

February 2019  
Makwa Giizis  
Bear Moon

# THE REZOUND

## Gimaa Giizhigat Wiikwam Miinwaa Shki-Nkweshgaazwad O-Binoojiinhsa



L-R: Chief Shining Turtle, Tina Francis with daughter Mattina, Sage Montour, Keion Price with twins Adaira & Adonis and older brother Ashton, Montana McGregor with daughter Isabella, Elder Carmen Pitawanakwat, Raine Assiniwe, Treanna Lendrum with daughter Storm and Justin McGregor, Cheyanne Pitawanakwat with daughter Breaha and big sister Delilah

On Sunday January 6, 2019 the newest citizens of WRFN and their families celebrated **Gimaa Giizhigat Wiikwam Miinwaa Shki-Nkweshgaazwad O-Binoojiinhsa**: Kings Day Feast and Baby Welcoming, with a feast in their honour at our Annual Baby Welcoming. In 2018, we welcomed 10 new arrivals to Whitefish River, and six were in attendance at the Welcoming.

Carmen Pitwanakwat offered an opening song and prayer and spoke about the history of the baby welcoming ceremony in our community. Gifts of blankets, books and toys were distributed to the families on behalf of Whitefish River by Chief Shining Turtle and Courtney Laundry, Early Learning Coordinator. Lauren Dewar, Maternal and Child Health Nurse representing Mnaamodzawin Health

Services, presented the families with Pendleton blankets.

We warmly welcome and congratulate all the families on their new bundles of joy!

**Please note that the deadline for submissions for the next issue is Tuesday, February 19th, 2019 at 4:30 pm. Miigwetch!**  
[rezoundeditor@whitefishriver.ca](mailto:rezoundeditor@whitefishriver.ca)

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

**Health & Social Services Manager - Leslie McGregor**

Good day!

I saw this quote the other day and thought I would share it with you.

**"When it snows,  
you have two choices:  
shovel or make snow angels."  
- Unknown.**

This quote is relevant to our month of January where it seemed to snow and snow and snow. I hope with all the snow that the maple trees, in spring, will have lots to offer us!

I spent the first two weeks after our Christmas break in strategic planning with the Health staff. During this time, we develop our work plans for leadership and our various funders for the upcoming year.

There are events that the staff are planning for February. Candice is promoting a movie entitled, "Roots Calling". It is a journey of discovery for an Anishinaabe man and the reclaiming of his identity. Crystal Clark-McGregor, Right to Play Community Mentor,

also has some events coming up this month for youth including basketball, an outdoor excursion, and dog-sledging. Courtney Landrie, Early Learning Coordinator, has planned outings for the children as well as indoor programming. I look forward to people participating!

There are some changes happening at the Health Centre. Congratulations to Candice Assinewe as our Child & Youth Mental Health and Addictions Counsellor. We have now posted for the Community Wellness Worker and Mental Health and Addictions Worker (Brighter Futures). There will also be some new positions – look for the postings in the mail, the WRFN website and the Facebook page. Art Jacko, Band Manager, and I are still finalizing the details.

For more information I can be reached at the Health Centre at 705-285-4354 or through email at: [lmcgregor@whitefishriver.ca](mailto:lmcgregor@whitefishriver.ca).

Stay warm, people!

**Feb 6th 2019**  
Time: 11am-2pm, door prizes and lunch provided  
Location: Whitefish River Health Centre

**Get PUMPED up about Heart Health**

Every 7 Minutes in Canada someone dies from heart disease or stroke  
Aboriginal people are 1.5-2 times more likely to develop heart disease

Questions? Contact  
Carolyn Strum, Community Health Nurse (705)368-2182 ext 229  
Eleanor Debassige, Diabetes Health Promotion (705)368 2182 ext 212  
Doreen Jacko, Community Health Resource (705)285-4354

**February 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WRFN Health Centre Visiting Health Professionals</b>					<b>1</b> Community Health Nurse	<b>2</b>
<small>*unless otherwise indicated Visiting Health Professionals will be in all day*</small>						
<b>3</b>	<b>4</b>	<b>5</b> Dr. Murji (PM Only) Nurse Practitioner Community Health Nurse	<b>6</b> Community Health Nurse	<b>7</b> Nurse Practitioner	<b>8</b> Community Health Nurse Dietician Diabetes Nurse Foot Care	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Dr. Cooper (PM Only) Nurse Practitioner	<b>15</b> Community Health Nurse	<b>16</b>
<b>17</b>	<b>18</b> Family Day	<b>19</b>	<b>20</b> Dr. Meikleham (PM Only)	<b>21</b> Nurse Practitioner	<b>22</b> Dietician Diabetes Nurse Foot Care	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> Dr. Lui (PM Only) Nurse Practitioner	<b>27</b> Community Health Nurse	<b>28</b> Dr. Meikleham (AM Only) Dr. Jeffery (PM Only)		

\* Community Health Nurse Lab/Blood Draw Clinic - Fridays @ 10:00 am  
Please bring your Requisition(s). Appointments recommended.



# Anishinaabemowin Language Program

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

**Thursdays  
at the Seven Fires  
Youth & Elders  
Centre!**



**Time:  
6:30pm to  
8:00pm**

Parents, Youth, Adults, Grandmothers, Grandfathers, Aunties, and Uncles are welcome! For more information please contact Candice Assiniwe, Community Wellness Worker at 705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)

In partnership with Nokamis Marion McGregor and Anishinaabemowin Instructor Lissa McGregor.



## Traditional Healer Visits

**February 19 - 22, 2018**



Jimmy, Vera George  
Abraham Bearskin

There will be One on One Sessions at the WRFN Health Centre & a Ceremony open to Community Members  
(Please contact for details - AGENDA TBA)

For more information about ceremonies, please contact Candice Jacko-Assiniwe, Child & Youth Mental Health Counselor or to book an appointment, please contact Doreen Jacko, Community Health Rep. at the WRFN Health Center at 705-285-4354.

### Child and Youth Mental Health & Addictions Counsellor Candice Assinewe

Aanii/boozhoo

I hope everyone is having a great start to the new year. Along with the new year I have some new beginnings and have taken on a new exciting opportunity in our community. I have accepted the position as the Child and Youth Mental Health Addictions Counsellor. Therefore, as of January 21, 2019, I was no longer the Community Wellness Worker for our community. Working as the Community Wellness Worker for the past three years has been an amazing learning experience for me, professionally and personally. This position has given me the opportunity to connect to our community in a different capacity and I am grateful for the experience and growth it provided me. Working with children and youth in the area of life promotion and mental health has always been a passion of mine. I am very ecstatic to be back working with our children and youth in the field of Mental Health and Addictions.

Anishinaabemowin will continue every Thursday at the Seven Fires Youth & Elders Center from 6:30 PM to 8:00 PM. I will continue to coordinate An-

ishinaabemowin until a new Community Wellness Worker is retained. Please remember the importance of revitalizing our language and come out to learn with Nookamis Marion McGregor and Anishinaabemowin Instructor Lissa McGregor.

On February 16th, 2019 we will be having a special screening of an amazing movie documentary called, **"Roots Calling."** Roots Calling is based on the life story of an Anishinaabe man named Eddie Gough, and his journey to wellness and how important it is for one to know their identity. I encourage everyone to come out to this event as it is a powerful teaching tool for everyone to gain an understanding how important it is to know where you come from, and knowing your own roots. This event is for community members age twelve and up. Snacks and Refreshments will be provided.

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



# MOVIE NIGHT

**FEATURING  
Eddie Gough in  
"ROOTS CALLING"**

**Saturday, February 16th, 2019 at 7:00pm**



Where do I belong? What defines You?

For Eddie Gough, these questions have plagued him for decades. This is the unfolding story about a young Anishinaabe man who was adopted by a Caucasian family in Mississauga, Ontario when he was 6 months old. After a lifetime of troubles and feeling displaced, Eddie searched for his true identity while reconnecting with his culture at school and exploring the parts of himself that he always felt incomplete.

At the 7 Fires Elder & Youth Center

For more information, please contact Candice Jacko-Assiniwe, Child & Youth Mental Health & Addictions Counselor At the Whitefish River First Nation Health at 705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)



FREE SNACKS & REFRESHMENTS

**Mental Health & Addictions Worker (NNADAP) - Michael Aelick**

Aanii,

During the month of February I will continue the **Rekindling Our Fire** program on Sundays to give youth and adults alike the opportunity to attend. Building a fire in the Winter time can be a fun challenge. Come out and enjoy some hot dogs, hot chocolate, hot apple cider, and some s'mores. The dates will be Sunday the 3rd and 17th. The basics of fire starting and safety will be covered. Depending on the outcome and the interest in the community, this program will run throughout the winter.

Starting on Tuesday February 5th, 2019 I

will be running Kizhaay Anishinaabe Niin or "I am a Kind Man" program every Tuesday night for seven weeks. Kizhaay Anishinaabe Niin is designed to offer men and male youth a safe place to talk about their roles and responsibilities to end violence against girls and women. It recognizes the challenges youth and men face and encourages opportunities to reconnect to their traditional roles within families and communities.

If you have any questions or concerns, please contact me at the Health Centre @ 705-285-4354 or by e-mail [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca).

**Child & Family Well-Being Coordinator - Arlene Pitawanakwat**

Aanii everyone!

As a prevention worker at the Health Centre, I fully support my co-workers many of whom host various programs, events and activities. My role is to support WRFN families thereby preventing Kina Gbezhgomi Child & Family Services or Children's Aid Society interventions. My wish is to see our families in the community of WRFN to have healthy positive relationships and walk a straight path. I firmly believe that balance in our everyday life will establish healthy behaviours so we can give our children the love and nourishment they need. I also work with Child Wel-

fare and you may see me out and about at times helping our families. Our children matter and we need to make sure they are in a safe environment. This month I was away at training in North Bay for the First Nation Child Welfare Advocate and Band Representative training so that I may better help our community.

If you have any questions please come in to say hello. I can be reached at the WRFN Health Centre or through email at [arlenep@whitefishriver.ca](mailto:arlenep@whitefishriver.ca)  
Baa maa pii miin waa

**Rekindling Our Fire**  
**Meet Sundays at the Parking Spot Across From the Ball Field**  
**February 3 & 17, 2019**  
**11:00 AM - 2:00 PM**  
 Learn the basics of **Fire Starting and Fire safety**  
**Open to Community Members 8+**

Please contact **Michael Aelick**,  
 Mental Health and Addictions Worker  
 at the Health Centre at 705-285-4354  
 or by email at [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca)

**Kizhaay Anishinaabe Niin**  
**"I am a Kind Man"**  
**TUESDAY NIGHTS at the Health Centre**  
**February 5th - March 19th from 6:00PM - 8:00PM**

**Kizhaay Anishinaabe Niin is designed to offer men and youth a safe place to begin to understand their roles and responsibilities to end violence against girls and women. It recognizes the challenges youth and men face and encourages opportunities for them to reconnect to their traditional roles within families and communities..**

For more information please contact **Michael Aelick**, Mental Health and Addictions Worker at the Health Centre 705-285-4354 or by email [maelick@whitefishriver.ca](mailto:maelick@whitefishriver.ca)



Storm Anastasia Assiniwe was welcomed by proud father Raine, Nookmis Candice and Chi-Nookmis Gloria in 2018.



# BASKETBALL

## At Shawanosowe School

**Tuesday's & Wednesday's**  
7:00pm to 9:00pm  
Ages 18 & up

**Friday's** 7:00pm to 9:00pm - Ages 12 to 17

**Saturday's & Sunday's**  
1:00pm to 4:00pm  
Ages 14 & up

**Gym shoes required & Water bottle**

**Starting up on January 22, 2019**

**Marshal Jacko will be supervising & volunteering his time on the dates above**

For more information please contact Crystal Clark-McGregor at 705-285-4354 or email; [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca)



### Right to Play Worker - Crystal Clark-McGregor

Happy February, If you are interested in Basketball and have been wanting to play the game, Marshal Jacko will be volunteering his time to open the School Gym, starting on January 22nd

- Tuesdays and Wednesdays - 18 and up from 7pm to 9pm
- Fridays - 12 to 17 years from 7pm to 9pm
- Saturdays and Sundays - 14 and up from 1pm to 4pm

Nelson Wood and Mark Peltier from Noojmowin Teg are back again. They will be running **Snowshoeing** for ages 6-10 years old Thursdays from 4:00pm - 5:30pm and **Basketball** on the same day for ages 11-17 years old from 6:00pm-7:30pm. This is all taking place at Shawanosowe School Gym for 6 weeks (January 17, 2019 - February 28, 2019). I also have good news to share. All participants of the Snowshoeing and Basketball program will get to go watch a Sudbury 5 game and get a chance to meet some of the players on February 28th. (Participants must attend all sessions to attend the game.) \*Permission forms will go out before big event.

Traditional Healers Jimmy, Vera George & Abraham Bearskin will be here February 19-22nd, 2019. There will be One on One Sessions at the WRFN Health Centre. If any Youth are wanting a session or would like to have a youth group night with the healers for storytelling and traditional teachers please contact Candice or myself.

February 14th is Have a Heart day. If you would like to send a card to our Prime Minister or any member of Parliament, you can pick up a card at the Whitefish River First Nation Health Center or print one off at: [https://fncaringso-ciety.com/sites/default/files/letter\\_have\\_a\\_heart\\_en.pdf](https://fncaringso-ciety.com/sites/default/files/letter_have_a_heart_en.pdf)



**Attention YOUTH ages 16 to 25 years old!** Have you ever experienced dog sledding or skated on a trail? The Health Center staff and I will be taking a group out to Huntsville to check out the North Ridge Ranch and Arrowhead Provincial Park from March 1-3, 2019. Poster and Permission will be sent out prior to event. **Sign up early as there are limited spots.**

As we know, this is the month of our winter carnival and we will also be having Traditional Healers visiting which means Right to Play programs may vary due to carnival activities or ceremonies. I will notify the Youth of any cancellations.

If you have any questions regarding any programs please feel free to email me at [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca) or contact me at the Health Centre at 705-285-4354.



## February 2019

# Community Youth Program Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Basketball ages 12 to 17 years old at the school gym	2 Basketball ages 14 & up at the school gym
3 Basketball ages 14 & up at the school gym	4 7 Generation Youth Council Meeting	5 Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	6 EHS Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	7 Noojmowin-Teg Night Snowshoeing 6-10 years 4:15pm-5:30pm Basketball 11-17 years 6-7:30pm Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center	8 EHS Basketball ages 12 to 17 years old at the school gym	9 Basketball ages 14 & up at the school gym
10 Basketball ages 14 & up at the school gym	11 Right to Play Training →	12 Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	13 Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	14 Have a HEARY DAY Noojmowin-Teg Night Snowshoeing 6-10 years 4:15pm-5:30pm Basketball 11-17 years 6-7:30PM Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center	15 Basketball ages 12 to 17 years old at the school gym	16 Basketball ages 14 & up at the school gym
17	18 HAPPY FAMILY DAY!	19 Traditional Healers sessions/visit → Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	20 Traditional Healers sessions/visit → EHS Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	21 Traditional Healers sessions/visit → Noojmowin-Teg Night Snowshoeing 6-10 years 4:15pm-5:30pm Basketball 11-17 years 6-7:30pm Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center	22 Traditional Healers sessions/visit EHS Basketball ages 12 to 17 years old at the school gym	23
24	25 7 Generation Youth Council Meeting	26 Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	27 EHS Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	28 Sudbury 5 Game with the Noojmowin Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center		

**Family Well-Being Coordinator - Shawnessy Jacko**

Ahnii, January has come and is now gone. It was a busy month and as a staff we have finished our Strategic Planning for the upcoming year.

I am registered to participate in my very first Anishinabek Family Well-Being Winter Training from February 11-14, 2019 and I am excited and looking forward to this new experience.

I attended the 2019 Anishinabek Nation Health Conference in Sault Ste. Marie from January 21 - 24, 2019 where I participated in a workshop called Anishinabe 101, Part 1 & 2. This workshop was a good refresher for me in my personal growth and healing. Overall at the conference I had a good experience.

The Traditional Healers, Jimmy George and Abraham Bearskin will be back in our community from February 19-23, 2019. If you or your family are needing one on one sessions, please contact the Health Center for an appointment. As you know the Winter Carnival is fast approaching, so please keep an eye out for the upcoming schedule. On another note, stay tuned for upcoming Family Well-Being Programming to commence.

Traditional Parenting with Carmen Pitawanakwat was held at the Seven Fires Youth & Elders Centre on January 26 & 27, 2019. The teachings included caring for our bundles and the roles and responsibilities with caring for our children and family units. I would like to say Chi-Miigwetch to Carmen for coming in and sharing her knowledge.

Should you have any suggestions or questions about programming, stop by or contact me via email [shawnaj@whitefishriver.ca](mailto:shawnaj@whitefishriver.ca) or call the Health Centre 705-285-4354.

BaaMaaPii

**Whitefish River First Nation**

# SNOW SHOENING

**For Ages  
6-10 Years**



**4:00 to  
5:30 pm**

**January 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>,  
February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 2019**

**Meet at Shawanosowe School**

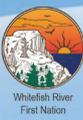
## INFO SESSIONS

- Nutrition
- Traditional Teachings

SNOW SHOES AVAILABLE



**Noojmowin Teg  
Health Centre**  
*A place of healing*



**Whitefish River  
First Nation**



**RIGHT TO PLAY**  
PROTECT. EDUCATE. EMPOWER.



**Find us on  
Facebook**  
"Noojmowin Teg Health Centre"



Registration forms can be picked up at the Whitefish River Health Centre.  
For more information, contact Crystal McGregor - Right to Play Community Mentor at (705) 285-4354 or Nelson Wood at 705-368-0229 Ext. 245.  
[www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)



## Community Event

Join us for a fun filled night of painting and socializing at  
Whitefish River First Nation

### Family Partner Painting

Date : Feb 27th

Time : 6pm

Location:

Whitefish River  
Community Centre



Create a mutual masterpiece! No Experience Necessary!  
Our Master Artist Stephanie will guide you and your little one step by step throughout the evening while we share in the communal creative spirit mixed with fun music, laughter and lots of encouragement. All Materials Supplied!

**Open to Whitefish River First Nation Community Members only**  
**To Register contact Courtney Laundrie, Early Learning Coordinator at the WRFN Health Centre at 705-285-4354**

Check us out at [facebook.com/WhosCrafty](https://facebook.com/WhosCrafty)

**Early Learning Coordinator - Courtney Laundrie**

Aanii,

**February Program Dates:**

I hope everyone had a great start to the New Year, and with that being said I would like to thank all the parents, children and community that came out to support our 2019 Baby Welcoming in January. I also would like to thank Tahnee McGregor for coming out and taking pictures of all the families.

We do have some programming changes in the New Year as I will now be doing JK/SK Programming with Shawanosowe School. These changes will come in effect as of February 2019. This will change up a bit of our weekly program dates, and sadly we are putting the Parent & Tot Swims on hold. I am very pleased to be announcing that we will be hosting a Family Paint Social. This is a new program I have found for Families to work together to create amazing pieces of work together.

**Play Groups**

Tuesdays  
10:30am – 1:00 pm  
Daycare Lower Level

**Story Telling**

Thursdays  
10:30am - 12:30 pm  
Daycare Lower Level

**Family Paint Social**

Wednesday, February 27, 2019  
6:00pm - 8 pm  
Community Centre

Lastly, if any community members are in need of some baby boy clothing, we have some that were donated in sizes starting from 3 months to 2T located at the Health Centre for pick up.

If you have any questions or ideas you would like to share you can reach me at the Health Centre or through email at [courtneyl@whitefishriver.ca](mailto:courtneyl@whitefishriver.ca)

**Whitefish River First Nation**  
presents

Zaagdonaa Anishinabemowin  
Loving our Language

**46th Annual Winter Carnival**

February 19<sup>th</sup> to 24<sup>th</sup>

*Carnival Opening Friday, Feb 22nd  
Carnival Pageant, Community Awards, Dinner & Dance*

*Pick up your carnival schedule  
February 1st at the Band office  
or online at [whitefishriver.ca](http://whitefishriver.ca)*



**Kawaabmin Ode**

Contact kiki at the WRFN Band Administration Office at 705-285-4335, ext 230 or by email [kikip@whitefishriver.ca](mailto:kikip@whitefishriver.ca)

## Food Security Assistant - Winnie Paibomsai

Well the month is already flying by. I have had a wonderful time off with my family and community over the holidays! I would like to wish all of the community of WRFN a very happy, healthy and prosperous 2019. For our students, remember in the New Year to aim high and reach for the stars with all the accumulated knowledge.

Sometimes I find I'm too busy with every day activities, to add even one more item on my to-do list. It's sometimes so busy that we forget to eat and take care of ourselves that we need friends and loved ones to remind us to do just that.

The Health Staff has been busy with program planning for the upcoming year that I hope all of our community members get to take part in. I was pleased to have been a part of such a beautiful ceremony when my extended family said their farewell to their mother. The amount of food

that was there to feed everyone was a beautiful sight and she enjoyed the meals with everyone that stopped to visit with her. Sometimes it is in situations like this that we have to be really grateful for the people that we have in our lives and help make the change. Miigwetch for allowing me to be a part of this time in your lives to the late Lulubelle Francis baa's family.

Students lunch has started back up and with more planning I hope to have a report card out to the students and parents on how well the students are enjoying the lunches.

If you want or need more information, please call me or Gail at the Health Center at (705) 285-4354 or I can be reached through email at [wpaibomsai@whitefish-river.ca](mailto:wpaibomsai@whitefish-river.ca).

Miigwetch!

**We are planning for the 2019 Community Gardens and need your input. Please be on the lookout for a survey or contact Gail Jacko, Food Security Coordinator at (705) 285-4354 to provide your input**

## 13 Moons Garden

by  
Michael Aelick



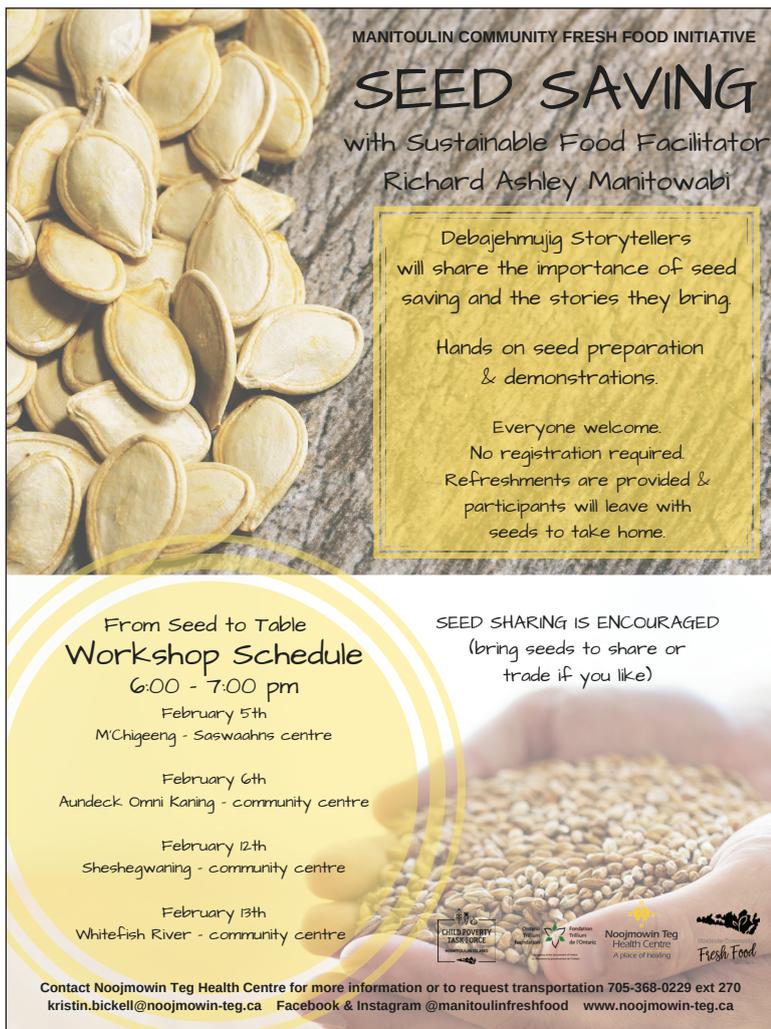
### The Highs and Lows of Bog Fruit and Its Smelly Impersonator

In this article I'm going to talk about two plants that share the name cranberry but are not a related species. Low bush Cranberries are the true cranberries while the Highbush Cranberries name comes from the fruit's similarities in colour, size, flavour and the fact that they ripen around the same time of year.

Cranberries are a low growing shrub that belong to the Heath family and are related to blueberries. There are two types of cranberries that grow in our area the Large and Small Cranberry with the only difference being the sizes of the fruit. This tiny trailing shrub grows to 6 inches high and can reach lengths of seven feet. The plants can form thick mats in the moss of boggy areas usually growing along side of Pitcher Plants, Sundews, Leatherleaf, Grass Pink Orchid, and Cotton Grass. Cranberries form pink flowers in June to August with the red fruit maturing in the fall. Large Cranberry is the plant that is grown for commercial purposes in its natural bog and then flooded for the ease of harvesting the berries that float to the surface. It may seem like it would be farfetched to grow this plant in a garden setting but with the proper preparation and work a patch of cranberries can be grown at home. Cranberries have a very shallow root system and only grow in the top six inches of the peat moss. Luckily we have a lot of clay in the soil in our area which can help hold the water from draining away too quickly. Digging a trench that has a clay bottom and sides and filling with equal parts sand and peat with some compost, making sure that the pH balance is around 5.0, would allow Cranberries to grow. The next key to the survival of the plants is to make sure that it stays consistently moist, collecting and using rain water will help.

The Highbush Cranberry is a tall shrub in the Viburnum Family growing to a height of fifteen feet that can form thickets. The Snowball Bush that is sometimes planted for its showy flowers is a sterile European subspecies of the Highbush Cranberry. This shrub enjoys having its feet wet and is commonly found near streams, edges of lakes, and the edge of damp forests. Showy white flowers are produced in late June that have an outer row of bigger flowers that are sterile and inner rows of tiny flowers that will produce fruit. The fruit is reddish-orange to red and hang in clusters that can persist into the winter and will become sweeter over time especially after frosts. Very few animals eat the berries usually leaving them as an emergency food source later in the winter when they are sweeter. The edible, juicy, tart berries are astringent raw but can be made into jam, jelly or syrup. The fruit has a strong musky smell when being cooked, but doesn't persist in the jam or jelly. I always knew when my Grandmother was making Highbush Cranberry jelly the smell of stinky old socks being boiled filled the house. Even though it grows in moist areas this shrub can actually tolerate a variety of soil types and can handle some shade making this plant perfect to grow as an edible hedge that will give you showy white flowers in the spring and beautiful colours in the fall. I hope you have found this article informative.

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



MANITOULIN COMMUNITY FRESH FOOD INITIATIVE

# SEED SAVING

with Sustainable Food Facilitator  
Richard Ashley Manitowabi

Debajehmujig Storytellers will share the importance of seed saving and the stories they bring.

Hands on seed preparation & demonstrations.

Everyone welcome.  
No registration required.  
Refreshments are provided & participants will leave with seeds to take home.

**From Seed to Table Workshop Schedule**  
6:00 - 7:00 pm

- February 5th  
M'Chigeeng - Saswaahns centre
- February 6th  
Aundeck Omni Karing - community centre
- February 12th  
Sheshegwaning - community centre
- February 13th  
Whitefish River - community centre

SEED SHARING IS ENCOURAGED  
(bring seeds to share or trade if you like)

Contact Noojmowin Teg Health Centre for more information or to request transportation 705-368-0229 ext 270  
kristin.bickell@noojmowin-teg.ca Facebook & Instagram @manitoulinfreshfood www.noojmowin-teg.ca

### Food Security Assistant - Louanne Megwanabe

This month one of the tasks I will be working on is the importance of cultural and traditional harvesting of our lands. Identifying key locations with traditional teachings for the "transfer of knowledge" for our future generations is an important process for preserving our information. Some of the traditional foods that were consumed by our people may or may not be around anymore. It is still imperative, as part of our history, to learn of these foods, the processes involved in harvesting, the cultural teaching associated with that food, and to find out if it can be planted/harvested once again in WRFN.

The ice fishing season brings the Maple Syrup season. These practices are a big part of Anishnaabe culture. I look forward to harvesting sap to make Maple Syrup. The "sweetness" of WRFN will be flowing shortly. Maple syrup ranges in colour from golden, amber, dark and very dark.

Each month I would like to provide tips on a different herb or spice. Some of them may have originated here or other parts of the world but have proven to be effective against some illnesses or ailments. Chamomile - German chamomile has been proven to soothe indigestion and ease colic in babies. It

is also a mild sedative (evening tea). Other calming effects are; relaxation, ease stress/tension, help with sleep. Chamomile is also an anti-inflammatory that can be used to soothe rashes, cuts and swollen skin.

As I continue to get all data into the Cheftek program, I will work with other programs in assisting them with food costs, shopping lists, comparative pricing, to name a few. Today we pay a certain price for food, so being able to compare costs for better cost saving will be beneficial for all. Perhaps we can grow and harvest our food so that:

1. It can be organically grown, fewer preservatives, leading to better nutrient consumption
2. We learn to offset our food budget by providing fresh ingredients
3. We learn to succeed or fail in our gardens together, community wellness, individual wellness
4. We can preserve a way of life that is important to Anishnaabe people.

If you want or need more information, please call me at the Health Center at (705) 285-4354.

Baa Maa Pii, have a wonderful month!



MARY LULUBELLE FRANCIS  
(nee Toulouse)

October 31, 1947 - January 9, 2019

The family of the late Lulubelle Francis would like to thank everyone for the overwhelming expressions of compassion and support received following their recent loss of a wonderful daughter, sister, mother, grandma, great-grandma and aunt.

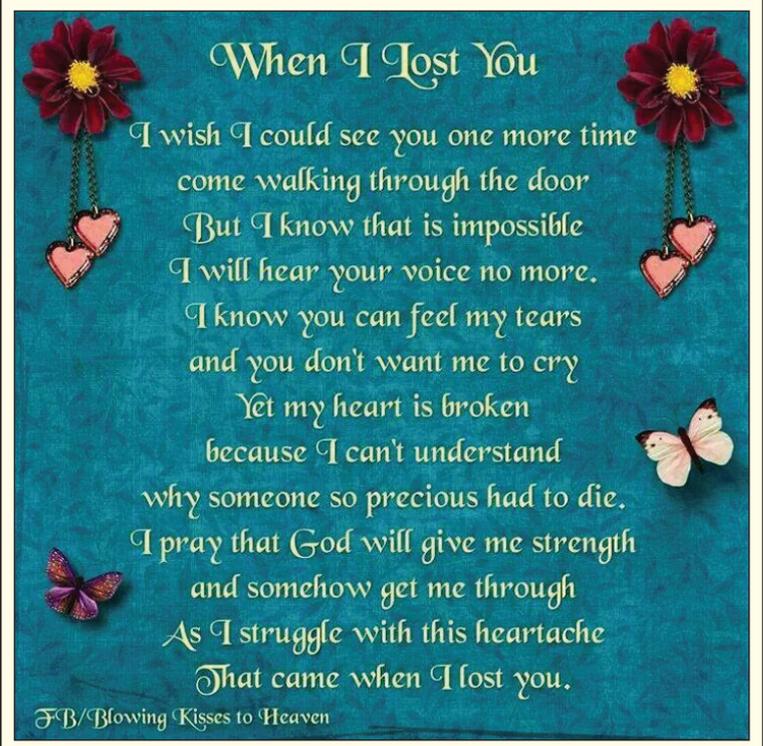
Chi-Miigwetch to all who participated in the celebration of life remembering Lulubelle, as well thank you to those who visited, assisted and provided donations.

A special thank you to the staff of Manitoulin Health Centre for the respect and kindness shown to Lulu during her last days.

Chi-Miigwetch to our home community of Whitefish River for their continued support through these trying times.

All the love, support and kindness will forever remain in our hearts. Lovingly remembered by Aldric, Debbie, Jeff, Corinna and families.

Miigwetch.



**When I Lost You**

I wish I could see you one more time  
come walking through the door  
But I know that is impossible  
I will hear your voice no more.  
I know you can feel my tears  
and you don't want me to cry  
Yet my heart is broken  
because I can't understand  
why someone so precious had to die.  
I pray that God will give me strength  
and somehow get me through  
As I struggle with this heartache  
That came when I lost you.

FB/Blowing Kisses to Heaven

# Missed an issue of The Rezound?



Find them online at [www.whitefishriver.ca](http://www.whitefishriver.ca)

Mno-Zaagidiwin-Giizhigat

Happy Valentine's (Happy Love Day)



Librarian Evelyn Jacko

*Come and expand your mind or just relax it.*

Aanii fellow community members I hope you all are enjoying the lovely winter weather.

Construction is complete and the library and the resource room is up and running. Thank you to all that helped with getting things completed. I still have a lot of organizing and cataloging to do but we are in operation.

I encourage all to stop by and see the changes that have been made or perhaps have a coffee and a visit. I look forward to your visits.

**WRFN Public Library  
Hours of Operation &  
Contact Information**

Tuesday – Saturday: 1-7pm  
Phone: 705-285-1888  
Email: [evelynj@whitefishriver.ca](mailto:evelynj@whitefishriver.ca)

## Education Manager - Jacinta Shawanda

Aanii Kina Weya !

I hope all is well within all the households of WRFN. I have just a few announcements for this issue.

**Attention Parents:** If your child is in need of tutoring services or extra help in Grades 4 - 12, please contact me and we will see what can be arranged.

**Adults:** Re-engagement classes will be starting up again this February. If you or someone you know wants to work on High School Credits towards their OSSD, then contact me to see if you qualify for the Re-engagement Program.

Post-Secondary Students and interested applicants, if you hope to be funded for the following sessions:

- Fall 2019 (September - December)
- Winter 2020 (January - April)
- Spring 2020 (May - June)
- Summer 2020 (July - August)

**Please be sure to apply by May 31st, 2019.**

If you have any questions, comments or concerns please contact me at 705-285-4335 ext.209 or via email at: [jshawanda@whitefishriver.ca](mailto:jshawanda@whitefishriver.ca).

17 Rainbow Ridge Road,  
Birch Island, ON P0P1A0



# Post Secondary Department

PH: 705-285-4335 [whitefishriver.ca](http://whitefishriver.ca)

**Updated Application for Sponsorship will be available 2nd week of February 2019**

Visit the website at <http://www.whitefishriver.ca> go to membership portal and forms and applications

**All Students who want to be considered for funding MUST apply on time.**

**DEADLINE MAY 31, 2019**

**FALL, WINTER, SPRING, SUMMER SESSIONS  
2019-2020**

- **Current College & University Students**
- **Recent and expected High School Graduates**
- **New College and University applicants**

If you have any questions please feel free to contact **Jacinta Shawanda, Education Manager 705-285-4335 ext 209** or [education@whitefishriver.ca](mailto:education@whitefishriver.ca)

# The Bobcat



Aanii Parents/Guardians

Happy New Year! It is hard to believe we are at the end of January already. We had another fast-paced and exciting month of December together as a school community! Our student activities continue to be in full swing and we will be offering a few new opportunities. Mondays bring together the Board Games club and on Tuesdays we continue with Music. After school Basketball will be held on Wednesdays and we round out the week with Winter Games club on Thursdays. We encourage all students to participate in our array of extra-curricular activities.

Over the Christmas Break some of our Bobcats attended a Sudbury 5 basketball game on December 30th in Sudbury. Students had the chance to see the game at a great level but also hopefully we planted a few seeds for our own basketball program that is set to start in January.

January is proving to be another busy month for our Bobcats. We have had some excitement already take place as we have had our Walleye eggs transported into our hatcheries in both the Grade 3/4 and 5/6 class.

**Some other notable dates are as follows:**

On January 11th, we held our monthly Spirit Day. It was PJ Day, and our students loved just rolling out of bed and coming to school.

**Blue Monday** activities were celebrated on January 21st. The whole school participated in a number of events to ensure that our students feel happy, welcome and valued. In addition, we wanted them to know, should they ever need to talk or be comforted

that we are here for them as we are a family! The day began with some Calm Down bingo teaching student's strategies to cope and manage frustration and stress. The wellness day was continued in yoga and meditation, decorating gratefulness rocks, creating their own worry boxes and also making homemade stress balls. Rounding out the day, was a school wide dance with some healthy and nutritious snacks offered. Miigwetch to the staff who organized this event in support of wellness and mental health.

On January 22nd our students were lucky to travel to M'chigeeng First Nation where they attended a Carver Kings presentation at Kenjgewin Teg Educational Institute.

Our monthly Community Breakfast was held on January 23, 2019. We had another excellent turnout and encourage all to attend, as this is a great opportunity to start the day with your loved ones and get to know the staff of Shawanosowe School. This continues to be a fantastic way for our students to begin their day with members of their family.

All staff will participate in Professional Development on January 25, 2019. The PD Day entitled, 'A Day of the Extraordinary' will be hosted in Wikwemkoong. This joint venture will have our staff lead sessions and learn about creative and innovative ways to engage our students in their learning.

Literacy Week will be celebrated in Shawanosowe School from January 27 - February 1, 2019. There will be a variety of activities happening in each classroom and we invite parents to be part of their child's learning. Family Literacy Night will be hosted at the school on January 30, 2019 5-7 pm. We look forward to seeing everyone there!

February is looking to be just as busy. Here are a few days to mark on your calendars:

- February 12: 100th Day of School**
- February 13: Report Cards Go Home**
- February 14: Community Luncheon/Valentine's Day**
- February 18: Family Day (No School)**
- February 20: 2PM Early Dismissal**
- February 21: WRFN Winter Carnival/Shawanosowe School Skating Party - 5-7 pm @ the outdoor rink**

Mr. D. Stargratt

**Maamwe Kendaasing - Cheryl Shawanda, RECE, Child Care Supervisor**

Aanii! from the Maamwe Kendaasing Child Care Centre:

**Day Care Spaces**

We are at our maximum capacity in the Preschool Room. We currently have one space available in the Toddler Room for children from ages 18 months - 30 months. Maamwe Kendaasing Child Care Centre requires updated employment information should parents require full-time day care services as per our policy. Regular requests for various documentations will be made in order to ensure our files are up to date.

The Child Care Program is not only for working parent/s, it can also be for socialization with other children should space be available. The Socialization Program runs from 8:30 am - 3:00 pm. If you have any questions, please contact the Child Care Centre for more information.

**Programming**

The Staff at the Maamwe Kendaasing Child Care Centre may be required to attend various meetings or workshops

throughout the year. Upgrading our skills will help benefit the program in obtaining new approaches to learning and ensure the health and safety for all children. We strive for authentic relationships and continued growth in professional learning that will support the staff, volunteers, students and their families.

At all times the staff will make every effort to ensure that parents are provided with adequate notice to arrange alternate child care should the daycare be closed. We also welcome any new ideas/activities that parents/guardians would like to see integrated into the daycare program. Maamwe Kendaasing Child Care Centre will strive to provide a comprehensive program and effective delivery to maximize the potential growth and development of each child.

**Child Care Closure:**

Early Dismissal for School  
 \*If you are not working or in school you will be required to pick up your children at noon on February 20th, 2019 (early dismissal).

February 18th is the Family Day Holiday therefore the day care will be closed.

**Spirit Days**

Maamwe Kendaasing Child Care Centre will be holding SPIRIT DAYS once a week. Flyers will go out once a week to provide parents with particulars that week. In January we had Crazy Hair Day, Super Hero Day and Beach Day. Miigwetch to all those who participated in shaking up the monotony of the month in January. We welcome any ideas from our parents/guardians on Spirit themes. You can drop off any ideas and suggestion in our suggestion box at the entrance.

**Celebrations/Events**

January brought a new year and new beginnings. February brings Valentine's Day, love for one another and Winter Carnivals. During this month, children will be exchanging Valentine cards and engaged in Valentine's activities. Like every year, we all wait anxiously for winter fun and with February comes Whitefish River First Nation's 46th Annual Winter Carnival. Please

keep an eye out for notices and flyers for both Valentine's events and winter carnival activities.

Children go through many transitions throughout their lives, but one of the most important transitions is the one from our preschool program to kindergarten. "During this period behaviours are shaped and attitudes are formed that will influence children throughout their education." In recent years the role of kindergarten has changed from an extension of preschool to a much more academic environment because of new standards in schools that "push back" academic skills to earlier grades. The preschool children will once again begin this transition in February and will attend Shawanosowe School a few days a week with their daycare teacher.

**Birthday Wishes**

Belated Birthday wishes go out to Leo and Liam for the month of January. Birthday wishes go out to Violet for the month of February.

**Baa-maa-pii Miinwaa**

## Band Manager - Art Jacko

### Aanii Bemaadizijig

As we say Baamaapii to Mnidoo Giizis (Spirit Moon) and welcome Mkwaa Giizis (Bear Moon). It has been 15 months since I took on the role as the Band Manager and in my role as the Band Manager, I am guided and directed by Chief and Council. We are very fortunate to have strong leadership; the following demonstrates the level of our strong leadership and I will elaborate on a few in my article

1. Control of our education through the Anishinabek Education System.
2. Developed our WRFN Election Code.
3. Final stages of our Northern Boundary Claim.
4. Developed a Draft Trust Agreement
5. Completed construction of our Elevated Storage Reservoir - Water Tower.
6. Seasonal appeasing ceremonies, thanking the spirits.
7. Construction of our new Daycare at Shawanosowe School.
8. Utilization of Jordan's Principle to support our children and families.
9. Our Matrimonial Real Property Law now has policies in place
10. Developed a Community Burial Policy to support our families in the time of loss.
11. Completed the design of our Elder's Housing project.
12. Moratorium on Cannabis and establishing a Community Task Group to advise Council.
13. Continue to enhance Community Consultations.
14. Revised WRFN Personnel Policy and Organizational Chart.
15. Completed our "Mino-Bimaadizi" Community Fitness Centre.
16. Completed renovations to our Library and resource room.

### Elevated Storage Reservoir (ESR)

The Elevated Storage Reservoir Project (Water Tower) is fully operational and is a project that was built on schedule and within budget. I have heard many positive comments from external folks, government and industry on our accomplishment who have noted that it is rare with projects of this scale to be built on schedule and within budget. This speaks to the strong leadership and a dedicated project team. This project will meet our water needs today and well into the future.

### Band Custom Election

I recall my first meeting with Chief and Council. The Band Custom Election Code was one of the first items Council directed me to work on. With Council's direction we put forth a community survey to determine community interest. The survey was carried out in December 2017 and by January 1, 2018 the results came back with 78% of the community expressing their wishes to proceed. A committee was then assembled, and with hard work and community consultation the Custom Election Code was brought to a vote on September 29, 2018. The community voted **YES!** This is a historic moment for our community and charts a course into the future where authority to select Chief and Council solely rest with the community.

Our next election for Chief and Council is under our code and for the first time, includes on-line voting. Shortly after 8pm on February 9th, we will know the outcome of our first election under our new Custom Election Code.

I wish all the individuals who put their names forward well and looking forward to working with the next Chief and Council.

### Early Learning Center (Daycare) Construction Update

This is a \$1.3 Million project and will go a long way to enhance the foundational education for our children. We are working toward completing this construction and our target grand opening is set for the 2019 Aboriginal Day.

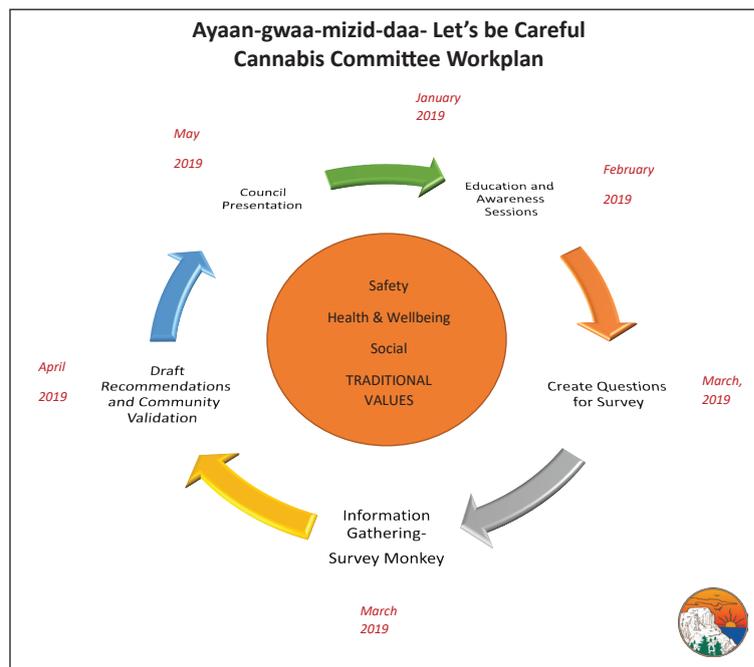
### Northern Boundary Claim and Trust Agreement

We are anticipating successful resolution with Canada early in 2019. We will begin working on plans to conduct consultations with band membership and prepare for a vote to ratify the settlement with Canada and to approve our Trust Agreement. This is exciting and I am honoured to be part of this team

with Chief and Council in making this a reality for the band membership.

### Cannabis Task Group

The committee has been busy and pictured below is the work plan they as a committee have developed. They are expected to make a presentation to Chief and Council in May 2019. There will be more community engagement sessions in the very near future so please watch for posters and flyers in the mail and on social media.



### Looking forward in 2019

I am very proud on what we have accomplished and very excited for the future. There is a lot more to be accomplished in 2019, here are just a few items:

1. Completing the Elders Housing Project
2. Completing the New Daycare Building
3. Finalizing our Northern Boundary Claim and Trust Agreement
4. Exploring options for a Round House
5. Developing further our Education System
6. Developing our WRFN Financial Law
7. Land Use Planning for our new acquired lands.
8. Strengthening our Child Welfare
9. Updating our Capital Plan
10. Improving our recreational areas
11. Improving our Pow Wow grounds
12. Reviewing and enhancing our administration policies

The final piece with my article is about our local paper, The Rezound. I have heard many positive comments outside our community in how well our monthly paper is put together. Many of our band members live outside of our community and many of them have said to me, The Rezound for them, keeps them well informed on what is going on in the community. This speaks volumes to the commitment of our leadership, our staff and in particular Tammy for all the hard work and sharing valuable information about our community with our membership. The Rezound is not only delivered by mail, but back issues of our monthly publication can be found on our website at [www.whitefishriver.ca](http://www.whitefishriver.ca).

As always, I am available to the community, please don't hesitate to drop by for a visit and have Mkwaa Miskodiismin Naaboo (coffee) or Niibiishaaboo (tea) on us. You can also reach me by phone at 705-285-4335 or cell at 705-863-3027 or email me at [ajacko@whitefishriver.ca](mailto:ajacko@whitefishriver.ca).

Nahaaw, Baamaapii Miimwaa Kawaabmin

## WHITEFISH RIVER FIRST NATION NOTICE OF ELECTION

### Notice pursuant to the Whitefish River First Nation Election Code

Notice is hereby given that the **Whitefish River First Nation** has called an Election in accordance with the **Whitefish River First Nation Election Code**, for the purpose of electing one (1) Chief and seven (7) Councillors on February 9, 2019 for next ensuing four (4) year term of office.

## NOTICE OF POLL & VOTING OPPORTUNITIES

### VOTE IN PERSON AT THE REGULAR POLL

**February 9, 2019**  
**8:00 AM TO 8:00 PM**

**Whitefish River First Nation**  
**Community Centre**

### VOTE BY ELECTRONIC BALLOT

ELECTRONIC VOTING WILL BE AVAILABLE FROM **8:00AM JANUARY 7, 2019** until **8:00PM FEBRUARY 9, 2019**. To register to vote electronically, please visit your First Nations website and follow the instructions provided:

<https://onefeather.ca/nations/whitefishriver>

You will be required to provide your Band Registry Number (Status Card), Date of Birth and an email address and phone number. Please contact the Deputy Electoral Officer immediately with any questions.

### VOTE BY MAIL IN BALLOT

YOU MAY ALSO VOTE BY MAIL - all eligible voters residing off reserve and for whom we have been provided a residential mailing address will automatically be sent a mail in voting package. If you reside off reserve and do not receive a mail in voting package please contact the Deputy Electoral Officer as soon as possible to provide your current residential mailing address so that a mail in voting package can be sent.

**ELIGIBLE ELECTORS MAY VOTE IN PERSON, BY ELECTRONIC BALLOT OR BY MAIL-IN BALLOT.**

Please note that the Electors List has been posted for review at the Whitefish River First Nation Band Administration building and Community Centre as well as at other locations. It is the Electors responsibility to ensure that their information on this list is correct. Copies of the Electors list are also available directly from the Electoral Officer upon request.

Lastly, please also be advised that the verification process for Mail in Ballots and the count process for all ballots cast in this election will begin at 8:00PM on February 9, 2019 in the Whitefish River First Nation Community Centre.

Given under my hand at Victoria, British Columbia, this 23<sup>rd</sup> day of December 2018.



*Lawrence Lewis, Electoral Officer*

#### For more information please contact:

**Lawrence Lewis, Electoral Officer**  
Office: (250) 384-8200  
Email: [lawrence@onefeather.ca](mailto:lawrence@onefeather.ca)

**Jaclyn Casler, Deputy Electoral Officer**  
Ph/txt: (250) 213-5247  
Email: [jaclyn@onefeather.ca](mailto:jaclyn@onefeather.ca)

Office: (250) 384-8200    TF: 1-855-458-5888    Fax: 250 384-5416  
PO Box 35008 Hillside, Victoria, BC V8T 5G2

**<https://onefeather.ca/nations/whitefishriver>**



An impromptu conga line formed during Shawanosowe School's Blue Monday dance.



Good food and good friends at Shawanosowe School.



Tecumseh and Landon show their Bobcat pride.



The Shawanosowe School class decorate gratefulness rocks on Blue Monday.



The Kindergarten and Grade 1 /2 classes make homemade stress balls.



The Baby Welcoming brought together four generations of Ferdinand Paibomasi's growing family.



Sudbury MP Paul Lefebvre visited WRFN to announce FedNor investments in the Manitoulin Island and La-Cloche areas.



Mr. Legrow's Grade 3 & 4 class study non-fiction texts while completing a Rebound scavenger hunt.



Ms. Meuleman's Kindergarten class travelled to Kenjegin Teg to watch The Carver Kings in action.



Literacy night brought families together with Anishinaabemowin activities.



Team Fox plays Anishinaabemowin Cahoot.



Representatives from the law firm Gowling WLG (Canada) held an information session in WRFN concerning Indian Day School.



The Blanket Game helped link Shawanosowe students to our traditions of Oral History.

**Whitefish River First Nation  
Boundary Claim Trust Working Group**

Greetings!

My name is Esther Osche. As the Trust Coordinator for the Whitefish River First Nation Boundary Claim Trust Working Group, I provide a monthly report on the on-going activities related to finalizing the draft Niigaan Naabidaa Trust Agreement. The Trust Working Group worked diligently to shape the terms of the Niigaan Naabidaa Trust Agreement based on the input provided by members that have contributed during member consultations. The finished draft Trust Agreement was approved by the Whitefish River First Nation Chief and Council. The Niigaan Naabidaa Trust Agreement has yet to be ratified by the members of Whitefish River First Nation. The Trust Agreement will only take effect after it is ratified by the members.

**Purpose of the Niigaan Naabidaa Trust Agreement:**

**A Trust Agreement** is a Rule Book that preserves and protects the settlement funds for today's and future members.

**A Trust Operates** as a separate legal entity and its function, along with those of the Trustees, are limited to receiving the Settlement funds, investing the Trust property and, making annual payments to the First Nation for the purposes described in the Trust Agreement. The decision to how to spend the annual payment is left up to the community.

**The Trust Working Group's Role in the Development of the Draft Trust Agreement:** The Working Group provided representation and input into a draft Trust Agreement template. They have now finished this task with input gathered from the members at community engagement sessions. The finished draft Trust Agreement was approved by the Chief and Council on September 18, 2018. The date for the ratification vote on the Trust Agreement will be set in the near future.

**Trust Coordinator Update:** Since the bulk of the work for the Trust Working Group has now been completed, I have changed up the format of reporting until such time as the Trust Working Group reconvenes to address any further items for the Niigaan Naabidaa Trust Agreement. As reported in the December Issue of the Rezound, the Chief and Council made a request to modify the Trust Agreement's preamble to include a clearer historical viewpoint which leads up to the Settlement Agreement and thus the Trust Agreement. Following are the additions made to the preamble to accomplish this:

**NIIGAAN NAABIDAA TRUST AGREEMENT PREAMBLE**

**WHEREAS:**

1. The vision of the Anishinabek of Whitefish River First Nation is that we will work in harmony while maintaining our culture, traditions and knowledge to enrich and empower our people;
2. The mission of the Anishinabek of Whitefish River First Nation is to strive to improve community well-being by collectively protecting, strengthening and developing our resources and culture through mutual cooperation;
3. The Robinson Huron Treaty was signed in 1850 by a number of bands, including the First Nation;
4. The signatory for the First Nation was Chief Wabekekik and the Treaty set out, among other things, that a reserve should be set aside for Whitefish River First Nation;
5. During the treaty negotiations, Chief Wabekekik met with William B. Robinson, the Treaty Commissioner, and discussed with Robinson, in the presence of an interpreter, the reserve that would be established for his First Nation, and that reserve was described in general terms in a schedule to the Treaty;
6. In 1851, when the initial survey of the First Nation's reserve was done by J. S. Dennis, Chief Wabekekik objected that the boundaries of the reserve were much smaller than what he had understood would be set aside for the First Nation;
7. In 2003, the First Nation submitted the Whitefish River First Nation Boundaries Specific Claim under Canada's Specific Claims Policy, alleging, among other things, that the boundaries of the Whitefish River Indian Reserve and the reserve

size as surveyed in 1851 were significantly smaller and not in accordance with the terms negotiated prior to signing the Robinson Huron Treaty of 1850;

8. By letter dated July 24, 2008, Canada accepted the Whitefish River First Nation Boundaries Specific Claim for negotiation under the Specific Claims Policy;

**Please Note:** The establishment of a **Trustee Selection Committee** (3 members) will be taking place to assist in the selection and screening of applicants for member trustee positions (2 members). The Terms of Reference for the Trustee Selection Committee were approved by the Whitefish River Chief and Council on September 18, 2018 and are ready for operation. **Please keep an eye open for a forthcoming call out for interested applicants to serve on this Committee.**

**APPOINTMENT OF TRUSTEES AND EX-OFFICIO TRUSTEES:**

The Niigaan Naabidaa Trust Agreement specifies the process to be followed in the appointment of Trustees and Ex-Officio Trustees:

It is important to establish and train the Trustees who will manage the Trust Account. This is completed ahead of time to avoid any delays in receipt of the Settlement funds and operation of the Trust. The release of the funds and operation of the Trust are contingent on a successful vote for the Settlement Agreement and the Trust Agreement.

**Section 5.5 of the Niigaan Naabidaa Trust Agreement states:** Council shall, by Council Resolution, establish a trustee selection committee of interested Members to assist in the selection and screening of applicants for a Member Trustee position whenever a Member Trustee is to be appointed. The committee shall be made up of at least three (3) Members who are at least twenty-five (25) years of age and who are not a member of Council or applying to be a Member Trustee. In addition, the committee shall include one Councilor as an ex-officio member of the committee.

**Section 5.6 of the Niigaan Naabidaa Trust Agreement states:** The trustee selection committee will operate in accordance with the terms of reference approved by Council, from time to time, and will follow the trustee selection process approved by Council, from time to time.

The Call Out for interested Trust Selection Committee members will take place soon. If you are interested please respond.

**Number of Trustees:** The Trust Agreement specifies five (5) in total as follows: 1 corporate trustee, 2 member trustees, and 2 ex-officio trustees (non-voting) comprised of 1 youth aged 18-25 and 1 councilor.

**Role of the Trustees:** Section 3.2 of the Trust Agreement states: The Trustees shall hold and invest the Trust Property for the benefit of the Beneficiary, WRFN, upon and subject to the use, transfer or release of the Trust Property as directed or authorized by the Trust Agreement. The selected Trustees will also be required to participate in such training as the Corporate Trustee or Council may require in order to assist them in the understanding and fulfillment of their duties and obligations relative to the Trust Agreement. The training will get underway as soon as the Trustees and Ex-Officio members are established.

**TRUST ACCOUNT:** Section 12 of the Trust Agreement states the Trustees will open (1) Trust Account. A test account has now been set up in preparation of the Trustees being established and will be finalized at a future date.

**IMPORTANT:** The collection of member contact addresses and emails remains an important focus. I have received a handful of updates since last report and encourage all members to contact family near and far to ask them to send their contact information to my attention. **This will be extremely important for communications that will be sent out regarding new developments.**

You can send the Trust Coordinator either a letter addressed to P.O. Box 88, Birch Island, ON PoP 1A0, or, email at [eosche@whitefishriver.ca](mailto:eosche@whitefishriver.ca) or, telephone call at 1-800-265-4335 and request to be put on a mailing and email listing to receive **important information** on future Trust developments.

Please help spread the word to family and community ac-

quaintances to update their contact information by contacting our office at the number and email address provided above.

The **Report on the Community Engagement Sessions** for the Trust Developments has been uploaded to the Trust Developments Portal location on our website. Please give the report a read to keep updated on our next steps. The Report can also be made available upon request to the Trust Coordinator by email at [eosche@whitefishriver.ca](mailto:eosche@whitefishriver.ca) or, by telephone at 1-800-265-4335

**New Trust Name: Niigaan Naabidaa** meaning "Let's Look Ahead".

*The Trust's new name will remind us to always look ahead when making decisions, to make decisions that will ensure a better future for our community and especially for our community's children, to look at how those decisions will impact future generations, those yet unborn and to make only those decisions that will be beneficial for them. This honors the teachings of our ancestors who instruct us to think 7 generations ahead. This name implies that not only will we look to the future, to the ones who will come after us, but we also look to the past, i.e., the wisdom of our ancestors, the ones who came before us.*

**Referendum Vote for Ratification of the Trust Agreement:** There are no updates to provide at this time. The Chief and Council continue their discussions with Canada on the finalization of the Settlement Agreement. Further updates will be provided as soon as they become available.

**Questions?** Please send a letter or, email to the above-noted mail and email addresses to the attention of Esther Osche, Trust Coordinator. A response will be prepared and sent back to you. **Miigwetch and Thank You** to all those members who have sent in your inquiries so far.

**The WRFN Trust Process Chart:** The process chart has been revised to take into account our recently completed tasks. **Please note,** reference to the October and November Referendum Vote tentative timelines have been removed. Further updates will be provided as those dates have yet to be determined. **The Chart will continue to be subject to change in a future edition to accommodate the plans for the Referendum Vote to approve the Trust Agreement.**



For more information please feel free to contact me at WRFN Administration at 705-285-4335 or via email at [eosche@whitefishriver.ca](mailto:eosche@whitefishriver.ca).



POSTED: January 17, 2019

A PLACE OF VISIONS AND DREAMS

## COMMUNITY NOTICE

### Northern Boundary Claim Update

On behalf of Council, I am pleased to provide an update on where we are at the Northern Boundary Claim.

The previous agreement was approximately \$52 M and 32,000 acres in the 2013 initialed agreement with Canada. This did not include our cost, legal, research and other expenses, these cost would be taken from the \$52 M. This agreement was never finalized. Council and in particular the Chief felt the former agreement did not accurately reflect the totality of the claim land.

With support from Council, the Chief had high level meetings with senior government officials and was able to convince them the former agreement is incorrect and reopen negotiations. The current negotiations better reflect the claim area of approximately 64,000 acres and Council have provided Canada with a proposal for financial compensation that is reflective of the entire claim.

It is unfortunate Council cannot reveal the proposal for financial compensation as this is protected under the negotiations protocol.

What Council can say, the proposal is going through a 3 step process:

1. Internal approval
2. Minister Approval
3. Cabinet Approval

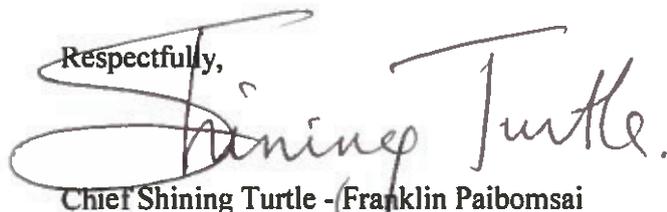
Canada expects this process to be completed early in 2019.

Council have been working diligently on this claim and we are near completion. The changes from the former agreement are:

1. Quantum of land change from 32 thousand acres to 64 thousand acres
2. Proposal for financial compensation reflect entire claim
3. All cost, legal, research, other expenses are in addition to the financial compensation and not to be taken from the settlement.

I want to assure Whitefish River Nation Band members, this is a priority for Council to conclude in 2019.

Respectfully,

  
Chief Shining Turtle - Franklin Paibomsai

# WHITEFISH RIVER FIRST NATION

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

**Housing Manager - Georgina Recollet**

February is my favourite time of year. It's when little bears are born on the first frost. I also enjoy ice fishing and February's cold wintry weather ensures the ice is finally thick enough so that we can all go ice fishing safely. Seeing all the wild life running across the ice and birds in the sky; the smell of wood burning to the side and listening to the bells ringing on our fishing lines. The taste of fresh fish. Back to work.

Housing is a Lifestyle. If you choose to take care of your home there are low maintenance costs. On the other end if you leave minor repairs and maintenance it will lead to more costs.

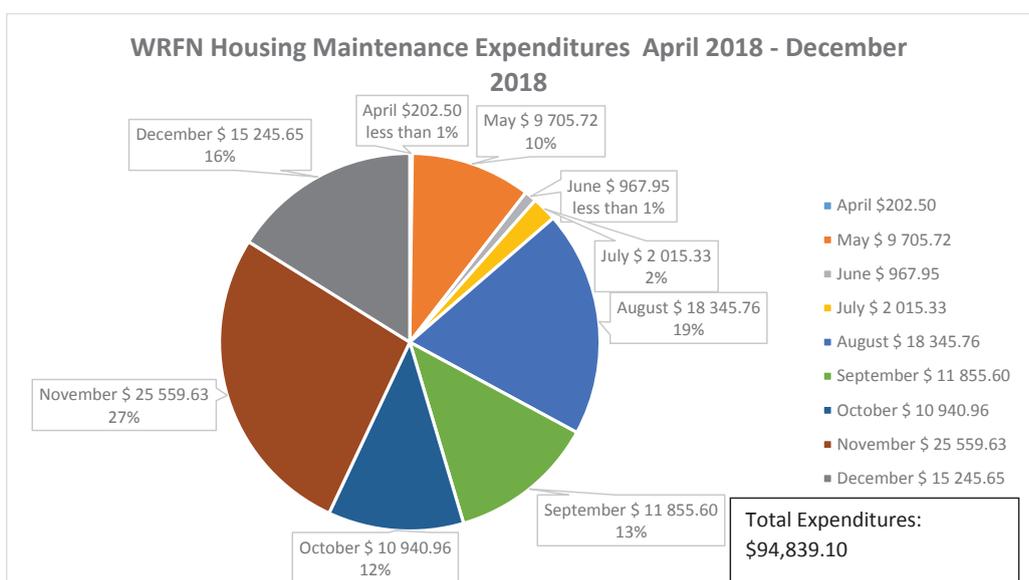
Whitefish River First Nation has had an annual budget for their rental units of **\$31,570** in their capital investment renovations budget and **\$30,000.00** for CMHC Section 95 rental units for this fiscal year.

I have attached a graph of **WRFN Housing Maintenance Expenditures** for our 84 band housing rental stock for this fiscal year to date. Please note that this graph doesn't include special projects such as CMHC RRAP projects. This graph doesn't include outstanding invoices that I have requested from our sub-contractors.

As you can see the total amount to date is **\$94,839.10** for the first three quarters. Therefore, we are already **over budget \$33,270.00** and still have three more months to go before year end.

For the next three months we need to be careful with our repairs and maintenance budget. We will be responding to health and safety requests for the band rental housing stock. If not we will need to use other funds or next year's repairs and maintenance budget.

On another note we recently hosted an information sharing session for planning for new builds. There



is a substantial amount of interest in individuals building on their own. Ray Moreau, Infrastructure Specialist from UCCMM Technical Services provided information on new building codes changes, site planning, and inspections required. Kathleen Migwanabi, Lands Manager shared the current Lands Policy in accessing land in the Maple Heights Subdivision, private land and other areas available; and I shared the Whitefish River First Nation Market Based housing program available.

Our next steps are to host additional information in the near future such as "Financial Planning for New Construction", "Estate Management and Wills" and "Housing Maintenance". Upcoming sessions for the month of February 2019:

**Financial Planning**

- February 7, 2019 @ 1:00 pm - 5:00 pm One on One Outreach Sessions with Scott Flamand, Fla-

**mand Management Services.**

- February 7, 2019 6pm – 8pm Debt Management Workshops with Scott Flamand, Flamand Management Services.

**Will Making**

- February 13, 2019 @ 10:00 am - 2:00 pm with Fred Bellefeuille, Barrister and Solicitor.

**Housing Maintenance**

- March 6, 2019 @ 6:00 pm with Norbert Koeck, Blue Heron Consulting.

There are other sessions planned for April 2019 such as the Hydro One First Nation Conservation Program coming up which is still in the planning stages. Please keep referring to our newsletter for specific dates.

Until next month keep in touch. If you have any questions you can contact me at the at the Administration Office at 705-28-4335 ext.214, or by email at: [georginar@whitefishriver.ca](mailto:georginar@whitefishriver.ca).

**Before freezing weather**

Preventative maintenance (building envelope – keep the cold weather outside).

- Seal/caulk windows, doors, electrical outlets and ensure weather-stripping is in good condition
- Insulate wall cavities
- Insulate water pipes exposed to cold temperatures or drafts

Preventative maintenance (heating systems).

- Maintain heating equipment according to manufacturer recommendations
- Inspect filters and piping for obstructions (dust, sludge, etc.)
- Verify that dampers, vents, and valves are in the proper positions, allowing for adequate air movement/water flow

Consider monitored low temperature alarms in strategic locations to provide warning prior to freezing conditions.

Frequently inspect (daily) unoccupied building areas susceptible to cold weather conditions for cold temperatures, drafts, dampness, water staining, etc. (vacant tenant spaces, mechanical rooms, sprinkler rooms, concealed spaces, etc.). Maintain a log of all inspections.

Know the locations of all water system piping (are lines contained in wall cavities or ceiling spaces that may experience colder temperatures than adjacent rooms?).

Keep portable electric heaters available. Note: Portable heaters should only be used as a last resort and a temporary solution. Ensure extension cord use is limited and that the heaters have tip-over protection and a thermostat.

**During freezing weather**

Allow water to trickle slowly from faucets during abnormally cold weather. This helps prevent pipes from freezing.

**Areas with domestic water lines:**

Don't set thermostats (including vacant areas) lower than 13°C (55°F).

**Buildings equipped with fire sprinkler pipes:** Areas with wet system sprinkler system piping (including sprinkler valve rooms for wet and

dry systems) must be maintained at a minimum of 5°C (40°F) to be in accordance with fire code requirements intended to prevent freezing lines.

Open cabinet doors and run fans to allow warmer air to circulate around the plumbing (where piping is situated within enclosed vanities along exterior walls).

**Preventing Frozen Pipes**



**TAKE CONTROL OF YOUR FINANCES FOR A BETTER TOMORROW**

# DEBT MANAGEMENT WORKSHOP

**THURSDAY FEBRUARY 7th, 2019 from 6 to 8pm**  
 Council Chambers - 17 Rainbow Ridge Road

**YOU WILL LEARN:**

- \* WHAT IS A GOOD CREDIT SCORE
- \* HOW TO CHECK CREDIT SCORE
- \* HOW TO REPAIR BAD CREDIT
- \* HOW TO BUDGET
- \* HOUSING FINANCE

LEARN HOW TO QUALIFY FOR A MORTGAGE/LOAN TO BUILD, PURCHASE OR RENOVATE A HOME

**Immediately Following Debt Management Workshop**

## HOME OWNERSHIP AND YOU

**INFORMATION SESSION**

For More Information or to Pre-register/Book an Appointment, Contact Georgina Recollet at (705) 285-4335 or email [georginar@whitefishriver.ca](mailto:georginar@whitefishriver.ca)

Whitefish River First Nation

First Nations Market Housing Fund

**LEARN WHAT YOU NEED TO DO TO IMPROVE YOUR CREDIT**

### ONE ON ONE OUTREACH SESSIONS

Thursday February 7th, 2019 from 1 to 5pm at the Band Office



# COMMUNITY ENGAGEMENT SESSION

## TUESDAY, February 19, 2019

Government of Canada Collaborative Process on Indian Registration, Band Membership, and First Nation Citizenship in response to the Descheneaux Decision

### Session begins at 6 pm

Whitefish River First Nation Community Centre

For more information contact  
 Kathleen Migwanabi, Membership Clerk at 705-285-4335 ext 208

## Membership - Kathleen Migwanabi

In the January 2019 Rezound Newsletter, information was provided on Amendments to the Indian Act, and how these amendments to the Indian Act have significantly changed the ways in which status and membership are determined. On January 15, 2019, an Information session was held on the Collaborative Process on Indian Registration, Band Membership and First Nation Citizenship at the WRFN Community Centre. The purpose of this information session was to provide information to our members and Citizens for this process and background information on key related issues with the objective of ensuring meaningful community level participation in the consultation process.

Presentations were provided by: Fred Bellefeuille of the Anishinabek Nation, and Joan McEwan from Crown-Indigenous Relations and Northern Affairs Canada. Copies of the presentations and fact sheets are available in the Membership office.

An Engagement Session has been scheduled for **February 19, 2019** at the Community Center beginning at 6:00 p.m. The purpose of the engagement session is to gather input from the community on the three main discussions streams:

### 1. The removal of the 1951 cut-off from the Indian Act

Discussions will focus on how to best implement the changes, the timeline for implementation, resources that are required and how the Government can address concerns and any unintended consequences.

What is the effect of removing the 1951 cut-off? Once in force, all descendants born prior to April 17, 1985 (or of a marriage that occurred prior to that date) of women who were removed from Band Lists or not considered Indians because of their marriage to a non-Indian man will be entitled to 6(1) status. This will include circumstances prior to 1951 and will remedy inequities back to the 1869 Gradual Enfranchisement Act.

The removal of the 1951 cut-off will significantly increase the number of individual eligible for Indian Status and Band Membership. This could result in significant pressure on First Nation community resources, programs and services and culture.

2. Remaining inequities related to Indian Registration under the Indian Act Removing remaining residual inequities related to Indian Registration and Band could be dealt with through legislative reform while the Government and First Nation work together toward the ultimate goal of removing Government of Canada authority to define First Nations. Discussions will focus on issues such as: adoption, second-generation cut-off, unknown/unstated paternity, enfranchisement, voluntary de-registration, categories in Indian Registration, Cross-border issues, children of same sex parents, non-cisgender identities as it relates to Indian Registration and Band Membership; and the relation issues of resources and impacts on communities.

3. First Nations' exclusive responsibility for determining membership/citizenship (moving beyond the Indian Act)

Discussions will focus on how First Nations will exercised exclusive responsibility for the determination of the identity of their members or citizens. What is the First Nations' responsibility for determining membership/citizenship? Under the Indian Act, the Government of Canada has exclusive control over the registration of Status Indians. Bands have the option to either have the Indian Registrar maintain their Band List by adding people automatically when they are registered under section 11 of the Indian Act, or to determine their own membership under section 10. First Nations have previously expressed that control over Indian Registration, Band Membership and Citizenship should be under First Nation Authority and not under control of the Indian Act.

If you have any questions you can contact me at the at the Administration Office at 705-285-4335 ext.208 or by email at: [kathleenm@whitefishriver.ca](mailto:kathleenm@whitefishriver.ca).

**NOTICE:**

WRFN Membership Office will be **Closed** on the following dates:

**February 5<sup>th</sup>, 2019**  
**February 12<sup>th</sup> – 15<sup>th</sup>, 2019**  
**Feb. 25<sup>th</sup> – March 1<sup>st</sup>, 2019**

**Lands Assistant - Keith Nahwegahbow**

Ahnii,  
The ice fishing season is upon on us and I wanted to put a reminder out in the community that WRFN and the Whitefish Falls Fish and Game Club are looking for community volunteers to help out at the Walleye Hatchery in Whitefish Falls. I have included the flyer next to this article.

On January 18, 2019, WRFN hosted the annual Maple Syrup Seminar. There was a total of 23 attendees at the seminar. This was the 6th consecutive year that WRFN has hosted this event. The Indian Agricultural Program of Ontario presented information on sustainable harvesting practices, update on food safety and quality for maple syrup, and funding opportunities. Local suppliers provided information on maple syrup basics and costs associated with starting a maple sap harvesting operation. We also learned about judging maple syrup and the process of become a judge for competitions.

In the past WRFN has had involvement with the Ministry of Natural Resources and Forestry (MNRF). WRFN territory lies within the boundary of two different Management Zones. The Northshore Management Unit and the Sudbury District management Unit. Both Management units are undergoing the planning stage for a new Forestry Management Plan and we are working with them to ensure WRFN values are included in this

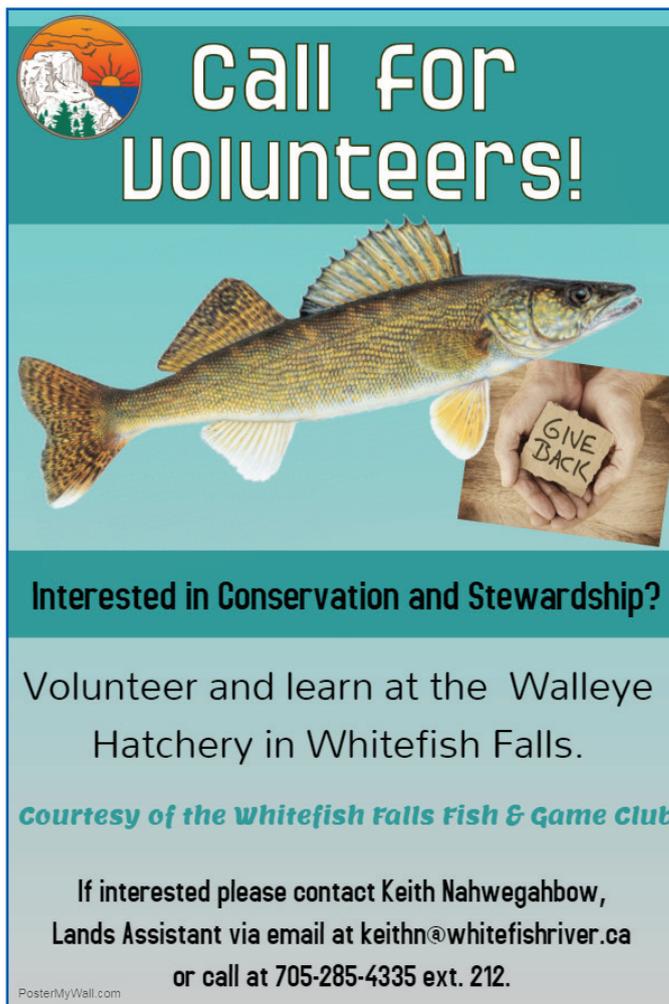
management plan.

In February I will be attending the Lake Huron Roundtable meeting at the Union of Ontario Indians. This is a three day meeting with each day being a different topic of discussion. The three topics include: Minerals and Mines, Environmental and Agriculture and GIS/Mapping and Natural Resource Management.

Also, in February I will be continuing the Beyond the Duty to Consult training course at Trent University. Here we will be learning from consultation experts and going into detail on the steps involved with preparing for technical meetings (pre-consultation), creating indigenous environmental monitors, and archaeology rights and capacity building.

The Winter Carnival is upcoming in February. The Lands Department will be hosting the annual tea boiling, nail driving and log sawing competition. We are currently looking for metal can donations. If you have any please drop them off at the Lands Department.

If you require more information about these activities or have any questions you can reach me at WRFN Administration Office at 705-285-4335 ext. 212 or email me at [keithn@whitefishriver.ca](mailto:keithn@whitefishriver.ca).



**Call for Volunteers!**

**Interested in Conservation and Stewardship?**

Volunteer and learn at the Walleye Hatchery in Whitefish Falls.

*Courtesy of the Whitefish Falls Fish & Game Club*

If interested please contact Keith Nahwegahbow, Lands Assistant via email at [keithn@whitefishriver.ca](mailto:keithn@whitefishriver.ca) or call at 705-285-4335 ext. 212.

PosterMyWall.com

**Consultation Coordinator - Stephen McGregor**

Ahnii,  
What are the triggers to duty to consult and how do we react with the appropriate amount of effort as a First Nation?

What rights do we have in the eyes of the Canadian government and what effect does this right to consult involve our identity as First Nations people? We have yet to develop a comprehensive consultation policy but I am confident that WRFN is capable of rising to the challenge.

The historic significance of WRFN is fascinating as our community has weathered several Federal and Provincial administrations that took a largely colonial approach to First Nations. We have retained our culture and identity despite this and I am confident that we shall keep these values in mind when developing our own policies concerning consultation.

With that in mind, I would like to address the Duty to Consult mechanisms that deal with "Seriousness of Adverse Impact" and "Strength of Claim" during the next scheduled consultation session. These guide-

lines are in place in order to handle different levels of impact and reaction of First Nations people to Government action triggering Duty to Consult. The hope is to gain a better understanding of what these guidelines mean to WRFN and what the impacts are. This can be accomplished through further community consultations that will address these subjects in a meaningful way. Again, I am confident in our ability to develop our own mechanism in order to reflect our values as First Nations people and intelligently deals with Crown policy.

I look forward to seeing WRFN community members at the 46th Annual Loving our Language Winter Carnival this year. The Lands Department will be hosting the time honoured nail driving and tea boiling events at the Winter Carnival this year and we are anticipating a good turnout!

If you have any questions you can contact me at the at the Administration Office at 705-285-4335 ext. 217 or by email at [stephenm@whitefishriver.ca](mailto:stephenm@whitefishriver.ca)

Miigwetch



Stephen McGregor, Consultation Coordinator visits the Elders during Tuesday's luncheon at the 7 Fires Youth and Elders Centre.



Brian Bainborough of Maple Ridge Farms in Gore Bay, schools the participants on Maple Syrup judging and competitions during the First Nations Maple Syrup Seminar held January 18, 2019.

**Ontario Works Administrator - Emma Recollet**

**INTENT**

The intent of Ontario Works is to help people in temporary financial need find sustainable employment and achieve self-reliance through the provision of effective, integrated employment services and financial assistance.

**TYPE OF ASSISTANCE**

Whitefish River First Nation Ontario Works provides basic financial and employment assistance.

**Basic Financial Assistance:** is income assistance provided for the purpose of basic needs and shelter. Benefits as prescribed in the regulation and Emergency assistance is provided to help with basic needs and shelter on an emergency basis.

**Employment Assistance:** Whitefish River First Nation Ontario Works employment assistance helps people who are currently receiving financial assistance from Ontario Works to become and stay employed and includes employment activities (job search support services, employment information session, community participation, employment placement and job retention services, supports for self-employment development, referrals to basic education, learning-earning-parenting (LEAP), literacy and job specific skill training.

If you have any questions you can contact me at the Administration Office at 705-285-4335 ext. 215 or by email at [emmar@whitefishriver.ca](mailto:emmar@whitefishriver.ca)



**Employment Resource Centre  
has been re-located to the  
Whitefish River First Nation Library  
Effective JANUARY 14, 2019**

**HOURS OF OPERATION:**

**Monday- 8:30-12:00  
1:00- 4:30**

**Tuesday-Friday: 8:30-12:00**

Hours of operation subject to change without notice. Closure will be posted on entrance door of library.

**Community Event Planner - Kiki Pelletier**

Aanii. I will be assisting the Administration Office with activities and events. My main focuses will be on the Winter Carnival and helping the Minor Sports Committee get the parents and players ready for Little NHL. However, you will see me doing other tasks and events as requested.

**Winter Carnival:**

We had a great Carnival Planning meeting on Friday, January 18th at the Council Chambers. The planning committee chose the theme 'Zaagaadonaa Anishinaabemowin' (Loving our Language) as the theme for this year's winter carnival. This year the United Nations declared 2019 as the International Year of Indigenous Languages to be held under the theme "Indigenous languages matter for sustainable development, peace building and recon-

iliation". In line with this, we thought what a great way to get involved in this global event as well as continue to maintain, sustain and regain our WRFN Anishinaabemowin. We are encouraging planned events to include Anishinaabemowin as part of their activities and some of the events will be to promote the use of our Anishinaabemowin. Our next Carnival Planning meeting will be on **Monday, February 4th at 4:00 pm** at the WRFN Council Chambers. Do you have an idea for an event that you would like to host? Come out and get on the committee at anytime. Volunteers are what make our Carnival a success each year!

Contact me at the Band Office for more information, to provide a suggestion or to add a Carnival Event at [kikip@whitefishriver.ca](mailto:kikip@whitefishriver.ca) or call 705-285-4335, ext. 230



# Lake Huron Regional Engagement Session

**You're invited to:**

A day of presentations and group discussion on experiences with the protection and return of Ancestors, Sacred items and Sacred sites. The session will focus on what communities can do in these matters and how they can be prepared for the future.

The purpose is to inform the development of an Anishinabek Nation Community Template Heritage & Burials Consultation Protocol as an information sharing tool for use by communities. The template protocol can be used to assist when managing through matters of protecting and repatriating Ancestors, Sacred Items and Sacred Sites to their rightful home communities.

**Presentations delivered by:**

- Kevin Restoule:**  
Explanation of Community Template Protocol Project
- Jenny Restoule-Mallozzi:**  
Discussion Lead with experience authoring the Toolkit for Understanding Aboriginal Heritage & Burials Rights & Issues
- Laurie Leclair:**  
Presentation on the toolkit discussion paper, First Nation Responses to Repatriation and Sacred Sites

**Details:**

**When:** February 5, 2019  
**Time:** 9:00AM - 2:00PM  
**Where:** Manitoulin Hotel & Conference Centre, Little Current

If interested in attending, please contact:  
Kevin Restoule  
Government Relations Coordinator  
705-497-9127 ext. 2304  
By no later than January 18, 2019.

**Connect with Us**

 @anishnation  /anishinabeknation  @anishinabeknation

**Reduce Waste  
Bring a Feast Bag!**



**Community Energy Advisor - Tania Jacko**

Aanii Kina Wiya,

As some of you may or may not know, and if you don't know, let me be the first to tell you, Whitefish River First Nation has a Community Energy Plan (CEP). Whitefish River First Nation developed their Community Energy Plan in 2016. Through community meetings and discussions with Council and Administration a vision has been established. Our Community's energy vision is:

**"The Anishinabek of Whitefish River First Nation are recognized leaders in improving community well-being through energy understanding, energy conservation, renewable energy generation, and energy independence."**

Furthermore, 4 goals were identified in the CEP, which are:

- 1) Make our community one of the most energy educated in Canada;
- 2) Create a culture of conservation such that we use as little energy as practically possible;
- 3) Determine the best path for our community to transition towards energy independence; and
- 4) Identify and provide support for funding programs related to our current and future energy initiatives.

Being the most energy educated community in Canada will ensure that as we transition towards energy independence, we will be informed so that we can all participate and make informed decisions about the technologies we choose.

The more energy we use, the more expensive the technologies will be. So, if we use as little energy as possible, we will help to keep our individual costs down, but our communal costs down as well. The other cool thing about energy independence is that we will be able to determine which technology will best fit out ethical values, the least technology with the least environmental impacts, while still meeting our electrical needs.

The plan also includes a general path and milestones for us to help us achieve our goal of energy independence. If you would like to learn more, please feel free to contact me at the Administration office or you can come out and visit our information booth at WRFN's 46th Annual Winter Carnival. The Community Energy Plan is available on our Community website.

I would also like to thank everyone that came out to Reduce, Recycle and Reuse day. Participants were treated to lunch, seated massages by Barbara and Carmen, a lunch time presentation about plastics and our environment, the recycling preferences of the plant where WRFN sends our recyclables, and composting, and some participants left with some snazzy outfits. Congratulations to all the door prize winners.

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](mailto:energyadvisor@whitefishriver.ca), or stop by the administrative office. You can also ask your Community Energy Committee members.

**Remember to turn off the lights when you leave a room that is not in use.**

Gii Waabmin Miinwaa!



**community energy program**  
Whitefish River First Nation

**Did you know that Whitefish River First Nation has a Community Energy Plan?**

**One of the goals of the Community Energy Plan is to progress towards Energy Independence, which relies on the community working together to reduce our energy consumption.**

**"Saving Energy benefits Whitefish River First Nation, the environment, and your wallet."**

**FEBRUARY 16, 2019**  
**MONTHLY EARTH HOUR**

WHITEFISH RIVER FIRST NATION IS ENCOURAGING YOU TO REDUCE YOUR ENERGY CONSUMPTION

FOR MORE INFORMATION CONTACT:  
TANIA JACKO,  
COMMUNITY ENERGY ADVISOR



**ON THE THIRD SATURDAY OF EVERY MONTH, PARTICIPATE IN A COMMUNITY WIDE EARTH HOUR. BEGINNING AT 8:30 PM USE AS LITTLE ELECTRICITY AS POSSIBLE TO DEMONSTRATE YOUR COMMITMENT TO SHKAKAMIK KWE**

## Whitefish River Warriors Bingo Canteen Schedule

Bantam Boys: January 28 & 31 & February 2  
 Pee wee Boys: February 4 & 7 (9th cancelled)  
 Atoms: February 11, 14 & 16  
 Tykes: February 18, 21 & 23  
 Midgets: February 25 & 28, March 2  
 Bantam Boys: March 4, 7 & 9



### Contacts

Tyke: Amelia McGregor  
 Novice: Richard Shawanda  
 Atoms: Andy Recollet  
 Pee wee Boys: Rosalyn McGregor  
 Bantam Boys: Lisa Gardner  
 Bantam Girls: Kathleen Migwanabi  
 Midgets: Paul McGregor

### WRFN Warrior Parents & Guardians:

**Please contact your Team  
Managers ASAP regarding  
Canteen Schedule  
and Donations.**

Chi-Miigwetch

## Waste Management Action Plan Coordinator Crystal McGregor

It was a good turnout for our first Clothing Swap. We helped to divert approximately 80-100 lbs of textile waste from our landfill. A huge Miigwetch to all who contributed items, took items and those that gave a hand packing up and cleaning at the end of the day. All items were donated to the Jarrett Centre thrift store in Sudbury. A non-profit agency that supports those with developmental disabilities through the Sudbury Development Resources.

**\* SAVE THE DATE \*  
Sunday, March 24, 2019  
Clothing & Household Goods Swap**

I am developing recycling posters for guidance when sorting your recyclables and hope to have these finalized and approved for the March Rebound. As there is no standardized recycling in Ontario, each First Nation or Municipality decides which items they will accept for recycling. Currently, our Municipal Waste Facility accepts 1-6 plastic. This may change as Whitefish River develops and incorporates their own policy and procedures to recycling.

Why rinse plastic? Less contamination. When there is liquid or food waste on the plastic that you've put into the recycling bin, this can contaminate the whole batch of plastics, which in turn will be put into the landfill. This is true for aluminum and metal cans as well. A quick rinse should take most of the residue away.

Why break down your cardboard and put it into sizes of no more than 2x2 ft? The main reason is space. Compacting your cardboard into smaller sizes make it easier to handle at the sorting facility.

### REDUCE & REUSE before RECYCLE

Should you have any questions or concerns please feel free to contact me at 705-285-4335 ext. 221 or via email at [crystalmcgregor@whitefishriver.ca](mailto:crystalmcgregor@whitefishriver.ca)

### HARD PLASTIC

Clean & Rinsed  
Symbols 1-6

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

### PAPER

Clean and Free of Food

- Newspapers
- Brown Paper Bags
- Junk Mail
- Magazines
- Cardboard (Flattened Max. 24" x 24")
- 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!



Community Energy Advisor, Tania Jacko presents to WRFN community members on reducing plastic consumption on Recycle, Reduce and Reuse Day held January 19, 2019.



Generations of families make the commitment to Reduce, Reuse & Recycle.

**Monster Garage  
Plant Manager - Murray McGregor Jr.**

What is Climate Change and how does it affect a community like Whitefish River.

Climate change - **long-term change in Earth's weather patterns - is arguably the most significant crisis humanity has ever faced. Extreme heat, flooding, drought, violent storms, rising sea levels, habitat loss, worsened smog, and many more impacts all combine to create an enormous environmental, social and economic challenge. Over the past 200 years, humans have been the major cause of climate change. Burning fossil fuels (such as coal, oil and natural gas), as well as deforestation, has released huge amounts of "greenhouse gases" (GHGs), like carbon dioxide and methane, into the atmosphere, trapping energy and increasing global temperatures. Ontario is expected to see an increase in annual average temperature of 1.5 to 7°C in the south of the province and 10°C in the Far North by the 2080s.** (Environment Canada Web site)

More and more extreme weather events are starting to occur more often, from -20°C temperature one day to almost 0°C temperature the next day. These events are a characteristic of a changing climate. Normally high-altitude currents — which form when hot air from the equator clashes with cold air from the poles are causing storms to linger creating heavier downfalls and larger more intense snowfall. More of the same is in our future: with the Arctic heating up, the temperature difference between equatorial air and polar air is getting smaller — and it's doing weird things to the jet stream. That may seem like a too-vague term to use, but the fact is, scientific research into jet stream changes is being thrown for a loop by the rapid pace of global warming. It's still not clear how drastic changes to the jet stream will be.

"We like to focus on things that are high-impact and affect our lives, but it tends to be something of a paradox that those things are less understood," says Chris Fletcher, an assistant professor of geography and environmental management at the University of Waterloo. "With the new jet stream behavior — moving slower, becoming wavier in the north-south direction — the frequency

of occurrence and severity and duration of extreme weather events is increasing rapidly," says Paul Beckwith, a University of Ottawa professor and climate system scientist.

Some of the projected impacts of climate change in Ontario include:

- Disruptions to critical infrastructure, including water treatment and distribution systems, energy generation and transmission and transportation due to more frequent extreme weather events;
- Lower Great Lakes water levels, which could compromise shipping and reduce hydroelectric output;
- More frequent water shortages, as summer temperatures and evaporation rates increase;
- Greater risks to public health from injury, illness and premature death from climate-related events such as extreme weather, heat waves, smog and the spread of diseases;
- Increased risk for remote and resource-based communities, which are already severely affected by drought, ice-dam flooding, forest fires and warmer winter temperatures; and
- Damage to Ontario's ecosystems, through the combined influence of changing climate, human activities and natural disturbances like fire, outbreaks of insects and disease.

The climate change has an effect on our environment thus affecting our way of life as Anisnabaii. As keepers of the land we must continue to protect our way of life for future generation's way of life with fresh water and clean air. We need to start educating ourselves recording defences in hunting, fishing trapping patterns, and how the climate is affecting our gardens and the animals.

Climate change has a great effect on our infrastructure and our homes, already building practices have changed, and example is the homes starting to use steel roofing as the traditional asphalt shingles are not able to withstand the greater wind speed and duration of the wind storms.

If you have any questions or concerns regarding this report do not hesitate to contact my office or drop a line at [publicworks@whitefishriver.ca](mailto:publicworks@whitefishriver.ca)



**WARNING**

The Whitefish River First Nation Public Works is issuing a warning to the general public who operate all terrain vehicles (ATVs) and snow machines.

These people need to **STAY OFF** the public building properties especially the areas where septic field beds are located as this type of activity can cause the systems to freeze and fail.

**Be advised to also stay off the ballfield and soccer fields.** Driving on these areas can cause considerable damage, and much time and resources have been spent keeping our grounds nice and neat for the students and general public to use in the summer seasons.

The UCCMM police have been notified and are monitoring these actions. If you are caught you could be charged with mischief and could be liable for the damages caused by your actions.

**Miigwetch.**

**Valentine's Day Wishes**

- |   |  |   |
|---|--|---|
| <p><b>Happy Valentine's Day to the love of my life Joyce!</b><br/>Love Andy</p>   | <p><b>Eli, Ira and Lucy, You are the light of our lives!</b><br/><b>Happy Valentine's Day!</b><br/>Lots of love, hugs and kisses!<br/>Love Mom and Dad</p> | <p><b>Happy Valentine's Day Corrina!</b><br/><b>You are the center of our Universe.</b><br/>Love Rich &amp; the kids</p>              |
| <p><b>Happy Valentine's Day Selena,</b><br/><b>You make our world a better place.</b><br/><b>And we love you for it!</b><br/>Love Jeremiah &amp; Zach</p> | <p><b>Wishing everyone a Happy Valentine's Day!</b><br/>Diane</p>  | <p><b>Happy Valentine's Day Marida!</b><br/><b>You are simply the best!</b><br/>Love Art</p>  |
| <p><b>Happy Valentine's Day to my Soul Mate and one true love Alex</b><br/>Love you Judy</p>  | <p><b>Happy Valentine's Day to my babies Noah, Aden &amp; Pheobe!</b><br/>xoxo</p>   | <p><b>Happy Valentine's Day to Nakia, Lila and their little brother Diego!</b><br/>Love Mommy &amp; Daddy</p>                         |
| <p><b>Franklin, Happy Valentine's Day! 25 years later ...</b><br/>I love you.<br/>Bonnie</p>  | <p><b>Happy Valentine's Day to my sweets Mr. Fox "love him &amp; he loves me... That is all"</b></p>   | <p><b>Dear Bonnie You have given me the world and I will love you infinity squared.</b><br/><b>Happy Valentine's Day Franklin</b></p> |
| <p><b>Happy Valentine's Day to Carolyn &amp; Kyanna</b><br/>Love Steve</p>  | <p><b>Happy Valentine's Day to my sweetheart!</b><br/>Love Tammy</p>   |   |

**Mno - Zaagidimin - Giizhigat**

**ATTENTION DOG OWNERS**

**REMINDER NOTICE**  
**2019 Dog Tag Available \$20.00**  
**or \$10.00 Senior**

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**PLEASE TIE UP YOUR DOG**

Whitefish River First Nation does not permit dogs to roam free. Community Members must keep their dogs leashed and under the control of a person when ever venturing off their own property. Every Citizen has the right to report any concerns to the Rainbow District Animal Control. The owner of any seized pet is liable for all fines and fees associated with its impoundment.

**TO MAKE A COMPLAINT OF**  
**Roaming DOG(s)**

**CALL:**  
 Rainbow District Animal Control  
 705-673-3647 (DOGS) or 1-800-836-6661

## Pet Care & Tips



Meow Everyone!

Wow, as I write this it is pretty cold outside and my cats are staying inside most of the time. Just think in about four months' time, the days will be longer and warmer. I can't wait to start my flowers. I have already gotten my seed catalogue and hope to order some seeds. I am in the process of house cleaning and my basement needs it the most. I am planning on installing a laundry tub in the basement so it will be easier to clean my litter boxes. I was just thinking the other day that I should be down to a couple of cats by now, not that I want it, but in the past that has happened. Lately, the cats do not go very far from my front deck, because my neighbour next door has a dog, Lucy. That must be why they're all still around, combined with the fact that I am looking after them well. When I go to bed at night I think of all the cats and dogs who do not have homes and have to fend for themselves in these very cold nights. I always pray to St. Francis to look after them.

Well, Fabio is still putting on the pounds, he used to be the little guy of the boy cats, but not now. Webby Debby and Empress Farrah are usually not very far from me. They follow me around the house keeping an eye on me. I think my oxygen hose may appear to be like a snake that is attacking me. The cats are protective and try to bite it or give it a swat sometimes. Tom, is the only one that is still outside but he stays warm in the smaller of the cat houses I have on my front deck. When riding around the community it is nice to see all of the dog houses in peoples yards. It is nice to know that they are being well looked after.

### SOME CAT FACTS:

- The black-footed cat (*Felis nigripes*) is a species of wild cat smaller than the average house cat. It is native to Africa and its maximum weight is 5.5 pounds (2.5 kg).
- 'Caterwauling' is the unattractive sound made by tomcats wondering around at night.
- Cats have a homing instinct that uses its biological clock, the angle of the sun, and the Earth's magnetic field. If you move houses with your cat, keep it indoors for at least a month so it can reset its 'inner compass'.
- The cat comes closer than any other animal, except for the owl and the ape, to having the same binocular vision as humans.

Well, that is it for another month, the cats and I would like to wish all the people celebrating in the month of February, a happy birthday and anniversary. Remember to visit our elderly, the sick and shut-ins and have a short visit with them, as I say they will really enjoy it. Remember to keep your pets warm and fed on these very cold nights. Remember to get your dogs and cats fixed to help keep the population down in our community.

'Till next time take care.

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

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

**Dennis L. McGregor**  
 (The Big Cat)



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

As we move into February, it my pleasure to bring our last monthly update to you. We have worked tirelessly to bring as much of the good news that occurs in our beautiful community every month. However, there are times, especially in **negotiations** where we are not at liberty to say as much as we would like. I think of the work on the Trust and our Specific Claim as those times. It is frustrating, but when we do have something to say, we do provide the most current information for you.

Over the last two years and indeed in my terms before, we have made wellness a top priority. Confronting this painful legacy of systematic dispossession of our lands, livelihood, culture and language has not been easy. Given the history of what our peoples have endured, there is so much work that has to be done to recover from this dispossession. So, **wellness** is and continues to be fundamental to moving forward. In this regard, we put a high focus on family, individual healing, and community spirit. Some examples include;

1. Cannabis Moratorium and conference
2. Traditional Ceremonies at every change of the season
3. Child Welfare and Prevention work
4. Mental Health and Addictions
5. Community Spirit with the LNHL, Bobcat Run, Earth Day
6. Indian Day school Settlement Agreement

We must remain focused on community wellness. Our collective efforts will only make our community healthier and indeed a fantastic place that we can all be very proud of. I would say this is an investment of a lifetime.

Our next priority has been **education** and we have made significant investments in education and specifically increasing the living allowance for our post-secondary students so that they can succeed in their studies. We all know the benefits of education, so we should all join together to celebrate all the benefits of education like the **\$1.3 Million dollar** Daycare Project that puts our education system under one roof. And, the **\$90,000.00** investment in the library is another example of investments towards our education. The cornerstone of our efforts in education is the Anishinabek Education System (AES). This is our collective step outside the Indian Act control of our education! Collectively we decided to endorse the AES, and so we now need to explore what we would like to see when we think about our education. In my mind, the sky is the limit when it comes to education. Why do I say that, because I was lucky enough to have leadership believe in my ability to become an engineer?

Then, we focused on the **economy** and that has not been easy. But, we have made some regional and local investments towards economic development. What are the regional investments? Let's start with Green Energy and the investments in The McLean's Windfarm project. With no financial investment, we are **50%** owners of a **\$186 Million dollar project**. In real terms, we are now starting to see annual returns that will help with future economic development projects. When we are in Little Current, we know that we are **25%** owners of the Manitoulin Hotel and Conference Centre (MHCC). We have our people working there and over time, this long term project will provide economic spinoffs that we will all be proud of!! Locally, we have made strides with two economic opportunities, Birch Island Construction and Rainbow Lodge. These smaller projects complement what we do well. We are builders and we are in the heart of the tourist industry. Like, Wellness and Education, a brighter future is on the horizon as we are set to tap the entrepreneurial spirit of our people!!

Lastly, we have done a lot of work on our community governance. It's an area that is usually not highlighted very much but it is the backbone to moving our community forward. What do I mean by this? Well, as one prime example, we had at least four attempts to build our own election code over that last 30 years. Well this year, we as Council focused our efforts on the Election Code and with a fantastic committee they developed an election code that the community supported. And so now as you know this is our first election outside of the Indian Act Elections. Again, this is something we can all be very proud of. We have worked on updating our policies for Human Resources and the work needed to support our MRP law. At a very personal level to the community, we realized we needed a Burial Policy, to help navigate the heavy needs of our families during times of loss. I am very proud that we have accomplished this work. Sadly, I can tell all of you that we have had to use this policy on at least three occasions and the families have told us how effective the policy is. So, like I was saying, the area of policy update and reform is the backbone to our current governance and administration structure.

Over the last two years, we had a tremendous turn out for many of our community celebrations and we did have a lot of community events every month. It's was so nice to see the participation at these events. Thank you to everyone that attended many of these community events and celebrations. At that same time, many of you have provided advice or guidance on a range of topics from Agriculture to Zoology and everything in between. We are grateful for all of those wonderful conver-

sations and ideas, please keep them coming.

Council has also identified the task force to **continue** our community discussions on Cannabis. The Cannabis task force first met on December 14, 2018 and we as Council are committed to continued engagements and look forward to community participation and input as part of this important work.

On January 23rd, we started our community discussion on the Indian Day School Settlement Agreement. From the 1880's until 1973 there were two Indian Day Schools in our community. Our information session with Jeremy Bouchard and Robert Winogron of Gowlings WSP was very insightful. There will be much more to share as we begin to unpack the impacts of the two school that were run by the Department of Indians Affairs in our community.

As we close out our mandate, Chief and Council was very consistent with our focus on;

- 1) Community Wellness
- 2) Education
- 3) Economic Development

We have been unwavering in our efforts to move forward on wellness. When you look around our beautiful community, you can see that we are making very good progress. We can't rest on our past successes, a lot of great opportunities remains to be brought forward. Our best is yet to come.

**On behalf of Council,  
Chi Miigwetch for everything!!**

Chances of Success:  
 "I won't" - 0%  
 "I can't" - 10%  
 "I don't know how" - 20%  
 "I wish I could" - 30%  
 "I want to" - 40%  
 "I think I might" - 50%  
 "I might" - 60%  
 "I think I can" - 70%  
 "I can" - 80%  
 "I am" - 90%  
 "I did" - 100%

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NAME	JOB TITLE	EMAIL
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To be determined	Economic Development Officer	To be determined
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Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
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Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca
SHAWANOSOWE SCHOOL: (705)-285-1311		
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Blanch Recollet	Cook	blancher@whitefishriver.ca
LIBRARY: (705)-285-1888		
Evelyn Jacko	Librarian	evelynj@whitefishriver.ca

February 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Community Calendar</h1>					<b>1</b> Elders Centre Social Tea/Coffee (PM)	<b>2</b> BINGO
<b>3</b> Rekindling our Fire 11AM-2PM Ball Field  AA Meeting	<b>4</b> BINGO	<b>5</b> Elders Centre 11AM - Exercise Soup & Sandwich Cards - 1PM  "I am a Kind Man" 6PM-8PM @ Health Centre	<b>6</b> Elders Centre Movie/Popcorn - 1PM  Get Pumped up About Heart Health! 11AM-2PM Health Centre	<b>7</b> Elders Centre MOW's & Board Games  Improve your Credit One on Ones 1PM-5PM @ Band Office Debt Management Workshop 6PM-8PM Council Chambers  Anishinaabemowin 6:30-8PM 7 Fires Centre  BINGO	<b>8</b> Elders Centre Social Tea/Coffee (PM)	<b>9</b>  WRFN Election 8:00 AM – 8:00 PM Whitefish River First Nation Community Centre
<b>10</b> AA Meeting	<b>11</b> Elders Centre Drop In  BINGO	<b>12</b> Elders Centre 11AM - Exercise Soup & Sandwich Valentine's Crafts - 1PM  "I am a Kind Man" 6PM-8PM @ Health Centre	<b>13</b> Elders Centre Valentine's Baking (PM)  Seed Saving 6PM- 7PM Community Centre	<b>14</b> Elders Centre MOW's & Valentine's Party  Anishinaabemowin 6:30-8PM 7 Fires Centre  BINGO	<b>15</b> Elders Centre Painting (PM)	<b>16</b> Movie Night "Roots Calling" 7PM @ 7 Fires Centre   WRFN Monthly Earth Hour 8:30 PM  BINGO
<b>17</b> Rekindling our Fire 11AM-2PM Ball Field  Zaagdonaa Anishinaabemowin Loving Our Language 46th Annual Winter Carnival February 19-24, 2019  AA Meeting	<b>18</b>  BINGO	<b>19</b> Elders Centre 11AM - Exercise Soup & Sandwich Cards - 1PM  "I am a Kind Man" 6PM-8PM@ Health Centre  Membership Community Engagement Session 5PM-8PM - Comm. Centre	<b>20</b> Elders Centre Elder's Prize Bingo - 1PM	<b>21</b> Elders Centre MOW's Board Games/Cards  Anishinaabemowin 6:30-8PM 7 Fires Centre  BINGO	<b>22</b> Elders Centre Movie/Popcorn - 1PM	<b>23</b> BINGO
<b>24</b> AA Meeting	<b>25</b> BINGO	<b>26</b> Elders Centre 11AM - Exercise Soup & Sandwich Cards - 1PM  "I am a Kind Man" 6PM-8PM @ Health Centre	<b>27</b> Elders Centre Baking (PM)  Family Partner Painting 6PM - Community Centre	<b>28</b> Elders Centre MOW's & Painting  Anishinaabemowin 6:30-8PM 7 Fires Centre  \$ CHI-BINGO \$		

### Birthday & Well Wishes!

Happy Belated Birthday Wishes going out to Lily who turned 6 on January 10th Love Mom, Dad and Ace	Happy Birthday to my grandson Matthew in February Love Papa Bill	Happy Birthday Quintin on Feb 26th, XOXO Auntie Katt n Craig	Happy Birthday to Pete From The Family	Kina Mina Giizhidagkeg (Happy Family Day!) From Kiki & Family
Happy Belated Birthday to Phil Bowerman Sr. on January 7th From Phil, Candace, Lily, Ace, Matthew, Gina, Andy, Mel, Darrel, Chloe, and Grace	Happy Belated Birthday to my darling grandson Tanner who turned 18 on January 17th Love Grandma	Wishing my baby sister Braelyn a very Happy 3rd Birthday on February 27th XOXO Braxton	Happy Birthday Sheri / Mom on February 11th. Love Zach, Jarrod, Sara, Selena and Adrianna	Happy Birthday to my sister Kim on February 12th. Love Connie
Birthday Wishes to Lawrence Andrews (Muzz) on February 5th Birthday Wishes to Dennis McGregor on February 5th	Happy Birthday to our granddaughter Nicole on February 18th and our great granddaughter Miss Braelyn on February 27th. Love Mama & Papa	Happy 3rd Birthday to our granddaughter, Braelyn on February 27th XOXO Grandma Katt & Poppa Craig	Happy Birthday Sheri / Granny on February 11th Love Rory & Jeremiah	Happy Birthday to my great-nephew Nico on February 18th Love Aunty Connie
Happy Birthday to my dad John on February 11th! Love, Va, Steve, Kiara & Chico	Happy Birthday to my daughters, Rachel on February 15th & Wanda on February 16th Love Mom	Happy 2nd Birthday to our Niece Braelyn on February 27th XOXO Auntie Syd and K.C.	Happy Birthday Sara! on February 23rd Love Zach, Jarrod, Mom	Happy Birthday Momma Bear on February 4th. From all your cubs and grandcubs! May your year be filled with love and success! Love You! xoxo "As long as we're living, our mommy you'll be!"
Happy Birthday to Uncle Denny on February 5th Love: Va Steve, Kiara, Chico	Happy Birthday to my grandson Quintin on February 26th Love Grandma	Happy Birthday Wishes to: Kim on February 12th Monster on February 18th Nico on February 18th Les on February 28th XOXO Katt	Happy Birthday Auntie Sara on February 23rd Love Jeremiah & Rory	Happy Birthday to our Grandson Nico on February 18! Love Gramma Kim & Papa Shawn xoxo
Happy Birthday to our son who is officially a teen on February 26th. Have a terrific year Quintin. Mom & Dad love you so much.	Happy Belated Birthday to my daughter-in-law Tracey on January 31st. Love Priscilla	Happy Birthday to my godson Tyrone, on February 15th. Love Aunty Diane	Happy Birthday to our Grandson Nico on February 18! Love Gramma Kim & Papa Shawn xoxo	Happy Birthday Mom! Love Arianna, Krystal, Keith & Keion xoxox
Happy Birthday to our big brother Quintin Love Aurora and Leo	Happy Birthday Nicole on February 18th. From Tracy, Cal, Quintin, Aurora and Leo	Happy Birthday to my brother Rich, on February 18th. Love your sis Diane, John and Pete	Happy Birthday to my loving wife Corrina on February 12th. Love Rich	Happy Birthday to our oldest son Nico We are so proud of the man you are growing up to be. Love Mom & Dad
Happy Birthday Nicole on February 18. From Tracy, Cal, Quintin, Aurora and Leo	Happy Birthday to our Mom in heaven on February 12th. Love you, miss you Pat, Katt, Dan & Tracy Xoxoxoxo	Happy Birthday to my brother Peter, on February 24th, Love your sis Diane, John and Pete	Happy Birthday to our awesome mom Corrina on February 12th Love Hunter, Raven, Memphis, Autumn, Murphy & Pablo	Happy Birthday to our AWESOME big brother Nico. May your day be as great as you. We love you. Deacon & Haisley
Sending B-day wishes to my "Chi"-Pappa John on February 11th. Love Liam	Happy Birthday to our Mommy Nicole on February 18th XOXOX Braxton and Braelyn	Happy Birthday to my sister-in-law Corrina on February 12th Love your sis Diane	Happy 50th Birthday to my pal Stevie on February 14th. Richie	Happy Birthday to my buddy Richie on February 18th. Stevie
Happy Birthday to our cousin Quintin on February 26th XOXO K.C., Syd, Braxton, Braelyn, n Nicole, Mikey, Damon & Austin	Happy Birthday Nicole on February 18th Love Dad & Mom, Sydney & K.C. 'n Blue	Happy Birthday to any other family members that are celebrating this month. Have a great birthday, Diane!	Birthday wishes to Yoyo on February 14th Birthday wishes Duster on February 13th Hippie Birdie to everyone celebrating this month. Have a Grrrrreat Day...Monstr.	