Warrior Pee Wee Girls
LNHL ‘A’ Champs!

“We're not if you win or lose, but how much you tried and how fairly you played.” - WRFN Former Chief Jim McGregor, LNHL Co-Founding Father

The 47th Annual LNHL hosted a record breaking 209 teams from all across Ontario. Whitefish River represented proudly at the tournament, hosted by Moose Cree First Nation, with a total of six teams this year. Tyke, Novice, Pee Wee Girls, Pee Wee Boys, Bantam and Midget aged players travelled down to Mississauga, Ontario for the four day tournament.

The Whitefish River Warrior Pee Wee Girls were the team to beat as they went undefeated at this year’s LNHL. The championship game was played against Serpent River, and the Warriors defeated them with a score of 6-2. First Nations Olympic Silver Medalist in Women’s Hockey, Brigette Lacquette was on hand to congratulate and encourage our Warrior Girls!

Congratulations to all the participants, and Miigwetch to the countless volunteers who support the continual growth of our future generations of athletes through the pillars of:

Sportsmanship, Respect, Citizenship and Education.

Please note that the deadline for submissions for the next issue is Wednesday, April 18th, 2018 at noon. Miigwetch!
rezoundeditor@whitefishriver.ca

“A Place of Visions and Dreams”
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*unless otherwise indicated visiting Health Professionals will be in all day*

* Community Health Nurse Lab/Blood Draw Clinic - Fridays @ 10:00 am

Please bring your Requisition(s). Appointments recommended.
Candice Assinewe - Community Wellness Worker

Aanii/boozhoo Community Members

First, I would like to apologize to the women in the community who were looking forward to the Women’s Wellness Event this past March. I would like you all to know that the event is still going to take place when the weather gets warmer. Unfortunately, it had to be moved to a different date due to reasons that were out of our control and I apologize for the inconvenience. I will have a date set before the May 2018 issue of the Rezound.

In February we had 22 community members come out to join the Lose the Love Handles Fitness Challenge! I am excited to see everyone’s enthusiasm and motivation to live a healthier lifestyle. I can’t wait to see everyone again at the Final Check in on April 4th, 2018! All participants who come to check in their final results will be entered into draws to win some great prizes! Therefore, you all know who you are, and we look forward to seeing you.

As part of our community initiative in preventing Family Violence, we had a teaching on March 3rd, 2018 with Elder Gloria Oshkabewisens-McGregor on Traditional Family Values, Love and the Seven Grandfathers. We had community participants come out to listen to the teaching and I am happy to say that many took in those teachings to apply it to their lives in some way. Part of the workshop involved participants submitting a photo that describes how they feel about their family, and what does healthy family well-being mean to them. We had one submission from one of the participants from that program, Cheyanne Pitawanakwat, and she submitted a beautiful picture of her family and shared what family well-being means to her. Chi Miigwech for sharing Cheyanne, your submission of your family and what they mean to you is beautiful.

We also have a number of programs coming up in April. Starting with the Anishinaabemowin Language Class with Elder Marion McGregor and Lisa McGregor, Language Instructor. As you know it is vital to our culture as Anishinabek to learn Anishinaabemowin as part of revitalizing our culture and customs, as well as its importance to our identity. The program takes place every Wednesday, therefore, I encourage every community member and fluent Elder to come out to participate, learn and even share knowledge. Participants are doing great, and as part of the program we joined some of our Elders from the community in attending the 24th Annual Language Conference in Sault Ste. Marie, Michigan. We were able to attend many of the workshops, gather resources and made connections so we can further develop our learning in Anishinaabemowin. I’m glad everyone had a positive experience.

From April 17th to April 22nd we have our Annual Earth Week coming up fast. This year we have a number of amazing workshops and events such as “The Creation Story” with Traditional Knowledge Keeper Dr. Jim Dumont; “Using our Voice for Mother Earth” with Christie Belcourt; Natural cleaning products workshop with Mike and Amber; Recycling with WRFN Youth; Water Conservation and more. There will be door prizes, and a patio and BBQ Set draw giveaway at the end of earth week! So don’t miss out on all this amazing knowledge and prizes.

On April 26th, 2018 Gloria Oshkabewisens-McGregor, Traditional Practitioner will be available for one on ones with community members all day. Please contact me if you would like to make an appointment.

If you would like more information and would like to contact me about any of the programs or services that are provided, please contact me at the Health Centre at 705-285-4354 or you can email me at candicea@whitefishriver.ca.

What does Family Well Being means to me?

Fourteen years ago, on November 6th, 2004, I lost my mom to cancer. It was one of the hardest things I have ever experienced. I was only 9 years old but looking back at it I saw my family come together and become even stronger. Fast forward to 2013, we welcomed my beautiful daughter Delilah Bailey into the world on that exact day. I always look at it as a way of our mom telling us everything will be ok, she lives through her. She showed us that love never dies. Now here we are in 2018, loving life, going to school and in June we will be welcoming our second baby. June is my moms birth month as well, so its strange how things work out. Family to me is everything, they strengthen me, they make me who I am, they believe in me, and without them I wouldn’t be me. I am grateful for my blood family, and the family I gained being with my partner. Family is giving love and not expecting anything in return. The picture I chose, shows my beautiful daughter Delilah, my partner Justin, and our growing baby. Delilah loves her so much already, she’s one excited big sister.

~ submitted by Cheyanne Pitawanakwat ~
PLEASE JOIN US FOR

EARTH WEEK

APRIL 17TH - 22, 2018

DOOR PRIZES! YOU CAN BE ENTERED INTO A DRAW TO WIN A PATIO SET AND BBQ!

PRESENTATION WITH CHRISTIE BELCOURT, THE CREATION STORY WITH ELDER JIM DUMONT, WORKSHOPS ON EARTH FRIENDLY HOUSEHOLD PRODUCTS, WATER CONSERVATION, RECYCLING AND MORE!

SAVE THE DATES! AGENDA TBA

For more information, please contact Candice Jacko-Assiniwe, Community Wellness Worker at the WRFN Health Centre at 705-285-4354
Aanii, during some training recently I heard a powerful statement that resonated with me around common misconceptions of addiction: The Opposite to Addiction is not Abstinence, it is Connection.

When I heard this I thought about the Forest, specifically the Birch Tree and how it communicates with the trees around it. If you were to cut all the trees down around a Birch Tree it will weaken and eventually die. Even though the trees are in competition for resources they will share for the betterment of the forest. The trees communicate with one another through a network of fungus under the soil. When the birch tree needs nutrients or water and can not get it from the immediate soil it is in, it will send a message through the fungus to another tree. This tree will give up some of its water and nutrients and will send it back through the fungus to feed the Birch tree.

We are a lot like the Birch Tree, if we cut off all of our connections we will become unwell and often feel a loss of hope, belonging, purpose, and meaning. If we have a strong network of support around us we can help one another for the betterment of the community.

My office is always open for anyone that would like to come in to talk to me or if you prefer I can be reached at the Health Centre by telephone.

For more information, please feel free to contact me at 705-285-4454 or via email at maelick@whitefishriver.ca.

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Mental Health & Addictions Worker - NNADAP
Michael Aelick

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TRADITIONAL FAMILY PARENTING

SATURDAY APRIL 14TH and SUNDAY APRIL 15TH 2018

At the 7 Fires Elders and Youth Centre
46 Bay of Islands Rd.

Information on: placenta, umbilical cord, soft spot, moss bags, cradle board, tikanagan traditional swing and more!

PLEASE COME OUT AND JOIN US!

9am - 4pm

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT ARLENE PITAWANAKWAT (705) 285-4354 ext 209

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OGICHIDAA MEN’S GROUP

BBQ

Saturday April 28th @the Health Centre 12 P.M. UNTIL 2 P.M.

Let’s come together and enjoy some Great Food

FOR MORE INFORMATION CONTACT MICHAEL AELICK AT THE WRFN HEALTH CENTRE 705-285-4354 OR BY EMAIL maelick@whitefishriver.ca

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For more information, please contact Candice Jacko-Assiniwe, Community Wellness Worker at WRFN Health at 705-285-4354 or candicea@whitefishriver.ca.
This past month was jam packed with fun! We finished our Youth Archery Program and went mad over March Break madness. Chi-Miigwetch to all the families who participated in our Family Movie Trip and Family Skate day.

I was “eggstatic” over the turn out for the Easter egg hunt. So many youth… so little chocolate. Thank you to all the parents that hopped up and offered a helping hand.

They say that April showers bring May flowers…. Speaking of May, did you know that Mother’s Day is the second Sunday in May? That’s why for the month of April there will be a Youth Beading Program; no last minute Mother’s Day gifts this year! The Youth Beading Program will be on Tuesday, April 17th and 24th, as well as May 1st and 8th, 4:30-5:30pm at the Health Centre. This program is for youth ages 14-18.

I hope I spike your interest by informing you about the upcoming Youth Volleyball Night. If you are a youth between the ages of 15 and 25 then come on out to this new exciting program! Youth Volleyball night will be taking place every Thursday, April 5th until April 26th; 5-6pm at the Shawanosowe School Gym. Please bring a reusable water bottle, and snacks will be provided.

Welcome to spring! How about we celebrate with a Teen Dance! Youth ages 14-18 are invited to an all teen dance on Friday, April 20th. Want to bring a friend from out of town? Go ahead, this invite goes out to all the communities.

Pow Wow season is around the corner, so what better time than to have a Regalia Making Workshop? This program will be taking place every on Wednesday, April 11th & 25th as well as May 2nd, 9th and 16th; 4-6pm at the Health Centre. This program is for youth ages 14-25, however youth under 14 may attend if accompanied by a parental helper.

If you would like more information on any of these programs, please contact Amber Zona at the Health Centre. 705-285-4354 or via email at amberz@whitefishriver.ca.

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REGALIA MAKING

WEDNESDAY

APRIL

11TH & 25TH

MAY

2ND, 9TH & 16TH

4-6PM

@ THE HEALTH CENTRE

YOUTH AGES 14-25

YOUTH UNDER THE AGE OF 14 WILL NEED TO HAVE A PARENTAL HELPER

FACILITATED BY

AMELIA MCGREGOR

For More Information Contact Amber Zona
Happy April everyone,

I would like to say Gchi-Miigetch to all the Youth who were able to make it out to the Youth Retreat for Life Promotion event and to the Health Staff, CAN-BIND and Ontario Brain Institute. The event took place in Toronto. It was a packed two days of information, learning, and sharing about how important Nibi (water) to us and how we can help keep our water clean and safe for the upcoming generations.

I am also happy to share that the youth had a fun time hanging out with Maple Leaf Sports and Entertainment from March 20-22 over at the AOK Four Direction Centre. They also had a chance to come to Shawanosowe School to share some fundamentals and games!

By the request of the Youth I have started opening the 7 Fires Youth & Elders Centre for Homework and Chill every Monday evening from 7:30 to 9:00pm. Miss Giselle McGregor will also be assisting with any homework questions as well.

Every Tuesday I will be at EHS during the lunch hour singing hand drum songs with the students. I will still be continuing our visits at the high school for their hot lunches every Friday.

Big shout out to the community for helping out with our 7 Generations Youth Council fundraising efforts to buy apparel and congratulations to Amanda Fox on finding the JOKER. Watch for more fundraisers to come.

Youth Leadership Program for Elementary Students: Wednesdays - 4pm to 6pm
Youth Leadership Program for High School Students: Thursdays - 6pm to 9pm
Anishinabek Language Class starting at 6:30pm @ the 7 Fires Youth and Elders Centre ALL AGES ARE WELCOME!

If you have any questions regarding any programs, don’t hesitate to contact me at righttoplay@whitefishriver.ca or through the Health Centre at 705-285-4354.

WRFN Youth Retreat for Life Participants, held in Toronto March 16th & 17th, 2018.

Harmony was the lucky winner of a Bluetooth speaker at the Youth Retreat for Life.

Contact Amber Zona for more information!
The Carrot Family Part 1

This Family contains more than 3700 species around the world. Some of the more common used plants in this family are carrot, parsnip, celery, dill, parsley, and cilantro. Queen Anne’s Lace is actually a wild carrot that escaped gardens from early settlers. The shape of the Queen Anne’s Lace flower is the common shape of the flower in this family. The reason why we don’t normally see a cultivated carrots flower is because it flowers in its second year and we usually harvest the roots in the first year. There are many different types of carrots to grow and carrots originally came in all different colours like purple, yellow, and white. It wasn’t until after the seventeenth century that the carrot was bred to be orange.

How to Grow Carrots and Parsnips

Carrot and parsnip seeds need to be sown shallowly in soil, an easy way to do this is to surface sow the seeds and gently push into the soil. They also need a lot of moisture and take up to three weeks to germinate, a good trick is to make sure the soil has plenty of moisture before you sow the seeds or cover the sown seeds with a row cover to retain the moisture. They need a soil that is loose and drains well, has a lot of organic matter, being careful not to add manure that has not been composted well, this will give you really big bushy greens with small spindly roots. It is very important to thin the plants as they grow to give them room to develop big roots. As the carrots start to grow bigger and push up out of the ground it is a good idea to hill around the root to prevent it from turning green. Carrots can be sown every three weeks for a continual harvest into fall but parsnips take longer to develop a big edible root so sow the amount you wish to harvest in the fall. Both plants flavor will improve if you allow one to two frosts before harvesting. They can store in the ground if they are protected from freezing and store very well in sawdust or sand in temperatures from 0-5 degrees Celsius.

How to Grow Celery

Celery can be one of the hardest vegetables to grow and one that I have yet to try. They require a long growing season to mature so it is important to start them indoors around eight to ten weeks before the last frost date in the spring. Celery seeds are very tiny and can be difficult to sow as individual plants. Sow the seeds heavily in starter pots inside, thinning them as they sprout or carefully pluck them out and replant them into individual pots. Once temperatures are consistently warm outside you can plant the celery out in the garden. Celery needs around six hours of light but needs to be shaded during the hottest parts of the day. Celery is very sensitive to both extreme cold and extreme heat preferring temperatures between 16 and 21 degrees Celsius. They require soil that is high in nutrients and evenly moist at all times. If the plant does not get enough moisture it will affect the taste and will make the stalks stringy. Blanching celery for 10 to 14 days before harvest can help to eliminate the bitter taste and will promote tender healthy stalks. Blanching celery involves covering the stalks with soil, straw, or wrap and fasten paper around the plant, you can also use old milk cartons with both ends cut off. All you need is something to block the sun from the plant for a while. I hope you have found this informative and enjoying to read. Next month I will talk about growing dill, parsley, and cilantro.

If you have any questions you can post them on my Facebook page @ 13 Moons Garden.

Wednesday Evening Card Nights!

Get together to play cards once a month at the Community Centre. Cribbage and Euchre once a month at 7pm.
Euchre Night - April 11th at 7pm
Cribbage Night - April 25th at 7pm

Buy in to win is optional.
Contact Kiki Pelletier at 705-862-1259 for more information.

Drum Teachings and Singing

Wednesdays at 4pm
WRFN Community Center
Biindigen! Aambe Maajtaadadu!
Everyone Welcome!
Come Have Tea & a Biscuit!

13 Moons Garden
by Michael Aelick

Health Center
7 p.m.— 8 p.m.

Join us and share your ideas!
Light snacks and refreshments provided.
For more information contact Gail Jacko at the Health Centre 705-285-4354.

Garden Committee Meeting
Aanii!  Jacinta Shawanda n’dishi
nakaas, M’kwa n’dootem, Waag-
waaskinaga n’doonjibaa.

Whitefish River First Nation has
been my home community all my
life.

I left only to pursue post-secondary
education programs (Cambrian Col-
lege & University of Toronto) and
employment opportunities (First
Nations House, Casino Rama &
CIBC). While living in Birch Island I
had earned my Bachelor of Educa-
tion through a community based
program at KTEI in MChigeeng FN.
I have also worked in various ca-
pacities at UCCMM, Helios WRFN,
BICC and Mnnaomdziewin Health
Services. My schooling and work
experiences have prepared me well
to serve our community members
and citizens.

I am looking forward to contribut-
ting to the Vision and Mission of the An-
ishinaabek of Whitefish River First
Nation in my role as the Education
Director.

Miigwech.


AES Coordinator - Gail Pelletier

Anishinabek Education
System Update

Congratulations Whitefish River
First Nation, we are now at the fi-
nal stage of our Education Law that
will govern our new Anishinabek
Education System. The Education
Law will officially govern our Ed-
ucation programs and services at
Shawanoswe School and services
provided to our students from JK
to grade 12 as of April 2018.

I had been with Whitefish River
First Nation as the AES Coordina-
tor since January of this year to
assist WRFN in ensuring that the
Education Law would become a
reality. As part of our agreement
when we said Yes to AES, having
an Education Law was part of the
package.

Along with the WRFN Education
Committee, we hosted 5 commu-
nity consultations to get input from
community members: the first
one was held at the Espanola High
School; that was followed by a
community consultation held on a
Sunday morning with a full break-
fast provided; an Elders’ luncheon
session and then a session in Sud-
bury and then Toronto. As well,
each community household was
provided with a copy of the Draft
Education Law. I also travelled to
the Little NHL where I was able to
reach community members that
did not attend the sessions and to
host an AES awareness luncheon
at the Little NHL where an abun-
dance of sub sandwiches were
served.

Just a reminder, as I said at my
awareness session: please get
involved in the new Anishinabek
Education System. One of its grea-
est attributes is that we now have
more control over the funding and
we can set our own community
education priorities. So with that,
be on the lookout for more edu-
cation news from the Education
Office and Education Committee
and take the time to provide your
recommendations, provide your
support and get involved.

Gail (Kiki) Pelletier

Aboriginal Support Workers
Espanola High School

FNMI - EHS School Happenings in April...

Students are busy as the countdown begins for Grade 12 stu-
dents to move toward graduation in June 2018. Please check
with your son/daughter and ask them where they are at with
progressing towards graduation requirements. We cannot
express the importance of completing the required 40 volun-
teer hours, please don’t let this requirement be what stops
your child from graduating.

It is the responsibility of the student to ensure that they can
complete the hours on their own time. Students must submit
any and all volunteer hours to Mr. Glen Madill in Guidance.

As a reminder the ASW team is here to provide support to the
EHS FNMI students with progressing towards meeting grad-
uation requirements in each grade. Attendance each day is
essential in learning and completing the assigned work and
submitting it to their teacher.

We would like to give a big thank you to the awesome sup-
port from WRFN Health Team for the awesome bagged and
hot lunch program, students very much appreciate the time
and effort.

April updates for parents....

Mondays - Native Student Council meeting open to all
students to hear about and input ideas for FNMI student
activities

Tuesdays – Hand Drumming during lunch hour, parents
and caregivers are encouraged to attend and participate,
so bring your hand drum out and come and share a song or
two.

Wednesdays – WRFN Hot lunch program with Amber Zona

Thursdays – Beading and crafting during lunch with Chey-
enne.

Fridays – WRFN Hot lunch program with Crystal - Right to
Play

Important dates to remember:

April 3 - First Day back to school after Easter Long Weekend
April 10 – Ontario Secondary School Literacy Test
April 16 – PD Day – No School
April 27 – Mid Term Reports will be released.

Future Dates:

May 7-11 – Mental Health Week
May 17 – EHS FNMI Powwow
If any parent or caregiver has any questions or concerns
regarding their EHS student, please don’t hesitate to contact
the school at (705) 869-1590 ext. 6233

Ms. Marti Shawanda
Aboriginal Support Worker
Espanola High School
147 Spruce Street
Espanola ON P5E 1R7

Tel: (705) 869-1590 Ext. 6233
Email: shawann@rainbowschools.ca
Website: www.rainbowschools.ca
The Bobcat

March went by so quickly. March 2nd Spirit Day was Dress in your PJs Day. What a great day when you can just roll out of bed and continue on to school in your PJs.

Our Northern Fruits and Vegetables Programs has started with a new delivery every Wednesday. We have been able to have grape tomatoes, pineapple, apples, celery, broccoli and melons accompanied by dips like Ranch and Hummus. We will send out a calendar of the weekly items to be served. These foods will be served every day at the 1pm break.

Our afterschool clubs are as follows Mystery Club Mondays, Music Club Tuesday, Math Club Wednesday and Homework Club Thursday. These clubs will run until the last week of April.

For the month of April, we have lots of great activities planned to keep little hands and minds busy! The children are doing much better at listening, sharing, waiting their turns and the importance of using their "words." We have been learning and recognizing our colours and shapes, numbers during circle time in both Anishinaabemowin & English Language; and they are picking it up quite quickly.

Special Activities
March 30 - Good Friday – Day Care Closure
April 2 - Baakwang - Easter Monday – Day Care Closure
April 6, 13, 20 & 30 - Swimming Espanola Complex 11:00-12:00
*Parents & Guardians are welcome to join*
April 20 - Earth Day – we will clean up our playground, in and around the day care and down Rainbow Ridge Rd. (April 22nd is Earth day let your little ones help you clean up your own yard.)
*Parents & Guardians are welcome to join*
April 27 - Fun Friday dress up like your favourite Superhero. (In recognition of National Superhero day on the April 28th)
April 30 - In recognition of National Zipper day on the 29th the children will be able to play with zippers throughout the day.

Dishkaang Giizhgad - Birthday
Isa - April 6th
Casey - April 13th
Baa-maa-pi Miinwaa

Spring has come and we are now welcoming the warmer weather. As the old saying goes April showers bring May flowers. Speaking of showers, the wet weather means the Daycare will need rubber boots, splash pants, rain coats, and extra socks to keep your children warm and dry! It is so nice to see all the children running freely without all their bulky snow clothes on! Our children will soon be able to play on the climber and slides, ride the bikes and dig in the sand. It is still pretty muddy and wet in places in our play yard and the kids love to get dirty.

We ask that all parents have their children dress appropriately for the weather. We do spend one hour Goyiing, (outside) in the morning and also time outside in the afternoon, weather permitting, and all children do participate even if they don’t have appropriate clothing so please send a set of spare clothing.

I hope everyone enjoyed their March Break, especially for the children that participated in the LNHL. It’s almost time to go smelt fishing and I’m looking forward to going out and getting some smelts for the little friends and daycare staff to enjoy one day for lunch.

The Second week of March brought our students to the Sugar Bush and Received teachings by Ed Pitawanakwat. These visits to the Sugar Bush concluded at the end of March.

Our March Break was March 12th to the 16th and it sounds like all our students had a wonderful time with their families on their break. We also have Blake Debassige here in the school on Wednesdays to teach Painting to the Students which are coming along really well. Blake will also be doing evening classes with the parents soon! Stay tuned for our poster.

The Native Language conference ran from March 29th to April 1st, in Sault Ste. Marie, Michigan. We had 5 students attend this year. What a great event for our students to continue to take part in and Miigwetch to Ms. McGregor for her work in getting our students prepared for this annual event. Miigwetch!

Coming up in April we will be visited by Rabbit and Bear Paw again at the school on Tuesday April 3rd.

Starting in April as well, our Daycare visits which will begin Tuesdays from 9:00-10:30. This is part of the transition into Junior Kindergarten.

Our Grades 3 and 4 will be heading out to explore Science North on April 5th.

On April 5th and 6th the School will take part in Maple Candy Making as the syrup is being bottled.

Our Spirit day for April is ‘ROCK YOUR MOCS’ day. So don’t forget to send your child with their Mocs so they can Rock ’em.

On April 23rd our Grade 6 class will Visit A.B Ellis to start their transition to Grade 7.

Miigwetch,
School Staff
Whitefish River Warrior PeeWee ‘B’ Champions!

Coaching Staff (l-r): Dominic Fletcher, Bruce Visitor, Chris McGregor, Joel McGregor Manager (not pictured) Rosalyn McGregor

Middle Row (l-r): Brayden Gunner, Brandon Visitor, Drake Jacko, Manik Maltais, Quentin Emory, Raidyn McGregor, Carter McGregor, Daylyn McGregor, Cameron Dooley

Front row (l-r): Ira Pabomsi, Evan Abel, Maverick Fletcher, Charlie Halverson, Greyson Brewer-Case

Gerry McGregor carries on the tradition of LNHL involvement, passed down by his father, former Chief James ‘Jimmy’ McGregor.
Blake Debassige taught acrylic painting on canvas to Shawanosowe Students throughout the month of March.

Deacon, Leonidas, Lila & Arlo are game ready!

The Bantam Boys semi-final game was a nail biter for the fans!

Kiki and Kieston cheer on the Pee Wee girls in their championship game.

LNHL brings families together from near and far.
Gregor lends his artistic expertise to Rayvon at the Youth Retreat.

The search is on for Melody at the Youth Easter Egg Hunt.

Shawanosowe Students learn the process of making Maple Syrup from Ed Pitawanakwat.

Right to Play Soccer for Development Mentors visited Shawanosowe School.

Jenna and Grace attend the Youth Retreat for Life during March Break.

The Youth Easter Egg Hunt at the 7 Fires Youth and Elders Centre.
Band Manager
Art Jacko

Aanii Bemadaizijig

March Break is now over and we had another very successful LNHL. There were a lot of smiles and laughter. Congratulations to all of our Warrior Teams and well done! The games that were live streamed were very exciting and fun to watch. Miigwech to FirstTel for live streaming some of our games.

Band Custom Election Code

We extended the posting till April 6, 2018. This is an opportunity for the community to develop our own custom election code that fits our needs. We are seeking three Whitefish River Citizens to assist on developing a WRFN Custom Election Code. To apply, you must be a citizen, 18 years of age or older, and commit to attend meetings. If you are interested, please submit your letter of interest that states your background, experience, education, contact information, and why you want to sit on the Custom Election Code Working Group. The deadline to submit a letter of interest is April 6, 2018.

Boundary Claim Trust Working Group

The Trust Working Group have done a lot of work and are at the stage of developing a draft trust agreement specific to WRFN needs. I encourage all of our citizens to get involved and share ideas that will help us better plan and manage activities on the land. This involves our infrastructure (water, housing, and buildings), forest, wildlife, fisheries, lands (leases, CP’s) and many other activities. This will include the ability to create our own specific maps to fit our needs. We will be posting shortly to hire a community consultation / GIS coordinator very soon.

Elevated Storage Reservoir

Construction work will begin shortly and there will be a lot of activity on the site. There will be some opportunity to hire locally, if you are interested, please provide your interest and resume to the Band Manager. Additional employment opportunities information will be made available shortly.

Executive Assistant

When I joined WRFN, Vanessa McGregor was my Executive Assistant. I quickly found out how multi-faceted and versatile her skills are, and was truly amazed. I believe a lot of people that worked with Vanessa in the past would agree she is a gem. She surely was a great help to me since I became the Band Manager. I am saddened she is leaving but am happy for her future. Vanessa has very strong family values and I wish her and Steven the very best in Ottawa. Chi Miigwech Vanessa!

I am always available to the community, please feel free to drop by for a visit and have a Mkade Miskodim (coffee) on us. You can also email me at ajacko@whitefishriver.ca or call me at 705-285-4335 or my cell at 705-863-3027.

Nahaaw, Baamaapii Miimwaa Kawaabimin

Education

I would like to welcome Jacinta Shawanda as the new Education Manager, Jacinta will join the WRFN team on March 26, 2018.

Community consultations regarding our WRFN Education Law are concluded and with the Education Law in place, we move forward to controlling our education. Congratulations to the community, education committee and the AES coordinator for all their hard work in making this a reality.

Lafarge Holcim Lease Renewal

We have started the process in renewing the lease with Lafarge Holcim and we are seeking two citizens, one youth and one member of the community to assist with this renewal. Please submit your letter of interest by April 13, 2018.

Access to Fuelwood on Treaty Land

WRFN community members have access to fuel wood on our Treaty Lands, most are located by Fox Lake Road and all of the sites have easy road access. There is a mixture of wood ranging from maple, ash, poplar, birch, cedar, pine, spruce and fir. I encourage people to take advantage of this. There are no fees or permits required in accessing your wood. Maps of all the areas are available at the Administration office.

Geographic Information System (GIS)

We are working on acquiring the software and equipment to have our own GIS. This is an electronic tool that will help us better plan and manage activities on the land. This involves our infrastructure (water, forest, wildlife, fisheries, lands (leases, CP’s) and many other activities. This will include the ability to create our own specific maps to fit our needs. We will be posting shortly to hire a community consultation / GIS coordinator very soon.

Whitefish River First Nation
Custom Election Code Working Group

POSTING EXTENDED
Seeking Three (3) motivated Whitefish River Citizens to assist on developing WRFN Custom Election Code

Requirements:

- Must be a Citizen of Whitefish River First Nation
- 18 Years of age or older
- Must commit to attend meetings (meeting schedule subject to change)

Please submit your letter of interest that states your background, experience, education, contact information, and why you want to sit on the Custom Election Code Working Group.

Please Submit your Letter of Interest to:
Art Jacko, Band Manager
Email: ajacko@whitefishriver.ca
In-person: Administration Office
Mail: 17A Rainbow Ridge Road
Birch Island, ON, P0P 1A0

Deadline: Posting Extended
April 6, 2018 at 3:00pm

For further information, please contact Art Jacko, Band Manager at 705-285-4335.

Whitefish River First Nation
Lafarge Holcim Lease Renewal

Seeking One WRFN Youth and One WRFN Citizen to assist with the Lafarge Holcim Lease Renewal.

Requirements:

- Must be a Citizen of Whitefish River First Nation
- Must commit to attend meetings (meeting schedule subject to change)
- Some environmental knowledge preferred

Please submit your letter of interest that states your background, experience, education and contact information.

Please Submit your Letter of Interest to:
Art Jacko, Band Manager
Email: ajacko@whitefishriver.ca
In-person: Administration Office
Mail: 17A Rainbow Ridge Road
Birch Island, ON, P0P 1A0

Deadline: April 13, 2018 at 3:00pm

For further information, please contact Art Jacko, Band Manager at 705-285-4335.

Whitefish River First Nation
Custom Election Code Working Group

Lafarge Holcim Lease Renewal

One WRFN Citizen to assist with the Lafarge Holcim Lease Renewal.

Seeking Three (3) motivated Whitefish River Citizens to assist on developing WRFN Custom Election Code

Requirements:

- Must be a Citizen of Whitefish River First Nation
- 18 Years of age or older
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Education

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Nahaaw, Baamaapii Miimwaa Kawaabimin
To: Whitefish River First Nation Band Members
From: Chief and Council
Date: March 21, 2018
Re: WALLEYE SPAWNING SEASON
Whitefish Falls and Swift Current Sites

The annual Spring Walleye Spawn will soon be underway. It is our traditional fishing practice to cease harvesting of the mature adult Walleye spawns during the Full Spawn event. It is our responsibility as stewards of the land to ensure successful reproduction can take place. We strongly discourage any gill netting activity during spawning season as it is harmful to the fishery.

We encourage band members to volunteer to show their support by helping to monitor the Whitefish River and Swift Current sites, and to remind visitors to these sites that NO FISHING is permitted once the full spawn is underway.

Once the critical spawning period is over, we encourage community members to respect the harvest limit of 4 – 5 Walleye under 5 pounds per household. Please respect our ancestral practices and teachings in this regard.

We are also asking our band members to voluntarily submit the number of Walleye harvested to the Lands Office as part of our efforts to ensure this valuable resource is available for future generations. Your collective efforts will help make a significant difference in the long term management strategy of this important resource so our future generations may continue to benefit from the gift of this valuable resource.

Please contact either Kathleen Migwanabi, Lands Assistant/IRA or Keith Nahwegahbow at (705) 285-4335 or by email at kathleen@whitefishriver.ca, keith@whitefishriver.ca.

Ché Miligwetch

WHITEFISH RIVER FIRST NATION
174 Rainbow Ridge Road, PO Box 188, Birch Island, Ontario P0P 1A0
Toll Free (705) 285-4335, Fax (705) 285-4332 www.whitefishriver.ca

Kathleen Migwanabi - Membership

The Indian Registration Administrator (IRA) assists individuals with registering Life Events (such as Births, Name Change, Marriages, Divorce, transfers, and Deaths); the IRA is responsible for maintaining the WRFN Citizenship and Probationary Citizenship Registers; maintain the WRFN Voter’s List, Band Change Reports when there are additions/deletions to the WRFN Citizenship Register, population statistics, prepare items and attend Citizenship Advisory Committee Meetings as a resource person, and issuance of Certificates of Indian Status Cards (paper laminate card).

Important changes were made to the Indian Act on June 28, 1985, when Parliament passed Bill C-31 – An Act to amend the Indian Act was brought into accord with the Charter of Rights and Freedoms Act. The amendment came into effect April 15, 1985. The objective was to uphold three principles that guided the amendments to the Indian Act were: 1) removal of discrimination; 2) restoring status and membership rights; and 3) that Indian Bands have the option to control their own membership.

The 1985 Indian Act amendment also introduced a “Cut-Off” in terms of who is entitled to registration. Persons born from the parent who is registered or entitled to be registered under section 6(2) are not eligible for registration unless their other parent is also someone who is registered or entitled to be registered under the Indian Act.

REGISTRATION VERSUS MEMBERSHIP

The amendments to the Indian Act in 1985 separated registration in the Indian Register from band membership and gave the choice to bands to assume control of their own band membership. This means that if you are eligible for registration as a Status Indian, you may not necessarily be eligible for First Nation Citizenship. The reverse is also true: You may be eligible for Band Membership, but not for registration as a Status Indian.

REGISTRATION – The Indian Registrar retains sole responsibility for the registration of persons in the Indian Register.

MEMBERSHIP – Membership in a band is determined either by: the band under section 10 of the Indian Act. All decisions on who can become a member of a section 10 band are made by the band itself in accordance with the membership rules it has established; or a piece of self-government legislation separate from the Indian Act; or the Indian Registrar under Section 11 of the Indian Act.

On June 8, 1987, WRFN gave notice to the Minister of Indian Affairs and Northern Development that WRFN is assuming control of its own membership. On September 25, 1987, Minister gives notice to WRFN, that Whitefish River is a section 10 band under the Indian Act and determines its own Band Membership (Citizenship) under the WRFN Citizenship Code.

Main Benefits of Registration and Citizenship (Band Membership)

Benefits of Indian Status may include:
• Certain non-insured health benefits
• Possibility of post-secondary education assistance
• Treaty payments (if applicable)
• Possibility of Federal and Provincial Sales Tax exemptions

Benefits of WRFN Citizenship may include:
• A right to reside on reserve
• A right to voting on reserve
• Voting privileges within the band
• A right to run for office of councillor
• A right to involvement in community affairs

Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply. Applications for Citizenship and Probationary Citizenship are available in the Membership Office. When a person is seeking enrollment as a citizen or probationary citizen, as the case may be, the burden of proving the right or eligibility thereto rests upon the person who is seeking to establish entitlement or eligibility to enrollment.

The WRFN Citizenship code recognizes two ways of becoming a citizen of our First Nation. First, you may become a citizen, as of right, by virtue of your parentage under Article 4; or, second, you may earn your right to become a citizen through a probationary Citizenship process under Article 5.1 thru 9.2

Application forms for Citizenship or Probationary Citizenship are available upon request.

REQUEST TO UPDATE MAILING/CONTACT INFORMATION:

We are requesting members to please update their mailing address to include Post Box numbers, and contact information (telephone, email, etc.). Your mailing address is required for voting purposes within the band, (i.e. elections, referendums), as well as distributing important information. It is your responsibility to notify the Membership Office of change of address.

Should you have any questions, please do not hesitate to contact the Whitefish River First Nation Membership Clerk/ Indian Registration Administrator, Kathleen Migwanabi at (705) 285-4335 ext. 208 or by email at kathleenm@whitefishriver.ca.
Greetings Citizens!

My name is Esther Osche and as the Trust Coordinator for the Whitefish River First Nation Boundary Claim Trust Working Group I provide a monthly report that provides an update on the activities of the Trust Working Group and our engagement with citizens on the development of a Draft Trust Agreement. The Working Group has now completed their March Community Engagement Sessions On and Off-Reserve.

Purpose of A Trust Agreement for the Whitefish River First Nation: The Whitefish River First Nation has reached a Draft Boundary Claim Settlement Agreement with the Federal Government of Canada that specifies a settlement offer amount. The draft Settlement Agreement requires the First Nation to develop a Trust Agreement to flow, preserve and protect the Settlement Agreement funds.

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

A Trust Operates as a separate legal entity and its function along with Trustees, are limited to receiving the Settlement funds, investing the Trust property and, making an annual payment to the First Nation. The decision is left up to the community and is outlined in the Trust Agreement.

The March Community Engagement Sessions Sessions: Three sessions took place as planned on March 22nd in Birch Island, March 23rd in Sudbury and March 28th in Toronto. The Birch Island session had a turnout of twenty (20) citizens in attendance. We invited special guest speaker Dwayne Nashkawa, CEO of Nipissing, to share the Nipissing Trust Development story and act as a resource for attendees. In case you missed the story it will be available on the Trust website.

The March Community Engagement Sessions: The Working Group provides representation and input into a draft Trust Agreement template. They will accomplish this with input from the citizens at community sessions.

The Trust Working Group’s Role in the Development of a Draft Trust Agreement: The Working Group provides representation and input into a draft Trust Agreement template. They will accomplish this with input from the citizens at community sessions.

The March Community Engagement Sessions: Three sessions took place as planned on March 22nd in Birch Island, March 23rd in Sudbury and March 28th in Toronto. The Birch Island session had a turnout of twenty (20) citizens in attendance. We invited special guest speaker Dwayne Nashkawa, CEO of Nipissing, to share the Nipissing Trust Development story and act as a resource for attendees. In case you missed the story it will be available on the Trust webpage. The Sudbury session had a turnout of six (6) citizens and, the Toronto session had a turnout of eleven (11) citizens. Our sessions presented on highlights of the Trust Working Group Backstory, our Citizenship Law, a brief presentation by Peace Hills Trust and, the presentation of the Trust Survey Questionnaire. The Trust Survey was recommended by the Trust Working Group and, approved by the WRFN Council on March 20th for use as a tool to obtain feedback on what citizens are thinking about on the Trust Developments. All sessions provided excellent citizen input through the Trust Survey, its feedback and good comments!

The Trust Working Group will now collect all citizen comments, input and feedback from the sessions into one report. This information will be forwarded to our technical advisors for the development of the first draft of a trust agreement. The Trust Working Group will meet on April 9th and 10th, 2018 to move into the next stage of the WRFN Trust Process by preparing for the first draft of the trust agreement. The Trust Working Group will also begin preparations for the next stage in the WRFN Trust Process by preparing for the Community Engagement Sessions scheduled for May 2018 for the presentation of the first draft of the trust agreement for Both On and Off-Reserve. These sessions will engage and inform citizens on the first draft content to determine if the draft contains everything citizens wanted included in the Trust Agreement design. Further input and refinement will take place if revisions are needed. The Trust Working Group encourages all citizens to plan ahead to attend and view the first draft of the trust agreement created by their input. This will also be an opportunity to help further refine the draft so it comes closer to meeting citizen’s expectations. Your input is valued and important. Please make every effort to attend. This is your chance to have a say on the content of your draft Trust Agreement.

UPDATE: The WRFN Website on Trust Development: Access will be made even easier to view public information shared at the sessions. Plans are underway to develop a “Trust” Tab on the homepage of our website to view materials on the trust developments. You may also continue to access information through the Membership Portal. We encourage citizens to check in on a regular basis at the website and to help spread the word on this important development. All updates and presentations will be uploaded to the website following the sessions.

MAILING LIST: Not all citizens can attend the sessions or, have access to computers and can view our website. We have received comments to prepare a mailing list for those individuals who fall into this category so information shared at the sessions can be mailed out to citizens to keep them informed on trust developments. You can send the Trust Coordinator either a letter, email at eosche@whitefishriver.ca or, telephone call at 705-285-4335 and request to be put on a mailing list to receive information shared at sessions or uploaded to the website. The information will be sent out to you as soon as we receive your request.

Questions: We encourage citizen feedback and questions at all times throughout the trust development process. Please send a letter or, email to the above-noted email address at the attention of Esther Osche, Trust Coordinator. A response will be prepared and sent back to you. The WRFN Council has approved a Citizens Queries Column for our home webpage. Please let us know when you submit your questions if you would like the questions and our responses to be shared at the website location. We will also mail out questions and answers documented on our website to those on our mailing list.

The WRFN Trust Process Chart: the chart has been developed as a guide for all to follow as the development of the draft trust agreement process unfolds. The Process chart is attached for your review.

COMMUNITY TRUST MEETING SCHEDULE

IMPORTANT - Please mark the following dates and times on your calendar and plan to attend the sessions to provide your continued input into the draft trust agreement design.

Please Note: the March Sessions “Development of Draft Trust Agreement” have now been removed from the Community Trust Meeting Schedule.

The following is what remains of our meeting schedule.

*COMMUNITY ENGAGEMENT SESSION* PRESENTATION OF DRAFT TRUST AGREEMENT

BIRCH ISLAND
May 10, 2018
WRFN Community Center
Time: 6:00 pm to 8:00 pm

SUDBURY
May 11, 2018
N’Sowakamok Friendship Center
Basement Meeting Room
Time: 3:00 pm to 5:00 pm

TORONTO
May 12, 2018
Native Canadian Center of Toronto - Auditorium
Time: 4:00 pm to 6:00 pm

For more information please feel free to contact me at WRFN Administration at 705-285-4335 or via email at eosche@whitefishriver.ca.
In April, WRFN will be partnering with the Anishinabek Ontario Fisheries Resource Centre (A/OFRC) again to conduct the second and final year of their Walleye Spawning and Tagging Survey in the Whitefish River. The survey will be conducted at the mouth of the Whitefish River during the spawning run.

The objective of this project is to contribute monitoring efforts to the status of the Bay of Islands Walleye population. Spawning surveys use non-lethal trap nets to catch sample eye population. Spawning of the Bay of Islands Wall of the Whitefish River. This project is expected to begin April 23, 2018, when water conditions become ice free and water temperatures exceed 8°C, and will continue for 10 days.

This project will monitor and assess the walleye population that inhabit the Whitefish River. Trap nets, six feet in length, will be used as a non-lethal form of sampling walleye. The trap nets will be set within close proximity of the mouth of the Whitefish River and at the base of Whitefish Falls. All walleye non-lethally sampled and will be measured for fork length, total length and round weight. Walleye will also be FLOY counted, and live released.

This project will be used to update data gathered in 1995, 1996, 2000, 2001, 2005, 2006, and 2012. Past studies have indicated a decrease in the walleye population, as well as a decrease in the number of females present during the spawning run. The project will take place for two consecutive years at location sampled in past projects. The second part of this project will take place in Spring 2018.

The A/OFRC is a not-for-profit organization that serves as an independent source of information for communities within the Anishinabek Nation. The Centre provides information and recommendations for sustainable fisheries management, reports of stock status, evaluates stresses on fish populations and habitats, and offers technical support.

Keith Nahwegahbow
Economic Development Officer

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Community Energy Advisor
Tania Jacko

Salutations Kina Wiya!

Spring has finally arrived and a welcome arrival it is! Plants will soon start to bloom and blossom, the temperature warms up, seagulls will soon start to scour the parking lots for unwanted French fries, and mid-peak and on-peak time of use periods will switch.

In case you were wondering what is meant by that last sentence, mid-peak, and what time of use means, let me explain. Time of use is an electrical pricing system used in most of Ontario, including here in Whitefish River First Nation. It was designed to reduce electrical consumption during times when electricity is most consumed, thus reducing pressure on the system and benefitting the environment. Understanding time of use can help you to save money, and really, who doesn’t like to save money?

Currently, the on-peak price is set at 13.2¢/kWh, the mid-peak price is set at 9.5¢/kWh, and the off-peak price is set at 6.5¢/kWh. In the winter, on peak time goes from 7:00-11:00 A.M. and, 5:00-7:00 P.M Monday to Friday. It is during these times that electricity use is high since most people are getting ready for work and coming home from work. Mid-peak time goes from 11:00 A.M – 5:00 P.M.

On April 30, mid-peak and on-peak times switch because in the summer electricity use is higher mid-afternoon when there are a lot air-conditioners in use. The Ontario Energy Board will also change the price of on, mid, and off-peak prices. This occurs twice a year on May 1 and November 1.

Off-peak goes from 7:00 P.M – 7:00 A.M Monday to Friday, on Weekends, and civic holidays all year round. This is the ideal time to do your chores and hobbies that require a lot of electricity, such as laundry, vacuuming, and watching T.V.

For an easier reference you can refer to the picture. I also have a time of use stickers to give away here at the Administration Office, but please use a magnet if you are a renter. Magnets are easier to remove than the stickers.

Also, if you are interested in learning more about Energy, you are more than welcome to attend the Community Energy Committee meeting on April 12, 2018 @ 4:30 pm to tell the Community Energy Committee about what you would like to learn more about.

Alternatively, if you have any questions or ideas that Whitefish River may be able to pursue in the Energy Sector please feel free to contact me at (705) 285 – 4335 or by email at energyadvisor@whitefishriver.ca, stop by the administrative office, and you can also ask your Community Energy Committee members.

As always, remember to turn off the lights when you leave a room that is not in use.

Gii Waabmin Miinwaa!

WRFN Citizens learned the art of making Beaver Pelt Hats on March 9th & 10th at the Health Centre.
OESP (Ontario Electricity Support Program) Renewals

The first group of OESP recipients is approaching the end of their eligibility period. For those who will be required to renew their applications, you will receive a notice from Hydro One at least 60 days before expiry.

If you received this notice, you can contact the Housing Department and we can help you with renewing your application.

Barbecue Safety for Propane Users

Taking Your Barbecue Out of Storage

At the start of the barbecue season or when you change the propane cylinder, complete this three-step safety check:

1. Open: Use a pipe cleaner or wire to ensure burner ports are free of rust, dirt, spider webs or other debris.
2. Check: Examine the hose leading from the tank to the burners. Replace if cracked or damaged.
3. Test: Find leaks by applying a 50/50 solution of water and dish soap to propane cylinder connections and hoses. If bubbles appear, tighten the connection and/or replace the damaged parts and retest. Never use matches or lighters to check for leaks. If you have concerns about a leak, contact a qualified service technician.

Using the Barbecue

Follow these steps when igniting a barbecue:
1. Open the lid.
2. Open the propane cylinder service valve.
3. Turn on grill/burner valves or heat settings.
4. Take a step back.
5. Push the igniter button. If there is no igniter button, insert a long match or barbecue lighter through the side burner hole first, then turn on the heat control knob.
6. If the burner does not ignite right away, turn the gas off and wait five minutes, keeping the lid open, before repeating the procedure.

Follow these steps when you are finished barbecuing:
1. Turn gas valve off first when finished, then turn off the burner controls, so no gas is left in the connecting hose.
2. Allow the barbecue to cool completely before closing the lid or covering.

Keep it Outside!

Barbecues are approved for outdoor use only. They emit carbon monoxide (CO), a colourless, odourless gas that is dangerous in enclosed spaces, and can lead to unconsciousness and even death. Never barbecue in a garage, tent or other enclosed space.

Always use and store your barbecue and propane cylinders outdoors, upright, in a stable, well-ventilated area.

Barbecue Do’s and Don’ts

**DO:**
- Keep loose clothing away from a hot barbecue.
- Keep children and pets at a safe distance.
- If you suspect a leak or the barbecue is not working correctly, contact a qualified service technician.
- Position your barbecue away from wooden fences or walls.
- Ensure the area behind your barbecue is free of combustible material.

**DON’T:**
- Leave the barbecue unattended when in use.
- Allow grease to build up on the burners or at the base of the barbecue, as this could cause a grease fire.
- Throw water on a grease fire – this will only spread the flame.
- Use lighter fluid or accelerants on the grill.
- Store or place spare cylinders near the barbecue, or near sources of heat or ignition.
- Store or use a barbecue on your apartment balcony, unless authorized.

Cylinders – Know the Rules

- Only a qualified individual may fill your propane cylinder. If you are unsure, ask to see their certification or record of training.
- In Canada, propane cylinders must be replaced or inspected and requalified every 10 years. It is against the law to fill an expired or damaged cylinder.
- Never throw propane cylinders in household waste or recycling containers. Contact your municipality regarding disposal options.

Septic Pump Outs

The Housing Department will be taking names for Septic Pump Outs for April 26th & May 3rd, 2018.

Please contact our office if you are interested in signing up for this service.

Payment in full of $80.00 will be required prior to adding your name to the list for servicing.

**DONT’**T FORGET

**Tenants with propane furnaces........**

**REMINDER:** Please ensure that you are monitoring your propane levels. McDougall’s has recommended to call them when your tanks are at a minimum of 30%. Tenants will be responsible for all costs incurred if you run out of propane.

**NOTE:** There is an additional fee of $250.00 for an emergency delivery.
Hello, Aanii,

An update on the history of Captain Alexander McGregor Family years from 1800 to 2000, the original McGregor of Birch Island. For those who are interested where he came from, this is an update.

Alexander was born in Sandwich West on the Detroit River, which is now Windsor, Ontario. His parents were John McGregor and wife Martha Scott.

- John McGregor – Born 1751 Scotland-Died 1828
- Martha Scott – Born 1779- Died 1842

John emigrated from Scotland in 1784 to join his uncle Gregor McGregor in Detroit, who was the Sheriff of Detroit/Essex Township/ Kent Township in Ontario.

Children of John McGregor & Martha Scott
- Duncan
- Catherine

A little history about John McGregor, Businessman, politician, office holder, militia officer. He and his son Duncan went up the Thames River in Kent County where they started Sconnor Building, stills for liquor and Grist Millson McGregor Creek, that now is called City of Chatham.

The naming pattern of the Scottish people go back in History pretty well follow the same from generation to generation.

Thank You,

Bill McGregor
Little Current, ON
705-368-3891

Hello, Aanii,

An update on the history of Captain Alexander McGregor Family years from 1800 to 2000, the original McGregor of Birch Island. For those who are interested where he came from, this is an update.

Alexander was born in Sandwich West on the Detroit River, which is now Windsor, Ontario. His parents were John McGregor and wife Martha Scott.

- John McGregor – Born 1751 Scotland-Died 1828
- Martha Scott – Born 1779- Died 1842

John emigrated from Scotland in 1784 to join his uncle Gregor McGregor in Detroit, who was the Sheriff of Detroit/Essex Township/ Kent Township in Ontario.

Children of John McGregor & Martha Scott
- Duncan
- Catherine

A little history about John McGregor, Businessman, politician, office holder, militia officer. He and his son Duncan went up the Thames River in Kent County where they started Sconnor Building, stills for liquor and Grist Millson McGregor Creek, that now is called City of Chatham.

The naming pattern of the Scottish people go back in History pretty well follow the same from generation to generation.

Thank You,

Bill McGregor
Little Current, ON
705-368-3891
Pet Care & Tips

Meow Everyone!

Well Spring is finally here if it would only warm up! The wind is still kind of cold yet. I hope all the people who were in the sugar bush made enough maple syrup for another season. I remember when we used to have a sugar camp, my Dad would pick me up after school and take me back to the sugar camp. Quite a few families used to have sugar camps way back then. I used to hear that at night they would get together with the homemade brew back in the day. I guess they used to have good old times.

I am already starting to think of flowers for the summer season and when the first hummingbird will arrive. I have one that sits on my telephone line by my kitchen window that I call my Little Buddy. I hope he made it through the winter down in Mexico where they go for the winter. I hope all who went down to the Little NHL had a good time and congratulations to all the participants.

Well my cats are doing fine, and I have been vacuuming a lot because some of the cats are starting to shed their winter coats. Also so I can leave the screen door open, so I don’t have to be their door man all the time. They do keep me busy. As for me I am getting stronger as the days go by. I can’t wait to start walking outside once the ice is gone. Well I finally bought myself a big flat screen TV. I was tired of people and family saying don’t you have a flat screen TV yet? So I decided to keep up with the Jones as they say!

Some Cat Facts

• Canada’s Parliament Hill in Ottawa has been home to a feral cat colony for years. Recently homes have been built for them and food is supplied by a volunteer courtesy of a stipend from the House of Commons. (This was mentioned on the National News a few years back that they had them all fixed, and there are no more cats there. Most of the cats were found homes, it is kind of sad because they used to be a tourist attraction and some of the houses that were built for them were pretty fancy.

• Tom of the Tom and Jerry animated cartoons is often considered to be a Russian Blue cat because of his blue and grey colouring.

• In China, cats supposedly predict rain by winking an eye. By contrast in Scotland, rain was predicted when a cat would rub against the legs of a table.

• There are four types of tabby patterning: mackerel (Resembling a fish skeleton), classic (swirls of colour on their sides), spotted (stripes on faces, legs, broken stripes on body), and ticked few solid coloured hairs)

Well that is all for now again and remember to get your dogs and cats fixed to help keep the pet population down in our community. Remember to visit our elders or shut-ins and take the time to visit them. So ‘till then take care.

Empress Farah, She-Pet Elizabeth, Webby Debby (The girl cats)
Luka, BJ, Tinker, Francis and Fabio (The Boy Cats)

Dennis L. McGregor
April is upon us and it is also the beginning of Spring. On March 20th, our Administration undertook the ceremonies to welcome Spring and to appease our spiritual lands upon the arrival of this new season. We have much to be grateful for including:

- Housing Renovations
- New Elevated Storage Reservoir
- Work on the Trust process
- The Little Native Hockey League
- Courageous Conversation on Education issues
- (big and small)
- Traditional healing ceremonies for the community
- Anishinabek Education System processes
- Growth Plans for the Daycare and Health Centre
- Our Community Wellbeing.

The priorities of Chief and Council continue to focus on three key areas;

1) Community Wellness
2) Education
3) Economic Development

We are unwavering in our efforts to move forward on wellness. We live in the midst of incremental progress, much work remains to be done and the challenges continue to grow.

Chief and Council continue to impress on all to share information with the community in a timely manner using our Rezound, Shawanosowe, and with our approved WRFN social media tools. The Administration is steadily improving in the area of communication.

One investment that we can all make towards our best news, is to end the language or negativity and myriad of rumours and untruths, together! Let’s begin by starting to repair our relationship. Let us rise as one to meet these defining challenges of our time, so that future generations, basking in the sunlit uplands of tomorrow, might thank us and say truly this was their finest investment.

We currently have one very significant major capital project to update you on;

We expect construction for the New Elevated Storage Reservoir (ESR) to break ground in May 2018. This exciting project is now less than a month away from construction. Our project includes:

- Construction of a 1,280 m³ composite Elevated Storage Reservoir (ESR);
- Tank would be a Glass Fused to Steel Aquastore Tank;
- Concrete Pedestal to be approximately 9m diameter, height to be confirmed during detailed design;
- Tank to be approximately 10.5m in diameter and a height of 13m. (to be confirmed during detailed design);
- Preconstruction and Final Site Works;
- Chemical Feed and Instrumentation trim chlorination system;
- Mechanical and Electrical Works;
- Controls and Instrumentation for communication with the water treatment plant;
- Reuse of Existing Generator
- Decommissioning of the existing standpipe.

When completed, our new Elevated Storage Reservoir will provide the water quantity needs for Whitefish River residents for a 50 year design period. The total estimated cost of construction is over $3 Million dollars. I wish to acknowledge Council for working with my office to continue to prioritize this important project.

Congratulations to all our Warrior hockey teams that participated in the 47th Annual Little Native Hockey League Tournament. And a very Special Congratulations to our All Ontario Champion Pee Wee Girls Warriors Hockey team, great job by everyone. The Little Native Hockey League Tournament has its roots in Whitefish River as Chief Jimmy McGregor was and still is one of the strongest advocates for this youth hockey tournament. Chi Meegwetch Jimmy.

I would like to take this opportunity to thank Vanessa McGregor, for the dedication and hard work she has shown to WRNF, and wish her well on the next chapter in her career.

Find me on Twitter @ChiefPaibomsai or on Facebook Chief Shining Turtle
### Administration Office: (705)-285-4335

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Franklin Paibomsai</td>
<td>Chief</td>
<td><a href="mailto:chief@whitefishriver.ca">chief@whitefishriver.ca</a></td>
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<tr>
<td>To be determined</td>
<td>Executive Assistant</td>
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</tr>
<tr>
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</tr>
</tbody>
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### Health Centre: (705)-285-4354

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leslie McGregor</td>
<td>Health &amp; Social Services Manager</td>
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<tr>
<td>Cathy McGregor</td>
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</tr>
<tr>
<td>Doreen Jacko</td>
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<tr>
<td>Genny Jacko</td>
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<tr>
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</tr>
<tr>
<td>Candice Assinewe</td>
<td>Community Wellness Worker</td>
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<tr>
<td>Crystal Clark-McGregor</td>
<td>Community Mentor (Right to Play)</td>
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<tr>
<td>Amber Zona</td>
<td>Youth Support Worker</td>
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<tr>
<td>Arlene Pitawanakwatt</td>
<td>Child &amp; Family Well Being Coordinator</td>
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<tr>
<td>Gail Jacko</td>
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<td>Cliff Jacko</td>
<td>Medical Transportation Driver</td>
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</tr>
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### Shawanosowe School: (705)-285-1311

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheryl Miller-Martin</td>
<td>School Principal</td>
<td><a href="mailto:principal@shawanosowe.ca">principal@shawanosowe.ca</a></td>
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<tr>
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<tr>
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<tr>
<td>Rick Legrow</td>
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<td>Tiffany Gagan</td>
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<tr>
<td>Victoria Neuleman</td>
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<tr>
<td>Tracey Migwanabi</td>
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<tr>
<td>Jessica Reynolds</td>
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<tr>
<td>Danette McGregor</td>
<td>Native Language Teacher</td>
<td><a href="mailto:dmcgregor@shawanosowe.ca">dmcgregor@shawanosowe.ca</a></td>
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### Maamwe Kendasing Child Care Centre: (705)-285-7777

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
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<tbody>
<tr>
<td>Cheryl Shawanda</td>
<td>Supervisor/Educator</td>
<td><a href="mailto:daycare@whitefishriver.ca">daycare@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Dolores Pitawanakwatt</td>
<td>Pre-school Educator</td>
<td></td>
</tr>
<tr>
<td>Jo-Ann Recollet</td>
<td>School/Cultural Educator</td>
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<tr>
<td>Cindy Tan</td>
<td>Toddler Educator</td>
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</tr>
<tr>
<td>Blanch Recollet</td>
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### April 2018

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<td>WRFN Offices Closed</td>
<td>Elder's Centre Friendly Visits Puzzles/Games 1pm-3pm</td>
<td>Elder's Centre Meals on Wheels 5pm-6pm</td>
<td>Elder's Centre Meals on Wheels 5pm-7pm</td>
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<td>Drumming &amp; Singing 4 pm Comm. Centre</td>
<td>Youth Volleyball Night 5pm-6pm Shawanosowe School</td>
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<td>AA Meeting</td>
<td>Elder's Centre Palliative Care Info. Session 1pm-3pm</td>
<td>Youth Regalia Making 4pm-6pm Health Centre</td>
<td>Youth Volleyball Night 5pm-6pm Shawanosowe School</td>
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<td>Traditional Family Parenting 9am-4pm 7 Fires</td>
<td>Elder's Centre Friendly Visits Crafts Activity 1pm-3pm</td>
<td>Elder's Centre Urban Pole Walking 1pm-2pm</td>
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<td>Youth Beading Program 4:30pm-5:30pm Health Centre</td>
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<td>Earth Week Activities April 17-22</td>
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<td>Earth Day 2018</td>
<td>Elder's Centre Urban Pole Walking 1pm-2pm</td>
<td>Elder's Centre Friendly Visits Sewing Feast Bags 1pm-3pm</td>
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<td>Working Chief &amp; Council Meeting 6pm</td>
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<td>Elder's Centre Staff Meeting 1pm-3pm</td>
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</tbody>
</table>

### Community Calendar

**Birthday Wishes!**

- Happy 5th Birthday to Jeremiah Shawanda on April 3rd
- Love: Mom, Dad and Granny

- Happy Birthday to my bestie Deb on April 29th.

- Happy Birthday to my sister Val on April 8
- Hope your day is awesome and full of fun and laughter.
- Love, Karen and Brian

- Happy Birthday to my daughter Corinna on April 8th and Debbie on April 29th
- Love, Mom

- Happy Birthday to my granddaughters Santanna on April 10th and Zoey on April 11th
- Love Grandma

- Happy Birthday to the Francis Girls!
- Love, your Family

- Happy Birthday to the Francis Girls!
- Love, your Family

- Dearest Lucy
- Congratulations
- Today is your day...
- Love Mom, Dad, Eli, Ira, Ziggy and Miti

- Happy Birthday to my Granddaughter Dakota on April 12th
- Love, Grandma

- Happy Birthday to Lucy ...the perfect combination of Princess & Warrior!
- Love Auntie Tammy, Uncle Dan, Nakia, Lila & Mishomis

- Birthday wishes:
- Happy Birthday to Grandma Joyce on April 18th
- XOXO Nicole, Braxton & Braylynn, Sydney & K.C.

- Happy Birthday to Joyce on April 18th
- Love Craig & Katt

- Happy Birthday to my Granddaughters Santanna on April 10th and Zoey on April 11th
- Love Grandma

- Happy Birthday Baby Zoe on April 19th
- Much Love from Grandma

- Happy 6th Birthday to our "F"!
- Happy birthday Dryden!
- What wonder and joy you bring to our lives.
- You make us so happy!
- Love you forever BB, Mom, Dad, Xavier and Baby Mason

- Happy Birthday Big Brother Mason!
- My best friend.
- Love, your baby brother Mason.

- Happy Birthday Wishes to Doris & Helen on April 6th!
- From your Bingo Buddies

- Happy Birthday to my Granddaughter Charlotte on April 6th.
- From, Nana Mabel

- Happy Birthday to my Granddaughter Charlotte on April 6th.
- From, Nana Mabel

- Happy Birthday Wishes to Lucy on April 17th!
- From, your Bingo Buddies

- Happy Birthday Wishes to Lucy on April 17th!
- From, your Bingo Buddies