



August 2017
Mnoomni Giizis
Grain Moon

THE REZOUND

We said Yes to AES!



On July 26, 2017, a second ratification vote was held in WRFN to let our member's voices be heard on the future of Anishnabek Education. The vote was carried by a simple majority and it passed in WRFN with 99 Yes votes, 31 No Votes and 1 spoiled ballot. Council will now begin the work in August with our partners in the AES on the next steps toward control of our education system.

Thank you to everyone that shared their opinions and voted on the AES.

**Please note that the deadline for submissions
for the next issue is**

Wednesday August 16, 2017 at noon.

Miigwetch!

rezoundeditor@whitefishriver.ca

"A Place of Visions and Dreams"



Regalia Making

Wednesday Evenings in August (2nd, 9th & 16th)

Community Health Centre
6:00 p.m. to 9:00 p.m.

Light Refreshments Provided

Facilitators available to assist with your regalia

For more information contact Genny Jacko at (705)285-4354 x207

gennyj@whitefishriver.ca



YOUR INVITATION TO ALL OUR YOUNG MEN, FATHERS, GRANDFATHERS, WARRIORS



STARTING WEDNESDAY, AUGUST 2ND AT THE ARBOUR



Contact Kiki Pelletier at 705-862-1259 or by email at kikipelletier@hotmail.com

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Health Nurse Lab/Blood Draw Clinic @ 10:00 am Please bring your Requisition(s) Appointments recommended		1	2 Community Health Nurse	3 Dr. Meikleham (PM only) Nurse Practitioner	4 Community Health Nurse	5
6	7	8	9 Community Health Nurse	10	11 Dr. Cooper (PM Only) Diabetes Team Community Health Nurse	12
13	14	15	16	17	18 Community Health Nurse	19
20	21	22 Dr. Cooper (PM Only)	23	24	25 Community Health Nurse	26
27	28	29	30	31 Dr. Meikleham (PM only)		

**WRFN Health Centre
Visiting Health Professionals**



unless otherwise indicated visiting Health Professionals will be in all day

Summer Fitness Challenge August 2017

Schedule of Events

AUG 2

Weigh In - All Day (9am-6pm)
Come Out to, the Health Centre check your progress and get entered into our mid program draw to win a Nutri Ninja Blender, Prizes and Gift Cards.

AUG 2

Craving Change (4:30-6pm)
A How to workshop for changing your relationship with Food with Dietician Crystal Mora from Noojmowin Teg. Session 2. Dinner Provided and door prizes. Located at the Health Centre

AUG 16

Final Weigh In - All Day (9am-6pm)
Final Weigh Ins and measurements! Prizes to be won!

AUG 16

Craving Change (4:30-6pm)
With Dietician Crystal Morra from Noojomowin Teg. Session 3. Change your thinking, change your eating!

AUG 17

Program Celebration! 5pm-8pm
Summer Fitness Challenge End of Program Celebration BBQ! Final Winners Announced. Celebrate your successes and challenges! Fit Bit Deposits returned to participants on THIS DAY ONLY! LOCATION TO BE DETERMINED

PosterMyWall.com

Candice Assinewe - Community Wellness Worker

Aanii/Boozhoo Community Members!

The Summer Fitness Challenge has been in full swing since June 7th, 2017. We are now at our midway point of the program and I'm happy to see the progress of participants at the bi-weekly weigh ins.

1st Weigh In: June 22nd, 2017 - Top Winner for the most weight loss was Gail Pelletier, in second place was Doreen Jacko.

2nd Weigh In: July 5th, 2017 - Top Winner for the most weight loss was a tie with Marion McGregor and Tania Jacko, in second place was Rose Pitawanakwat.

3rd Weigh In: July 19, 2017 - Top Winner for the most weight loss was Crystal Clark McGregor, in Second place was Gail Jacko.

I would like to congratulate all participants with their progress and commend them on their hard work so far. Our bi-weekly winners receive gift cards and prizes. All participants who come to weigh in are entered into a bi-weekly draw for prizes that will assist them with their fitness goals. There are two more weigh ins that take place in August, so now it is crunch time.

(Please refer to the Summer Fitness Challenge Schedule of Events Poster for dates)

The weigh in top winner on August 16th, 2017 will receive a Nutri Ninja Blender Valued at \$140.00, and the 2nd place winner will receive a \$50.00 gift card. All other participants who come and weigh in. will be entered into a draw to win a Nutri Ninja, plus additional prizes. Therefore, I encourage you to mark it on your calendars and don't forget, on our final weigh in we will have the top prizes of the Home Gym and the New Sudbury Shopping Centre Spree!!!!

All Community Wellness programs try to encompass both adult and elder participation. I encourage you all to come out and attend. If you're unsure about it, come out and try something new. Please keep an eye out for upcoming programs in the near future.

If you have any questions or concerns regarding upcoming programs and services provided through the Community Wellness Program, please feel free to contact me at the WRFN Health Centre at 705-285-4354 or via email at candicea@whitefishriver.ca.



FALL FASTING CEREMONIES



SEPTEMBER 20TH- 24TH, 2017

Who? Open to Everyone

What? Fasting Ceremonies

Where? At Dreamers Rock Area

If you are interested in Fasting and would like to learn more, we will be having an Information Session on:

Wednesday, September 6th, 2017 from 6:00pm-7:00pm

Connect with Self and Community

Traditional Teachings

Men and Women Helpers needed to Assist with preparations

Learn about Traditional Ceremonies and Customs

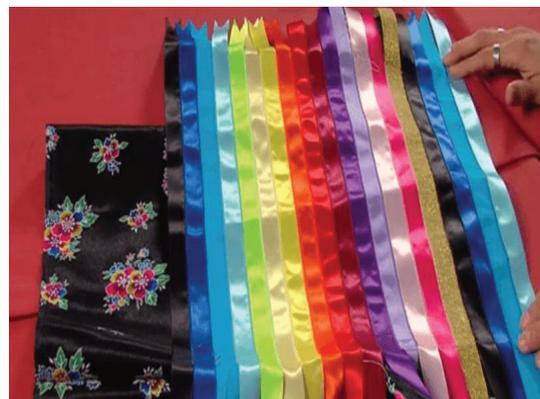
Energize your Mental, Emotional, Physical and Spiritual Self

IN PARTNERSHIP WITH SHKAKAMIK KWE HEALTH CENTRE

FOR MORE INFORMATION, PLEASE CONTACT CANDICE ASSINEWE, COMMUNITY WELLNESS WORKER AT WRFN HEALTH CENTRE AT PH: 705-285-4354

SAVE THE DATE ANISHINAABE KWE SKIRT MAKING

With Laurie Shabogesic-Mcleod



Who? Women 18+ (LIMITED 8 SPOTS)

When? Wed, September 27th, 2017

Time? 9:30am - 5:00pm

Where? WRFN Community Centre

What? Materials Provided

Fun Social Interaction

Lunch and Refreshments Provided

Skirt Teachings and sharing

Materials Provided

First Come First Serve

Please Register with Candice Assinewe

Community Wellness Worker

At the WRFN Health Centre

705-285-4354

Or

candicea@whitefishriver.ca

WHITEFISH RIVER FIRST NATION JUNIOR GOLF PROGRAM

FOR YOUTH 11-14 YEARS

**Every Friday 1:00pm - 3:00pm
July 21, 28, August 4, 11, 18, 2017**

Whitefish River Sports Fields

Lessons Include:

- * Rules & Etiquette
- * Putting
- * Chipping & Pitching
- * Driving Range

**Program Concludes With
a 9 Hole Golf Outing**

Find us on Facebook
"Noojmowin Teg Health Centre"



Limited Spots Available
First Come First Served
REGISTRATION FREE

Mini Info Sessions provided:

- * Nutrition
- * Mental Health
- * Traditional Teachings
- * Smoking prevention



Registration forms at Whitefish River Health Centre. Please have child's health card number when registering. For more information, contact Mark Peltier at 705-368-0229 Ext. 244. Visit our website at www.noojmowin-teg.ca



WRFN Youth practice their swing at Noojmowin Teg's Junior Golf Program.



Amber Zona - Youth Support Worker

Aanii Whitefish River Community!

This summer has been full of fun and adventures. We kicked off summer with Painted Turtle Camp; thanks to Right to Play, the youth had the opportunity to enjoy a week of arts & crafts and learning new Hip Hop dance moves. **Chi Mi-igwetch** to all the parents and community members that came out to the youth's showcase at the end of the camp.

This was my first year interacting with the Day Star camp and it was phenomenal to see the high level in attendance. Day Star provided both younger and older youth with many fun activities for the week. In partnership with both Day Star and the UCCM Police, we put on a summer safety workshop for the youth. This workshop aimed to raise awareness to youth around substance and alcohol use within the community, and also discussed

safety around boating and swimming as well as other recreational summer activities.

This year was the second year of Guardian Art Camp. It was impressive to see just how dedicated the youth were to their training. The youth that participated in the Guardian Art Camp were pushed both mentally and physically to grow and develop their skills.

Summer is not over yet!

If you have not yet registered for the Traditional Journey, KICK Camp, or Science Camp there is still plenty of time!

Please Contact **Amber Zona** or **Crystal McGregor** for more information on the summer camps through the Whitefish River Health Centre at 705-285-4354 or via email at;

amberz@@whitefishriver.ca

Noojmowin Teg Health Centre Presents

Whitefish River First Nation TEE-BALL PROGRAM

Starting July 25, August 1, 8, 15, 22 with Cooking on 29th

Healthy Snacks Provided

BRING REUSABLE WATER BOTTLES

Tuesday's 2:30 to 4:00pm

To register please contact Amber Zona cell at (705) 863-2541. For more information contact Nelson Wood at 705-368-2182 Ext. 245 or email nelson.wood@noojmowin-teg.ca. www.noojmowin-teg.ca



SUMMER CAMP

AUG 8-11 Kick Camp & Traditional Journey

AUG 14-18 Rookie League Camp Visits

AUG 21-25 Adventures in Engineering and Science Camp

For more information please contact
Crystal McGregor @ (705) 285-4354

PosterMyWall.com



SAVE THE DATE **28**

BACK TO SCHOOL BINGO

• GAMES • FUN • PRIZES

SUNDAY AUGUST 27TH
AT THE COMMUNITY CENTER
TIME TO BE ANNOUNCED ON LATER DATE

AWESOME PRIZES TO WIN!

FOR MORE INFORMATION CONTACT AMBER ZONA
TEL: 705-285-4354

2017 Lafarge



Please join us at the Lafarge Pavilion for our Community Fish Fry & Social!

Wednesday August 16, 2017 at noon.

For more information please call the Terminal at 705-285-4559.




Autumn Shawanda plays her part in the Painted Turtle Youth Showcase.

FUNDRAISING ALERT!!

Come Out and Support the The WRFN Elders!
50/50 Draw
Prize Payout Currently at \$400.00

Tickets can be purchased from the Elders Group.
For more info call Brian @ 705-285-4335
DRAW DATE: September 2, 2017
WHERE: Community Centre Bingo
TIME: 8:30 pm



Proceeds go directly toward the Elders Trip to Niagara Falls and other events!

Watch for our Upcoming Fundraising Events in the coming months!

2017 WRFN Summer Student Hall of Fame



Name: Carson Pitawanakwat Title: Housing Assistant
Motto: It is what it is.



Name: Hunter Shawanda Title: Community Garden Assistant
Motto: Trust the process.



Name: Sebastian Shawanda Title: Public Works/Maintenance
Motto: Self Development, not Self Destruction.



Name: Montana McGregor Title: Asset Management
Motto: Always do what you love, no matter what gets thrown at you.



Name: Anthony McGregor Title: Day Care Assistant



Name: Ethan Stewart Title: Special Event Planner Assistant
Motto: Do what I like doing.



Name: Wynona Visitor Title: Community Garden Assistant
PP: Being Broke.



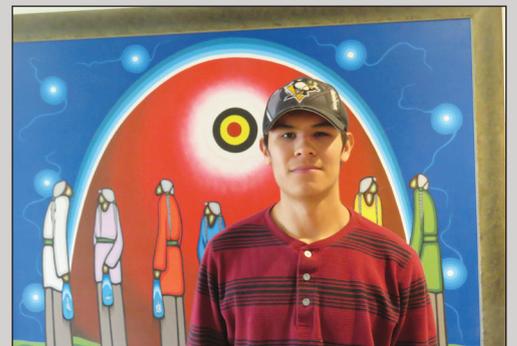
Name: Sydney Migwanabi Title: Health Assistant
PP: Not having money.
Motto: "You gotta' keep livin' man, L-I-V-I-N"



Name: Grace Manitowabi Title: General Health Assistant
Motto: Be as kind as you possibly can.



Name: Cheyanne Pitawanakwat Title: Lead Gardener
PP: Debbie Downers!
Motto: You gotta risk it, to get the score!



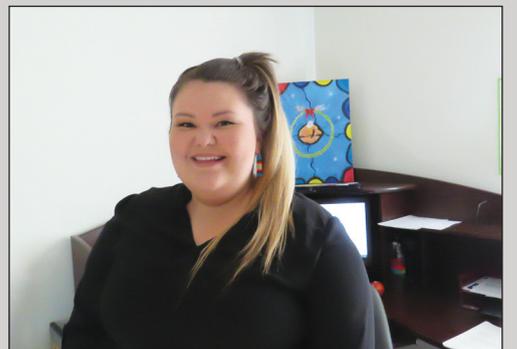
Name: Mike Megwanabe Title: Public Works
PP: Keep on, keeping on!



Name: Joshua McGregor Title: BICC Administrative Assistant
Pet Peeve: Paper Cuts
Motto: My Man!



Name: Nevada Anwhatin Title: Day Care Assistant
Pet Peeve: Dog hair
Motto: Kwansue



Migwans Pitawanakwat Title: Student Liasion
PP: Impatient People
Motto: You're never too important to be nice.



Employment Opportunity
MAAMWE KENDAASING CHILD CARE CENTRE SUPERVISOR
REVISED
Permanent, Full-time

Maame Kendaasing Child Care Centre facilitates learning opportunities for the children in a culturally supportive environment and incorporates a holistic approach in teaching and guiding our children.

POSITION SUMMARY

The Supervisor will ensure the delivery of a comprehensive community-based, culturally appropriate learning and education program. The Supervisor is responsible for planning and supervising and implementing the policies and procedures of the Child Care Centre. Responsibilities also include financial duties, directing staff, acting as a liaison between staff, parents and Education Committee. The Supervisor reports to the Education Director.

DUTIES AND RESPONSIBILITIES

- Facilitates the achievement of goals and objectives of the Child Care Centre as outlined by the Ministry of Education.
- Planning, coordinating, evaluating and supervising all programs being implemented by staff.
- Observing the needs of the children and planning accordingly.
- Develop and implement an evaluation process for programming.
- Assist staff with arrangements of special events for parents and community in accordance with policies.
- Assist staff with arrangements of special programs such as field trips.

PERSONNEL MANAGEMENT

- Co-ordinate and assist with hiring of programs and support staff.
- Responsible for co-ordinating of volunteers and students.
- Develop and maintain good working relationships amongst staff.
- Ensure that the Child Care & Early Years Act, Policies and Procedures are adhered to by staff in all aspects of programming.
- Ensure that all staff are adhering to the Whitefish River First Nation Policies and Procedures and Maamwe Kendaasing Child Care Centre Policies and Procedures.
- Plan and conduct regular staff meetings.
- Plan and conduct orientation for staff, students, volunteers and parents.
- Provide resources for staff development and training. Provide support for ongoing training.
- Evaluate performance of staff annually. Encourage and respond to feedback and recommendations from staff.
- Assign the appropriate designate to assume supervisory duties when necessary.
- Act as a liaison between staff, parents and children.

TEACHING

- Assumes various roles such as Head Educator, Educator Assistant.
- Being familiar with and keeping up to date with the Child Care & Early Years Act.
- Plan and implement themes accordingly to enhance requirements of the Child Care & Early Years Act.

OFFICE/FINANCIAL ADMINISTRATION

- Financial administration, maintain receipts, record expenditures and prepare monthly budgets based on the funding. Process time sheets, purchase orders and expenditures for the Child Care Centre.
- Review menu plans.
- Ensuring that medication is administered as authorized.
- Order equipment and supplies.
- Authorizes food purchase orders.
- Attend meetings as requested.
- Maintain records of staff attendance and enrollment of children.

PUBLIC RELATIONS

- Investigate and utilize community and social resources.
- Be aware of and sensitive to community needs and developments.
- Understanding and recognizing differing family lifestyles. Being sensitive to the different values, beliefs and lifestyles.
- Interpret Child Care Centre Policies and Procedures to the community when requested.
- Represent Child Care Centre on community or government committees when requested.
- Interview and meet with parents.

QUALIFICATIONS

- Diploma or Certificate in Early Childhood Education or Native Early Childhood Education from an accredited Ontario College of Applied Arts and Technology or equivalent from a University.
- Standard First Aid and CPR Training.
- Applicant **MUST** be in good standing with the College of Early Childhood Educators, and has at least two years of experience providing licensed Child Care.
- Anishinaabemowin fluency or knowledge would be a definite asset.
- Access to a reliable vehicle.
- CPIC – Vulnerable Sector Clearance Report.
- Ability to work with various software packages (Microsoft Office, Internet).

SALARY RANGE to be determined based on qualifications and experience.

INTERESTED APPLICANTS

Please submit your resume, cover letter, three (3) work related references to the attention of:

Band Manager
Whitefish River First Nation
17A Rainbow Ridge Rd.
Birch Island, ON POP 1A0
OR Fax: (705) 285-4532

Deadline for applications is Friday, August 18, 2017 at 4:30 pm.

Please be advised that while all applications are appreciated, only those applications selected for an interview will be contacted. Also, the successful candidate will be required to submit required documents prior to start date. Miigwetch.



Rosalyn McGregor - Education Director

Ahnee Whitefish River! I hope everyone is enjoying their summer thus far. I have recently been hired as the Education Director/Manager position for Whitefish River. Although it is a new field of work, I am excited about the new journey that I have begun.

Let me start with some of the qualifications that I have. First and foremost, I am a proud and blessed mother of three beautiful children. For my education achievements, I have successfully obtained a college diploma in Native Community Care: Counselling & Development – Mental Health Stream through Cambrian College. I, then proceeded to obtain my Honours Bachelor Social Worker degree through Laurentian University successfully.

I have learned that education is a process and despite struggles it also has many rewards. I have overcome many obstacles to get to this point in my life and I am proud to say that I continue to walk my journey proudly. I am hoping that my work and life experiences will assist and support the students of Whitefish River First Nation to achieve their goals. It is my hope that you all enjoy your summer break as we will begin gearing up for another school year soon.

My door is always open if you have any questions or if you just want to come and visit the Education Office. Feel free to contact me at the WRFN Administration Office at 705-285-4335 or via email at rmcgregor@whitefishriver.ca.

Registration Notice for 2017/2018 School Year at Shawanosowe School

All 2017/2018 Shawanosowe School registration packages can be obtained at the Administration Office beginning **Monday July 17, 2017**.

NOTE: Parents/Guardians

Please ensure that all required school documentation is added to your child's registration package prior to submitting it to the school for the 2017 -2018 school year. It is imperative that the school is provided with a copy of your child's **updated status card** as per funding agreement and a copy of your child's **updated health card** as per school regulations. Without such documentation prior to school beginning, your child may not be eligible to register at Shawanosowe School.

2017-2018 Shawanosowe School Registration will be held the week of August 21- 25th, 2017 at the school for those late registrations.

Please ensure you have all your required documentation with you upon registration. Refreshments will be provided.

Have a wonderful summer!!

Miigwetch,
Cheryl Miller-Martin
School Principal



Tyler Agawa - Garden Support Worker

Summer Days

The apiary is growing and the gardens are flourishing. The beekeepers were able to add a second chamber to each of our hives this past month and the colonies continue to expand. All the queens are marked, and the new bee boxes - with designs painted by students from Shawanosowe School, the daycare, and youth from YLP - have taken their rightful place in our bee yard. These beautifully painted chambers will provide a colourful and bright home for our bees. That being said, the bees are doing well and we may just get some honey yet this season. Keep your fingers crossed and say a little prayer for our bees.

The various community gardens are also growing wonderfully and we're hoping for a bountiful harvest of vegetables within the coming months. If you're in the neigh-

bourhood feel free to stop in at any of the garden spots. We have crops growing behind the Health Centre and raised beds that have been planted up at our new community gardening space beside the baseball field.

In addition, we also have some new gardeners joining our team for the summer. They are: Cheyanne Pitawanakwat, Hunter Shawanda, and Wynona Visitor. So a big shout out to them, and the plants humbly thank you.

Don't forget that anyone is welcome to attend our regular Garden Committee meetings. Also, if you're interested in anything regarding our bees don't be afraid to ask Gail Jacko or myself.

Keep on growing, and if you haven't planted anything in your garden yet, it's not too late! Until next time, take care.

Garden Committee Meeting

Thursday August 10, 2017

Thursday August 24, 2017

Health Center

6 p.m.—7p.m.

Share your knowledge and experience with others; learn about and provide input on new initiatives; connect with gardening enthusiasts; learn to save time and money.

For more information contact Gail Jacko or Tyler Agawa at the Health Centre (705) 285 4354

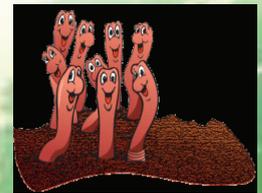
Light snacks and refreshments provided.



VERMICOMPOSTING & BOKASHI COMPOSTING WORKSHOP



Bokashi is a new and revolutionary way of fermenting (pickling) your kitchen waste. The method was developed in Japan and when done properly, breaks down the scrap material with many micro-organisms (lactobacilli, yeasts and phototropic microbes) all working together. It's easy to do once you have the right equipment; an anaerobic process that relies on inoculated bran to ferment kitchen waste, including meat and dairy, in to a safe soil builder and nutrient-rich tea for you plants.



1. ADD



2. SPRINKLE



3. BURY



4. GROW



	August 1, 2017 Vermicomposting	August 2, 2017 Bokashi Composting
10:30am – 12:00 pm	Session 1	Session 1
12:00 pm	Light Lunch	Light Lunch
2:00pm – 3:30pm	Session 2	Session 2
7:00pm – 8:30pm	Session 3	Session 3

All sessions will be at the WRFN Community Centre. All sessions are the same content.



NAME THE QUEEN BEE CONTEST

DEADLINE: AUGUST 17, 2017

Help us name the 4 queen bees in our community bee hives.
 Participants can submit as many names as they would like and 4 winners will be chosen.
 Submissions can be dropped off at the health centre.

PRIZES TO BE WON

For more information contact Gail Jacko or Tyler Agawa @ Health Centre
 TEL: 285-4354



Bee Prayer

*Winged Spirit of Sweetness,
 I call on you.
 Teach me the ways of
 Transformation and Fertilization,
 The path from pollen
 to sweetest honey
 Teach me to taste the essence
 of each place I alight
 Carrying the essence with me
 To continue creation's cycle.
 Teach me the ways of Hope,
 Reminding me that
 what seems impossible
 May yet be achieved.
 Flitting tears of the gods.*

*Draw me ever closer to the wisdom
 Hidden within beauty.
 Give me flight and sunlight,
 Passion and productivity,
 Cooperation with those around me
 And sharpened strength
 to defend my home.
 May I ever spiral out
 from my heart,
 Searching for what I need.
 And return there once again
 To turn those lessons
 into nourishment.
 Bee Spirit, I call to you.*

13 Moons Garden

by Michael Aelick



Friend or Foe

*Weeds...*the bane of gardening. Most, but not all plants that are considered weeds are introduced species. They were brought over either with live-stock feed but were also brought as food and medicine. These introduced plants are opportunistic and are very efficient at taking over barren soil. They all can be broken down into two groups. **Annuals**; are plants that only last the growing season and reproduce by seeds. They are the easiest to remove due to their shallow root system and usually die after the top has been removed. **Perennials**; are plants that come back year after year from the same root. They are the harder ones to get rid of once they've established because of their long tap root. A tiny piece of root left in the ground can produce a new plant.

One challenge when you start plants outside from seed is knowing what is the desired plant? And what is a weed? They often sprout all at once. I think every new gardener has weeded out the desired plant at some point. When establishing a new garden bed all the perennial weeds need to be removed before planting. It can be very frustrating to have to dig around your new plants to remove a dandelion that seems to keep growing from the same spot. The easiest way to keep on top of weeds is to not let them go to seed. Some seeds can stay viable in the soil for decades. Pull them when they are young that is when the root system is very fragile at this point and will save a lot of time in the end.

We can also look to nature for answers, in the forest if it is undisturbed you will not find many weeds. This is because of the mulch on the ground bed. Nature does not like barren soil and will quickly establish plants so if you place mulch down you will be less likely to be taken over by weeds. Tilling can remove weeds but it also brings all those seeds closer to the surface to sprout.

One trick I Like to use around my perennial plants is to put down some cornmeal. Cornmeal has inhibitors in it that stop seeds from sprouting so it is not wise to use around an area you want seeds to sprout.

Lastly if you don't like weeding; gardening is likely not a hobby for you. Weeding will always be part of the joy of gardening!!



WRFN Youth take part in the Painted Turtle Youth Showcase on July 7, 2017.



Felicity gets stage ready for her Youth Showcase performance.



Todd & Leonard dig in at the Annual Day Star corn roast.



Ava and Ethan lend a hand at the Pow Wow Taco Fundraiser.



Crystal Clark-McGregor & Migwans Pitawanakwat, our next generation Fry Bread Queens.



The Community Fish Fry was enjoyed by all!



Rick, Joe, Leslie & Troy were the catering crew for the Community Fish Fry.

The winning team of the 6th Annual B.I. Nightingales Mixed Tournament - **The Brew Jays!**

Thousand Miigwetches to all the teams, umpires, fans and volunteers who helped make this year's fundraiser a success!



Back row l-r: Lana, Tania, Amelia, Alex, Dan, Zane, Tammy, Eli
Front row l-r: A.J., Jess, Jayden and Katt



Tahnee and mom, Anita soak up the sunshine at the B.I. Nightingales Mixed Tournament.



Kiana, Kieston, Tina & Daisy enjoy a visit at the AES vote.



Veronica and Debbie prepare delicious and nutritious Meals on Wheels.



Jamie played for Team Emoji at the B.I. Nightingales Mixed Tournament.



Sisters, Doris and Helen share a laugh during the weekly Elder's Luncheon.

Rainbow LODGE

Smoke and Alcohol-free Facility



Nestled in a quiet area just north of McGregor Bay, Rainbow Lodge provides exceptional quality accommodations and tranquility for tourist and business customers alike.

MAIN LODGE ACCOMMODATIONS:

- Two fully furnished bedrooms; 2 queen beds and 1 king size bed
- Fully equipped kitchen complimented by a cozy dining room
- Great room with a floor to ceiling stone fireplace



CABIN ACCOMMODATIONS:

- Two double beds & Three piece bathroom
- Kitchenette & Living Area
- Private Deck & BBQ



Rainbow Lodge is a great location to host business meetings and events, small weddings, baby showers and family gatherings.

Rainbow Lodge is a place of peace and serenity to host traditional ceremonies and healing sessions.

RAINBOW LODGE IS A SEASONAL FACILITY
OPEN BETWEEN MAY TO NOVEMBER

PROUDLY OWNED AND OPERATED BY
WHITEFISH RIVER FIRST NATION



OFFICE HOURS

Mon-Fri: 8:30am-4:30pm

For inquiries call: 705-285-4335

-OR-

Rainbow Lodge Manager:
rainbowlodge@whitefishriver.ca

Posted: July 18, 2017

**Employment Opportunity
Community Energy Advisor
Full-Time - 18 month Contract**



JOB PURPOSE

The Community Energy Advisor will be the staff resource tasked with maintaining the Energy Advisory Committee and implementing the Whitefish River First Nation Community Energy Plan.

DUTIES & RESPONSIBILITIES

Project Management

- Responsibilities may include, but are not limited to project planning, scheduling, allocation of personnel and resources, budgeting, and regular communication with members, staff, management and leadership.
- Developing and administering project proposals, work plans, and project costing/budgeting for energy related initiatives in the community.
- Completing action items set out in the WRFN Community Energy Plan.
- Reviewing, updating, modifying and reporting on the Community Energy Plan over time.
- Staff resource for a Community Energy Committee designed to support the energy desires of Whitefish River First Nation.
- Act as an energy education and conservation resource for the community and membership.
- Assist in the research required for non-commercial related energy generation projects.
- Oversee multiple projects simultaneously.
- Prepare and review reports, conduct presentations for multiple stakeholders.

QUALIFICATIONS

- Understanding of First Nations Community and Culture
 - Post-secondary education in a science, energy or environment related discipline
 - Experience in a First Nation work environment in areas of lands, environment and/or culture considered an asset
 - Computer savvy: strong command of MS Office Suite, ability to quickly learn new systems
 - Strong composition and communication skills
 - Valid driver's license
- WORKING CONDITIONS**
- Works a standard work week in the field and in an office environment
 - Work a minimum of 35 hours per week; flexible hours
 - Will be required to travel from time to time

Interested applicants are invited to submit their applications with 3 written work references by **12:00 noon on August 18, 2017** to the attention of:

**Georgina Recollet, Housing Manager
Whitefish River First Nation
17-A Rainbow Ridge Road
Birch Island, Ontario POP 1A0**

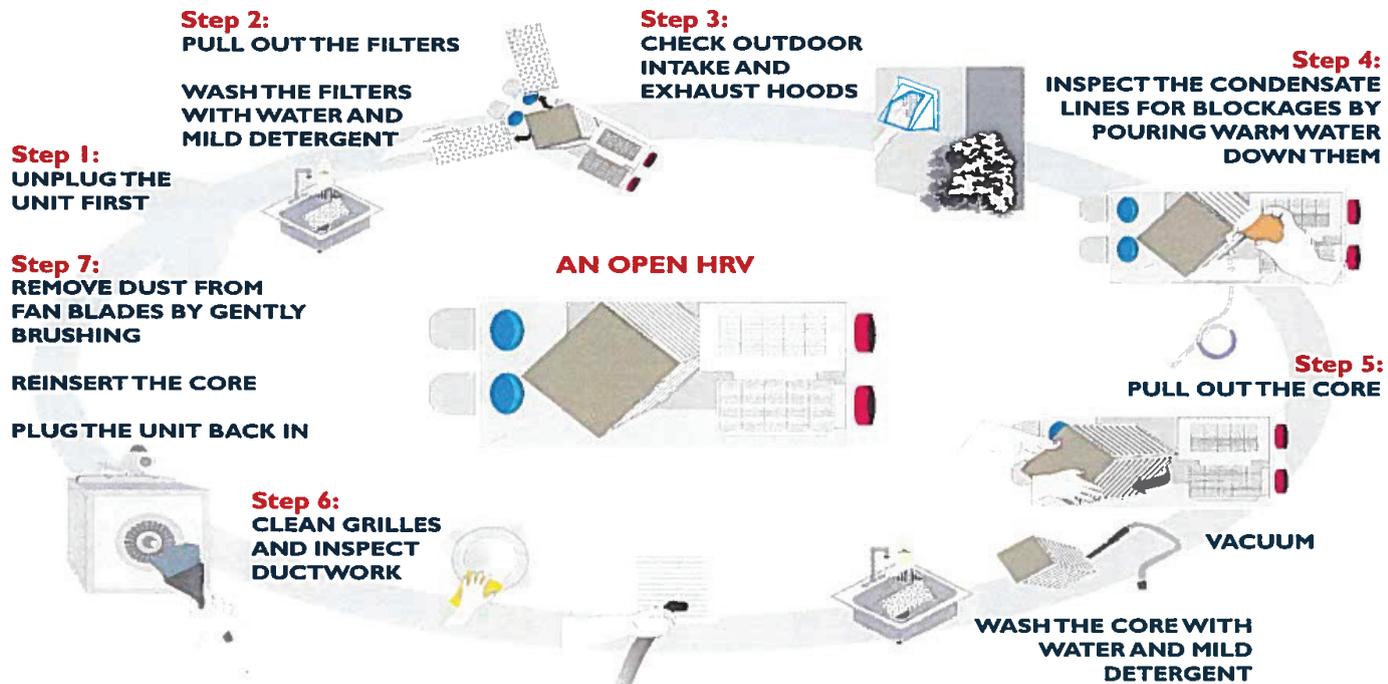
Protecting our Resources

**Whitefish River First Nation
Matrimonial Real Property Law**

Approved by Band Council Resolution #3450 - March 6, 2015
Amended June 9, 2015

MAINTAINING YOUR HEAT RECOVERY VENTILATOR (HRV)

Your heat recovery ventilator (HRV) can help make your house a clean, healthy living environment, while keeping fuel bills down. But your HRV can't do all this without your help. **It only takes seven simple steps to keep your HRV happy...**



HRV Maintenance Checklist

May (*)
Turn the dehumidistat to the HIGH setting or to OFF.

Year:	Clean Filter	Clean Hood Screen	Other
Jan			
Mar			
May			*
July			
Sept			✧
Nov			

Year:	Clean Filter	Clean Hood Screen	Other
Jan			
Mar			
May			*
July			
Sept			✧
Nov			

September (✧)
Clean core and check fans, Check condensate drain, Check grilles and ducts in house, Reset dehumidistat (40 – 80 per cent)





WAWASKINAGA ANNUAL TRADITIONAL POW WOW WE ARE RESILIENT



August 19th & 20th, 2017

Sunshine Alley, below Dreamer's Rock

Whitefish River First Nation, Birch Island, Ontario



SCHEDULE

Saturday

Sunrise Ceremony 5:30am
 Grand Entry: 1:00pm
 Community Feast 5:00pm
 Canoe Races: 6:00pm
 Grand Entry: 7:00pm

Sunday

Grand Entry: 12:00pm

Weekend Vendor Fees:

Food: \$100.00
 Craft: \$75.00



SPECIALS

Team Dance
 Potato Dance
 Hand Drum
 Youth & Tiny Tot
 Subject to change

Master of Ceremonies: Dan Fox
 Host Drum: Genaabaajing Jr's
 Co-Host Drum: High Eagle
 Drums Welcome, Honorarium Available.
 Head Dancers: Chosen Daily
 Jr. Head Dancers: Sierra McGregor & Carter McGregor

**WAWASKINAGA
PRINCESS PAGEANT**

Sunday, August 20th 2017

10:30am

Little Miss Wawaskinaga. (Ages. 0-5)
 Junior Miss Wawaskinaga. (Ages. 6-12)
 Miss Wawaskinaga. (Ages. 13-17)



DRUG & ALCOHOL FREE EVENT- NO PETS.

24 hour security. WRFN is not responsible for lack of travel funds, accidents, thefts, damages or other liabilities related to this event. Please use designated recycling & garbage bins for waste or recyclable products. For information or updates like us on Facebook: Wawaskinaga Annual Traditional Pow Wow or call: Crystal Clark- McGregor (705) 285- 4354 or Migwans Pitawanakwat (705) 285- 4335

We are encouraging people to bring feast bundles & reusable water bottles. Chi-Miigwetch!

Keith Nahwegahbow - Economic Development Officer

Ahnii! This past month I was able to attend a Business Plan Writing workshop at KTEI. This workshop was a short two day review of all the components that are required when writing a business plan. This was a free workshop open to all entrepreneurs from First Nations serviced by Waubetek Business Development Corporation. This was just a two day refresher course designed to cover the more difficult aspects of a business plan.

There were representatives from the **Regional Business Centre** in Sudbury and they provided free business plan writing guides among other information, which is all free on their website <http://www.regionalbusiness.ca/en/>. They are a not for profit organization and offer services free of charge! You can also contact them via telephone at **705-688-7582**.

A representative from the NORDIK Institute (**Northern Ontario Research Development and Knowledge**) was at the workshop. The NORDIK Institute explained the steps that it takes to be a successful entrepreneur. They provide assistance to businesses, organi-

zations and communities to solve practical issues. NORDIK is an excellent research resource for a potential business.

The workshop gave a basic overview of all the components of a business plan. The *seven components of a business plan* are; **Executive Summary, Business Overview, Operational Plan, Market Research, Marketing Plan, Financials, and Appendix**. The workshop went into more detail about the more difficult Market Research, Cash Flow Projections, and Business Permitting portions.

I have had access to this type of material through books, guidelines, and online resources, but it was different to go through each component with business professionals. When reading about a business plan on paper it doesn't seem like much, however there is a lot of hard work and research that goes into a proper business plan.

I look forward to taking what I've learned and applying current business activities in WRFN. Updating existing business plans and creating

new ones, and also to look at the possibility of creating social enterprises for WRFN. A social enterprise is basically a business that generates income for the dual purpose of achieving a social, cultural or environmental goal.

In closing, I would like to mention the 2017 Summer Work Experience Program. All the summer students have started their respective positions with WRFN. We have students filling the roles of; Summer Student Liaison, Housing Assistant, Health Assistant, Child Care Assistant, Lead Gardener, Assistant Gardener, Public Work Assistants, and Special Event Planning Assistant. This is a valuable program for WRFN as it allows the students to learn to develop a work ethic, to go through the recruitment process and to gain working knowledge on the various departments of WRFN.

For more information, please contact Keith Nahwegahbow, Economic Development Officer at 705-285-4335 ext. 216 or via email keithn@whitefishriver.ca

**Pow Wow Lunch Fundraisers for the following dates;
WRFN Community Centre Kitchen
12 noon- 2pm**

**Thursday August 3rd, 2017
Indian Tacos & Scone Dogs
Dessert & Drinks**



**Thursday August 10th, 2017
Fish Fry
Dessert & Drinks**



**Thursday August 17th, 2017
Choice of BBQ hamburgers or hot dogs
with homemade Salads
(Macaroni/Potato/Caesar/ Greek)
Dessert & Drinks**

****Posters to come****

**Tickets For Sale!
\$20.00/ ticket
\$2500 Prize Draw**

**Draw Date: Saturday August 19th 2017
5:00pm**

****You DO NOT have to be present to win****

**Ticket Sellers: Crystal Clark-McGregor, Migwans Pitawanakwat,
Cheyanne Pitawanakwat, Sydney Migwanabi,
Hunter Shawanda, Wynona Visitor.**



**Ontario Disability Support Worker
site visit on**

August 10, 2017

**Where: Administration Office
Time: 11:00am-3:00pm**

For more information please contact Emma
Recollet Ontario Works at 705-285-4335 or
emmar@whitefishriver.ca



WRFN hosted an Evening Pow Wow Social & Potluck Feast on Wednesday July 12, 2017 with invited guests from Day Star.



Pictured left to right: Councillor Gerry McGregor, WATER FIRST - Water Quality Specialist, Kendra Driscoll, WRFN Water Interns Alex Nahwegahbow, Amy Waboose & UCCMM - Water Intern Local Co-ordinator Assistant, Darryl Enosse

Water First Internship

The Water First Internship is a 16 month paid internship where 14 participants (2 from each of the surrounding 7 First Nations) complete 5 in class training workshops and work in their home Water Treatment Plant with the Operators in between. **Alex Nahwegahbow** and **Amy Waboose** are the Water First Interns for Whitefish River First Nation.

The internship is a partnership between Water First, UCCMM, Wikwe-mikong and UOI.

The interns are learning

about Water and Wastewater Treatment, Source Water Protection, Environmental Monitoring, Mapping, Traditional Knowledge and more!

At the end of the program, the successful interns will obtain a **Water Quality Analyst Certificate** (provincially recognised certificate).

"Look forward to the experience and knowledge the operators have to offer" - Alex

"I am very honoured to be working here in Whitefish River" - Amy

June 20, 2017

NOTICE



Whitefish River Public Works will be increasing the hours of Landfill operations and curbside pickup effective the week of **June 26th, 2017 until September 30th, 2017.**

The extra hours of operation are necessary to help assist with keeping bears out of the community.

The increased hours of operation will be on Tuesdays from 8:00am to 6:00 pm. Curb side garbage pickup will also be done on Tuesdays and Thursdays. The extra curbside garbage pickup will have an extra fee to members utilizing the service.

Hours of Operation:

Tuesdays	8:00am to 6:00pm
Thursdays	8:00am to 6:00pm
Saturdays	8:00am to 3:00pm

Miigwetch

**Whitefish River Public Works
Department**

OUTDOOR SMOKE FREE SPACES



RESPECT

LOVE

WISDOM

TRUTH

HONESTY

HUMILITY

BRAVERY



**SMOKING IS PROHIBITED WITHIN
9 METRES OF PUBLIC BUILDING**

Whitefish River By-law No 2021



Whitefish River First Nation

WRFN Minor Sports & Recreation

Quilt Raffle

Drawing:
October
28, 2017



You could win 1 of 2 Queen Size Starblanket Quilts!

Tickets: \$2 each or 3 for \$5

Thank you for your support!

**Contact Jake Pakosigan at (705)-285-0671
for more information.**

All Proceeds Will Go To the WRFN Minor Sports & Recreation.

PosterMyWall.com



CHI-BINGO

Thursday, August 31st, 2017

3-\$1000.00 Jackpots

Doors Open - 5:00 pm

Mini-Games - 6:45 pm

Whitefish River First Nation

Community Centre

Sponsored by the WRFN
Minor Sports & Recreation

For more information contact:

Jake Pakosigan

Phone # (705) 285-0671

Pet Care & Tips



Hello Everyone!

How is everyone doing these days, not much of a summer so far? Kind of wet and cool, especially in the evenings. I have even turned on my furnace sometimes to just warm up and get the dampness away in the house. I was talking to a lady friend in the United States whose daughter and her family had come up for a few weeks holiday at their cottage in the Bay. They decided to cut their vacation short and go back home because of the weather. Anyway, I want to congratulate all the students who have graduated this year. It brings back memories of when I graduated. Now you can go on to do whatever you want or perhaps, continue on to more education. I say go for it!

Well, my kitties are doing fine, as usual. I have a couple of strays who come around for something to eat, and then they're off on their merry way. I believe they come from down the road. Sometimes, one of the cats will bring me a little present. I usually give them a little praise when they do. If it's a bird I will try and take it from them if it is still alive and let it go. I feel sorry for doing that to them but they get over it after a while. A nice lady told me she would be interested in taking one or two of my cats, but, I have gotten used to them. They are my babies I would not be able to part with any of them. Even though there are days I feel like doing that.

Some Cat Facts:

- After cats eat, they wash themselves immediately. This is their ancient instincts telling them to get the food scent off, so that predators will not smell the food and come after them. A cats scent glands are on the muzzle, temples and at the base of the tail.
- When cats are happy or pleased, they squeeze their eyes shut.
- At birth, kittens cannot see or hear. Cats open their eyes after five days and begin to develop their eyesight and hearing at approximately two weeks. They begin to walk at twenty days.
- Freddie Mercury, lead singer of the group Queen, owned many cats throughout his life. His solo album Mr. Bad Guy is dedicated to Cat Lovers all over the world.

Well that is it for now 'till next time. Make sure to get your cats and dogs fixed to help keep the pet population down in our community. Remember to visit our elderly and shut-ins and take time to visit with them, I am sure they would enjoy it. So 'till then take care and enjoy our summer!

She-Pet Elizabeth, Empress Farah and Webby Debby (The girl cats)

Luka, BJ, Tinker, Fabio and Francis (The boy cats)

Dennis L. McGregor



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

The Anishinabek Education System (AES)

Whitefish River is a very proud member of the Union of Ontario Indians. The Union of Ontario Indians has been working on the restoration of jurisdiction since 1995. In that year, the Chiefs of the Union of Ontario Indians approved a resolution for negotiations on Education. In 2002, the Chiefs in Assembly approved an agreement in principle for Education. Since 2002, until 2015 the details of the agreement were worked on by Canada and the Anishinabek Nation. In November 2015, the Anishinabek Nation started a process of community approval for the **Anishinabek Education System (AES)**. Chief and Council have supported this process since 1995. Our second vote was held on July 26th, 2017 and on this second vote, the community supported our participation in the AES process with the Union of Ontario Indians. *This is terrific news for the community and our local education system.*

A final report will be prepared by the Union of Ontario Indians on the AES voting outcomes showing that we had the following results;

Yes	99
No	31
Spoiled	1

The Threshold required was a simple majority of voters.

Council will now begin the work in August with our partners in the AES on the next steps towards our control of our education system.

Thank you to everyone that shared their opinions and voted on the AES.

As everyone knows, there is a lot of

pressure on the environment and particularly the water systems. This has been really evident in Standing Rock as they are standing together to try to protect the water systems in their territory. Following up on this the council passed resolution **(BCR 3600)** calling for the protection of water in our territory.

We resolve, we, the Anishinaabe of Whitefish River First Nation, therefore strongly assert our self-determination right to make decisions about water in our territory.

We must be fully involved in all resource water and water shed protection planning and in all decisions about water licenses and access to water for navigation, transportation, industrial use and other purposes.

We declare that we will continue to rely on Anishinaabe law and our teachings and ceremonies to respect water, and protect water, the life-giving gift of the Creator.

We currently have two capital projects to update you on;

1. We resubmitted our revised Project Approval Request (PAR) to INAC. We remain optimistic that this revised submission will justify the Project Approval Request (PAR) submission to access construction funding of over \$3 Million dollars to build the new Elevated Storage Reservoir in 2018/19 fiscal year. Basically, we are now asking that the project be approved for construction next year as the best part of the construction season is now behind us.

2. We have installed two new generators to provide emergency power in the event of a power outage to our water tower and Shawanosowe School. The money for this work is coming from surplus money left over from the construction of the Water Treatment Plant.

Work is also been completed on renovations to the old water plant to make the facility ready for an exercise room to be used by band members.

This year we are very fortunate to have three band members receive lifetime achievement awards from the Anishinabek Nation. This year's recipients from Whitefish River are;

1. **Irene Castonguay**
2. **Esther Osche**
3. **Georgina Recollet**

Congratulations to this year's recipients. This brings to total number of Lifetime Achievement recipients from Whitefish River to 42 citizens. Some of the former recipients include; James McGregor, Barbara Nahwegahbow, Elaine Recollet, Lulubelle Francis, Frances Sanderson, Sylvia Shawanda. For a complete list of recipients please feel free to visit the website at Anishinabek Nation 7th Generation Charity.

August will soon be upon us, as we look forward, we have our Annual Traditional Pow Wow coming and of course, time to start thinking and planning for the return to school. In the meantime please enjoy the beautiful summer weather.

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



ADMINISTRATION OFFICE: (705)-285-4335

NAME	JOB TITLE	EMAIL
Franklin Pailbomsai	Chief	chief@whitefishriver.ca
David Shawanda	Acting Band Manager	daves@whitefishriver.ca
Vanessa McGregor	Executive Assistant	vmcgregor@whitefishriver.ca
Diane Gaudette	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Laundrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Assistant/IRA	kathleenm@whitefishriver.ca
Sandrah McGregor	Lands Manager	sandrahm@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
Keith Nahwegahbow	Economic Development Officer	keithn@whitefishriver.ca
Rosalyn McGregor	Education Director	rmcgregor@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 Worker	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker	gennyj@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Right to Play Worker	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
Tyler Agawa	Garden Support Worker	tylera@whitefishriver.ca
Russell 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
To be determined	Grade 3-4 Teacher	
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
To be determined	JK/SK Teacher	
To be determined	Special Education Resource Teacher	
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	educationassistant3@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
To be determined	Native Language Teacher	

MAAMWE KENDAASING CHILD CARE CENTRE: (705)-285-7777

Danette McGregor	Supervisor/Educator	daycare@whitefishriver.ca
Delores Pitawanakwat	Pre-school Educator	
Jo-Ann Recollet	School/Cultural Educator	
Cindy Tarr	Toddler Educator	
Blanch Recollet	Cook	

August 2017								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Community Calendar		1 Good Food Box Orders Due	2	3 Pow Wow Lunch Fundraiser **Indian Tacos** 12pm-2pm Comm. Centre BINGO	4	5 BINGO		
		6 AA Meeting	7 BINGO	8 Regular Chief & Council Meeting	9	10 Pow Wow Lunch Fundraiser **Fish Fry** 12pm-2pm Comm. Centre BINGO	11 BINGO	
		13 AA Meeting	14 BINGO	15 Good Food Box Pick Up	16 Lafarge Fish Fry 12pm Lafarge Pavilion 	17 Pow Wow Lunch Fundraiser **BBQ** 12pm-2pm Comm. Centre BINGO	18 BINGO	19 WRFN Pow Wow Sunshine Alley BINGO
		20 WRFN Pow Wow Sunshine Alley AA Meeting	21 BINGO	22	23	24 BINGO	25 BINGO	26 BINGO
		27 Back to School Bingo Comm. Centre  AA Meeting	28 BINGO	29	30	31 \$ CHI-BINGO \$		

Birthday Greetings!

Happy Belated Birthday to our sister Vanessa Walker on July 28th!

Love, Party Marti, Wild Winnie, Mower Man Marcus & Chalk CJ

Birthday wishes going out to my hubby Aaron on August 3rd! Another year older, another year wiser. Cheers to many more sunrises and sunsets together.
Love ya, Leslie

Happy Birthday to my dad Aaron. Remember that moment when we are out on the boat, you caught that big one! Well, too many to pick from. Love, your co-captain Jackson!

Happy 5th Birthday to our nephew Austin on Aug 5th XOXO Auntie Katt & Craig, Pat, Tracy & Cal

Happy Birthday to my Godfather Aaron on Aug 3rd XOXO K.C.

Happy 5th Birthday to Austin (3:16) on Aug 5th XOXO Sydney, K.C., Quintin, Aurora, Leo (300), Braxton, Braelyn, Nicole, & Mike

Happy Birthday to: Aaron on Aug 3rd Taylor on Aug 11th, Sista Pat on Aug 19th XOXO Katt, Craig, Syd n K.C.





ST. GABRIEL LALEMENT HEATING FUNDRAISER

Help us Heat the Church in Winter!

TICKETS: \$2 EACH OR 3 FOR \$5
5 PRIZES TO BE WON!

- 1st: Framed Eagle Print
- 2nd: 15 piece 24K Gold Plated Tea Set
- 3rd: Hand Crocheted Queen Size Blanket
- 4th: Porcupine Quill Bracelet
- 5th: Household Gift Basket

Draw Date: September 3rd, 2017

Tickets available for sale after Sunday Mass or call Judy at 705-285-4888.