We know that life is directly connected to the quality of our water, both within and all around us.

Chief Shining Turtle

The open house for the newly commissioned $3.5 million dollar Elevated Storage Reservoir took place on December 17, 2018. Community members Arlene Pitawanakwat and Carmen Pitawanakwat opened the day’s gathering by offering prayers and ceremony for nibi. Indigenous and Northern Affairs Canada Regional Director General Anne Scotton, Algoma-Manitoulin-Kapuskasing MP Carol Hughes and Father George Gardner were on hand for the official ribbon cutting ceremony. The new ESR is six times larger than the previous stand pipe and will provide water storage to meet WRFN’s 50 year planning and growth needs. Councillor and former Chief Leona Nahwegahbow cut the ribbon, while Shawanosowe students and WRFN community members looked on.

Miigwetch for the relentless dedication of Chief and Council, WRFN Administration, First Nation Engineering Services Ltd. and the Government of Canada for supporting these initiatives and making clean accessible drinking water a priority for the future of Whitefish River.

Please note that the deadline for submissions for the next issue is Thursday, January 17th, 2019 at noon.

Miigwetch!
rezoundeditor@whitefishriver.ca

“A Place of Visions and Dreams”
Good day fellow community members!

What an exciting time! We start the New Year off with resolutions on how we are going to improve our lives. I find it amazing that some people can set goals like exercising, eating good (for you) foods, and other resolutions and keep them throughout the year. I find, I fall into the trap of when I am really busy I forget to take care of myself.

December was full of Christmas activities. We hosted the Elder and Youth Christmas Dinner on December 4th. Over 30 Elders attended along with 10 youth. We gifted the Elders with honey from our very own honey bees along with a small tin of treats. I know the staff worked hard at preparing this meal and I appreciate all the hard work and team work that went into this delicious dinner. We also participated in the parade and decorating the trees by the Veteran’s memorial.

I know that some of the staff are planning an event or two for over the Christmas Break. I hope you get a chance to participate in them.

January is proving to be another busy month. In the first two weeks after Christmas break, the prevention team staff will be in strategic planning. This is our time to plan for the upcoming year and develop our work plans for both leadership and our funders. This is also our opportunity to meet with our internal partners (other departments) and external partners to discuss how we can collaborate and work together. Following the two week break, programming will be up and running again. Please keep in mind that the nurse practitioners, doctors, dietitians, etc., will still be providing their services at the Health Centre during the strategic planning break. I am also pleased to welcome Louanne Megwanabi to the Health team. She is working with Gail and Winnie in the Food Security program. With her knowledge and culinary skills, she is a great addition.

I have received a memorandum from the Health Coordination Unit at the Chiefs of Ontario office regarding a shingles vaccine called Zostavax™. It states, “The shingles vaccine is publicly funded free of charge for individuals aged 65 to 70 years of age. Individuals will be able to receive the Zostavax™ vaccine through their primary health care provider or by a health center that receives vaccines from a public health unit. If an individual goes through the pharmacy, they will have to pay for the vaccine. Please note that only the Zostavax™ vaccine is covered not the Shingrix vaccine.” (Memorandum dated December 11, 2018)

Finally, I also am pleased to state that one of our very own community members has donated $500 and asked that I put it towards “where it can do the most good”. I have decided to put it towards our bee apiary. Although this community member resides in Victoria, British Columbia, he is appreciative of where his roots are and wanted to gift the community in acknowledgement. I respect the role of bees and thought this is where it can help the most as our apiary is not a “funded” activity.

Have a wonderful New Year, keep safe, and stay warm!

For more information I can be reached at the Health Centre at 705-285-4354 or through email at: lmcgregor@whitefishriver.ca.
Aani/Boozhoo Community Members!

We started out December with the HIV/AIDS and Health Awareness event on December 1, 2018. We had a total of 31 participants throughout the day. I would like to thank all the community members who came out to learn about HIV and Mino Bimaadizwin, living a good life. Laura Liberry, HIV/AIDS Coordinator from Anishinabek Nation gave a lot of information to community members about HIV Prevention and safe sex practices. I am pleased to say Laura will be coming back to educate our youth in the new year, please keep an eye out for the poster once we finalize a date.

We also have the Anishinaabemowin program continuing on with Anishinaabemowin Instructor Lisa McGregor, and our Fluent Elder/Grandmother, Marion McGregor every Thursday. The program is already amazing, and I am proud to say that participants are doing very well in learning the language. Not only are we learning the language from the instructors, but its amazing to learn from all levels of speakers from our own community from beginner to fluent. The program is set up so knowledge and information is shared through an Indigenous style of learning. I encourage all community members to come out. Anishinaabemowin will be starting again in the new year on January 10th, 2019 from 6:30-8:00pm.

Also in December, I had the opportunity to attend the Community Wellness Training with Anishinabek Nation on Human Trafficking and how it impacts urban and First Nation communities across Canada. This is an issue that we should all be aware of so that we can protect our most vulnerable, our youth and young adults. This training provided me with the skills to educate community and create awareness about the issue, and what to watch out for if you have that gut feeling that someone you care for may be a victim of human trafficking. Therefore, save the date for an education and awareness event for February 12, 2019. This is an important issue pertaining to educating and creating awareness amongst community members, and families in the efforts of keeping our community safe.

All Community Wellness programs try to encompass all ages of the community. Therefore, unless otherwise stated in event or program advertisements, I encourage you all to come out and attend. If you are unsure about it, come out and try something new, if child care is an issue please contact me and we can look at solutions. Also, please keep an eye out for upcoming programs in the new future.

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

The 3rd Annual Youth and Elders Christmas Party was a highlight of the holiday season packed with great food and games for all!
Mental Health & Addictions Worker - NNADAP
Michael Aelick

Aanii,

During the month of January I will move the Rekindling Our Fires program from Saturday to Sunday to give more youth a chance to attend. I was informed by some parents that they are interested in sending their kids to this program but programming on Saturdays is challenging because their children have other commitments like hockey.

Program participants learned last Saturday that building a fire in the Winter time can be a fun challenge. Once the fire is built, they can enjoy some hot dogs, hot chocolate, hot apple cider, and some s’mores. The new dates for Rekindling Our Fires will be Sunday January 6th and 20th. Topics will include information like: Fire is sacred and should be respected, the basics of fire starting and safety will also be covered. They will also learn that the Spirit of the Fire lives in all things. Depending on the outcome and the interest in the community, this program will run throughout the winter with the eventual goal being Traditional Fire Keeping teachings for the community.

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

WRFN HEALTH PRESENTS

SKATING PARTY
JANUARY 2, 2019
6:30PM - 9:00PM
At the
Youth & Elders Center

Kids under 12 years old MUST be accompanied by a Parent/Guardian

FOOD | GAMES

For more information please contact Crystal Clark-McGregor at 705-507-0729 or email at righttoplay@whitefishriver.ca

The HIV/AIDS and Health Awareness event was held on December 1, 2018 at the WRFN Community Centre. Laura Liberty, HIV/AIDS Coordinator from Anishinabek Nation was on hand to share updated information to community members about HIV Prevention and safe sex practices. Laura will be coming back to educate our youth in the New Year, so keep an eye out for the poster in the mail!
Happy New Year everyone!

I will having a **Skating Party** on January 2nd from 6-9pm. The Sr. Youth Leadership group will be there fundraising and selling snacks and hot chocolate for their upcoming trip in April.

**7 Generations Meeting**
**Monday January 14, 2019**
5:00pm

Nelson and Mark will be returning on January 17th with **Snowshoeing** for ages 6-10 year old and Basketball for ages 11 and up. Both groups will be meeting at the Shawanosowe School.

This month Right to Play Youth Leadership program will resume on January 22nd, 2019

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

- Tuesday & Wednesday: age 18 & up 7pm to 9pm
- Friday: age 12 to 17 7pm to 9pm
- Saturday & Sunday: age 14 & up 5pm to 4pm

The 3C’s in life: choice, chance, change. You must make the choice, to take the chance, if you want anything in life to change.

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

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### January 2019 Community Youth Program Calendar

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 1 Happy New Year Everyone! | **2 Skating Party**
6:00pm to 9:00pm
At the Youth & Elders Center | 3 | 4 | 5 |
| 6 Baby Welcoming & Office | 7 Office | 8 Office | 9 Office | 10 Office | 11 Office | 12 |
| 13 7 Generation Youth Council Meeting 5pm to 6:15pm | 14 Office | 15 Office | 16 Office | 17 **Noojmowin-Teg Night**
(every Thursday)
Snowshoeing 6-10 years
4:15pm-5:30pm
Basketball 11-14 years 7-8:30pm | 18 Office | 19 |
| 20 Anishinabek Nation-Health Conference in S.S.M | 21 Right to Play Youth Leadership Program Grades 7 & 8
7pm to 9pm
Basketball ages 18 & up at the school gym | 22 Right to Play Youth Leadership Program High School
6pm to 9pm
Basketball ages 18 & up At Shawanosowe | 23 **Noojmowin-Teg Night**
Snowshoeing 6-10 years
4:15pm-5:30pm
Basketball 11-14 years 7-8:30pm | 24 | 25 Basketball ages 12 to 17 years old at the school gym |
| 26 Basketball ages 14 & up at the school gym | 27 Basketball ages 14 & up years old at the school gym | 28 7 Generation Youth Council Meeting 5pm to 6:15pm | 29 Right to Play Youth Leadership Program Grades 7 & 8
7pm to 9pm
Basketball ages 18 & up at the school gym | 30 Right to Play Youth Leadership Program High School
6pm to 9pm
Basketball ages 18 & up at the school gym | 31 **Noojmowin-Teg Night**
Snowshoeing 6-10 years
4:15pm-5:30pm
Basketball 11-14 years 7-8:30pm | 32 |

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Reduce Waste.

**Bring a Feast Bag!**
Aanii, the months of November and December were busy. We had National Addition Awareness Week at the end of November, and Courtney and I presented the impact of Electronics on our daily lives to the youth. The learned how they affect the body and social life.

We officially finished the six week Horseback Riding session. I found it to be both fun and challenging. We were instructed to go through a little obstacle course of mazes, turns, zig zagging, fast trotting and over a makeshift bridge. A big thank you goes out to the Honora Bay Riding Stables staff for being so patient with us and taking that extra time to assist us. It wasn’t easy, but I sure would do it again. So be prepared for another session to come in April/May 2019.

The Youth and Elders Dinner brought a good turnout. It was nice to see everyone out and enjoying each other. The food was plenty, entertainment was nice, and Santa was a blast.

“Need a Ride” was done December 13, 2018 which was a return trip to Sudbury for Christmas shopping with lunch provided.

For the first two weeks in January there will be no programing due to our Strategic Planning. The week of January 21-25, 2019 I will attending the 4th Annual Anishinabek Nation Health Conference, “We Need to be Kind to our Spirit,” held in Sault Saint Marie.

A Traditional Family Parenting Workshop is being held January 26 & 27, 2019 at the 7 Fires Youth and Elders Centre. We also have another fun evening planned for our Family Game Night on January 30, 2019.

If you have any questions or suggestions about programming feel free to contact me at the Health Centre 705-285-4354 or by email at: shawnaj@whitefishriver.ca

Hello, Aahnii

The New Year is now upon us and I’m looking forward to 2019 and the upcoming programming it will bring. December was a busy month and I’m glad to say it was very eventful and we had a lot of great participation. Our Parent & Tot Christmas Party was a success! Lauren and I helped the parents and children with a holiday craft, cookie decorating and we also did some cute photos. The parents and tots really enjoyed themselves.

Last month Shawna and I worked together to create a presentation for NAAW Week on technology and how it affects our bodies and our health. We had a lot of turnout of youth to this event! To finish off the night, everyone got a board game to take home to promote healthy family time.

On that note, all programming will be postponed for the first two weeks in January from January 7-18th, 2019, as the Health Care Staff will be working on some Strategic Planning. Regular programming will resume on Tuesday January 22nd.

Tuesdays - Play Group 10:30 AM-1 PM

Wednesdays - Anishnaabemowin Story Telling 10:30-12:30pm

Thursday - Bi-Weekly Swimming at the Complex 10:15am-1pm (Returning Date: January 24)

I hope everyone had a great Christmas and a Happy New Year. I can’t wait to see what the New Year has in store for us.

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

For more info contact Shawna Jacko at 705-285-4354 or by email shawnaj@whitefishriver.ca
Food Security Assistant - Winnie Paibomsai

Happy New Year Whitefish River Students, Parents and Community!

Out with the old and in with the new. It was a busy month, filled with cooking or programming from all of us. I can say that it has been a great year as I have been with the Food Security Program for a year and 3 months. I have learned much over the year, both as a participant and by cooking for the many programs. I have also had the privilege to see our students getting awesome lunches. With that being said, after the Christmas break, the Student Nutrition will start back up on January 22, 2019.

Wow! It will be 2019 soon. Where has the time gone? In December I helped with the Christmas Parade and we hosted the Youth and Elder’s Christmas Dinner on December 4th. Then, it was off to the WRFN Staff Christmas Party where we all had a good laugh or two with all of the WRFN Staff. Between all of those parties as usual I was busy cooking. I am looking forward to a two week break to spend with my family.

Please remember we do have Anishinaabe-mowin being offered in the community on Thursday nights from 6:30 until 8:00 pm.

We always have a good story when all is said and done to try and pick up on words that we hear or know. There will also be some holiday programming. I hope that by participating we can build up our relationships with our own families and just have some laughs too.

New Year’s is both a new day and a new opportunity to try to live healthier. With goals in mind and also planning for a wedding, I too need motivation to work out. I have a goal in mind to lose a few pounds but doing it in a healthy way, with more exercise. A walk around the block or maybe even getting in a workout or two at the newly reopened Fitness Centre. They do say that walking is a good cardiovascular exercise as well as a way to shed some inches off the waist. In the New Year let’s do our best to support each other in our fitness and health goals.

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.

Miigwetch!

Food Security Assistant - Louanne Megwanabe

Aanii Louanne dizshnikaas.

I have been hired to assist with the Food Security Program here in Whitefish River. I am very excited to be part of this program. As many of you know I have catered for a few years now for Whitefish River First Nation and other organizations on Manitoulin Island. I have over 10 years of experience in food preparation, food safety and food service.

As part of my job here, I will be assisting my fellow co-workers in creating a database for a newly acquired food software program called “ChefTec”. Getting all information like recipes, food quantities and current food cost data input, will better serve as a quality control for programming, funding and limiting food waste are a few benefits for having this program in place.

I have also been assisting with other programming like the school nutrition program at Shawanoswe School and the schools in town(s) where our students attend, community events and any other food preparation that our wonderful Health Programming entails.

I have a new appreciation for the Health Staff here as they often times are required to go over and above for fellow community members. I am pleased to utilize my skills in assisting with the complete installation of our new food computer program.

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

Merry Christmas and Happy Holidays

13 Moons Garden

by Michael Aelick

Plants to Get Choked Up About

In continuation of the local food source theme, I will talk a little bit about two shrubs in our area that both have the word choke in their names. One, I’m sure everyone one has heard of and the other is not as well known about, even though they are being recognized as one of the new super fruits with extracts being sold at health food stores and demand for commercial fruit production growing.

The Chokecherry is a multi-stemmed shrub in the Rose Family that can reach heights of about twenty feet in the south but only reaching heights of six feet in this area. Chokecherries grow in a wide variety of soil types ranging in pH’s from 5-8. They enjoy a spot with full sun but will tolerate some light shade. Chokecherries will sucker from the roots and can grow into a dense row of shrubs. This shrub is susceptible to a common fungal disease called black knot. This fungus can be removed from branches if caught early. It is best to cut it from a young branch in the winter time, as it starts to develop and burn all infected branches. They produce long fragrant clusters of white flowers in early June. The fruits are edible but a very tart and have been described as being astringent and bitter. The pit contains hydrocyanic acid, which is poisonous. The acid is destroyed when the fruit is cooked or dried. Chokecherries are high in anti-oxidants and are an excellent source of fiber, vitamin K, vitamin B6, potassium and manganese. Hedges can be planted as an edible snow fence or left for nature. The flowers are an excellent source of nectar for bees and insects and the fruit is an important fall and winter food source for birds.

The Chokeberry is another multi-stemmed shrub in the Rose Family that can form clumps from new stems growing out of the spreading root system. Chokeberries grow to heights averaging around three feet and prefer to be in wet soil growing on the edges of streams, lakes, and bogs. It can also be found in dry sandy or rocky edges of Pine forests. Chokeberries produce white with pink tinged flowers in the spring. The fruit that resembles little purple/black apples will ripen in late summer but will persist into the winter. The fruit is tart and bitter and is said to be astringent with a taste that will pucker the mouth when eaten raw. Chokeberries are becoming one of the new super fruits because of it being packed full of antioxidants. The berries can be eaten raw but are usually made into pies, jams, jellies, syrups, and teas. Many of the proposed health benefits come from its high content of nutrients called polyphenols. Research with rats has shown some promise that the berries can help boost the immune system and reduce inflammation related to diabetes as well as being effective at reducing the chances of developing diabetes. The berries are also known to be rich in nutrients and contain vitamins C, B1, B2, B6, K, folate and niacin. They also contain potassium, calcium, magnesium, sodium, iron and zinc. I hope you have found this article informative.

If you have any questions you can post them on my Facebook page @ 13 Moons Garden.
**Education Manager - Jacinta Shawanda**

Aanii Kina Weya and Happy New Year!

May this new calendar year bring more joyful experiences, enhanced love for learning and renewed sense of determination to all WRFN Students and their family support networks!

**Reminder to Post-Secondary Students and New Applicants:**

- WRFN has only one in-take per year for Post-Secondary Funding
- Application for Post-Secondary funding will be available MID to LATE JANUARY.
- The NEW deadline (TBD) will be clearly indicated on the application.
- Application for Post-Secondary Funding will be available MID to LATE JANUARY.
- The NEW deadline (TBD) will be clearly indicated on the application (MID to LATE May).
- A YouTube video will also be available in February to demonstrate how to complete application and to provide a list of supplementary documents required.
- ALL STUDENTS, both current and new applicants, MUST SUBMIT AN APPLICATION EVERY YEAR.

**Reminder to Parents and Guardians of Elementary and Secondary WRFN Students:**

WRFN Bus Cancellation Process Fridge Magnets are in. If you did not get one yet, please call me at the Administration Office. Also, if you need another form of your contact information, in the event of a Bus Cancellation, let me know and I will provide the form for you to fill in.

**WRFN EDUCATION COMMITTEE requires new committee representatives.(3 seats available)**

The committee’s first tasks will be to work with the Education Manager to continue with the Education policy review. Please see ad for committee members in this issue. Chief and Council will approve all appointments to the committee by BCR.

Please keep in touch by calling or e-mailing me. I look forward to hearing from you. If you have any questions, comments or concerns please contact me at 705-285-4335 ext.209 or via email at: jshawanda@whitefishriver.ca. Miigwech

**Maamwe Kendaasing Child Care Supervisor**

Cheryl Shawanda, RECE, Child Care Supervisor

Ahnee from the Maamwe Kendaasing Child Care Centre!

The staff and children would like to wish everyone a Happy New Year and may the New Year bring positive partnerships with your Child Care Centre.

Our Program Advisor, Julie Roberts from the Ministry of Education - Early Learning Division was in to do the annual site inspection. Julie was pleased on the Operations and Management of the Child Care Centre. She also commented on how the learning through play is organized and how quickly we incorporate any changes from the Day Nurseries Act dictated by the Ministry of Education.

As the weather is very cold, please make sure your child has the proper clothing to keep them comfortable outside as we do go out most days. Please ensure as well to have a complete change of clothes at the daycare in case of any accidents!

The Annual Christmas Concert with Shawanosowe School was great with excellent performances by all the children. The children were so excited to see Santa who heard we were having our annual Christmas Luncheon with the parents and he came with gifts for every boy and girl. Miigwetch Santa until next year!

Baa-maapii Miinwaa

**Education Committee Members Posting**

Three (3) Committee Members Required

Interested WHTEFISH RIVER FIRST NATION BAND MEMBERS are encouraged to join the WHITEFISH RIVER FIRST NATION EDUCATION COMMITTEE; the Committee is to consist of six (6) voting members and appointed non-voting members are the Education Manager and the Band Councillor(s) holding the Education Portfolio.

**POSITIONS TO BE FILLED:**

1. Committee Member - vacant
2. Committee Member - vacant
3. Committee Member - vacant

**Eligibility of Members:**

1. Must be a member of the Whitefish River First Nation.
2. Must be over the age of 18 years of age (Registered Voter).
3. Be committed
4. Must reside on-reserve.
5. Must not be a staff member of WRFN Education Department.
6. Must possess a high level of understanding of WRFN Education Programs and Services.
7. Demonstrate desire to see WRFN Education excel and thrive (move forward).
8. At least two members will be appointed for an additional term to maintain continuity.

For consideration to the Education Committee, please submit a letter of interest January 25th, 2019 before 12:00 pm to:

Jacinta Shawanda, Education Manager
Whitefish River First Nation
17A Rainbow Ridge Road, Box 188
Birch Island, Ontario.
Fax 705.285.4534

E-mail: jshawanda@whitefishriver.ca

Recommendations will be presented to Chief and Council for Approval. We thank all those who apply and look forward to reading your letters of interest.

**EMLOYMENT OPPORTUNITY**

**Position:** Registered Early Childhood Educator ( RECE) **Department:** Child Care Centre

**Term:** Full-Time Position @ 37.5 hours weekly **Closing Date:** January 6th, 2019

**Summary:** Under the supervision of the Maamwe Kendaasing Child Care Supervisor. The RECE is responsible for the health, safety and well-being of the children in care. Demonstrate preparation of weekly program plans that reflect the needs of the individual children in care. Ability to demonstrate interpersonal skills dealing with children, parents and co-workers. Must have knowledge of the Day Nurseries Act and its provisions. Other duties as determined by the Maamwe Kendaasing Child Care Supervisor.

**Knowledge and Skills:**

- Oral and written communications skills;
- Work well in a team environment;
- Ability to work directly with children ranging from Toddlers to School Age;
- Must possess a great deal of flexibility;
- Knowledge of Aboriginal Culture;
- Must be energetic and active.

**DOCUMENTATION WITH APPLICATION**

1. Cover Letter, Resume, Three work related references;
2. Copy of ECE Diploma, equivalent related program or AECEO Certificate;
3. Copy of the College of Early Childhood Educator’s Membership;
4. Copy of First Aid/CPR Certificate;
5. Copy CPIC-Vulnerable Screening at own expense;
6. Copy of health assessment, an immunization record and a negative TB 2 skin test.

Interested applicants please submit complete package to:

Cheryl Miller-Martin, Supervisor and Cheryl Shawanda RECE-Supervisor
Maamwe Kendaasing Child Care Centre
P.O Box 96
121 Rainbow Ridge Road
Birch Island, Ontario
P0P 1A0

- Only those contacted will be granted an interview.
The Bobcat

Aanii Parents & Guardians

The school year is flying by. We had another fast-paced and exciting month of December together as a school community! Our student activities continue to be in full swing Mondays: Art Club, Tuesdays: Rock Band, Wednesday: Student Planning Committee and Thursday: Drama Club. We will have a few new options for students in the New Year!

December

During the month of December our students have been anxiously awaiting for Christmas and preparing for all the Christmas activities; the whole school travelled to Sudbury to see the Grinch, the School Christmas Float in WRFN’s Annual Christmas Parade, Ugly Sweater Spirit Day, Christmas Concert and our Community Christmas luncheon.

On December 4th, the whole school attended Silver City to see the new Grinch movie. It was a great way for staff, students and families to start off the month of December.

Our School Planning Committee both organized and decorated our school Christmas float and they organized our Ugly Sweater Day. These students continue to show their leadership abilities and more importantly have a voice in our school. All staff and students are actively organizing and practicing for our upcoming Christmas concert. They are looking forward to celebrating with the community.

Our Community Christmas luncheon was a hit. Turnout was great by parents and families. A thank you to Gail Jacko and her team for all they did to assist in making this day a success. A thank you to all our staff and parents for all they did as well to make this luncheon a very special lunch for our students. We look forward to our next Staff/Student/Family Breakfast in January.

On behalf of all the staff and students at Shawanosowe we hope all have a Very Merry Christmas and a Happy New Year!!!

Happy New Year from the Staff & Students of Shawanosowe School!
Whitefish River First Nation

SNOW SHOEING

For Ages 6-10 Years  4:00 to 5:30 pm

January 17th, 24th, 31st,
February 7th, 14th, 21st, 2019

Meet at Shawanosowe School

INFO SESSIONS
- Nutrition
- Traditional Teachings

SNOW SHOES AVAILABLE

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
Aanii Bemaadizijig

As we say Baamaapii to Mnidoo Giizsoonhs (Little Spirit Moon) and welcome Mnidoo Giizis (Spirit Moon). I would like to wish everyone a Gidin-mikaagoom Niibaanamaang miinwaa Nimkodaading! Merry Christmas and Happy New Year!

Elevated Storage Reservoir (ESR)

The Elevated Storage Reservoir Project (Water Tower) is complete and on line. The decommissioning of the old Stand Pipe has commenced and when completed will change the view. The Grand Opening on December 17th went extraordinarily well and is always good to see strong community participation.

I would like to acknowledge and thank the Project Team for all their hard work:

1. WRFN Administration: Chief Shining Turtle & Murray McGregor
2. FHR Inc.: Kelvin Jamison
3. First Nations Engineering Services LTD: Joanna Recollet, Kylee Gee, Craig Baker & Glen Hare Jr.
4. Cecchetto & Sons: Vaughn Blacklock & Ron McCrea
5. Indigenous Services Canada: Victor Li & Frank Monozlai, 6. UCCMM: Ray Moreau & Kevin Debassige

Band Custom Election

The community has chosen and approved the Band Custom Election and this will govern the next election for Chief & Council. Whitefish River First Nation is no longer under the jurisdiction of the Indian Act, the authority now rests with the Whitefish River First Nation Citizens.

The next election for Chief & Council is under the custom election code and there are a few things to keep in mind:
1. The nomination meeting is on December 22nd from 6pm to 9pm.
2. The nomination process has changed, please refer to the flow chart in the Rezound.
3. There are three ways to Vote, at the polling station, mail-in ballots, and electronic voting.
4. Election is for One Chief and Seven Councillors
5. Term of office is Four Years
6. Election is on Saturday February 9, 2019 from 8am to 8pm.

Cannabis Task Group

The first meeting of the group was held on December 14, 2018.

Task Group Members

1. Mariette McGregor Sutherland: Chair
2. Esther Osche: Council Representative
3. Jean Andrews: Elder
4. Bonnie Nahwegahbow: Community Representative
5. Robert McGregor: Community Representative
6. Band Manager: Administration

Early Learning Center (Daycare) Construction Update

Another project which is underway is the building of our new Early Learning Center (Daycare) connected to Shawanosowe School. Construction has started and there will be more information each month. This project is expected to be completed mid-summer of 2019.

Reminder:

WRFN Christmas Shut Down December 24 to January 4th.

Events

1. New Year’s Eve Fireworks & bonfire beside the Ball Park. Fire Works at Midnight
2. New Year’s Day Community Breakfast: WRFN Community Centre, January 1, 2019 – 9AM-11AM

2018 was another fantastic year, we made history with the Custom Election Code and the new Water Tower and I am certainly looking forward to 2019 and the historical landmarks we, as a community will make.

As always, I am available to the community, please don’t hesitate to drop by for a visit and have Mkade Miskodiismin Naaboo (coffee) on us. You can also reached me by phone at 705-285-4335 or cell at 705-863-3027 or email me at ajacko@whitefishriver.ca.

Nahaaw, Baamaapii Miimwaa Kawaabmin

Missed an issue of The Rezound?

Find them online at www.whitefishriver.ca

Mr. Nick aka Nicholas Francis is happy to welcome his niece Mattina Esquimaux into the world on December 13, 2018.

Welcome with love by proud parents Tina Francis & Matt Esquimaux.

Born at Health Sciences North December 13, 2018.
3.010 kg
32.5 cm
9:55 am
The Annual Parent and Tot Christmas Party was hosted at WRFN Health on December 12th, 2018. Families of Shawanosowe School students were invited to a potluck Turkey Dinner on December 12th, 2018.

Miss Bonnie dished out the turkey for those in line at the Shawanosowe School Family dinner.

The Annual Christmas parade included a float for WRFN’s Winter Carnival and Pow Wow Royalty.

Delliah and Breaha wear both matching sweaters and smiles.

Tahnee and mom, Anita attend the St. Gabriel Lalement Christmas Bazaar and the WRFN Christmas Parade.
Maamwe Kendaasing Child Care Centre performed to “The Fish Song.”

Nico steals the show with a guitar solo during the Grade 5/6 performance of “Cold as Ice.”

Mrs. Claus and the Grinch made an unlikely duo at the Christmas Parade.

Shawanosowe School presented “Miishin Neyaap Noosi!” or “Give Me Back my Dad!” by Robert Munsch for the Annual Christmas Concert.

Miss Gagan’s Grade 1/2 class sing and dance to “Better Bundle Up!”

The night’s musical finale performed by the entire school was “Winter Holiday.”

The Kindergarten class “twist and shout” during the Christmas concert.
Membership News – This month’s article will focus on Amendments to the Indian Act. Over the years, amendments to the Indian Act have significantly changed the ways in which status and membership are determined.

The Indian Act, as amended on June 28, 1985, when Parliament passed Bill C-31 – An Act to Amend to the Indian Act was brought into accord with the Charter of Rights and Freedoms Act. The Amendment came into effect April 17, 1985. The objective was to uphold three fundamental principles that guided the amendments to the Indian Act: 1) Removal of discrimination; 2) Restoring status and membership rights; and 3) that Indian Bands have the option to control their own membership.

These provisions of the Indian Act had a major impact on entitlement rules and procedures. The most important changes were: Indian Status can no longer be gained or lost because of marriage; An Indian woman no longer automatically changes band membership upon marriage to an Indian man on another First Nation; Illegitimacy is no longer a factor in determining the eligibility of children; The concept of enfranchisement is abolished; Indian Status can be acquired as a result of adoption for non-Indians. (Legal adoptions or be an adoption according to Indian Custom); and Bands can choose to control their own membership.

Another important change to the Indian Act was made on December 15, 2010, Bill C-3 – Gender Equity in Indian Registration Act received Royal Assent. The amendment to the Indian Act came into effect on January 31, 2011. The bringing into force of Bill C-3 will ensure that eligible grand-children of women who lost status as a result of marrying non-Indian men will become entitled to registration (Indian status).

Another important change to the Indian Act was made on December 12, 2017, Bill S-3, An Act to amend the Indian Act in response to the Superior Court of Quebec decision in Descheneaux c. Canada received royal assent on December 12, 2017. The Descheneaux decision highlighted residual sex-based inequities in Indian registration carried forward following the 1985 and 2011 amendments to the Indian Act. It also brought to light the long-standing and unaddressed broader issues relating to Indian registration, band membership and First Nations citizenship. Parts of it came into force on December 22, 2017. This includes immediately extending entitlement to Indian status to individuals affected by inequities relating to the different treatment of cousins, siblings or minors who were omitted from historic lists. Further amendments will come into force at a later date, once consultations on how best to implement these changes are completed.

Information sessions will be held in the context of the Collaborative Process recently launched by Minister Bennett to consult on Indian registration, band membership and First Nation Citizenship with a view to future reforms. These information session will aim to provide context for this process and background information on key related issues with the objective of ensuring meaningful community level participation in the consultation process.

Information gathering: October 2018 to March 2019, dialogues with First Nations, Indigenous groups and impacted individuals on the three content streams relating to: the implementation of the removal of the 1951 cut-off; other remaining inequities related to registration and membership under the Indian Act; broader devolution or reform.

Additional information can be found at the Indigenous and Northern Affairs website: https://www.aadnc-aandc.gc.ca/eng/1522949271019/152294938324

Whitefish River has secured funding to host On-Reserve information sessions to engage our members and obtain their feedback on the 2017 amendments to the Indian Act. These sessions will be live-streamed for our off-reserve members.

Please see flyer regarding the upcoming information session.
COMMUNITY NOTICE

Whitefish River First Nation Consultation Information Session

January 23rd, 2019
5:30 PM - 8:00 PM
Whitefish River First Nation Community Centre

* Catered Dinner * Door Prizes *

For more information please contact Stephen McGregor at 705-285-4335 ext.217 or by email at: stephenm@whitefishriver.ca

Consultation Coordinator - Stephen McGregor

Ahnii

The past two months have been productive in addressing the critical elements of consultation as it pertains to WRFN. Our Geographic Information System is beginning to take shape as we are obtaining more equipment and software to handle the complexity of a GIS database.

I’m pleased to announce that we will be hosting a Whitefish River First Nation community meeting to discuss the consultation process. I encourage anyone that is a member of WRFN to attend the meeting to engage in the discussion surrounding the issues regarding consultation with proponents. Consultation is a precarious matter to all First Nations when you consider the potential impacts of projects that trigger the duty to consult. We are therefore tasked to consider the role we have in consultation and organize our ideas into a working document that addresses those concerns.

The Community Meeting will be held on Wednesday January 23, 2019 at 5:30 pm. Details of the meeting are presented in the January issue of The Rezound and will be available on the WRFN website. The intention is to discuss the meaning of consultation and how it pertains to WRFN community members. We will identify resources for consultation and identify Proponents and what their role in consultation entails.

The meeting will discuss the current state of consultation in WRFN and most importantly gather critical input from community members regarding:

- A pre consultation checklist.
- Our role as First Nations people in regards to the land and how this impacts consultation.

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

Miigwetch

CATERING

CALL FOR TENDER

Whitefish River First Nation Membership Information Session
Tuesday January 15, 2019
Time: 5:00 P.M to 8:00 PM
Where: WRFN Community Centre

* Menu to include Dinner for 100 People *

Your services will also include:

Menu:

Spaghetti Dinner, Garlic Bread, Salad, Dessert, Beverages (No bottled water)
Set-up Serving Tear down Tidying up Plates and Bowls Cups Cutlery and Napkin
(Use of kitchen will be at the caterers expense)

NOTE: We encourage Ecofriendly tenders.
Must follow Canada’s food guide recommendations.
Must conform with allergy restrictions to nut/peanut free cooking.
Must have ‘Food Handler’s’ designation.
Please provide copy of food handler’s certificate with tender submission.

SUBMIT TENDER by: January 9th, 2019 – 4:00 PM
to the attention of: Kathleen Migwanabii, Membership

Addressed in an envelope: Membership Catering
Whitefish River First Nation
17 A Rainbow Ridge Road, PO Box 188
Birch Island, ON PoP 1Ao

First Nations Maple Syrup Seminar

Whitefish River First Nation Community Centre
6 Rainbow Valley Road, Birch Island
Friday, January 18, 2019

Tentative Agenda:

10:00 AM Opening Ceremony
11:00 AM Mark Leahy, IAPO Extension Coordinator, “Maple Syrup Making Basics”
11:30 AM Todd Leuty, Agro-Forestry Specialist, OMAFRA, “Update on Regulations for Marketing Maple Syrup”
12:00 PM Lunch
1:00 PM Keith Nahwegahbow, Whitefish River FN, “Traditional Land Use Exercise”
1:15 PM Camden Lawrence, IAPO Business Advisor, “Funding Opportunities”
Tips from Industry Representatives
1:45 PM Brian Rainborough, Maple Ridge Farm, Gore Bay, Maple Syrup Operator and Lapierre Equipment Dealer.
2:15 PM Josh Holmes, CDL Dealer, Oro Station,
2:40 PM Dominion and Grimm Dealer
3:00 PM Door Prizes & Adjourn

Maple syrup equipment will be on display!

To Register Contact:
Keith Nahwegahbow, Lands Assistant,
Whitefish River First Nation
705-285-4335, keithn@whitefishriver.ca
**IMPORTANT NOTICE**

• This is to remind you that there should NOT be any traffic on your field beds or septic tanks.

• This notice also includes the community centre, school or any other public buildings as well as the soccer and baseball fields.

• A non-exhaustive list of examples which may cause damage to the pipes and potential to cause freeze up include any vehicles or machinery, snow mobiles, dog houses, sheds, decks, outdoor rinks, etc.

• Any extreme weight could crush the distribution pipes or compact the soil.

• In the winter, the compaction of the snow will reduce its natural insulating effect, increasing the chances of the pipes freezing.

• If you are unsure of anything that may have the potential to damage field beds or septic tanks, please contact the Administration Office for clarification.

Ray Moreau
Infrastructure Specialist
UCCMM Technical Services

Ray has more than 20 years of experience working with First Nations in our area for housing and infrastructure. He has been working directly with our Chief and Council, Operations and Maintenance, and Housing Staff in planning, review of projects, inspections, and reporting in all funding agencies.

Ray will be providing a presentation on what an individual will need to start planning the construction of a new home on the First Nation territory. He will explain what the responsibilities are for the potential new homeowner and will provide an estimate of timeframes before your home is move in ready.

For more information please contact the Housing Department to register before January 10, 2019.

Tenant Counsellor - Kim Laundrie

Reminder:
To all tenants/homeowners with propane and oil furnaces, please ensure to check your fuel levels periodically if you are on a pay as you go plan to avoid emergency delivery costs. The Service providers we deal with have additional costs for emergency deliveries on days they are not scheduled to come to the community, they are:

McDougall Energy - $250.00
Manitoulin Fuels - $150.00

These amounts are in addition to the cost of the fuel.

As of December 7th, 2018 the cost of fuel at Manitoulin Fuels was $0.8675/L. The minimum delivery is 400 Litres for a cost of $347.00. These prices fluctuate so you will need to call for an up to date price when you are ready to place an order.

McDougall Energy’s current price for propane is $0.599/L. It costs $431.28 to fill both propane tanks, but if you are unable to pay this amount, they also have a minimum delivery for $300.00. They request that you contact them when you have a minimum of 20% remaining in your tanks to give them time to schedule a delivery.

Both service providers accept payments, of any amount to be made on your accounts to avoid a big bill when placing your order. If you are a pay as you go customer at either of the providers, please take advantage of putting a little on your account every month, week or whatever you can afford.

Tenants are responsible for any additional costs incurred when they run out of fuel.

If you have any questions regarding any programs, don’t hesitate to contact me at kimi@whitefishriver.ca or through the Administration Office at 705-285-4335.
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 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.

For more information please contact:
Lawrence Lewis, Electoral Officer
Office: (250) 384-8200
Email: lawrence@onefeather.ca
Jaclyn Casler, Deputy Electoral Officer
Ph/txt: (250) 213-5247
Email: 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

Given under my hand at Victoria, British Columbia, this 28th 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
Jaclyn Casler, Deputy Electoral Officer
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Given under my hand at Victoria, British Columbia, this 28th day of December 2018.

Lawrence Lewis, Electoral Officer

For more information please contact:
Happy New Year Everyone!

The weather outside is frightful and it’s mostly because of climate change.

The words climate change are used together so often, it is easy to tune out and not associate it as a local problem for us here in Whitefish River. As climate change continues and its effects grow, it will become more and more difficult to ignore. This past summer we have already seen some of the effects reach close to home with the bush fires in the Parry Sound area and the extended no burn season.

Climate change is occurring because heat gets trapped in the atmosphere by greenhouse gases. They are called greenhouse gases because they act the same as the roof and walls of a greenhouse. They allow the heat in, but do not allow it to escape, causing an increase in heat which in turn causes our climate to change. The greenhouse gas effect is necessary to keep our planet from freezing, but too much of anything can produce harmful effects. Such is the case with global warming.

Some greenhouse gases include: nitrous oxide, methane, chlorofluorocarbons (CFCs), and water vapour. Some of these gases naturally occur in the environment but the unsustainable amount of emissions is because of humans and their activities. Of all the greenhouse gases, Carbon Dioxide receives much of the climate change limelight. When animals and humans breathe, we exhale carbon dioxide. Carbon dioxide gets absorbed by the ocean and plants take it in and release oxygen into the air, which we breathe in.

Unfortunately, that is not all there is to the story. The remains of plants and animal get buried deep into the earth and for millions of years. They get heated and pressurized to make oil, coal, and natural gas. We burn fuel for our vehicles, power plants, and anything else that requires energy. That causes the release of excess carbon dioxide into the atmosphere.

Carbon dioxide is really good at holding onto heat. That’s why it takes only a small amount of it to warm the earth and the ocean. The ocean is really good at absorbing a lot of the Carbon Dioxide we emit. The increase of carbon dioxide in the ocean is catastrophic for coral and the cute little marine animals that consider coral reefs their home.

This winter you will probably notice extreme cold weather. This is not evidence that global warming is decreasing. The ocean plays a major role in regulating the earth’s climate, but the absorption of heat and carbon dioxide disrupt this system by affecting the ocean’s currents. That is why in the winter, we experience extreme cold weather.

The increased heat in the atmosphere is increasing the amount of evaporation, thus decreasing the amount of water in the earth’s soil. That’s why you will notice drier soil in the summer and an extended no burn season. The increase in evaporation also causes an increase of more water vapour in the atmosphere, which needs to be released at some point. It usually gets released all at once and flash flooding occurs.

The good news is that we determine the outcome of global warming, but we have to act now. For more information about what we can do as individuals and as a community, come visit the Community Energy Program Information Booth at the Annual WRFN Winter Carnival.

If you have any questions or ideas that Whitefish River may be able to pursue in the Energy Sector please feel free to contact me at (705) 285 – 4335 or by email at energyadvisor@whitefishriver.ca, or stop by the administrative office. 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!
**Whitefish River Warriors**

**Bingo Canteen Schedule**

Peewee Boys: December 10 & 13 (15th cancelled)
Bantam Girls: December 17 & 20 (22nd cancelled)
Tykes: January 3 & 5 (December 31st cancelled)
Novice: January 7, 10 & 12
Atoms: January 14, 17 & 19
Novice: January 21, 24 & 26
Bantam Boys: January 28 & 31 & February 2
Peewee 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
Peewee Boys: Rosalyn McGregor
Bantam Boys: Lisa Gardner
Bantam Girls: Kathleen Migwanabi
Midgets: Paul McGregor

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**WRFN Warrior**

**Parents & Guardians:**

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

Chi-Miigwetch

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**Adult Clothing Swap**

Recycle, Reduce, and Reuse Day

**January 19, 2019**

10:00 am – 2:00 pm

Community Centre

**Learn more about:**

- composting
- recycling
- reducing your electricity consumption

Door Prizes & Lunch

Call Crystal at (705) 285-4335 ext. 221 to register for the clothing swap

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**Waste Management Action Plan Coordinator**

Crystal McGregor

Greetings and Happy New Year!!!

It has been some great learning here in Waste Management over the past few months since I began my contact. In late November I had the opportunity to visit local recycling plants in Sudbury and our current provider Municipal Waste Recycling Centre out of Blind River. It was nice to visit the plants and see firsthand the operations with some helpful staff answering my questions as we toured the facility. This month’s issue I will be focusing on the recycling process as this is also a part of my learning path with a recycling course that I am taking. This attached diagram below shows the path of recycling.

Once the recycled product leaves your household it goes to the recycling bins at the local landfill, from there it goes to the MWRC mentioned above, a secondary sort is performed to sort the commingled materials, these are then sold to buyers as raw materials to make new products.

Recycling can be a complex process once it has left your household, the main reason is the buying market. In January 2018 the main buyer of plastics around the globe was China and their buying has dramatically reduced and caused some backlog of recycled plastics. China’s new demand that recycled plastics must have 0.5% contamination has made it increasingly difficult for sellers. There is no easy answer to recycling, especially plastics. As there is no federal or provincial legislation that defines what can be recycled, we can all do our best to help keep our plastic recycling clean by rinsing or washing away residue from the packaging. To date our Municipal Recycling Facility is experiencing this difficulty of selling plastics to the market. It is also important to note that each First Nation or Municipality chooses what they will recycle. Example would be Whitefish River recycles plastics 1-6, the next community may eliminate and recycle only 1, 2 & 6. Either could change at any time due to the market demand and it is encouraged not to include Styrofoam in your recyclables. Until there becomes standards across the board we can all do our best to recycle. I have developed some recycling information sheets that will be available at the January 19, 2019 recycling information sharing that will give you a better understanding of “what can I and what can’t I recycle”.

In the coming months as the waste management action plan moves forward there will be a survey to gather findings on the landfill operations and recycling. Many factors to consider when thinking of how we want our future landfill and recycling facilities to operate. As mentioned in the Monster Garage sections of the Rezound It is not feasible to operate the landfill as it currently sits, as with most federally funded services there is simply not enough funding to sustain the service. I have been fortunate enough to go along on the garbage dumps runs and see firsthand the operations and provide general and statistical information to WSP the contractor for the waste management study.

Watch for more information on the recycling information session and adult clothing swap coming on:

Saturday, January 19, 2019 10:00 am – 2:00 pm.

- Don’t forget to always rinse or wash away residue on plastics and aluminum/metal cans
- And remember your feast bundles when attending community events.

Should you have any questions or concerns please feel free to contact me at: crystalmcgregor@whitefishriver.ca 705-285-4335 ext. 221

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**Path of Recycling**

- **Household**
- **Recycling Depot**
- **Municipal Recycling Facility**
- **Secondary Sort**
- **As Raw Materials**
- **As New Packing Products**
With the mild El-Niño winter predicted for this year, it has its challenges to public works and infrastructure. With the changing of temperatures from freezing cold to above 0° temperatures the public roads become slippery and at times unsafe for travel. The public needs to keep aware of the changes and be patient, public works does monitor the roads regularly especially when changes to weather is predicted.

Posted in last month’s Rezound was the Christmas on-call schedule for the public works crew. These guys work throughout the holidays and every weekend during the winter to ensure services are delivered throughout the community and our water plant is operating properly for all our safety. If you see them on the road give them a wave and maybe say Miigwetch as not everyone gets a break.

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

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.

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**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.

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**Employment Opportunities**

The McGregor Bay Association is looking for anyone with a skill or talent that would like to offer their services to Bay Residents.

A list of interested Whitefish River First Nation Workers will be included in the Winter Bay’s Newsletter.

If you clean houses, paint buildings, garden, build docks, decks, babysit, cater meals or can provide any services, please submit your name, contact information and area of skill to Whitefish River First Nation Administration Office at 705-285-4335.
Pet Care & Tips

Meow Everyone!

I hope everyone had a nice Christmas and New Year’s, and that Santa was good to you all. It took me awhile to get into the Christmas spirit, but the cats and I ended up celebrating. Now we have to wait until the cold winter is over to start thinking of spring. I can’t wait. My cats are really putting on their winter fat now, but come spring and after being outside they will run it off. I wish I could do that and maybe I will try. Even the birds outside have been eating a lot of seed. It must keep them warm as it is hard for them to find food this time of year. I remember we used to be outside almost every day skating during daylight and sometimes even into the night time. We got used to seeing in the dark and if the moon was out it was even better. We would also go sliding all the time. Nowadays the norm is sitting inside looking at the computer and gadgets. Back then, there was no such thing, as TV was only for the ones who could afford it. Also there was no running water, no indoor bathrooms and heating was mostly wood. The only places that had special heating was the school and church on top of the hill. It had a big oil stove and the church also had an oil furnace in my day, but before that I’m told it was heated with wood. The old Shawanosowe School used to be heated with coal, but it was nice and warm as I remember. The older boys would help the teacher put coal in the big furnace in the basement if it started to get cold in the classroom. It was one room classroom back then, not like what it is now.

Some Cat Facts:

• Socks was a stray cat adopted by the family of President Bill Clinton and named by his daughter Chelsea.
• Cats respond more to names that end with an “ee” sound.
• The Russian Blue (like my Luka) is also called the Archangel Blue after the port town of Arkhangelsk, Russian, where the breed originates. They are highly intelligent with a unique silver-blue coat.
• In some cultures, calico cats are supposed to bring good luck, especially luck to do with money.

Well, that is it for another month. The cats and I would like to wish all the people celebrating birthdays and anniversaries this month, good health for many more years to come. Remember to get your cats or dogs fixed to help keep the pet population down in our community. Remember to visit our elderly, shut-ins and the ones not feeling well as I am sure a short visit will cheer them up. Until then take care.

She-Pet Elizabeth, Empress Farrah and Webby Debby.
(The girl cats).
Luka, BJ, Francis, Tinker and Fabio and Tom.
(The boys cats)

And me the Big Cat,

Dennis L. McGregor

St. Gabriel Lalement

The Parish Council wishes to thank each and every one who helped to ensure the success of our Annual Christmas Craft Fair.

Chí-Miigwetch to the family of Mary Grace McGregor for their tireless dedication to our annual fundraiser.

A very special thank you to Alexis McGregor & Leanne McGregor Cywink for sharing their musical talent with our community.

Miigwetch to the beautiful community of WRFN for your continued support and May you find all the Blessings the New Year has to offer.
Happy New Year!! The beginning of a New Year and a chance to reflect on the year that has passed. Over the last year, I have reported monthly the bigger is -

- a chance to reflect on the year that has passed. Over Happy New Year!! The beginning of a New Year and
- accent lighting does shine brightly for us, and I have
- are as proud as we are of this important project. The
- will be in the process of removal. We hope that you
- time we have the grand opening, the old Stand pipe
- a steady supply of water for the next 50 years. By the
- dollar project was a success. The community will have
- activated Storage Reservoir is completed and now oper -
- We are very excited to announce that our new Ele-
- into the public budget. We have many positive responses to the lighting scheme.
- We are happy to announcing funding in the amount of $183,000.00 to complete our Landfill Site Assess-
- Our landfill site is rapidly approaching its design life. In anticipation of this, Council is taking the proac-
- We have retained WSP Engineers and Planners to carry out the study with in
- conjunction with our Public Works Department.
- We are also pleased to announce the renovations to the Library are near completion. This $85,000.00
- renovation will brighten the library and also make the space functional for a resource Centre. In the New
- Year, we will schedule a celebration for this important work tied to education.
- We are also thrilled to announce the completion of the renovations and upgrade in equipment ($35,000.00)
- for our community work out space. Since the commissioning of the new Water Treatment Plant, we have
- made very good use of this former plant to be used as a gymnasium so we can improve our overall health and
- well-being.

This year, we have had amazing turnout at many of our community celebrations and we did have many community events every month. It is so nice to see so many of our citizens engaged and attending the events. Thank you to everyone that attended our community events

We are excited to announce the contract signing to begin the construction work on our new Daycare. The Project construction value was approved at $1.39 Million dollars. J.S. Morgan is the contractor for this fantastic project. If you are at Shawanosowe School, you will see the project under construction. This project would not be possible with a portion of funding that comes from Jordan's Principle. We have applied for support under this umbrella to;

1. Support EA's for our students in Espanola
2. Daycare Construction

Without this, we simply would not qualify for funding from the Federal or Provincial Government programs. Luckily, the Federal Government has worked with First Nations to make this resourcing available for the very projects we have benefited from. We are fortunate to have been successful in securing these resources to strengthen the efforts to help improve our community. I am thankful these resources have been made available.

We are very excited to announce that our new Elevated Storage Reservoir is completed and now operational. The Grand Opening for the new $3.5 Million dollar project was a success. The community will have a steady supply of water for the next 50 years. By the time we have the grand opening, the old Stand pipe will be in the process of removal. We hope that you are as proud as we are of this important project. The accent lighting does shine brightly for us, and I have had many positive responses to the lighting scheme.

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, we wish all our citizens,
a very Happy New Year
and bright and prosperous 2019!
<table>
<thead>
<tr>
<th>NAME</th>
<th>JOB TITLE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Franklin Paibomsai</td>
<td>Chief</td>
<td><a href="mailto:franklinp@whitefishriver.ca">franklinp@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Art Jacko</td>
<td>Band Manager</td>
<td><a href="mailto:ajacko@whitefishriver.ca">ajacko@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Leslie Recollet</td>
<td>Executive Assistant/Council Clerk</td>
<td><a href="mailto:recollet@whitefishriver.ca">recollet@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Esther Osche</td>
<td>Trust Coordinator</td>
<td><a href="mailto:eosche@whitefishriver.ca">eosche@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Diane Gaudette</td>
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</tbody>
</table>
## January 2019

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>WRFN Holiday Closure</td>
<td>BINGO</td>
<td>1 Eiders Centre Social Tea &amp; Coffee</td>
<td>Skating Party 6:30PM-9PM</td>
<td>BINGO</td>
<td>4 BINGO</td>
<td>5 BINGO</td>
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<tr>
<td>6 Rekindling our Fire 11AM-2PM Ball Field</td>
<td>BINGO</td>
<td>8 Eiders Centre Soup &amp; Sandwich Movie/Popcorn 1PM-3PM</td>
<td>Eiders Centre Crafts 1PM-3PM</td>
<td>BINGO</td>
<td>10 Eiders Centre Social Tea/Coffee</td>
<td>11 BINGO</td>
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<tr>
<td>13 AA Meeting</td>
<td>BINGO</td>
<td>14 Eiders Centre Social Tea &amp; Coffee</td>
<td>Eiders Centre Crafts 1PM-3PM</td>
<td>BINGO</td>
<td>18 Eiders Centre Crafts 1PM-3PM</td>
<td>19 BINGO</td>
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<tr>
<td>20 Rekindling our Fire 11AM-2PM Ball Field</td>
<td>BINGO</td>
<td>21 Eiders Centre Social Tea &amp; Coffee</td>
<td>Eiders Centre Crafts 1PM-3PM</td>
<td>BINGO</td>
<td>25 Eiders Centre Drop In 1PM-3PM</td>
<td>26 Elder’s Prize Bingo</td>
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<tr>
<td>27 Traditional Parenting 10AM-3PM 7 Fires Youth &amp; Elders Centre</td>
<td>BINGO</td>
<td>28 Eiders Centre Soup &amp; Sandwich Crafts 1PM-3PM</td>
<td>Eiders Centre Movie/Popcorn 1PM-3PM</td>
<td>BINGO</td>
<td>31 Eiders Centre Movie/Popcorn 1PM-3PM</td>
<td>5 CHI-BINGO S</td>
</tr>
</tbody>
</table>

### Community Calendar

#### Birthday & Holiday Wishes!

- **Happy Birthday to our Dad, Calvin on January 9th!**
  - Love, Quintin, Aurora & Leonidas

- **Happy Birthday to our Mom, Tracy on January 31st!**
  - Love, Quintin, Aurora & Leonidas

- **Happy Birthday to the best Mom in the whole wide world! Love you, Hachi!**
  - To all WRFN Community Members and their Families.
  - May the peace and joy of the Christmas season remain in your hearts and homes throughout the year.
  - Best wishes for a Happy & Blessed New Year! Pauline & Ed

- **Happy Birthday to my wonderful sister Clarissa on January 7th!**
  - From Peanut, Dryden and Mason!! Love you to the moon and back!!

- **To the “Mad Dog” Happy Birthday!**
  - Peanut, Dryden and Mason

- **Belated wishes to my Family & Friends a very Merry Christmas & A Happy New Year!**
  - Love Va, Steve, Kiara & Chico

- **Happy Birthday on January 31st to “Pinis”, My awesome niece, a great friend, we love you, hope all your dreams come true this year.**
  - Louanne, Dryden and Mason

- **Happy Birthday to Tracy, hope your 2023 brings the best for you, you deserve it, a good mother, friend, support.**
  - Louanne, Dryden and Mason

- **Happy New Year to All! May you be blessed with good fortune and happy times. Best Wishes!!!**
  - Louanne, Dryden and Mason

- **Happy Birthday to my baby boy Leo who turns 6 on January 24th! Have a terrific year. Love Mom and Dad**

- **Happy Birthday to our little brother Leo Love Aurora and Quintin**

- **Happy Birthday to Dolores on January 26th! Love Bully, Marj & family**

- **Happy 6th Birthday to Leonidas on Jan 14th, XOXO Auntie Katt, Craig, Sydney & K.C.**

- **Happy Birthday to our daughter Cara on January 27th! Hope your day is as awesome as you! Love Mom & Brian**

- **Happy Birthday to our youngest daughter Clarissa Jane Andrews, who was born on January 4th, 2018. Lots of love & many best wishes for a good year! Love you!**
  - Mom, Dad (Mr. & Mrs. Muzz) & the pet family

- **Happy Birthday Pinis aka Jessica, the apple of Grandma’s eye! Love you from Grandma, Grandpa, Auntie Munjo, Tenzing, Winston & Sierra**

- **Happy Birthday to my son Calvin on January 7th Love Mom**

- **Happy Birthday to my Grandson Leo on January 14th Love Grandma**

- **Happy Birthday on January 31st to the most awesome girl in Birch Island! Love Mommy & Papa**

- **Belated New Year’s wishes to the Community of WRFN! Marj & family**

- **Happy Birthday to my son Derek on January 2nd! Love Mom**

- **Birthday wishes to: My brother Cash on January 3rd My son Chico who turns 24 on January 7th My Grandson Liam who turns 3 on January 24th Love Va, Steve & Kiara**

- **Belated Birthday wishes to: My nephew Anthony McGregor on December 4th My niece Victoria, a Happy Merry Christmas Birthday! Love Va Steve, Kiara & Chico**

- **Happy Birthday to Sista Trace on January 31st Love Katt, Pat, Dan & Trace**

- **Happy Birthday to: Auntie Tracy on Jan 31st and Cal on Jan 7th XOXO Nicole & Braxton, Sydney, Damon, Mikey, K.C. & Austin**

- **Happy Birthday to Sista Tray-C on Jan 31st XOXO Katt n Craig, Happy Birthday to: Cal on Jan 5th Clarissa on Jan 7th Uncle Bon on Jan 26th Jessica on Jan 31st From Katt n Craig, Syd, K.C., Nicole, Braxton & Braelyn**

- **Happy Birthday: to: Alex on January 21st!” Love Mom & Dad**

- **Happy Birthday to: 300 Community of WRFN! Marj & family**

- **Happy Birthday to: AROO AROO! on January 24th Artoo Artoo Artoo!**

- **Happy Birthday to: AROO AROO! on January 12th AROO AROO! Love Va, Steve & Kiara**

- **Happy Birthday to: AROO AROO! on January 12th AROO AROO! Pat & Mike**

- **Happy 18th Birthday to our daughter Alex on January 21st! Love Mom & Dad**