50 Years and Going Strong was the Keynote address by Councillor Esther Osche, during the 50th Anniversary Celebration of WRFN’s Administration. The day-long event, held November 25, 2017 began with an Administrative Open House, Community Parade and concluded with a Gala Community dinner. In her speech Councillor Osche, reminisced on our humble beginnings and the progressive work of our earliest leadership. Recognition Awards were also given to the Elders within our Community who were present during the earliest inceptions of our Administration.

Councillor Osche concluded, “We have stayed true to the vision of those who walked before us to keep our dignity, hold our heads up high in the lands of our inheritance and to reclaim our autonomy over our affairs and to direct those affairs based on need and growth for our future generations. We have built a great place to live and have made the facilities to meet our needs and the needs of the future. I think our ancestors would be proud of these accomplishments that have been made thus far, especially their humble beginnings. Let’s congratulate their efforts and yours to keep the dream alive to become the best we can be together going forward as we always have as one family and one community.”

Keep Moving Forward WRFN!

Please note that the deadline for submissions for the next issue is Wednesday, December 13, 2017 at noon. Miigwetch!
rezoundeditor@whitefishriver.ca
### December 2017

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**WRFN Health Centre**

**Visiting Health Professionals**

*unless otherwise indicated visiting Health Professionals will be in all day*

- **1** Community Health Nurse *
- **2** Community Health Nurse *
- **3** Nurse Practitioner
- **4** Dr. Cooper (until 2:30 PM) Community Health Nurse
- **5** Nurse Practitioner Dietitian (AM Only) Foot Care
- **6** Nurse Practitioner Dietitian (AM Only) Foot Care
- **7** Nurse Practitioner Dietitian (AM Only) Foot Care
- **8** Community Health Nurse *
- **9** Nurse Practitioner Dietitian (AM Only) Foot Care
- **10** Community Health Nurse *
- **11**Community Health Nurse
- **12** Dr. Meikleham (AM Only) Community Health Nurse
- **13** Dr. Meikleham (AM Only) Community Health Nurse
- **14** Nurse Practitioner Dietitian (AM Only)
- **15** Community Health Nurse *
- **16** Community Health Nurse *
- **17** Community Health Nurse
- **18** Community Health Nurse
- **19** Dr. Meikleham (AM Only) Nurse Practitioner Dietitian (AM Only)
- **20** Community Health Nurse
- **21** Community Health Nurse
- **22** Community Health Nurse *
- **23** Community Health Nurse *
- **24** WRFN Holiday Closure December 25, 2017 – January 5, 2018

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**Wellness Workshop**

**December 2nd, 2017**

10:00 am - 2:00 pm

WRFN Community Centre

**COME JOIN US!**

**Flu season is here!**

**Guest Speakers**

FREE Massages - Limited spots

Lunch & snacks will be provided

For more information please contact Doreen Jacko at 705-285-4354

*Community Health Nurse Lab/Blood Draw Clinic
Fridays @ 10:00 am
Please bring your Requisition(s). Appointments recommended.*
We’ve had some amazing programs that have started these past few weeks. Such as the Baby Moccasin Making program and Rites of Passage Teachings, that is in collaboration with the Melanie Frances, Fetal Alcohol Spectrum Disorder Coordinator (FASD) Program through Noojmowin Teg Health Centre. Participants are having an amazing time and are enjoying the program. The November Fit Program will be coming to an end and the New Holiday 10 Fitness Challenge will be beginning on December 6th, 2017.

We also have the Anishinaabe Language Program continuing on with Anishinaabe Language Instructor Lisa McGregor, and our Fluent Elder/Grandmother, Marion McGregor. The program is already amazing, and I am proud to say that participants are doing very well in learning the language. Not only are we learning the language from the instructors, but it’s amazing to learn from all levels of speakers from our own community from beginner to fluent. The program is set up, so knowledge and information is shared through an Indigenous style of learning. I encourage all community members to come out.

On December 23, we will be celebrating the beginning of the Winter Solstice with honoring our messenger and our bundles with the Eagle Feast Ceremony with Elders Ron and Gloria O. McGregor down McGregor Bay. They have been holding this ceremony to strengthen our bundles and community for many years and to honor Mgizi. Please bring yourself, your bundle and a least dish. If interested in attending or if you require transportation, please contact me.

All Community Wellness programs try to encompass both adult and elder participation. I encourage you all to come out and attend. If you are unsure about it, come out and try something new. Also, please keep an eye out for upcoming programs in the new 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.
EAGLE FEAST CEREMONY
BRING YOURSELF, YOUR BUNDLE
AND PLEASE BRING A FEAST DISH
DECEMBER 23, 2017
STARTING AT 1:00PM
LOCATION: DOWN MCGREGOR BAY AT ELDERS
RON & GLORIA O. MCGREGORS LODGE

FOR MORE INFORMATION OR IF YOU REQUIRE TRANSPORTATION, PLEASE CONTACT CANDICE ASSINIWE, COMMUNITY WELLNESS AT THE HEALTH CENTRE AT 705-285-4354.

Violet Puddicombe displays her First Place ribbon from Honora Bay Riding Stables. Way to go Violet!

Tis the season to stay inside and enjoy a nice cup of hot chocolate while Elf plays on the Television every day for the next 30 days... Or you could come out and take part in one of our after-school programs!

On Tuesdays from 6:30pm to 8:30pm there is a Boy’s After School Program in the resource room at Shawanoswe School. On Thursdays from 4:30-6:30pm there is a Girl’s After School Program in the resource room at Shawanoswe School. These programs look at building self-confidence and self-esteem while exploring identity and learning about maintaining healthy relationships.

This past month we finished our Horseback Riding Program; this was a six week program for youth ages 10-14. Our very last session at Honora Bay was turned into a horse show where the youth could demonstrate to their parents the new skills they developed. Each participant was scored; Violet Puddicombe came in first with major progress! Avery Sutherland came in second place, and Novalee Assiniwe and KC Migwanabi both tied for third place.

For six weeks we had a Pow Wow Dance Program taking place in the school gym on Wednesdays from 5:30-7:00pm. It was great to have community members teaching the youth their styles of Pow Wow Dance. Chi Miigwech to Paskwa Lightning, Waasnode Lightning, and Patti Lightning for all their help!

I hope everyone is looking forward to family filled holidays!

If you would like more information on any of these programs please contact Amber Zona, Youth Support Worker at Whitefish River First Nation Health Centre at 705-285-4354 or via email at: amberz@whitefishriver.ca
Christmas is almost here!!! I am big on Christmas, which means this December is going to be packed with fun!

The 7 Generations Council has been getting together bi-weekly down at the Youth & Elders Centre. They will be hosting a Christmas Movie Fundraiser on December 10th at the Community Centre. There will be a dollar entry fee to this event, with the movie to be announced at the day of event. There will be door prizes to be won and goodies to be sold, so we hope to see you there!

I’ve also been attending Espanola High School with a hot lunch every Friday and have been doing weekly check-ins with the students as well as discussing their hopes for the weekend.

Our 2nd Annual Elders and Youth Christmas Dinner will be held on December 12th from 5:30 pm to 8:00 pm at the Community Centre with a dinner and fun games for everyone.

The Jr. and Sr. Christmas party will be held on December 22nd to kick off the holidays and to celebrate all the upcoming leaders. The youth decided that they would like to host a Secret Santa with a $10.00 maximum and $5.00 minimum budget to spend. A notice to parents, I will also need some assistance with their Christmas dinner, so please let me know if you are able to make something for that night. I can be reached at the office or on Facebook.

FYI participants and parents/guardians, the Youth leadership program will resume in January, 15th - 19th, 2018

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.

Crystal Clark-McGregor - Right to Play Worker

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The Positive Native Parenting Program is a program which was developed from the input of Anishnaabe community members. The program includes Traditional Parenting Strategies and teachings of consistency, discipline, consequences when addressing children’s behaviors. It is a program that helps us as parents understand why we parent the way we do and how to build upon our already existing parenting tool box.

Connie Caskanette is an Ojibwa Anishnaabekwe and a graduate of Laurentian University and Cambrian College in Sudbury, ON. She is a warm and caring person and her passion in life is with helping others by sharing her experiences and knowledge within the Teachings. Connie has been in the mental health field for 22 years working with children and adults. She has developed several cultural programs which all include Traditional Teachings. She comes with years of experience with delivering programs all across the North Shore and Manitoulin Island. It is with her family’s love and support that she has become a mentor for others by encouraging others on their personal healing journey.

**FREE TRAINING FOR ALL PARENTS**

Dec 2 AND 3  
9am-4pm  
Youth and Elder’s Centre  
Lunch and snacks provided  
Free Child Care available (ask Arlene at the Health Centre)  
**DOOR PRIZES!!**

**Questions? Call:**  
LAUREN DEWAR, RN  
Maternal and Child Health Nurse - Mnaamodzawin Health Services  
705-368-2182 x213  
OR ARLENE PITAWANAKWAT  
Child and Family Wellbeing Coordinator - WRFN Health Centre  
705-285-4345 x209

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**INFANT MASSAGE**

Come out and Learn Proper Massage Techniques for Massaging Infants. Bring your own baby! 
Laura Shilliday, RMT from Manitoulin Physio Centre will be joining us to teach Infant Massage. Taking place at the Whitefish River First Nation Community Centre. Floor Mats will be provided, please bring a blanket. 10:00am-1:00pm. Laura will be there teaching and demonstrating 10:30-11:30. Lunch to follow. 

For more information call Lauren,  
Or Arlene at the Health Centre

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**DEC 14, 2017**

**PARENT AND TOT CHRISTMAS PARTY**

December 20th, 2017  
10:30am - 1:00pm  
WRFN Health Centre

Come on out to the Health Centre on Dec 20th @ 10:30. There will be crafts, lunch, cookies to decorate and take home, and other fun surprises!  
Hosted by Lauren Dewar, Maternal and Child Health Nurse - Mnaamodzawin Health Services and Arlene Pitawanakwet, Child and Family Wellbeing Worker, WRFN Health Centre

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Mason relaxes with mom Louanne, after Infant massage.
Gaston Palomsai receives Community Recognition as a Positive Role Model within WRFN at the NAA dinner on November 17, 2017.

Kiana learns Infant Massage techniques from Laura Shilliday, RMT.

Cheyanne & Justin enjoy the NAA Week Community Breakfast.
JOIN US!

Truth and Reconciliation Implementation Plan Consultation Sessions

On April 25, 2017, Rainbow District School Board passed a motion acknowledging the work of the National Truth and Reconciliation Commission and committing to implementing several recommendations related to education.

In an effort to achieve these outcomes, Rainbow District School Board will host a series of consultations to create an implementation plan. Everyone is welcome to participate and provide input. Nibising Consulting will facilitate the sessions.

Please join us at the location most convenient to you:

Monday, December 4, 2017
12:30 pm to 3:30 pm
M’Chigeeng First Nation, Council Chambers

Monday, December 4, 2017
5 pm to 8 pm
Whitefish River First Nation, Council Chambers

Thursday, December 7, 2017
1 pm – 3 pm
Sagamok Anishnawbek (location to be determined)

Thursday, December 7, 2017
6 pm to 8 pm
Akitameksheng Administration Office, Council Chambers

RSVP to Kathy Dokis at dokisk@rainbowschools.ca to confirm your attendance

For more information, please call (705) 674-3171 x8236

Ahnee, Whitefish River!

Time is really flying by in WRFN with our continually occurring events! Students have all recently received their report cards with good progress being reported for the ones who are attending in Espanola. Good job to you all and keep up the good work! Our re-engagement program has commenced and we have a good two handfuls of mature students who will be working on achieving their credits to graduate high school. It is always exciting to see all the learning that is going on. If you missed out on this, there is always next semester as an option. See the Education Department and/or Tim Greenough for more information.

Our Post-Secondary College students have recently gone back to school after a month long strike. I do realize that quite a bit of time has passed but if there’s anything I know about our Whitefish River Students, is that you are strong and supported and will soon get back on track with your studies. So keep up the awesome work, as well I would like to extend congratulations to those who are graduating after this term! Best of luck also goes out to the ones who will be starting a new journey of their academics in January 2018 as well.

A reminder that it is very important for anyone staying for an after-school program to sign up for the late bus at each of your respective school’s main office. The office then in turn, will notify WRFN Administration so that the bus driver is aware of who he is required to pick up, and where. Unfortunately, we are still operating with one bus for Espanola schools at this time. We will keep you posted on when the other driver returns. As always, attendance is taken daily, so in order to ride the bus, it is expected that you be attending classes.

As people may have noticed, the Education Manager position has been posted. I have made the decision to return back to my prior place of employment, and I would like to thank everyone for the opportunity to work for my home community. I am always proud of the Community Development and the overall goals that we strive for as a community. I was honoured to work for all the students and children and I am very certain and proud that they will all do well. I look forward to seeing you all throughout the community as the seasonal events begin. I would also like to thank the staff of the Whitefish River Administration, Chief & Council and Education Committee for your support and assisting me through my tenure in the Education Department.

Again, Miigwetch!

Rosalyn McGregor - Education Director
December is a time for hot chocolate and good friends! We have been preparing for the Indigenous Winter Games, with practices beginning at the school every second Monday starting November 20th, 2017. December 4th & 14th are the upcoming Indigenous Games practices. These practices are in preparation for Indigenous Winter Games to be held February 8th, 2018 in Aundek Omni Kaning. Shawanosowe Students in Grade 1 through Grade 6 will be participating.

In order to get ready for the Annual Christmas Concert our Shawanosowe School elves are working very hard this month. To get concert-ready the Art Club is now scheduled twice weekly, meeting every Monday and Tuesday from 3:20-4:00. Drama Club will also be doubling their efforts in December, meeting every Wednesdays and Thursdays starting on December 6th from 3:20-4:00.

Spirit Day is on December 1st. Our theme is Ugly Christmas Sweater Day, or if you don’t have a sweater, wear your favourite Christmas Colours, red and green!

Student Awards will be handed out on December 1st. Awards will also be handed out for the Seven Grandfather Teaching of Truth Our Annual Christmas Concert is on December 19th, entitled, The Mitten. The play has a cast of 15 students as well as a narrator and an emcee, and it looks to be an exciting event! Class Christmas Parties will be held on the last school day before Christmas break, on December 22nd from 10:45am-1:30pm. Treats are always welcome at this time of the year!! There’s also early dismissal day on December 22nd at 2:00 pm. Please ensure your child and school is aware of your child’s pick-up and their drop off.

Merry Christmas from the students and staff at Shawanosowe School!
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!
The trees have shed their leaves, and the flowers, shrubs, and plants have gone dormant. Snow is on the ground and the wind has turned cold. It’s a beautiful time of the year to be thinking about gardening. At least, for next spring anyway. Our honey bees are all snuggled up in their newly winterized hives, and during the winter months, the beekeepers - along with our mentor Wayne LeBlanc - will continue to monitor their conditions. The garden committee will continue to meet once per month, on the first Thursday, at 6 p.m. As always, everyone is welcome, and we would love to see you there!

Sadly, this will be my last submission. I’m venturing forth from Whitefish River, and I will be living in St. Catharines; so that I can attend the Horticultural Technician program at Niagara College. I’m hoping to keep in contact with some of the gardeners here, and the Health Centre staff, so I can hear all about the good green things to come. When I’m able to visit, I will; and if there is any way that I can lend my support, then I’ll be there.

That being said; I’m passing the mantle of Rezound writer – in all things garden related – onto Gail Jacko, the Food Security Coordinator. I hope she has as much fun as I did in writing these un-bee-lievably sweet articles; and I wish you all the best, from my head, tomatoes.

So – until we meet again, stay warm, and keep growing.

Tyler Agawa - Garden Support Worker
Shawanosowe School kicked off Treaties Recognition Week with a book launch and a visit with the Minister of Indigenous Relations and Reconciliation, the Honourable David Zimmer.

Lily, Shadyn & Leonidas display their new books “Alex Shares his Wampum Belt” and “Dakota Talks about Treaties”, donated generously to each Shawanosowe Student courtesy of the Anishinabek Nation.

Chief Shining Turtle provides welcoming remarks at WRFN’s Remembrance Day services.

The National Addictions Awareness Week Recognition dinner patrons were treated to a surprise visit by CWF Wrestlers, who were presenting Anti-Bullying workshops locally.

Zach & Sherry check out the WRFN swag at the Administration’s Open House.

WRFN’s Remembrance Day Ceremony brings families together with a commitment to remember.
Karen, Isla and Brianna swing by for refreshments and a visit at WRFN’s Open House.

Santa celebrates A Woodland Christmas with Shawanoswe School.

Craig Fox teaches the Shawanoswe School Grade 3 / 4 class hand drum making.

Sasha & Felicity are parade ready!

Lila, Scarlett, Kylie & Memphis stay toasty warm on Shawanoswe School’s parade entry.
Aanii Kin Naw Weya
With my very short time in my role as the Band Manager, I can see clearly why people outside of our community view our community as a very progressive community. We have a lot going on and I am very proud to be part of our community. In addition to our work with AES and establishing our own Education Law, and the development of the Trust. We continue to move forward and build upon our successes.

The following is a brief update on what we are working on:

AES
The Education Committee will be drafting, with assistance from Tracy O’Donnell, a framework of the education law to facilitate community discussion. There will be a schedule developed for community engagement whereby the community through these engagements sessions will decide on how this framework is further developed. We expect to have our AES Coordinator in place shortly. It is with regret I have accepted the resignation of our Education Manager and we are now in the process of hiring a new Education Manager. Our current education manager will be with us until December 15th and our timeline to hire a new Education Manager before this date, to provide for some transition. I would like to say Migwech to Rosalyn for all her work and wish her well in her future endeavors.

Whitefish River First Nation Trust
The Trustee Working Group has a very important task and are very committed to this work. The Trust Working group will be meeting monthly and have developed their meeting schedule through March. The meeting schedule is as follows:
• Sunday December 10, 2017
• Sunday January 14, 2018
• Sunday February 11, 2018
• Sunday March 4, 2018

The following are some of the components of the Trust Agreement:
1. Preamble
2. Definitions
3. Creation
4. Trustees: Selection, duties & responsibilities
5. Purpose of the Trust
6. Uses of the Trust
7. Powers/Duties
8. Conducts of Meetings
9. Indemnification
10. Duties of Chief and Council
11. Conflict of Interest
12. Liability
13. The Duration (Term) of the Trust
14. Amendments to the Trust
15. General Provisions

Whitefish River First Nation Matrimonial Real Property Law
Chief and Council along with key staff will be receiving training in the application and implementation of our MRP and the training date has been set for January 10, 2018. I will be providing more updates regarding MRP in the near future.

Elevated Storage Reservoir
We are in the final stages of confirming funding and a major announcement is expected. Once this announcement is made, ground breaking ceremony will be planned.

Veterinarian Services
We are working following the community meeting regarding Pet Care on setting up a clinic with Dr. Darren Stinson, Veterinarian/Owner, Chelmsford Animal Hospital. We will be providing ample notice to the community when the clinic dates are set. This is a great opportunity for pet owners to bring in their pets for initial examinations and ask questions pertaining to your pet.

2018 Community Engagements
1. WRFN Education Law
2. WRFN Trust Agreement
3. Community Information Regarding Cannabis
4. Election Code: seeking community interest

I am always available to the community, please feel free to drop by for a visit, or you can email me at ajacko@whitefishriver.ca or call me at 705-285-4335 or my cell at 705-863-3027.

Nawhow Baa Maa Pii Minwa

Band Manager Art Jacko and NDP MP Carol Hughes celebrate 50 years of WRFN Administration.
The Housing Department would like to remind tenants that they must renew their rental agreements annually to ensure that their information is accurate and up to date. Content insurance is mandatory and must also be submitted on an annual basis. This is outlined in the Whitefish River First Nation Housing Policy and every Rental Agreement.

Section 3.4 Tenant Responsibilities of the Whitefish River First Nation Housing Policy states:
“Every Tenant who occupies a Rental Unit must enter into and sign a Rental Agreement and comply with its terms. It is the responsibility of all individuals living in a Rental Unit to become familiar with all of their responsibilities and obligations.”
- “The Tenant must enter into and sign a new Rental Agreement each year;”
- “Maintain insurance for personal property in the Rental Unit. Should disaster strike, WRFN, including the Housing Department, will not be responsible for damage to or the loss of any property;”
- “Indemnify and save harmless WRFN from all liabilities, fines, suits and claims of any kind or which the Housing Department or WRFN may be liable or suffer by reason of the Tenant’s occupancy of the Rental Unit;”

Please contact the Housing Department to schedule a time that is convenient for you to review and update your Rental Agreement, and to submit a copy of your content insurance. If you have any questions regarding any programs, don’t hesitate to contact me at kiml@whitefishriver.ca or through the Administration Office at 705-285-4335.

Tenants with propane furnaces......

REMINDER: Please ensure to set up your propane accounts with McDougall Energy Inc. Application forms are available in the Housing Department. Also ensure that you are monitoring your propane levels. McDougall's has recommended to call them when your tanks are at a minimum of 30%.
Aanii Kina Wiyay!

This past month has been an exciting and busy month. I attended the First Nations and the Energy Economy meeting hosted by the Assembly of First Nations in which First Nation representatives from across the country gathered to share their experiences in the renewable energy sector and met with the Honourable Jim Carr, Minister of Natural Resources to discuss the full inclusion of First Nations in Canada’s Long Term Energy Plan. The Minister also hosted the Generation Energy Forum which was attended by citizens and representatives from Industry, Government, and First Nations to discuss Canada’s path to an affordable, lower-carbon future. To borrow a pun from the forum, it was “energizing” since there was a sense of willingness to work together to achieve a low carbon future. The willingness to rely on clean energy sources is not simply because of a sense of social responsibility, but because it is becoming more and more economical, that it is necessary to take these steps as climate change is becoming more and more evident as global temperatures rise and more natural disasters occur. The forum presented plenty of examples of how Industry, First Nations, and Governments can work together to achieve a common goal.

I also attended the Independent Electricity Systems Operator (IESO) Indigenous Community Energy Symposium and the IESO Regional Forums. Attending these conferences, it was evident that Whitefish River First Nation is ahead of the curve in terms of Energy Efficiency.

The Whitefish River First Nation Housing Needs Assessment has been completed in which 67.44% of respondents indicated that they would like to see high standard efficiency incorporated into WRFN’s housing stock. Although, WRFN has done a considerable amount of work to increase our houses energy efficiency we can also increase the efficiency through our behaviours and how we consume energy. Anishnaabek people are natural conservationists and our traditions remind us not to take more than we need.

ENERGY SAVINGS

Thinking about ways to conserve Energy and trying to practice these methods at home can be a bit difficult. It is not easy to change habits, but through persistence and mindfulness these behaviour changes will become habit. Here are some energy saving tips to try during the holidays to not only help you to conserve energy, and therefore help you save your hard earned zhoonya! You know the old adage “a penny saved is a penny earned” (since pennies are no longer made, perhaps the adage should be updated to “a nickel saved is a nickel earned”).

How to be Energy Conscious While Buying Gifts
- Try not to buy gifts that require electricity or batteries. Most of the batteries that are purchased during the year are purchased around Christmas. If you are going to buy electronics, look for Energy Star rated electronics. This symbol easily identifies energy efficient products.

Christmas Lights Savings
- If you are in the market to purchase new Christmas lights, think of purchasing LED lights since they consume less energy than incandescent lights. Wait until after dark to turn your lights and lighted decorations on and remember to turn them off before you go to sleep. Timers can be beneficial if you have trouble remembering to turn off your lights or do not like trudging through snow to get to your outlet.
- Turn off the room lights if you have your Christmas tree lit. The lights from the Christmas tree should be adequate lighting for you to navigate around the room.

Save Energy While Cooking Your Delicious Christmas Meals
- Try to get most of your baking done at one time. Heating your oven uses a lot of energy, but it takes the same amount of energy to heat a full oven as it does to heat an empty oven. By cooking several dishes at one time you can reduce your oven’s consumption.
- Turn off the oven a few minutes early and let the residual heat finish the cooking.
- Keep the pot lids on so that your food will cook faster and use less energy.
- Consider using smaller appliances for the smaller jobs. Toaster ovens and microwaves use less energy than an oven.
- Don’t cook but instead go to someone else’s house for dinner. At nearly all of the Holiday dinners that I have attended, there are plenty of leftovers. Help a neighbour out by reducing the amount of leftovers. If you need added justification for inviting yourself to dinner you can also point out that by reducing leftovers if has the added benefit of reducing cleanup. Pro-tip: this works year-round, not only at Christmas.

Entertainment
- Turn the heat down while having guest over and let the extra body heat warm the room.
- Turn off your electronics, bundle up, and go for a walk to look at the neighbourhood lights. Not only is walking a healthy and free activity, but it could present you and a friend or a family member with some much-needed time to catch up and visit. Lastly, if you haven’t already done so, apply an indoor weather film to your windows as an extra barrier to prevent drafts.

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 or stop by the administrative office. And remember to turn off the lights when you leave a room that is not in use.

Gii Waabmin Miiwnaaw!

Tania Jacko - Community Energy Advisor
Whitefish River First Nation Annual

KINGS DAY & Feast
BABY Welcoming

Please join as we Celebrate the beginning of a New Year!

JAN. 6 2018

WRFN Community Centre

For more information questions contact the Administration Office at 705-285-4335 or the Health Office at 705-285-4354
Unlimited Internet!
The hardware is finally installed and Vianet is ready for customer intake here in Birch Island. Community members can now sign up online at https://signup.vianet.ca or by calling customer service at the toll free number at 1-800-788-0363 (ext. 2). It takes approximately 1-2 days to complete a site check. Once signed up, a technician should be coming to the community in a couple weeks. Hopefully it doesn’t take too long as I know everyone has been patiently waiting for this unlimited internet service.

WRDC AGM
Next, the Whitefish River Development Corporation AGM is scheduled for December 13th. Please see flyer attached. We need 20 in attendance at the AGM so the first 20 people through the door will receive a gift from the WRDC. We will also be having a Christmas themed dinner at the AGM. Here I will be giving an update on the current state of the WRDC and the role it has within the community.

Mnidoo Mnising Employment and Training (MMET)
This is a reminder about the service that is available to WRFN. This program is here to help support community development of on and off reserve members. This is done by designing, funding, and monitoring employment and training initiatives. The goal of this program is to build a diverse workforce by increasing the opportunities available for the community members. Some of the services available include; job development and training, job opportunities and wage subsidies, self-employment benefits, youth and post-secondary job opportunities. For more information you can contact MMET directly or if you need help researching various jobs and training courses you can contact myself here at the administration office.

And lastly, I would like to congratulate Whitefish River First Nation on celebrating its 50th Anniversary of Administrative Service. I have only been working at the administration office for 1 of these 50 years, but I greatly appreciate the services provided by everybody to support the community. Chi-Migwetch to all of WRFN for the hard work and support.

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

Keith Nahwegahbow
Economic Development Officer

Mabel displays a sampling of her beautifully hand beaded Dreamcatchers for sale.
Friday, November 17, 2017

VIANET/WHITEFISH RIVER FN INTERNET ANNOUNCEMENT

To: Whom it may concern,

Vianet has completed the hardware install in Birch Island and is ready to service local homes & businesses. There are three different Unlimited Wireless Internet Plans available;

- One time installation cost of **$199.95** plus the monthly rate
  - $54.95 / month – 0.8 MBPS upload speed and 3 MBPS download speed
  - $79.95 / month – 1 MBPS upload speed and 5 MBPS download speed
  - $94.95 / month – 2 MBPS upload speed and 7 MBPS download speed

To sign up for the internet service you will first have to complete a site check. This is to determine your exact location. Site check can be complete online by going to https://signup.vianet.ca/. Or by calling customer service at the toll free number at 1-800-788-0363 (ext. 2). Everyone that signs up will **need a valid e-mail address** in order to receive our terms of service/contract terms once the application process is complete.

Please note that if you sign up online you might get a message saying your location in not near a tower. There is a tower here in Birch Island but since it’s a new tower, it may not be recognized on the system yet. If you get this message you should expect phone call from customer service.
ELDERS FUNDRAISING!

The Elders of Whitefish River First Nation will be hosting a number of fundraising events in the next few months.

Watch for some of these exciting events!

**WEEKLY BINGO BONANZAS**

**DINNERS** MINI RAFFLES/DRAWS**

We will keep the community informed on other fundraising events in the future.

Meegwetch/Thank you
WRFN Elders Group

SAVE THE DATES

January 17, 2018  February 14, 2018
January 31, 2018  February 28, 2018

Scott Veterinary Service Mobile Unit will be in the community to provide a variety of services for your family pet

Services available:

- Examinations
- Vaccinations
- Booster Shots
- Parasite Prevention
- Nutritional Counselling
- End of Life/Palliative Care
- In-home Euthanasia and Aftercare Services

Further information will be distributed closer to the date.

Please contact Vanessa McGregor, Executive Assistant at 705-285-4335 or vmcmgregor@whitefishriver.ca should you have any questions.

Nala Toulouse - Water Security Coordinator

Hello Everyone,

Whitefish River First Nation’s on going Source Water Protection plan is in its third phase. Part of this phase is determining possible threats to Whitefish River’s source of drinking water. The following are threats identified by the Community Members:

1. Railway ties being used for docks and/or stock piled
2. Commercial Fisherman/Fish Cages
3. Swimmers Itch
4. Trans Canada Pipeline
5. Water Levels
6. Cottagers Sewage
7. Yachts Dumping system
8. Throwing Garbage in the water
9. Old Railway
10. People De-Oiling their boats by the shoreline
11. Outdated engines used in boats
12. Garbage on the shores, ditches, streams and in the waters
13. Septic Systems
14. Invasive Species
15. Local industrial activities-port with trucks, Domtar, Inco, Lafarge
16. Wetland depletion
17. Uranium through Spanish River system
18. Landfill site overflowing in the spring
19. Highway traffic
20. Graveyard sites
21. Hydro site
22. Old railway system
23. Climate Change impacts on water quality and quantity
24. Boat Motor oil/gas contamination (Bay of Islands, McGregor Bay and inland lakes)
25. Aquaculture (Fish farm contamination/dumping)

I will be hosting a community engagement session on December 15, 2017 to discuss these threats, and to get your input on how we can move forward to the next phase.

For more information please feel free to contact me at WRFN Administration at 705-285-4335 or via email at nala@whitefishriver.ca.

Miigwetch
Meow Everyone!

Is everyone getting ready for the winter that is coming? I just need to get some of my last minute stuff done and I’ll be ready. I remember when I was young, and for those of you who are a little older than me, when we used to get ready for our annual Christmas Concert. We would start practicing our skits and for the concert. At that time we had two schools in BI, one was situated across the church on the hill and the other school was down where we have our water treatment plant now. Primer class to Grade 5, went to the school up on the hill and Grades 6-8 went down to the other school. That was also where we used to have our concerts. I remember the older men in our community bringing the stage into the school the day before the concert. It was a big platform, about twenty feet or so long and maybe ten feet wide. A curtain would be strung across the front of the classroom and there was always a big Christmas tree on one side of the stage. Then, at the end everyone in the Community get a small present and a bag of candies with an apple and an orange. To us in those days, this was the most wonderful thing we would get. We did not have much, but we appreciated what we got and the fun we had. Then when the new Community Hall was built in the late 1950’s I believe, the Christmas Concert was moved there. I even remember what I did at a couple of concerts. One was, “Ten Little Indian Boys”, where we danced to music from a record player. I also remember getting dressed up as a big brown cat which must be why I like cats. I was the lead singer when our class sang the “Twelve Days of Christmas”. I started by singing, “On the First Day of Christmas my true love gave to me and then each student sang their number.

Well the kitties are doing fine, but they still want outside in the evenings. If they are outside and if I have not let them in, they stay warm in the two cat house I have for them on the deck until I open the door to let them in. BJ is still the only one that still wants to stay outside, even though I try to tell him he can stay inside. He does come in sometimes, during the middle of the night and will lay on the carpet in the living room until he wants to go outside again. All the cats are starting to put on their winter fat again and fluffy fur and Fabio the one small male is getting big like the rest of the cats. Only, Empress Farah has remained small and petite, she has to watch her figure you know because she is an Empress. She also has her bed to sleep on top of my armoire with all her pillows around her. Talk about being pampered and she wants to be pet and her back rubbed now and then.

Some Cat Facts

• The Maine Coon is America's only ‘natural’ breed of domestic feline. It is four times larger, than the Singapore (the world’s smallest breed of cat). My Webby Debby would be considered a Main Coon because of her markings and size and fur. My Luka is considered a Russian Blue and Tinker would be considered a Turkish Van, because of his size and markings, white and black with a big fluffy tail.

• In relation to their body size, cats have the largest eyes of any mammal.

• The Burmilla is a breed that originated in the UK in 1981 and is a cross between a Burmese and a Chinchilla Persian.

• In ancient Egypt, it was believed that the suns rays were kept in cat’s eyes at night for safekeeping.

• Cats have five toes on each front paw, but only four toes on each back paw.

• If a cat is frightened, put your hand over it’s eyes and forehead or let him bury his head in your armpit to help calm him. (I have done this a couple of times)

Well that is all for now, please make sure to get your dogs or cats fixed to help keep the pet population down in our community. For those of you who keep your dog or cat outside make sure they have a nice warm house for them to stay in and also make sure they have food and a nice warm bowl of water. If they have something in their tummy it will help keep them warm during the night. The cats and I want to wish everyone a “Merry Christmas and a Happy New Year!” I hope your New Year will be a Happy and Prosperous one.

From
Dennis L. McGregor

Empress Farah, She Pet Elizabeth, Webby Debby (The girl cats)
Luka, BJ, Tinker, Fabio and Francis (The boy cats)
November was not only a reason to remember but also a reason to celebrate. There have been a number of activities and events at home culminating in the celebration of our 50th Anniversary for our Administration.

In the last month we have been very busy with:

- Review of Personnel Policy session with Chief and Council
- Nation Housing/Infrastructure forum in Montreal
- All Souls Day Gathering
- National Aboriginal Veterans Day – November 8th Ceremonies
- Remembrance Day Celebration
- Robinson Huron Treaty Meetings
- Union of Ontario Indians Grand Council in Rama
- Treaty Recognition Week at Shawanosowe School
- National Addictions Awareness Week
- 18th Annual Shawanosowe School Parade
- 50th Anniversary Celebration of our Administration
- Approval of Elevated Storage Reservoir Project from INAC
- Water discussion with Autumn Peltier at Shawanosowe School

The elevated Storage Reservoir was successfully tendered to Cecchetto and Sons Contractors from Sudbury, ON. The pre-construction meeting will be held on December 6th to get the project started. We also received a revised approval from INAC on the project in the amount of $3,454,350.00 for the works. This represents an increase of over $470,000.00 towards the project as a result of the tendering process.

As it turns out, we have many wonderful traditions that we can all be very proud of.

In keeping with that tradition, it is my privilege on behalf of Chief and Council to wish all our citizens a very Merry Christmas.

On behalf of Chief and Council
Merry Christmas Whitefish River!

Find me on Twitter @ChiefPaibomsai or on Facebook Chief Shining Turtle
## Administration Office

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Franklin Paibomsai</td>
<td>Chief</td>
<td><a href="mailto:chief@whitefishriver.ca">chief@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Art Jacko</td>
<td>Band Manager</td>
<td><a href="mailto:ajacko@whitefishriver.ca">ajacko@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Vanessa McGregor</td>
<td>Executive Assistant</td>
<td><a href="mailto:vmcgregor@whitefishriver.ca">vmcgregor@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Danielle Pregent</td>
<td>Receptionist</td>
<td><a href="mailto:receptionist@whitefishriver.ca">receptionist@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Emma Recollet</td>
<td>Ontario Works Administrator</td>
<td><a href="mailto:emmari@whitefishriver.ca">emmari@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Rosalyn McGregor</td>
<td>Education Director</td>
<td><a href="mailto:rmcgregor@whitefishriver.ca">rmcgregor@whitefishriver.ca</a></td>
</tr>
<tr>
<td>David Shawanda</td>
<td>Finance Director</td>
<td><a href="mailto:daves@whitefishriver.ca">daves@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Brian McGregor</td>
<td>Finance Assistant</td>
<td><a href="mailto:brianm@whitefishriver.ca">brianm@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Theresa Recollet</td>
<td>Finance Clerk</td>
<td><a href="mailto:theresar@whitefishriver.ca">theresar@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Zach Shawanda</td>
<td>Finance Assistant</td>
<td><a href="mailto:zshawanda@whitefishriver.ca">zshawanda@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Georgina Recollet</td>
<td>Housing Manager</td>
<td><a href="mailto:georginari@whitefishriver.ca">georginari@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Km Laundrie</td>
<td>Tenant Counsellor</td>
<td><a href="mailto:kmil@whitefishriver.ca">kmil@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Kathleen Migwanabi</td>
<td>Lands Assistant/IRA</td>
<td><a href="mailto:kathleenmi@whitefishriver.ca">kathleenmi@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Sandrah McGregor</td>
<td>Lands Manager</td>
<td><a href="mailto:sandrahm@whitefishriver.ca">sandrahm@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Murray McGregor Jr.</td>
<td>Plant Manager</td>
<td><a href="mailto:murraym@whitefishriver.ca">murraym@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Keith Nahwegahbow</td>
<td>Economic Development Officer</td>
<td><a href="mailto:keithn@whitefishriver.ca">keithn@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Nala Toulouse</td>
<td>Water Security Coordinator</td>
<td><a href="mailto:nalat@whitefishriver.ca">nalat@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Tania Jacko</td>
<td>Community Energy Advisor</td>
<td><a href="mailto:energyadvisor@whitefishriver.ca">energyadvisor@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Sheldon Edie</td>
<td>Administrative Support</td>
<td><a href="mailto:sheldone@whitefishriver.ca">sheldone@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Tammy Nahwegahbow</td>
<td>Rezound Editor</td>
<td><a href="mailto:rezoundeditor@whitefishriver.ca">rezoundeditor@whitefishriver.ca</a></td>
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## Health Centre

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leslie McGregor</td>
<td>Health &amp; Social Services Manager</td>
<td><a href="mailto:lmcgregor@whitefishriver.ca">lmcgregor@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Cathy McGregor</td>
<td>Health Centre Receptionist</td>
<td><a href="mailto:healthreception@whitefishriver.ca">healthreception@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Doreen Jacko</td>
<td>Community Health Representative</td>
<td><a href="mailto:doreenj@whitefishriver.ca">doreenj@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Genny Jacko</td>
<td>Mental Health &amp; Addictions Worker</td>
<td><a href="mailto:gennyj@whitefishriver.ca">gennyj@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Dave Brutto</td>
<td>Child &amp; Youth Mental Health and Addictions Counsellor</td>
<td><a href="mailto:david.brutto@noojmowin-teg.ca">david.brutto@noojmowin-teg.ca</a></td>
</tr>
<tr>
<td>Candice Assinewe</td>
<td>Community Wellness Worker</td>
<td><a href="mailto:candicej@whitefishriver.ca">candicej@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Crystal Clark-McGregor</td>
<td>Community Mentor (Right to Play)</td>
<td><a href="mailto:righttoplay@whitefishriver.ca">righttoplay@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Amber Zona</td>
<td>Youth Support Worker</td>
<td><a href="mailto:amberz@whitefishriver.ca">amberz@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Arlene Pitawanakwat</td>
<td>Child &amp; Family Well Being Coordinator</td>
<td><a href="mailto:arlenepit@whitefishriver.ca">arlenepit@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Gail Jacko</td>
<td>Food Security Coordinator</td>
<td><a href="mailto:gailj@whitefishriver.ca">gailj@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Tyler Agawa</td>
<td>Garden Support Worker</td>
<td><a href="mailto:tylerta@whitefishriver.ca">tylerta@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Cliff Jacko</td>
<td>Medical Transportation Driver</td>
<td><a href="mailto:medtrans@whitefishriver.ca">medtrans@whitefishriver.ca</a></td>
</tr>
</tbody>
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## Shawanosowe School

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheryl Miller-Martin</td>
<td>School Principal</td>
<td><a href="mailto:principal@shawanosowe.ca">principal@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Cara McGregor</td>
<td>Administrative Assistant</td>
<td><a href="mailto:admin@shawanosowe.ca">admin@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Lisa Cutter</td>
<td>Grade 5-6 Teacher</td>
<td><a href="mailto:lcutter@shawanosowe.ca">lcutter@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Rick Legrow</td>
<td>Grade 3-4 Teacher</td>
<td><a href="mailto:riegrow@shawanosowe.ca">riegrow@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Tiffany Gagan</td>
<td>Grade 1-2 Teacher</td>
<td><a href="mailto:tgangi@shawanosowe.ca">tgangi@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Victoria Meuleman</td>
<td>JK/SK Teacher</td>
<td><a href="mailto:vmeuleman@shawanosowe.ca">vmeuleman@shawanosowe.ca</a></td>
</tr>
<tr>
<td>To be determined</td>
<td>Special Education Resource Teacher</td>
<td><a href="mailto:educationassistant1@shawanosowe.ca">educationassistant1@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Cindy Pitawanakwat</td>
<td>Education Assistant</td>
<td><a href="mailto:educationassistant2@shawanosowe.ca">educationassistant2@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Bonnie Nahwegahbow</td>
<td>Education Assistant</td>
<td><a href="mailto:bnahwegahbow@shawanosowe.ca">bnahwegahbow@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Tracey Megwanabe</td>
<td>Education Assistant</td>
<td><a href="mailto:educationassistant2@shawanosowe.ca">educationassistant2@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Jessica Reynish</td>
<td>Education Assistant</td>
<td><a href="mailto:jreynish@shawanosowe.ca">jreynish@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Danette McGregor</td>
<td>Native Language Teacher</td>
<td><a href="mailto:dmcgregor@shawanosowe.ca">dmcgregor@shawanosowe.ca</a></td>
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## Maamwe Kendaasing Child Care Centre

<table>
<thead>
<tr>
<th>Name</th>
<th>Job Title</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Cheryl Shawanda</td>
<td>Supervisor/Educator</td>
<td><a href="mailto:daycare@whitefishriver.ca">daycare@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Delores Pitawanakwat</td>
<td>Pre-school Educator</td>
<td></td>
</tr>
<tr>
<td>Jo-Ann Recollet</td>
<td>School/Cultural Educator</td>
<td></td>
</tr>
<tr>
<td>Cindy Tarr</td>
<td>Toddler Educator</td>
<td></td>
</tr>
<tr>
<td>Blanch Recollet</td>
<td>Cook</td>
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# Community Calendar

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3</td>
<td><strong>AA Meeting</strong>&lt;br&gt;Christmas Stockings 1 pm-3 pm&lt;br&gt;Good Food Box Orders Due&lt;br&gt;TRC Consultations 5-8 PM Council Chambers</td>
</tr>
<tr>
<td>4</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Stockings 1 pm-3 pm&lt;br&gt;Good Food Box Orders Due&lt;br&gt;TRC Consultations 5-8 PM Council Chambers</td>
</tr>
<tr>
<td>5</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Shopping Soup/Sandwiches Christmas Stockings 1 pm-3 pm</td>
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<tr>
<td>6</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Baking 1 pm-4 pm&lt;br&gt;Meals on Wheels</td>
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<td>10</td>
<td><strong>AA Meeting</strong>&lt;br&gt;BINGO</td>
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<td>11</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Crafts 9 am-4 pm&lt;br&gt;Good Food Box Pick Up&lt;br&gt;Shawanoswee School Christmas Concert 4 pm - Comm. Centre</td>
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<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Crafts 9 am-4 pm&lt;br&gt;Good Food Box Pick Up&lt;br&gt;Shawanoswee School Christmas Concert 4 pm - Comm. Centre</td>
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<td>13</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Baking 1 pm-4 pm&lt;br&gt;WRDC AGM 6 pm-8 pm Comm. Centre</td>
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<td>14</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Baking 1 pm-4 pm&lt;br&gt;Meals on Wheels</td>
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<td>19</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Party ManitoLIN Hotel &amp; Conference Centre 10 am-3 pm</td>
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<td>20</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Christmas Baking 1 pm-4 pm&lt;br&gt;Mini Prize Bingo 9 am&lt;br&gt;Shawanoswee School Christmas Concert 4 pm - Comm. Centre</td>
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<td>21</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Mini Prize Bingo 1 pm-2:30 pm&lt;br&gt;Meals on Wheels</td>
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<td>22</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Mini Prize Bingo 1 pm-2:30 pm&lt;br&gt;Meals on Wheels</td>
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<td>23</td>
<td><strong>Elder’s Centre</strong>&lt;br&gt;Mini Prize Bingo 1 pm-2:30 pm&lt;br&gt;Meals on Wheels</td>
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<td>24/31</td>
<td><strong>WRDN Holiday Closure</strong> December 25, 2017 – January 5, 2018&lt;br&gt;AA Meeting</td>
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<td>25</td>
<td><strong>BINGO</strong>&lt;br&gt;26 Christmas Lunch 12 pm – 2:30 pm&lt;br&gt;27 Xmas Shopping 11 am-4 pm&lt;br&gt;28 Christmas Baking 11 am-4 pm&lt;br&gt;29 Christmas Tea 12pm-2pm&lt;br&gt;30 Christmas Shopping 11 am-4 pm&lt;br&gt;31 Christmas Tea 12pm-2pm</td>
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## Birthday Wishes!

Happy Birthday to Kathleen on December 14th. Louanne & family

Happy Birthday to our big boy, Xavier on December 20th. Love you lots, Dad, Mom, Dryden and Mason

Merry Christmas and Happy New Year to all our family and friends From Louanne, Allen, Dryden and Mason, Xavier, Taylor and Aurora

Wishing a very Happy 13th Birthday to Ava on December 22. Love, Dad and Alara

Wishing my awesome Nephew Anthony McGregor a Happy Birthday on December 4. & my beautiful Niece Victoria a Happy Birthday on December 25. Love V-a, Steve & kids

Happy Birthday Cuz Harold McGregor on December 25. Love V-a, Steve & kids

Happy Birthday Victoria! Love Mommy, Daddy & Riley

Happy Birthday Cubby! Tammy, Dan, Nakia, Lila & Bubbles

Happy Birthday to both Marie McGregor & Blanch Recollet who celebrate in December. Enjoy your day ladies!

Wishing my best friend Katt a very Happy Birthday December 14th. Many Miigwetchs for our friendship over the years... Love from Cara and kids

Happy Birthday to Delma & Johnathon who celebrate together on December 2nd. Love, Your Family

Happiest of Birthdays to Nakia Rivers Nahwegahbow, who turns 9 on December 10th. Love you, Mommy, Daddy, Lila & Bubbles the Beta

Happy Birthday to Selena on December 9th. Love Zach & Jeremiah

Happy 3rd Birthday to our little Bug Uriah on December 27th! Lots of love from Mom, Dad & your big sister Xoxo

Happy Birthday to Layla on December 16th. Love Papa and Granny

Happy Birthday to my dad Russell on December 13th. Love Sherry & Family

Happy Birthday to Tecumseh Paibomsai. You’re 9 today and still mine. I’ve been gifted with such a thoughtful young man. Happy Birthday, we love you to infinity and beyond. Love Mom, Edward, William, Lily and Leo.

Happy Birthday to Victoria Your friend, Lucy

Happy Birthday to Nakia Love, Lucy

Happy Birthday to my sister Debbie, Who turns 56 on December 3rd

Happy Birthday to my sister Honarine, Who celebrates on December 10th. Love, Diane

Happy 3rd Birthday to Phoebe Fox on December 4th! Love Nokimis Marty

Happy 3rd Birthday to our beautiful Dawniss, Phoebe D aka DT Love Mommy and Daddy, your brothers Noah and Aden

Happy Birthday to my brother Marcus, on December 5th Love, your younger sister Marti

Happy Birthday to Marcus Sr! Love your family children and younger siblings!

Happy 4th Birthday to NayNay! Who celebrates on December 12th! Love Nokimis Marty

Happy 19th Birthday to my niece Saika, Love Aunt Marti

Happy 9th Birthday Cubby on December 10th! Love Aunt Marti & Family

Happy Birthday Nakia! Marti & Family

Love & Birthday wishes to Ava on December 22! Happy Birthday to Cheyanne on December 27! Crystal Clark-McGregor

Happy 9th Birthday to my Grandson Nakia! Love, Shodi