



April 2018
Ziisbaakdoke Giizis
Maple Syrup Moon

THE REZOUND

Warrior Pee Wee Girls LNHL 'A' Champs!



Back row: Aurora Megwanabe-McGregor #16, Norah Benedict #3, Sierra McGregor #8, Daanis Kitchemokaman #17, Alexia Hill #10, Emerson Brewer-Case #11, Karenhat-ironhtha Johnson # 4, Haileigh Kejick #19, Olympian: Brigette Lacquette, Front row: KC Migwanabi#2, Alyssa Desmoulin-Luce #22, Reanne Smith #5, Saraya Eshkawkogan #1, Zaagaasge Toulouse #9, Morgan Smith #7, Coaches: Carl Smith Jr, Scott Hill, Kevin Eshkawkogan, Kathleen Migwanabi and Aldin Luce

"It's 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 Medallist 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;

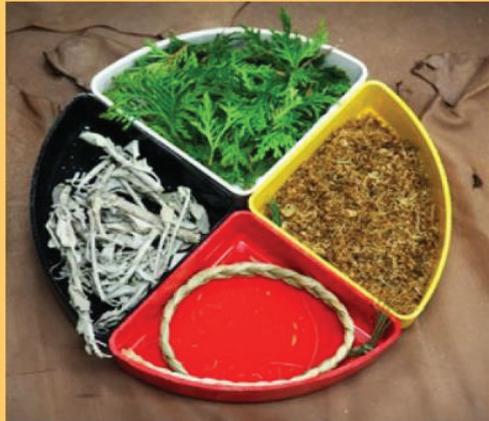
Sportsmanship, Respect, Citizenship and Education.

**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"



Traditional Practitioner



Elder Gloria Oshkabewisens-McGregor
 One on One Sessions Available (8:30am-4:30pm)
 at the WRFN Health Centre
DATES: Thursday, April 26th, 2018

For more information or to book an appointment,
 please contact Candice Jacko-Assiniwe, Community
 Wellness Worker at the WRFN Health Center at
 705-285-4354 or via email at
 candicea@whitefishriver.ca

Anishinaabemowin Language Program

"Aambe gagwe-gikendandaa ji-anishinaabemoyang!"
 "Come on, lets learn to speak Anishinaabemowin!"

All Levels of Language Learners Welcome!



Wednesdays on April 4th, 11th, 25th, 2018
 with Elder Marion McGregor and Lanuguage Instructor Lisa
 McGregor at the Seven Fires Youth & Elders Centre
 from 6:30pm-8:30pm

For More information, Please contact Candice Assiniwe,
 Community Wellness Worker at 705-285-4354 or via email
 at candicea@whitefishriver.ca



April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 WRFN Offices Closed	3	4 Community Health Nurse	5 Nurse Practitioner Dietitian (AM Only)	6 Community Health Nurse *	7
8	9 Dr. Cooper (PM Only)	10	11 Community Health Nurse	12 Nurse Practitioner Dietitian (AM Only)	13 Community Health Nurse * Diabetes Team Foot Care	14
15	16	17	18 Community Health Nurse	19 Dr. Meikleham Nurse Practitioner Dietitian (AM Only)	20 Community Health Nurse *	21
22	23	24	25 Community Health Nurse	26 Dr. Jeffery (PM Only) Nurse Practitioner Dietitian (AM Only)	27 Community Health Nurse *	28
29	30	WRFN Health Centre Visiting Health Professionals *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 ~

LOSE THE LOVE HANDLES FITNESS CHALLENGE FINAL CHECK IN!

April 4th, 2018: Final Check in (9am-6pm) AT THE WRFN HEALTH CENTRE

For more information, please contact Candice Jacko-Assinewe, Community Wellness Worker at 705-285-4354 or Carolyn Strum, Community Health Nurse at 705-368-2182.





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



The Creation Story

with Traditional Knowledge Keeper Dr. Jim Dumont



A two day teaching with Traditional Knowledge Keeper, Dr. Jim Dumont. Jim Dumont is an Elder and Chief of the Eastern Doorway of the Three Fires Midewiwin Lodge and 5th Degree in his Midewiwin learning. We invite everyone to come out to listen to this beautiful story so that you can carry this knowledge to your families and the next generation.

When? April 21st & 22nd, 2018 from 10am to 5pm

Where? At the Seven Fires Youth & Elders Centre

LUNCH and REFRESHMENTS PROVIDED



For more information, please contact Candice Jacko-Assiniwe, Community Wellness Worker at WRFN Health at 705-285-4354 or candicea@whitefishriver.ca

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



Mental Health & Addictions Worker - NNADAP Michael Aelick

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 705-285-4354 or via email at maelick@whitefishriver.ca.

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

Amber Zona - Youth Support Worker

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 pro-

gram! 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.

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

Youth Beading Program
TUESDAY
APRIL 17TH & 24TH
MAY 1ST & 8TH
 Facilitated by Cheyanne Pitawanakwat
YOUTH AGES 14 - 18
SNACK PROVIDED
4:30PM-5:30PM
@ THE HEALTH CENTRE
FOR MORE INFORMATION CONTACT AMBER ZONA



Jeremiah finds sweet success at WRFN's Youth Easter Egg Hunt, held March 25, 2018.

YOUTH SPRING DANCE

YOUTH AGES 14-18 YEARS

FRIDAY, APRIL 20TH 6-11 PM

BIRCH ISLAND COMMUNITY CENTRE

youth from all communities welcome
for more information contact Amber Zona
Youth Support Worker 705-285-4354

Crystal Clark-McGregor - Right to Play Worker

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 got 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 their 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.

YOUTH VOLLEYBALL NIGHT

YOUTH AGES 15-25

PLEASE BRING A REUSABLE WATER BOTTLE

THURSDAY'S 5-6PM

SNACK PROVIDED

SHAWANOSOWE APRIL 5TH-26TH

CONTACT AMBER ZONA FOR MORE INFORMATION



Garden Committee Meeting

APRIL 25, 2018

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.

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

Maajtaadaa!

Everyone Welcome!

Come Have Tea & a Biscuit!

13 Moons Garden

by Michael Aelick



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 repot 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.

Jacinta Shawanda - Education Manager

Aanii! Jacinta Shawanda n'dishinakaas, 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 College & University of Toronto) and employment opportunities (First

Nations House, Casino Rama & CIBC). While living in Birch Island I had earned my Bachelor of Education through a community based program at KTEI in MChigeeng FN. I have also worked in various capacities at UCCMM, Helios WRFN, BICC and Mnaamodzawin Health Services. My schooling and work experiences have prepared me well to serve our community members and citizens.

I am looking forward to contributing to the Vision and Mission of the Anishinaabek of Whitefish River First Nation in my role as the Education Director.

Miigwech.
Jacinta Shawanda, B.A., B.Ed., O.C.T.

AES Coordinator - Gail Pelletier

Anishinabek Education System Update

Congratulations Whitefish River First Nation, we are now at the final stage of our Education Law that will govern our new Anishinabek Education System. The Education Law will officially govern our Education programs and services at Shawanosowe 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 Coordinator 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 community 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 Sudbury 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 abundance 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 its greatest 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 education 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 students 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 volunteer 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 graduation 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 support 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 Cheyenne.

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: shawanm@rainbowschools.ca
Website: www.rainbowschools.ca

Maamwe Kendaasing
Cheryl Shawanda, RECE, Child Care Supervisor

Aanii! From the Maamwe Kendaasing Child Care Centre:

Nmebin Giizis April Sucker Moon. The fourth moon of Creation is Sucker Moon, when Sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm, it purifies a path for the spirits and cleanses all our water beings. During this time we can learn to become healed healers.

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 *Gojiging*, (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.

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 daycare 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.

Dbishkaang Giizhgad - Birthday
 Isla - April 9th
 Casey - April 13th

Baa-maa-pii Miinwaa

COMMUNITY INVOLVEMENT HOURS
A REQUIREMENT FOR OSSD

A total of 40 hours of unpaid community involvement activities.

Examples of Eligible Activities:
 FUNDRAISING | YOUTH PROGRAMS |
 COMMUNITY FUNCTIONS |
 VOLUNTEER WORK with SENIORS

- * Enhance self-confidence *
- * Enhance self-esteem *
- * Strengthen the Community *
- * Allows the students to learn new skills *

CONTACT WRFN EDUCATION DEPT. / WRFN HEALTH OR MARTI SHAWANDA, ABORIGINAL SUPPORT WORKER - ESPANOLA HIGH SCHOOL ON HOW TO GET INVOLVED.

Please see the following website for more details:
<http://www.rainbowschools.ca/wp-content/uploads/2016/04/RDSP-StudentVolunteerPolicy.pdf>

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.

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, Marik Maltais, Quentin Emory, Raidyn McGregor, Carter McGregor, Daylyn McGregor, Cameron Dooley

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

Gerry McGregor carries on the the tradition of LNHL involvement, passed down by his father, former Chief James 'Jimmy' McGregor.



Warrior Welcoming Committee!



Whitefish River Novice Warriors.



Bantam Warriors!



Deacon, Leonidas, Lila & Arlo are game ready!



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



LNHL brings families together from near and far.



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



Blake Debossige taught acrylic painting on canvas to Shawanosowe Students throughout the month of March.



The Youth Easter Egg Hunt at the 7 Fires Youth and Elders Centre.



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



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



Gregor lends his artistic expertise to Rayvon at the Youth Retreat.



Right to Play Soccer for Development Mentors visited Shawanosowe School.



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

Band Manager Art Jacko

Aanii Bemaadizijig

March Break is now over and we had another very successful LNHL. There were a lot of smiles and laughter. Congratulations to our all of our Warriors 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 develop a trust agreement that meets the needs of WRFN. Your involvement can come in many ways; by email to the Trust Coordinator, attending the community engagement sessions, filling in the Trust survey and talking to the Trust Coordinator.

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,

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 Miskodismin Naaboo (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 Kawaabmin



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.



NOTICE

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 spawners 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 ancestor's 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; kathleenm@whitefishriver.ca, keithn@whitefishriver.ca

Chi-Miigwetch

WHITEFISH RIVER FIRST NATION

17A Rainbow Ridge Road, PO Box 188, Birch Island, Ontario P0P 1A0
 TEL (705) 285-4335 FAX (705) 285-4532 www.whitefishriver.ca

Birch Island Construction Company LTD.



Incorporated since August 2007 as a General Construction Company, its head office is located on the Whitefish River First Nation. The company operations are overseen by an independent Board of Directors and is 100% owned by the Whitefish River First Nation.

EMPLOYMENT OPPORTUNITY

ADMINISTRATIVE ASSISTANT

Duties:

- Provide administrative duties which may include but not limited to data entry, record keeping, minute taking,
- Prepare correspondence for BICC projects and Board of Directors
- Field incoming calls
- Assist in billing and business documents
- Daily book keeping of records, payroll, contracts and potential bids

Qualifications:

- Grade 12 Diploma or equivalent
- Post-Secondary Administrative / Accounting Diploma would be an asset
- Proficiency in utilizing Microsoft Suite Programs
- Working knowledge of office administration duties and procedures
- Experience working with construction documents, materials, construction procedures and industry
- Other work related duties as required

Salary:

- **\$16.00 per hour**

Term:

- 35 hours per week
- Permanent Full Time with a 3 month probationary period

Please Submit your cover letter, resume and 2 work related references marked "Confidential" to:

Bill Moroz, Construction Manager
 Birch Island Construction Company Ltd.
 6947 Hwy 6 S. P.O. Box 188,
 Birch Island, ON P0P 1A0

DEADLINE FOR SUBMISSIONS: FRIDAY, APRIL 13TH, 2018 AT 2:00 PM
 Late submissions will not be accepted

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 to a 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 no-

tice 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 housing on reserve,
- voting privileges within the band,
- a right to run for office of Councillor
- 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

Esther Osche - Trust Coordinator

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 to determine how to spend the annual payment is left up to the community and is outlined in the Trust Agreement.

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 25th 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!

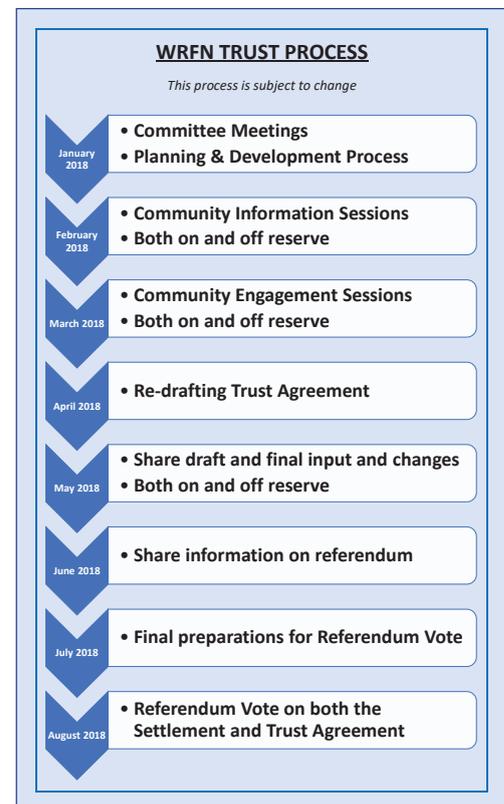
The Trust Working Group will now collect all citizen comments, input and feedback from the sessions into one report. This information will be forwarded to our technical advisors for the development of the first draft of a trust agreement. The Trust Working Group will meet on April 9th and 10th, 2018 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 to 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'Swakamok 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.

Keith Nahwegahbow Economic Development Officer

In April, WRFN will be partnering with the Anishinabek Ontario Fisheries Resource Centre (AOFRC) 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 uses non-lethal trap nets to catch sample and release fish. This will build on the baseline data collected from previous studies conducted here in WRFN. The AOFRC will be in need of an assistant during the duration of the

study that can last anywhere between 2-3 weeks. If you are interested in learning about fisheries science you can contact Keith Nahwegahbow at the administration office.

The summer employment season is quickly approaching. I encourage all community members to visit our employment resource centre for assistance in updating their cover letters and resumes. Also for anyone who is interested in the hospitality field, there is an upcoming **Job Fair on Sunday April 15th 2018 at the Manitoulin Hotel and Conference Centre and North 46 Restaurant**. They will be looking for numerous positions to be filled including; guest services, room attendants, kitchen

staff, banquet attendants and other seasonal opportunities.

I will also be updating the community profile for 2018. This year I am looking to include more local businesses. If you're a business or service provider and not on the current list and would like to add your name to the list you can contact myself for free access to some free local advertising. WRFN would like to include all local caterers, artists, craft makers, and local service providers. The current business list follows this article.

For more information, please feel free to contact me at 705-285-4335 ext. 216 or via email at keithn@whitefishriver.ca.



1 Position(s): Short-Term

Contract Field Technician

The Anishinabek/Ontario Fisheries Resource Centre (A/OFRFC) is a not-for-profit corporation established by agreement between the Grand Chief of the Anishinabek Nation and the Ontario Minister of Natural Resources to further the knowledge and conservation of fisheries resources of interest to member First Nations and Ontario's stakeholders.

The Whitefish River First Nation Spring Walleye Index Netting project will consist of assessing walleye spawning activity and habitat utilization, while building research and monitoring capacity within First Nation communities.

The A/OFRFC is looking to hire one (1) short-term Contract Field Technician. Work will take place in/around the traditional waters of Whitefish River First Nation. Applicants should understand that some aspects of field projects are out of the control of the A/OFRFC and its Crew Leaders. Weather, water temperature and protocols may lengthen or shorten the length of this contract, and may impact the contract's start date. The contract length is an estimate.

Interested individuals should note the following:

- Individuals must be over 18 years of age (Transport Canada requirement)
- Contract requires extensive work on work skiffs (boats) and streams, open to the elements
- Individuals must provide their own steel-toe boots (steel-toe rubber boots are acceptable)
- Safety gear such as PFD and rain gear will be supplied by the A/OFRFC
- The individuals will work under the leadership of and take direction from an A/OFRFC crew leader
- May involve work in inclement weather and be physical in nature
- Daily hours of work may vary
- Work is expected to start Monday, April 23, 2018 and is estimated to last 15 days.
- Experience working on local waterways is an asset.

Wages: \$16.25/hr

Potential candidates should provide a brief cover letter outlining their qualifications and a resume of their experience no later than April 13, 2018 to the General Manager, A/OFRFC, 755 Wallace Road, Unit #5, North Bay, Ontario, P1A 0E7. Applicants may also forward scanned copies of cover letters and resumes by email to employment@aofrc.org.

Local Business Directory

- **Waubetek Business Development Corporation**
General Manager:
Dawn Mahdahbee
Tel: 705-285-4275
Mailing Address: General Delivery 7
Rainbow Valley Road, Birch Island,
Ontario.
POP 1A0
- **Birch Island Construction Company**
Band Owned
General Manager: Bill Moroz
Tel: 705-285-4335
Mailing Address: General Delivery,
Birch Island, Ontario,
POP 1A0
- **Community Based Research**
Owner: Lorraine McGregor
Tel: 705-285-4141
Email: communitybasedresearch@hotmail.com
Mailing Address: General Delivery,
38 Beedahbun Road, Birch Island,
Ontario. POP 1A0
- **D&D Trading Post**
Owners: Mark & Debbie Shawanda
Tel: 705-285-1491
Email: NA
Mailing Address: General Delivery,
7156 A Highway 6 South, Birch
Island, Ontario, POP 1A0
- **Francis Construction**
Owners: Greg Francis
Tel: 705-285-1331
Email: NA
Mailing Address: General Delivery,
Birch Island, Ontario, POP 1A0
- **J&A Clean Team**
Owner: Ann McGregor and Judy
Nahwegahbow
Tel: 705-285-1655
Mailing Address: General Delivery 7
Rainbow Valley Road, Birch Island,
Ontario. POP 1A0

- **J&G Marina**
Owner: Harold & Linda McGregor
Tel: 705-285-4293
Mailing Address: General Delivery 7
Rainbow Valley Road, Birch Island,
Ontario. POP 1A0
- **Lourisse Masonary**
Owner: Lawrence Andrews
Tel: 705-285-4465
Mailing Address: General Delivery,
Birch Island, Ontario. POP 1A0
- **Maadjitawin Counseling & Consulting**
Owner: Carrienne Agawa
Tel: 807-630-3171
Email: cagawa@lakeheadu.ca
Mailing Address: General Delivery,
84 Maple Heights. Box 176, Birch
Island, Ontario. POP 1A0
Website: www.imready4change.ca
- **McGregor Snow Ploughing**
Owner: Murray McGregor Jr.
Tel: 705-285-0950
Mailing Address: General Delivery,
Birch Island, Ontario. POP 1A0
- **Mirror Reflections**
Owner: Richard Shawanda
Tel: 705-285-1535
Mailing Address: General Delivery,
Maple Heights Road. Birch Island,
Ontario. POP 1A0
- **Recollet Woodworking**
Owner: John Recollet
Tel: 705-285-4907
Mailing Address: General Delivery,
7A Denny Lane, Birch Island Ontar-
io. POP 1A0
- **Resolution Development Group**
Owner: Mike & Peggy McGregor
Tel: 705-285-0250
Mailing Address: General Delivery,
6771 Hwy 6, Birch Island, Ontario.
POP 1A0
Email: resolution.development.group@gmail.com



ANISHINABEK / ONTARIO
FISHERIES RESOURCE CENTRE



NEWS RELEASE

April 2018

Whitefish River First Nation

SPRING WALLEYE SPAWNING SURVEY

The Anishinabek/Ontario Fisheries Resource Centre (A/OFRFC), in partnership with Whitefish River First Nation, will be conducting a Spring Walleye Spawning Survey in 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 tagged, and live released. All other species will be length tallied,



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/OFRFC 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.



For more information, contact:

Heidi Manitowabi, Community Liaison Specialist

Anishinabek/Ontario Fisheries Resource Centre 755 Wallace Road Unit 5 North Bay, Ontario P1A 0E7

Phone: 705-472-7888 ext. 5 Email: hmanitowabi@aofrc.org

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!



Community Volunteer Income Tax Program

Beginning March 1, 2018

Need a hand to prepare your tax return?

Volunteers can help you prepare your income tax and benefit return if you have modest income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency.

Remember to bring all your tax slips and forms with you.

VOLUNTEERS DO NOT PREPARE TAX RETURNS FOR COMPLEX SITUATIONS SUCH AS:

- Returns for deceased persons;
- Individuals who file for bankruptcy
 - Self-employed individuals
- Individuals who report capital gains or losses; or
- Individuals who report employment expenses, or business or rental income and expenses.

For more information or to schedule an appointment please contact us at

705-285-4335

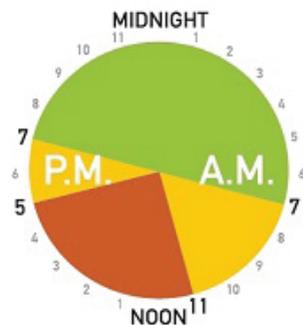
Emma Recollet, Ontario Works Administrator at emmar@whitefishriver.ca
 Brian McGregor, Finance Assistant at brianm@whitefishriver.ca
 Kimberly Laundrie, Tenant Counsellor at kiml@whitefishriver.ca



WRFN Citizens learned the art of making Beaver Pelt Hats on March 9th & 10th at the Health Centre.

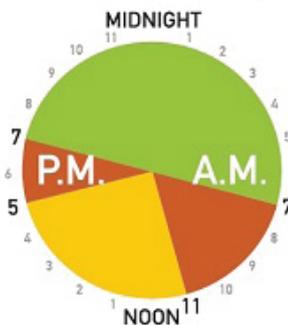
Ontario Electricity Time-of-Use Price Periods

Summer-Weekdays



May 1 - October 31

Winter-Weekdays



November 1 - April 30

Weekends & Holidays



Year Round

- ¢ Off-peak
- cc Mid-peak
- ccc On-peak

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.



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.

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:

- Clean:** Use a pipe cleaner or wire to ensure burner ports are free of rust, dirt, spider webs or other debris.
- Check:** Examine the hose leading from the tank to the burners. Replace if cracked or damaged.
- 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:

- Open the lid.
- Open the propane cylinder service valve.
- Turn on grill/burner valves or heat settings.
- Take a step back.
- 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.
- 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:

- Turn gas valve off first when finished, then turn off the burner controls, so no gas is left in the connecting hose.
- 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 accelerators 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.

T 613-683-2270 www.propane.ca info@propane.ca @canadapropane

© 2016 Canadian Propane Association.

DON'T FORGET

Tenants with propane furnances.....

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.



**Nala Toulouse
Water Security Coordinator**

Aanii Whitefish River First Nation,

As of March 30, 2018 my contract as the Water Security Coordinator has ended. Over the past 8 months part of my duties were to enact recommendations from the WRFN Source Water Protection Plan such as:

- rekindle the community's relationship with water (Water Ceremonies)
- identify and examine threats to our water (Community Engagement Sessions)
- restore shorelines commonly used by community members (shoreline Clean ups)

- Build relationships with external stakeholders

I was very happy with the number of community members that came out and took part in each of these events. Chi-Miigwetch WRFN for making these events successful.

Also I would like to thank the Water Advisory Committee for the opportunity and I am thankful for being a part of such an important project for Whitefish River First Nation.

Miigwetch



Isaac Murdoch and Christi Belcourt shared Water Teachings and conducted a Water Ceremony on World Water Day, March 22, 2018.

PLASTIC
Clean & Rinsed
Symbols 1-6

- Plastic Food Containers
- Sports Drink Bottles
- Laundry Soap Containers
- Dish Soap Containers
- Hand Soap Containers
- Lotion Bottles
- Shampoo Bottles
- Empty Medicine Bottles

PAPER
Clean and Free of Food

- Newspapers
- Brown Paper Bags
- Junk Mail
- Magazines
- Cardboard
- Dry Food Boxes
- Office Paper
- Pizza Box Tops

GLASS
Clean & Rinsed

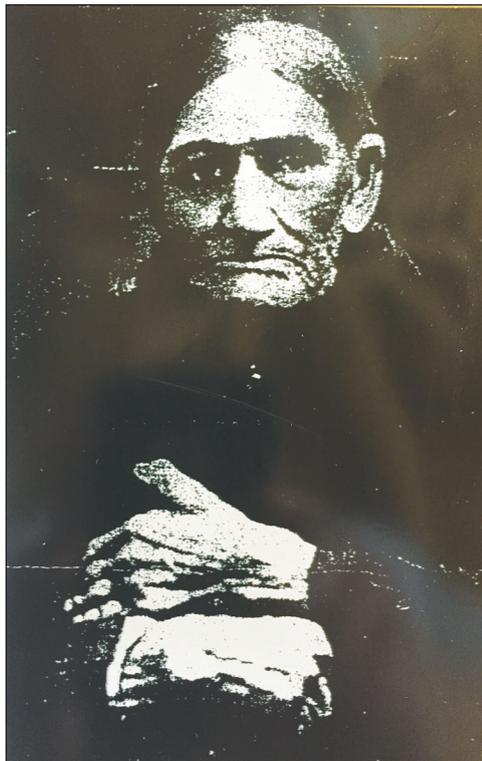
- Glass bottles & Jars (all colours)

METAL
Clean & Rinsed

- Food Cans
- Beverage Cans
- Clean Aluminum

NON-RECYCLABLES: * No Plastic Bags * No Plastic Packaging (Wrapping)*
* No Styrofoam *

WRFN RECYCLES!



A Photo of Marie Louise (Chipakijikokwe) Riel, born 1808. She is Mollie McCleod's mother and the Aunt of Louis David Riel

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

- Jane
- Margaret
- William
- John
- Elizabeth

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 Scunner 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**

**WRFN Minor Sports & Recreation
is looking for support from the
WRFN Community Membership
with their fundraising efforts!**

**Volunteers needed for
Community Bingos!
Prizes needed for Mini-Raffles!**

**Thank you from
WRFN Minor Sports & Recreation**

**For more information please contact:
Jake Pakosigan
Phone # (705) 285-0671**



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



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

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. Well we are making incremental progress, much work remains to be done and the challenges continue to grow.

Chief and Council continue to impress on the administration to share information with the community in a timely manner using our Rezound, Shawanosowe School Spirit, 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 WRFN, and wish her well on the next chapter in her career.

*Find me on Twitter
@ChiefPaibomsai
or on Facebook
Chief Shining Turtle*

Chief and Council Meeting Schedule April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Easter Monday	3	4 AES official Launch Nipissing First Nation Parliamentary Secretary to Ministry of Indigenous mtg	5	6	7
8	9	10 Regular Chief and Council Meeting Council Chambers 6:00 pm	11	12	13	14
15	16	17 COO Restructuring and Federal & Provincial Priorities Toronto	18	19	20	21
22	23	24 Working Chief and Council Meeting Council Chambers 6:00 pm	25	26	27	28
29	30 COO- Chartering our own path forward Education Forum Thunder Bay					



ADMINISTRATION OFFICE: (705)-285-4335		
NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	chief@whitefishriver.ca
Art Jacko	Band Manager	ajacko@whitefishriver.ca
To be determined	Executive Assistant	
Leslie Recollet	Council Clerk	lrecollet@whitefishriver.ca
Esther Osche	Trust Coordinator	eosche@whitefishriver.ca
Danielle Pregent	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
Jacinta Shawanda	Education Manager	jshawanda@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Zach Shawanda	Finance Assistant	zshawanda@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Laundrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Assistant/IRA	kathleenm@whitefishriver.ca
Kathleen Migwanabi	Acting Lands Manager	kathleenm@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
Keith Nahwegahbow	Economic Development Officer	keithn@whitefishriver.ca
Tania Jacko	Community Energy Advisor	energyadvisor@whitefishriver.ca
Raymond Francis	Band Representative	rayf@whitefishriver.ca
Tammy Nahwegahbow	Rezound Editor	rezoundeditor@whitefishriver.ca
HEALTH CENTRE: (705)-285-4354		
Leslie McGregor	Health & Social Services Manager	lmcgregor@whitefishriver.ca
Cathy McGregor	Health Centre Receptionist	healthreception@whitefishriver.ca
Doreen Jacko	Community Health Representative	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker - NNADAP	gennyj@whitefishriver.ca
Michael Aelick	Mental Health & Addictions Worker - NNADAP	maelick@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Community Mentor (Right to Play)	righttoplay@whitefishriver.ca
Amber Zona	Youth Support Worker	amberz@whitefishriver.ca
Arlene Pitawanakwat	Child & Family Well Being Coordinator	arlenep@whitefishriver.ca
Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
Winnie Paibomsai	Food Security Assistant	wpaibomsai@whitefishriver.ca
Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca
SHAWANOSOWE SCHOOL: (705)-285-1311		
Cheryl Miller-Martin	School Principal	principal@shawanosowe.ca
Cara McGregor	Administrative Assistant	admin@shawanosowe.ca
Lisa Cutler	Grade 5-6 Teacher	lcutler@shawanosowe.ca
Rick Legrow	Grade 3-4 Teacher	rlegrow@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Victoria Meuleman	JK/SK Teacher	vmeuleman@shawanosowe.ca
Sarah Oliver	Special Education Resource Teacher	soliver@shawanosowe.ca
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	bnahwegahbow@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
Jessica Reynish	Education Assistant	jreynish@shawanosowe.ca
Danielle Caicco	Education Assistant	dcaicco@shawanosowe.ca
Danette McGregor	Native Language Teacher	dmcgregor@shawanosowe.ca
MAAMWE KENDAASING CHILD CARE CENTRE: (705)-285-7777		
Cheryl Shawanda	Supervisor/Educator	daycare@whitefishriver.ca
Dolores Pitawanakwat	Pre-school Educator	
Jo-Ann Recollet	School/Cultural Educator	
Cindy Tarr	Toddler Educator	
Blanch Recollet	Cook	

April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  AA Meeting	2 WRFN Offices Closed BINGO	3 Elders Centre Friendly Visits Puzzles/Games 1pm-3pm	4 Elders Centre Puzzles/Games 1pm-3pm Drumming & Singing 4 pm Comm. Centre	5 Elders Centre Meals on Wheels Youth Volleyball Night 5pm-6pm Shawanosowe School BINGO	6 Elders Centre Friendly Visits Crafts 1pm-3pm	7 BINGO
8 AA Meeting	9 Elders Centre Urban Pole Walking 1pm-2pm BINGO	10 Elders Centre Palliative Care Info. Session 1pm-3pm Regular Chief & Council Meeting 6pm	11 Youth Regalia Making 4pm-6pm Health Centre Drumming & Singing 4 pm Comm. Centre Euchre Night 7pm Comm. Centre	12 Youth Volleyball Night 5pm-6pm Shawanosowe School BINGO	13 BINGO	14 Traditional Family Parenting 9am-4pm 7 Fires BINGO
15 Traditional Family Parenting 9am-4pm 7 Fires AA Meeting	16 Elders Centre Friendly Visits Crafts Activity 1pm-3pm BINGO	17 Elders Centre Crafts Activity 1pm-3pm Youth Beading Program 4:30pm-5:30pm Health Centre Earth Week Activities April 17-22	18 Elders Centre Urban Pole Walking 1pm-2pm Drumming & Singing 4 pm Comm. Centre	19 Elders Centre Meals on Wheels Youth Volleyball Night 5pm-6pm Shawanosowe School BINGO	20 Elders Centre Friendly Visits Feast Bags 1pm-3pm Spring Youth Dance 8pm-11pm Comm. Centre	21 The Creation Story Jim Dumont 10am-5pm 7 Fires BINGO
22  The Creation Story Jim Dumont 10am-5pm 7 Fires AA Meeting	23 Elders Centre Urban Pole Walking 1pm-2pm BINGO	24 Elders Centre Friendly Visits Sewing Feast Bags 1pm-3pm Youth Beading Program 4:30pm-5:30pm Health Centre Working Chief & Council Meeting 6pm	25 Elders Centre Sewing Feast Bags 1pm-3pm Drumming & Singing 4 pm Comm. Centre Youth Regalia Making 4pm-6pm Health Centre Cribbage Night 7pm Comm. Centre Garden Committee Mtg. Health Centre 7 pm-8pm	26 Elders Centre Sewing Feast Bags 1pm-3pm Meals on Wheels Youth Volleyball Night 5pm-6pm Shawanosowe School BINGO	27 Elders Centre Elders Prize Bingo 1:30pm-2:30pm	28 Ogichidaa Men's Group BBQ 12pm-2pm Health Centre \$ CHI-BINGO \$
29 AA Meeting	30 Elders Centre Staff Meeting 12pm BINGO	<h1>Community Calendar</h1> 				

Birthdays Wishes!

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

Happy Birthday to my bestie Deb on April 29th.



Love, Kiki

Happy Birthday to Mabe the Babe on April 1st!
Hope you're 'foolin around' on that day!
Love Kiki & Family

Happy 3rd Birthday to our granddaughter Isla on April 9!
The little shining star of our family, you are the best reminder that life is beautiful!!!!
Kisses and Hugs, Papa and Grandma



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



Happy Birthday to my daughters 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

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

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

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

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

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

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

Happy 6th Birthday to our "B"!!
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, 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



Birthday Wishes to Lucy on April 17th!
Happy 9th Birthday to our Warrior Princess!
We are so proud of you!
Love Mommy, Daddy, Eli & Ira
Ziggy & Mitty too!