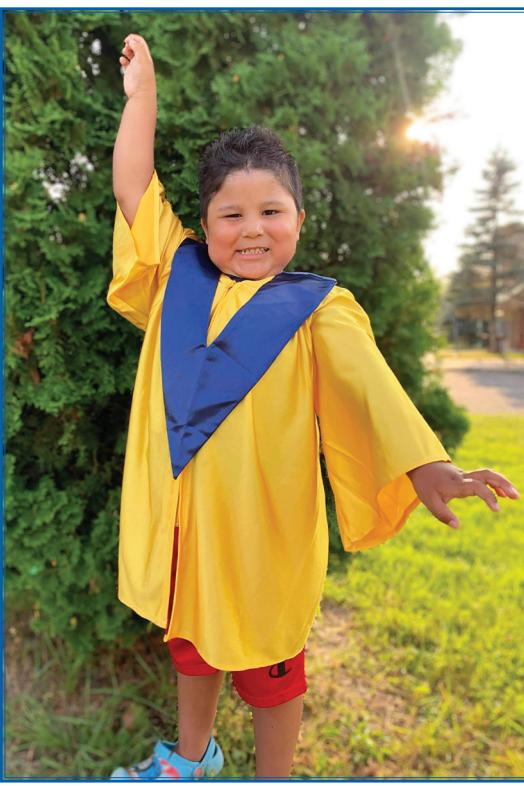
Ace



Caleb



Andrew



Mason



Shelby

# The Bobcat



As we prepare for the beginning of another school year I would like to re-introduce myself to the community. My name is Tiffany Gagan, I grew up in and currently reside in Espanola, Ontario. I have been working at Shawanosowe School since September 2016. I started my teaching career at Shawanosowe as the Grade 1/2 teacher where I spent four amazing years in this role. In August 2020 I happily accepted and moved into a new position as Principal. Over my past five years at Shawanosowe School I have greatly enjoyed connecting with the students, families, and community of Whitefish River First Nation.

This past year has had its challenges as we navigated the pandemic; but our Shawano-sowe School staff, students, and community have worked together to continue learning and growing safely together. We are looking forward to the beginning of another school year. This year we also have new staff joining our team. We would like to welcome Ms. Erin Fairbairn as our new Grade 1/2 teacher, Ms.

Ann Cummings as our new JK/SK teacher, and Ms. Natasha Laundrie as our new Educational Assistant. We are also very excited to announce two new positions at our school. Ms. Bonnie Nahwegahbow is our new Cultural Educator and Mr. Steve Whitaker is our new Vice Principal. Mr. Whitaker and I will be working together to teach special education and lead our staff and students through another fantastic school year.

The start of a new school year is a good time to remind ourselves of our reopening guidelines. Families will be provided with an updated reopening plan as well as copies of our student screening form. The health, safety, and well-being of our students, staff, and

Community remains our top priority as we prepare to welcome students back into the classroom on September 7th. Clubs and extracurricular activities will be able to safely resume with appropriate protocols. There will also be an ongoing focus on

student mental health and well-being as we continue to support students. It is important that we continue to be diligent with our daily screening, hand hygiene, physical distancing, and mask wearing to ensure that we can keep Shawanosowe School safe and open for the 2021-2022 school year. Please [see below](#) an updated daily schedule for Shawanosowe School, beginning Tuesday, September 7th. We can't wait to see all of our students!

Please contact the school if you have any questions. 705-285-1311.

Tiffany Gagan  
Principal

Time	Schedule
<b>8:25 - 8:40</b>	<b>Student Drop-Off &amp; Screening Recess</b>
<b>8:40 - 10:30</b> <i>*Breakfast provided</i>	<b>Period 1</b>
<b>10:30 - 11:10</b>	<b>1st Nutrition Break &amp; Recess</b>
<b>11:10 - 12:50</b>	<b>Period 2</b>
<b>12:50 - 1:30</b> <i>*snack provided</i>	<b>2nd Nutrition Break &amp; Recess</b>
<b>1:30 - 3:00</b>	<b>Period 3</b>
<b>3:00</b>	<b>Dismissal</b>

321 Maple Heights,  
Birch Island, Ontario  
POP 1AO



## School Year Calendar 2021-2022

**Legend:** S - Statutory School Holiday P - Professional Activity Day MW - Mid-Winter Break C - Christmas Break \* 1st Day of School for Students  
BH - Band Designated Holiday [] - Last Day for Students( EARLY DISMISSAL 2:00) ED-Early Dismissal at 2:00 Forest School - Teachers

## Welcome our New Shawanosowe Staff!

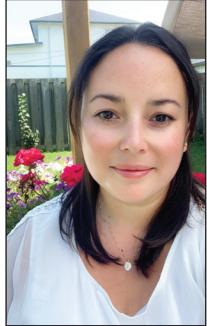


Mr. Steven Whitaker is excited to be transitioning into the role of Vice Principal for the 2021-22 school year. Mr. Whitaker arrived at Shawanosowe School last October from the Toronto District School Board, where he had taught in the elementary grades for almost 25 years.

Mr. Whitaker loved living in Birch Island and working with the Shawanosowe community this past year, and is greatly looking forward to seeing everyone for the year ahead. He also loves sports of all kinds, and as COVID restrictions gradually ease, he hopes to help bring many sports and wellness activities to our students. He will be teaching our school's gym classes as well, so he looks forward to continuing to work directly with students on a daily basis.

*"Aanii, boozhoo.  
Erin Fairbairn nin-dizhinikaaz. Wiikwe-mikoong nindoonyibaa.  
Espanola nindaa.*

I started my career and passion for education nine years ago when I became an Early Childhood Educator working in both a child care setting and then later in a kindergarten program. Wanting to further both my education and career, I then went on to university to complete my degree in Indigenous Studies and Teachers Education. I look forward to both teaching and learning alongside the students and staff here at Shawanosowe School."



of language, land-based learning and cultural teachings and ceremonies. This was an invaluable component of my education as it provided me with the opportunity to create connections and spend time with various Elders and traditional knowledge keepers. This started me on a lifelong journey which I hope to share with the students of Shawanosowe School. Knowing who they are and where they come from, provides them with a strong foundation for success and pride as they move forward on their educational pathways.



Aanii, My name is Natasha Laundrie, I am a young mother to 3 boys. I am a Canadore College alumni with a college diploma in recreational therapy. With this under my belt, I learned that I wanted to support individuals that live with various types of disabilities. This set me on my journey to attend and graduate from the Developmental Services Worker program at Cambrian College. I am so excited to officially be employed by Shawanosowe School and I look forward to getting to know the children and supporting them throughout a part of their educational journey.

Ann Cummings is a graduate of the Kenjgewin Teg Indigenous Teachers Education program and the Dublin Montessori teachers AMI program. She holds a BA in First Nations Studies from



Trent university and has worked as an Outdoor Educator and Environmental workshop facilitator since 2003. In 2013 she became a specialist in Outdoor Unstructured play training and facilitation with the OPAL (Outdoor Play and Learning) program. Some highlights of her career include facilitating a land art exploration program for children with high special needs at the Spiral Garden at the HBV Kids Rehab hospital and working as a Mentor in the OPAL program with the Toronto District school board staff. Ann is also a jembeh drummer who loves to sing, dance, tell stories, paint and get outside as much as possible!



Aanii! My name is Bonnie Nahwegahbow and I am pleased to introduce myself as the Cultural Educator at Shawanosowe School.

I graduated in Fall 2020 with my Bachelor of Education from Queens University and also hold a degree in Indigenous Learning from Lakehead University. As a graduate of Queens University Indigenous Teacher Education Program (previously known as ATEP), I had the privilege of completing an Anishinaabe Aadziwin practicum which consisted

## DONT FEEL WELL? STAY HOME IF YOU ARE SICK.



Remember to screen your child for symptoms each morning before school.



- Should your child become ill at school, the office will phone home or the emergency contact to arrange immediate pick up of the child. The WRFN Health Centre will be contacted for direction in next steps.
- All students **MUST** be symptom free to enter the building.
- Please contact the Health Centre 705-285-4354 to determine if other members of your household should isolate as well.

### SIGNS & SYMPTOMS



Fever or Chills



Cough/Runny Nose



Shortness of breath

Other symptoms include: Feeling nauseous, vomiting, diarrhea, muscle pain, sore throat, loss of taste or smell.

**WHITEFISH RIVER FIRST NATION  
REMAINS UNDER A STATE OF EMERGENCY.**



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WRFN Staff engaged in Forest School with the Child and Nature Alliance of Canada facilitators, Petra Eperjesi, Monica Goodluck & Dawn Ottereyes. Participants will receive a Forest and Nature School Practitioner certificate upon completion! Niishin!



## Shawanosowe School Bus Route

START:	7:45 AM	FIRE HALL
1ST	7:50 AM	OLD VILLAGE ROAD
2ND	8:00 AM	BAY OF ISLANDS
3RD	8:02 AM	SHAWANOSWE STREET
4TH	8:05 AM	RAINBOW VALLEY ROAD
5TH	8:10 AM	RAINBOW RIDGE ROAD
6TH	8:18 AM	MAPLE HEIGHTS ROAD
ARRIVAL	8:25 AM	SHAWANOSWE SCHOOL

Subject to change:  
please bear with us as we work through a new schedule.

Please ensure your child is ready at their scheduled time!  
Don't forget to complete your daily screening and screen your child for symptoms before getting on the bus.

Students will need to have their temperature taken and sanitize their hands.

Students will have assigned seating on the bus.

Migwech for your understanding.

## Education Manager - Leslie Manitowabi-Recollet

### Boozhoo Kina Weya!

I hope you all had a wonderful summer. I also hope you are relaxed, recharged and ready to start a new school year.

We have been in a Global pandemic and Whitefish River First Nation issued a State of Emergency 18 months ago and it still continues as we are in the 4th wave and still need to be vigilant.

Personally during the past 18 months, I had reflected on what was important to me. I had family members pass away, I was told to stay away from my own community and family during the lockdowns, spent time being a tourist on the island, did some fishing and really enjoying the beautiful scenery around us. And what I discovered is that the simple things really matter to me.

I have been in the Education Manager role since February 2020, I love it! It is all about helping and working for the students and families, I always keep that in mind – it is for the students. I try my best to be available and respond as soon as I can, if you have any suggestions on how we can do better or you have an idea for us, please send me an email, text the Education phone **705-863-0555** or stop in the office. I look forward to hearing from you.

Lately, I have been hearing that there is a disconnect with the Shawanosowe School and Community and I don't understand why? We have been told to stay in our own social bubble, social distance and most importantly, to keep the children safe and in school, which is our biggest priority. I am very proud of our Principal, Teachers, Students and Parents for doing their part in following the Covid-19 guidelines and keeping the children safe. When the Province closed schools, we stayed open and had the children in class. Chi-Miigwetch!

**REMEMBER WHEN!** Before the Global Pandemic, Shawanosowe school was hosting Community luncheons, after school clubs, Cultural events and teachings, school pow wow, Bobcat run, Christmas Concert, visiting Maple Sugar Bush and Knowledge keepers visited with the children.

The staff continued with events such as the Annual Christmas Concert, virtually, School Graduation, Every Child Matters-Orange Shirt day and Pink Shirt Day. Way to go staff and students! We are doing the best we can!

We are continuing to work on developing and seeking funding for an Outdoor Learning Area which will be located beside the school. Staff from the school and daycare have participated in Forest School this past year. We are extremely excited to start working on the planning stages and moving forward.

The Education Department had some staff move on to new challenges, we welcomed new staff and developed new positions such as the Vice Principal and Cultural Educator for Shawanosowe School. We have two new Teachers joining the team this year, Ann Cummings, and Erin Fairburn and also Natasha Laundrie was hired on as an Educational

Assistant. Welcome to the team and Community!

The Principal, Tiffany Gagan has been doing an outstanding job, did you know she organized and taught summer school this year? I don't think she even had a summer break, because she was always texting me with new ideas. She is always thinking of the children and their education. Sometimes we need to hear that we are doing a great job so **KEEP UP THE GOOD WORK!**

At Maamwe Kendaasing Early Learning and Innovation Centre, Melanie Manitowabi, Supervisor resigned in early August to focus on her schooling. We thank her for all her hard work, dedication, developing policies and procedures and setting the standard for years to come, it was awesome working with you.

I am pleased to announce that Courtney Laundrie is now the Child Care Supervisor. Courtney held the position of Early Learning Coordinator since 2019. During the Pandemic she really stepped up and was very creative to get to the families with amazing events. Courtney will do an amazing job.

The Education Department has been busy with sponsorship letters for Post-Secondary students, and making sure that we have all the required documentation on file for each student and preparing their living allowances.

On August 26, 2021, we held a Back to School session with Turtle Concepts for our students attending Grade 7-12 in Espanola. There are 31 students who will be attending school at A.B. Ellis, Sacred Heart and Espanola High School, we are pleased that 15 students attended the session to start thinking about their goals for the school year and the importance of attendance. It was a fun afternoon.

We hope to continue sessions with Turtle Concepts for interested students, if your child is interested please contact Keisha McGregor, Education Assistant at the Administration Office to sign up.

### Elementary School & Secondary School

The WRFN Elementary and Secondary School Policy ensures that WRFN on-reserve students who attend A.B. Ellis, Sacred Heart and Espanola High School, all have equal and fair access to student support programs, resources and allowances based on availability of funds.

### Bus Transportation

We want to remind you of student/parent responsibilities while riding the bus to ensure a safe environment for all students and drivers. Following are the reminders for students to be aware of:

- **School bus transportation is a privilege and that students may be subject to suspension from this privilege due to misconduct.**
- **Follow Covid-19 guidelines for bus transportation**
- **Parents are financially responsible for any willful damage to the bus made by their child.**

We will also provide the After School program

bussing for students involved in school clubs and sports teams. A minimum of 3 students at the Espanola schools are required to sign up for the late bus in order to be dispatched.

### Attendance

Regular attendance is very important – a student's over-all growth increases significantly over time when they attend regularly and have strong connections to all aspects of classroom and school learning. Research demonstrates there is a powerful link between successful learning and regular school attendance.

We will have a **monthly attendance incentive** for students who attend school every day of the month for on reserve students who attend A.B.Ellis, Sacred Heart and Espanola High School.

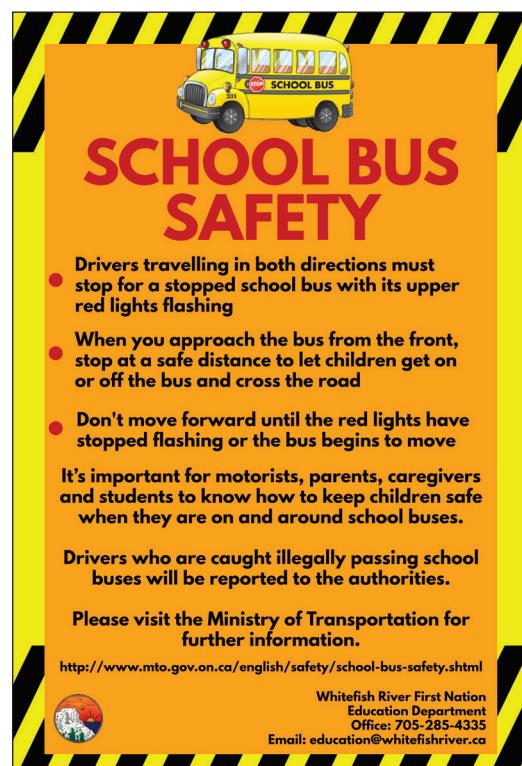
**For every credit an on reserve Espanola High School student earns, they will receive \$25 to be paid out twice per academic year. This will be verified by 1st and 2nd term final report cards.**

*I saw this poster recently about Students Returning back to school, if they noticed any of the following:*

- Another student struggling to make friends,
- Another student being picked on,
- A student who is new, shy, or not with the "in crowd",
- A student who is eating lunch alone.

**Be a leader! Be a Warrior! Say Hi, Smile at them. Ask if you can sit with them, include them. You never know what that person is facing inside or outside of school.**

**Your Kindness can make a difference in someone's life.**



### Post-Secondary Students

This year Whitefish River First Nation is sponsoring 69 Post-Secondary Education Students. Last year had many challenges and setbacks but we want to congratulate you on your perseverance and persistence with your Post-Secondary Education journey. We are wishing all the best during the 2021-2022 Academic Year! *Here are some helpful tips and reminders to get you through the school year.*

- Organization** - It's important to organize your course work based on exams or test dates, assignment due dates, and study times, buy a planner or wall calendar as needed. Having a visual, laid out plan will help you stay more organized.
- Get into a Routine** - Pick study times based around your schedule, whether that be in the morning, in between classes or at night.
- Make study dates with friend – virtually** - Studying with friends can be more encouraging, a good tip is writing possible test questions on cue cards and have your friends test you. This will better help you understand how well you're doing and what test information you should allocate your time on for improvement.
- Ask peers, professors, and other staff for help** - Ask questions if you don't understand! It's okay to ask for help, that's what your professors are there for.
- Remove distractions** - Sometimes it's just about turning off your cell phone for an hour, or the TV in order to concentrate on your studies or assignment.
- Memorization vs. Understanding** - It's important to understand the content rather than memorizing the information the night before. Understanding your course content will allow you to take the information you've studied with you anywhere you go in terms of education or career choice; mem-

oration will result in forgetting after your exam is over.

- Take breaks!** - It's important to move around and take breaks in between study sessions and assignment work.
- Sleep!** - Easier said than done while being a College or University student but it's important to get adequate sleep. Improves concentration and overall brain function.
- Healthy Eating!** - Sometimes it's easier to grab something on the go but try to ensure you're eating healthy, if you can, meal prep on weekends so you're saving money and eating right.

### Post-Secondary Reminders

- If there are *any changes* during the 2021-2022 Academic Year with regards to your schooling, you must reach out to the Education Department as soon as possible. These changes could be going from full-time to part-time, banking information, and changes in contact numbers or current address.
- Reporting and Compliance Conditions of Sponsorship – All sponsored students must report their progress, within 14 calendar days after the completion of each semester of sponsorship.
- Student withdrawal or Sponsorship termination – If a student withdraws from their selected program of study indicated on their relevant 2021/2022 sponsorship application, or has their sponsorship terminated, the student will not be considered for sponsorship until April 1, 2024. The student will be informed in writing by registered mail of this decision
- You **MUST** apply for Post-Secondary Sponsorship every year. The deadline will be May 31 of every year. **We will start accepting applications in February 2022**

Whitefish River First Nation Post-Secondary Education 2021/2022 Monthly Allowance Calendar Direct Deposits											
<b>FALL 2021 SEMESTER</b>											
Saturday August 28, 2021											
Tuesday September 28, 2021											
Thursday October 28, 2021											
Sunday November 28, 2021											
<b>WINTER 2022 SEMESTER</b>											
Tuesday December 28, 2021											
Friday January 28, 2022											
Monday February 28, 2022											
Monday March 28, 2022											
<b>SPRING 2022 SEMESTER</b>											
Thursday April 28, 2022											
Saturday May 28, 2022											
<b>SUMMER 2022 SEMESTER</b>											
Tuesday June 28, 2022											
Thursday July 28, 2022											

We wish every student good luck on their studies this year! Please keep in touch by calling or emailing the Education Department at:

**Leslie Manitowabi-Recollet, Education Manager**  
**705-285-4335 ext. 201.**  
[education@whitefishriver.ca](mailto:education@whitefishriver.ca) or  
[lrecollet@whitefishriver.ca](mailto:lrecollet@whitefishriver.ca)  
**Keisha McGregor, Education Assistant**  
**705-285-4335 ext. 209.**  
[keisham@whitefishriver.ca](mailto:keisham@whitefishriver.ca)

### 2021-2022 School Year Calendar

	m	t	w	t	f	m	t	w	t	f	m	t	w	t	f	m	t	w	t	f									
SEPT				<b>1</b>	<b>2</b>	<b>3</b>	<b>6</b>	<b>7</b>	8	9	10	13	14	15	16	17	20	21	22	23	24								
OCT							1	4	5	6	7	8	<b>11</b>	12	13	14	15	18	19	20	21	<b>22</b>							
NOV	1	2	3	4	5	8	9	10	11	12	15	16	17	18	<b>19</b>	22	23	24	25	26	29	30							
DEC				1	2	3	6	7	8	9	10	13	14	15	16	17	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
JAN	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	<b>28</b>	<b>31</b>								
FEB		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	7	8	9	10	11	14	15	16	17	18	<b>21</b>	22	23	24	25	28								
MAR		1	2	3	4	7	8	9	10	<b>11</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	21	22	23	24	25	28	29	30	31					
APR				1	4	5	6	7	8	11	12	13	14	<b>15</b>	<b>18</b>	19	20	21	22	25	26	27	28	29	30	29	29	29	
MAY	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	<b>23</b>	24	25	26	27	30	31							
JUNE			1	2	3	6	7	8	9	10	<b>13</b>	14	15	16	17	20	21	22	<b>23</b>	<b>24</b>	<b>27</b>	<b>28</b>	<b>29</b>	30					

This calendar lists school holidays, teacher professional activity days and secondary school examination days within Rainbow District School Board.

- First/Last Day of School\*
- Secondary School Exams
- Holidays
- Christmas/Mid-Winter Break
- Professional Activity Days

\*no early dismissal



my Blueprint  
education planner

[myblueprint.ca](http://myblueprint.ca)

Grades 7 to 12

Log in and help your child  
chart a pathway to their future.

Rainbow Schools  
Reaching minds. Touching hearts.  
[rainbowschools.ca](http://rainbowschools.ca)

## WHITEFISH RIVER FIRST NATION BUS SCHEDULE 2021/2022

### **WELCOME BACK STUDENTS!**



On behalf of the Whitefish River Chief and Council and the Education Department, we welcome back all students! We wish every student good luck in their studies this year. We would like to remind students that consistent attendance is important to a successful academic year. With that said, if there are any questions or concerns, please feel free to contact the Education Office. We are here to help you succeed!

We also want to express a few reminders and student/parent responsibilities while riding the bus. We want to ensure a safe environment for all students and drivers.

- School bus transportation is a privilege! Students may be suspended from this privilege following any misconduct
- **All Students must wear a facemask**
- Will remain seated facing forward at all times, and will not distract the driver and/or other students
- Parents are financially responsible for any willful damage to the bus by their child
- Smoking or using illegal drugs/substances, and drinking alcohol are strictly prohibited!

### **SCHOOL START TIMES**



These are the class start and end times for each institution in Espanola. Our transportation will ensure students are at their respective schools approximately 5-10 minutes early.

#### **A.B. ELLIS**

Class Start Time	8:20 am
Class Dismissal	2:40 pm

#### **SACRED HEART**

Class Start Time	8:30 am
Class Dismissal	2:50 pm

#### **ESPAÑOLA HIGH SCHOOL**

Warning Bell	8:35 am
Homeroom	8:40-8:45 am
Period 1 or 3	8:45 – 11:15 am
Period 2 or 4	12:05 - 2:35 pm



### **BUS SCHEDULE AND ROUTE**



There are going to be 4 main bus stops within the reserve. Please ensure your child is at the closest stop 5 minutes before the bus arrives. This applies to all school buses.

This is a working schedule, times may vary slightly. We will send out a new schedule with updated times after a routine has been established. If there are any questions, please call the Administration Office and speak to the Education Department.

### **BIG BUS**

#### **DRIVER: EDWARD PITAWANAKWAT**

Departs from Fire Hall at 7:15 am to make outskirt pick-ups (Highway 6 & Old Village Road).

**Stop 1:** 7:25 AM – Maple Heights Park

**Stop 2:** 7:30 AM - Between 84 & 79 Maple Heights Rd

**Stop 3:** 7:35 AM- Cul-de-sac by 188 Rainbow Ridge Rd

**Stop 4:** 7:40 AM- Church

**Depart for Espanola at 7:50 AM**



**Human Resources Manager - Tricia Podlatis**

My name is Tricia Podlatis. I am excited to be the new Human Resources Manager at Whitefish River First Nation. I am originally from Naughton, Ontario and I have been working in the Human Resources field for over 10 years. I am the mother of two wonderful daughters and I enjoy kayaking, reading and playing video games. Thank you for the warm welcome into this wonderful organization!

Feel free to reach me at [triciap@whitefishriver.ca](mailto:triciap@whitefishriver.ca) or phone Administration at 705-285-4335 ext. 212.



**Finance Assistant - Melanie LeClair**

Hello, my name is Melanie LeClair. I am very proud to have been chosen for the position of Finance Assistant at Whitefish River First Nation. I have been working in Office Administration for 25 years as well as Bookkeeping for the last 10. I was born and raised in Espanola, as was my husband Gary. Together we spend lots of time motorcycling, camping and in the

winter, ice fishing in the area. I am really looking forward to getting to know everyone.

Thanks to those I have already met, for being so welcoming!

You can reach me at [melaniec@whitefishriver.ca](mailto:melaniec@whitefishriver.ca) or at the Administration Building 705-285-4335, ext. 210

# WEEKLY SEPTIC PUMP OUTS



Starting  
Wednesday  
September  
29th 2021

**\$100.00 per household. Please  
pay the driver the fee directly.**



Please ensure someone is present at home and your  
lid is uncovered on your scheduled appointment date!

Contact the Housing Department at 705-285-4335 for  
more information, or to register.

## Consultation Coordinator - Stephen McGregor

Aanii,

Our Lands team have been involved in some fascinating work with **Species at Risk** and **Species of Concern** here in our territory and I have been lucky enough to be involved in these activities. The first lands based activity that I participated in was egg harvesting and incubation for walleye population stability. This was done in cooperation with local conservationists who have been working for decades on this effort and are generous enough with their time to share their knowledge and expertise with us. This collaboration is important so that not only can we help create a sustainable method for species reintroduction here in our community, but it also opens the door for further cooperation with local conservation groups. This is a great opportunity to bring awareness to both the Species at Risk while developing ways to protect their habitat.

We are fortunate to be part of a land base that offers biodiversity not seen in many places in the world. I have been working with our lands team to develop a working relationship with students who are studying turtle habitats near our community. *The sobering reality in Ontario is that 7 out of the 8 species of turtle population in the province are classified as species at risk.* What I thought was inter-

esting is that 5 of those species live in our territory. This is a wonderful opportunity for us to create education and employment with our community members while helping to protect our local environment.

The last four months have flown by as consultation opportunities have occurred on a weekly basis presenting our community with interesting avenues to explore. As mentioned in an earlier article I have agreed to collaborate with the **Canadian Coast Guard** in an auxiliary capacity and as a liaison between the community and the Coast Guard. In my role as liaison I facilitated a Coast Guard Information Session which we hosted online on August 12. We have recently formed a Coast Guard Auxiliary Search and Rescue team. This is an exciting new development that offers training opportunities for auxiliary team members. We currently have the minimum amount of team members required to have a search and rescue team and it would be awesome if we could get more community members to join.

If any community member has questions about the Coast Guard or our Auxiliary Search and Rescue Team, please feel free to contact me at the Administration Building (705) 285-4335, or email me at [stephenm@mchsr.ca](mailto:stephenm@mchsr.ca).

Miigwetch

## Pet Care & Tips

Hi everyone!



however I wouldn't mind if he moseyed on home. He has a tendency to terrorize the other cats when they go out on the front deck. Well I guess that is it for now.

### Some Cat Facts

- If a male cat is both orange and black, he is probably sterile.
- Most American pet owners obtain their cats by adopting strays.
- According to Italian superstition, a cat sneezing is a good omen for anyone who hears it.
- In Australia, feral cats are blamed for the extermination of native marsupial mammals. Now it seems the fox, another animal introduced by Europeans, is equally to blame.

That is it for now, and until next time please continue to wash and sanitize your hands and wear a mask until this pandemic is over with. Remember to treat all living creatures with respect, and dignity, especially our cats.

'Till then - Luka, BJ and Francis the Boys - Cats.  
She-Pet Elizabeth and Webby Debby the girls - Cats.

### Me the Big Cat - Dennis L. McGregor



Consultation Technician, Mskwoka McGregor and McMaster University students Reta Meng & Jaqui Vinden use Radio telemetry to track Endangered Blanding's Turtles in McGregor Bay. Their work is part of an undergraduate study on Delineating Blanding's Turtle habitats.

## Public Works Manager - Curtis Nahwegahbow



Aanii Curtis Nahwegahbow n'dizhanaakaas, my spirit name is "Bright Blue Sky". I am the newly hired Public Works Manager for Whitefish River First Nation. I am coming into this

position with prior experience as an electrician working in the Mining field and the Utility field working as a Power line technician. Both positions, over the years, gave me great insight to safety in the workplace. I am excited to have the opportunity to be working in Whitefish River First Nation and put to use my prior work experiences to help better our community. My goal for the next month is to learn from the current public works crew and move forward to ensure safety and provide effective and efficient service.

Since my hire in mid-August, we have been very busy preparing for the reopening of Shawanosowe School for the upcoming 2021-2022 school year. A priority has been getting the busses ready for the school year and ensuring all safety features are operational. With that being said, I would like to remind all Community members the importance of defensive driving and being aware of your surroundings, as the start of

school means children will be out running and playing again. We ask that you follow **all** posted speed limits in the community, as our children's safety is top priority.

I would also like to remind all residents that there is a dog by-law developed by Whitefish River First Nation. Over the past few weeks there has been numerous sightings of loose dogs. This poses a risk for children in the community. It is important to make sure your dog stays within your property.

I also like to thank our summer students Brandon Visitor and Raidyn McGregor; they both worked hard learning what it takes to work in public works! They will be missed and we wish them a successful school year.

I can be reached at the Administration Building at 705-285-4335 ext.228, or you may email me at [curtisn@whitefishriver.ca](mailto:curtisn@whitefishriver.ca)

Did you have a favourite apple tree growing up? Who remembers travelling by train? When was the first school concert? What were our local smelting hotspots?

If you want to share positive or historical information with our community, email [rezoundeditor@whitefishriver.ca](mailto:rezoundeditor@whitefishriver.ca).

The Rezound will also be starting a monthly **Pet Profile** section for our beloved furbabies. Email me a picture and information of your family pet, and they may be our featured Rezhound! (or Rezcat)



Miigwetch,  
Tammy Nahwegahbow



Brandon and Raidyn were a part of the Public Works, hardworking team this summer!

## Missed an issue of The Rezound? Find them online at



[www.whitefishriver.ca](http://www.whitefishriver.ca)



Myles Jacko joined Public Works in August. Welcome to the WRFN team Myles!



## Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

Introducing the Newest Members of Our Team!

As you are all aware, we have been experiencing a greater degree of staff turnover at Whitefish River First Nation than we are used to. We are in no way alone. People across all sectors of the workforce have been changing jobs in unprecedented numbers as COVID-19 prompts us all to reconsider our priorities. One Microsoft survey indicated that a whopping 41% of workers were considering leaving their current employment (<https://www.weforum.org/agenda/2021/06/remote-workers-burn-out-covid-microsoft-survey/>).

Considering these recruitment and retention challenges, we are very pleased with the caliber and qualifications of our newest team members. Please help us in welcoming them all as we prepare for a busy fall:

1. Sandy Jacko, Band Manager
2. Curtis Nahweghabow, Public Works
3. Tammy Nahwegahbow, Rezound Editor
4. Courtney Laundrie, Daycare Supervisor
5. Todd McGregor, Housing
6. Kenny Recollet, Housing
7. Myles Jacko, Maintenance
8. Ann Cummings, Shawanosowe School teacher

9. Susan Solomke, Finance Director  
10. Melanie LeClair, Finance Assistant  
11. Tricia Podlatis, Human Resources

Change is often difficult, but with these new staff members on board, we are confident that our administration will be equipped to serve you better. We know you will extend a warm welcome to everyone!

If you have any questions please phone Administration or email me at [chief@whitefishriver.ca](mailto:chief@whitefishriver.ca).

**SACRED FIRE**

SEPTEMBER 30

WRFN Remains in a State of Emergency due to the Covid-19 Pandemic.  
All safety measures will be adhered to according to Safety Guidelines.

**NEVER MISS AN UPDATE**

**GET THE APP**

The app uses state-of-the-art technology to notify Whitefish River First Nation members of breaking news, documents, videos, and events, instantly delivered via push notifications.

- NEWS
- EVENTS
- JOB OPPORTUNITIES

**HOW TO GET THE APP**

- 1 Download the app on Google Play or the App Store
- 2 Login to the app by tapping "Continue As Guest"
- 3 All done! Explore the app, and stay tuned for new notifications

**WRFN Application Form Released**  
Here is the application form you will need to hold your spot. Closing date is Nov 13

**GET IT ON Google Play**

**Download on the App Store**

**QR Code**



## Whitefish River First Nation Emergency Response Plan/ Covid 19- Pandemic Plan Report from the Community Control Group & Incident Commander

Here is some background on how the Whitefish River First Nation has responded to the global Covid-19 Pandemic. On March 24, 2020, a **By-Law Respecting the Covid-19 Virus** was passed by the Whitefish River First Nation Council to respond effectively to a very fast moving and emergent situation with the appearance of the globally declared Pandemic on Covid-19.

The By-Law declared a **State of Emergency** on our Reserve because of Covid-19 and also put the Whitefish River First Nation Emergency Response Plan into effect. The Plan is called the **Coronavirus COVID-19 Pandemic Plan 2020**.

The Pandemic Plan implements general measures to allow the First Nation to respond effectively such as: allows Chief or Designates to take such actions and make such orders as considered necessary to protect the health, safety, welfare and property of the people of our community – these measures are to be consistent with the Emergency Response Plan and other laws; gives the Band Manager/Incident Commander, the authority to make operational decisions as required; and allows officers to enforce the Emergency Response Plan, this includes police officers, constables, as well as anyone else the Chief or Band Manager appoints to enforce the By-Law.

The By-Law also allows Council to update the Emergency Response Plan as needed, this includes updating the Coronavirus COVID-19 Pandemic Plan 2020.

The **Whitefish River Community Control Group** or **CCG** gather at regular intervals to inform each other of actions taken and problems encountered. There are a number of responsibilities outlined on page 12 of the Coronavirus – COVID-19 Pandemic Plan in order to understand more details on these responsibilities. The Incident Commander carries forward the CCG recommendations to the Chief and Council, who then approves or disapproves the submissions. Once recommendations are approved they are implemented through changes to existing policies and protocols that have been formed to respond to the Pandemic Plan.

Some examples of the plans formed by the CCG would be the need for Restricted Access & Essential Services during provincial and local lockdowns and advisories issued by the Sudbury Region Public Health Services; the School and Daycare Reopening, the Administration Offices Reopening, the Seven Fires Youth and Elders Centre Reopening. Restrictions, protocols and guidelines were formed to protect community safety and well-being from each Program perspective as everyone joined in a team effort to keep outreach and activity going despite travel restrictions and various lockdown measures. During provincial lockdowns the CCG responded by creating Safety Catchment Areas (places where infections were reported to be in the lowest numbers by Public Health) to help assist with travel decisions. Screening forms were developed to help track and monitor people who need-

ed to travel to or return from provincial hotspots. The screenings were done to track any symptoms and refer to health if necessary. An Emergency Order was issued to close the Cottage Lots for a time. Certain persons were accommodated to stay due to being caught on-site during the lockdowns and restricted travel measures by the province and country. The persons in this situation all had to comply with on-going restrictions placed at the cottage lot area from the Chief and Council to ensure the virus would not vector into the community population from that location. Land Sites on-Reserve were closed to access by the general public last April 2020 in an effort to reduce risk of infection transmission. Since that time, only band members have been accessing their land sites to escape to the outdoors for relief from being cooped up inside their homes, to take the healing and respite our beloved Mother Earth could offer.

Businesses were required to submit their Safety Plans to keep open and continue operating as an essential service. A **Mandatory Masking By-Law** was passed by the First Nation as an additional step to require anyone entering the community in close proximity to members to safeguard community members and themselves from passing on the virus through respiratory aerosols. The same protocol was required for members accessing services from all the programs. An **Isolation Plan and Isolation Centre Site (Elders Residence)** were developed to respond in the event a Covid-19 positive case entered the community.

The priority at the very beginning of the Global Pandemic was to *protect the most vulnerable* in our community population, these being the Elders and immune compromised, including those with various health issues such as diabetes, heart disease, hypertension etc. ***It was deemed that 75% of our population was at higher risk of contracting the infection from the virus than the general population.***

The measures that were taken to safeguard the health and well-being of the community brought many challenges to individuals, families and households. We are a people that relish in the joy and familiarity of gathering and seeing one another, reaching out with smiles and hugs. The hardest part was to stay apart and keep our distance from one another while we tried to figure out how to move about safely and not bring the virus into community. It was a time of fear and uncertainty but we held out for one another by staying in touch through various methods, distancing but not isolating.

The practice and message that arose to the top and which would become our mantra as it did everywhere else in the country was this: Wear your mask indoors and outdoors when not with persons from your family, wash your hands and sanitize, cover your coughs and sneezes, monitor your health symptoms, keep 6 feet apart. Limitations on gathering sizes were established, facilities opened and then closed, we were all learning fast

as the pandemic increased in its intensity and then would subside due to control measures being implemented. We all began to adjust. Spring of 2021 brought the hope and expectation that vaccines would start flowing to those greatest in need. First Nations people were for once at the top of that list as our health conditions are not the best but equated on the same level with those most elderly and vulnerable.

As vaccinations took hold in our population our attention refocused on our children who could not be vaccinated. The Circle of Protection continues to adjust on how best to keep our Elders and children continually safe. It has been through the efforts of each and every one of you, the community member, that has kept all of us Covid-19 free thus far.

We still have a ways to travel as the global pandemic continues to rage on in all parts of the world. Now, we have the challenge of the Covid-19 Variants to contend with. Faster more deadly forms of the virus are now in circulation. Our safe path is to be **AWARE** in all of our actions and movements. Listen to the news for the numbers in our region and local communities, make travel decisions accordingly to keep safe. Get tested when feeling Covid-19 symptoms. Continue practicing public safety measures such as keeping interactions limited to family members as much as possible, masking when 6 feet distancing cannot be maintained, washing and sanitizing hands, covering sneezes and coughs, our mantra continues as does our Walk of Safety and Forbearance with one another.

*Right now it is important to get your vaccinations if you have not already done so.* The reason for this is to keep you safe from the harm of the Covid virus infection and its variant infections. Public Health and Hospitals are reporting new infections are arising in individuals who have not been vaccinated. This is a significant consideration to pay attention to. In addition, we have just received news reports that Ontario has revealed a vaccine passport system to enter non-essential venues such as restaurants, gyms, movie theatres, concert halls, etc., beginning September 22nd. **See the Ontario website for a complete list of venues.** The vaccinations along with public health measures have been working to keep the population safe. Please continue to choose wisely in the best interests of you and your family's continued health and well-being and, those of your fellow neighbors and community members. Booster shots are on the way this coming Fall for those who have already received their two vaccinations as a recommended measure to strengthen immunity and reduce the risk of infections.

We must not relax or let our guard down, not now after coming so far. Be reassured we have a system in place that if the Covid-19 or its variants enters this community, we will immediately inform you of the measures that will be quickly taken to control its spread and to protect your health and safety.