



March 2019
Naabdin Giizis
Snowcrust Moon

THE REZOUND

Zaagaadonaa Anishinaabemowin 'Loving our Language'



The Carnival Extravaganza held February 22, 2019 included a Chief and Council Oath of Office Ceremony. Pictured (L-R): Councillors; Dave Shawanda, Francis McGregor, Brian McGregor, Chief Shining Turtle and Councillors; Cara McGregor, Esther Osche, Todd McGregor and Leona Nahwegahbow

Zaagaadonaa Anishinaabemowin 'Loving our Language' was the theme for the 46th Annual Whitefish River First Nation Winter Carnival held February 19-24, 2019. The abundance of snowfall WRFN experienced provided the perfect backdrop for Carnival standbys such as the snowshoe races and snow sculpture competitions. It was also a week of indoor gatherings playing cribbage, euchre, Scrabble or the recent addition of the Super Smash Brothers gaming tournament.

On Thursday February 21, 2019 Shawanosowe School Staff presented 'Zhoosk-waadaagning Maawnjiwewin' at the outdoor rink with music provided by DJ Blake Debassige of M'Chigeeng to help keep the energy up and the crowds warm.

The Carnival Extravaganza on Friday hosted many activities including the crowning of our winter carnival pageant royalty and the Seven Grandfather Teaching awards, but the highlight of the evening was the swearing in of our elected Chief and Council under Whitefish River First Nation's new election code. Art Jacko, Band Manager read the oath of office to incumbent Chief Shining Turtle and councillors Esther Osche, Dave Shawanda, Cara McGregor, Leona Nahwegahbow, Todd McGregor, Brian Mc-

Gregor and Francis McGregor, to a full house at the community dinner. The evening concluded with a family dance as well as a Texas Hold 'em poker tournament.

The weekend wrapped up in a flurry of activities including the annual Hungry Man's breakfast, log sawing, nail driving and the crowd favourite of 'Beat the Chief'. Some new additions to this year's carnival schedule included building the community of WRFN in Lego as well as the traditional game of snow snake presented by Great Lakes Cultural Camp. Inclement weather moved all carnival activities indoors on the final day and ended with a prize bingo.

Miigwetch to everyone who helped ensure the success of our annual winter carnival!

Please note that the deadline for submissions
for the next issue is
Tuesday, March 19th, 2019 at 4:30 pm.
Miigwetch!
rezoundeditor@whitefishriver.ca

"A Place of Visions and Dreams"

Health & Social Services Manager - Leslie McGregor

Boozoo!

I saw this quote the other day and I thought it fitting especially in terms of the weather we had. It goes something like this:

"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says "Go to sleep, darlings, till the summer comes again." ~ Lewis Carroll

I heard a teaching once that spoke of the necessity of winter and snow for trees and other plant life. It allows the trees to rest and recuperate. Maybe, just maybe, our maple syrup harvest will be abundant this year because the trees have rested well.

February was an interesting month. Michael Aelick, Candice Assinewe, Shawnessy Jacko, Crystal Clark-McGregor, and I participated in Critical Incident Stress Management (CISM) training levels 1 and 2. This training was very helpful and I certainly appreciate all that I learned. We certainly will be implementing the training and techniques we learned from this training. I am hoping the program is run again by the Mnidoo Mnising Mental Wellness Crisis Response Team and that more staff can participate in this helpful training.

Noojmowin Teg Health Centre has been able to provide part-time locum services for the nurse practitioner services. Locums are professionals who tem-

porarily "stand in" for someone else of the same profession. From February 5, 2019 to March 31, 2019, Margaret Benian will be our nurse practitioner locum. Also, Noojmowin Teg Health Centre has announced a "Save the Date" for a Sexual Assault Domestic Violence Conference on April 24-25, 2019.

In December of 2018, Non-Insured Health Benefits released an update to what services and products that are covered under this program. It includes a new listing for diabetes medication known as Tresiba (insulin degludec) pre-filled pens. This medication is another option for once-daily insulin therapy for adults with diabetes. Also, there are some over-the-counter medication that can be prescribed by pharmacists including epinephrine auto-injectors (EpiPens) and some contraceptive products. A full list of what changes were implemented can be found at this website <https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/non-insured-health-benefits-program-update-first-nations-inuit-health-canada.html#Dec2018e> or a copy can be made available to you upon request by the Community Health Representative, Doreen Jacko.

Some of the staff are preparing for March Break madness. They are planning events for families. Also, in March we will be bringing in again Dean Perry, Homeopathic practitioner as well as acupuncture. This will be the last week of March.

If you have any questions or concerns, please contact me at the Health Centre (705) 285-4354 or via email at lmcgregor@whitefishriver.ca.

Have a great month!

March 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WRFN Health Centre Visiting Health Professionals					1 Community Health Nurse Diabetes Nurse	2
unless otherwise indicated Visiting Health Professionals will be in all day						
3	4	5 Dr. Lee (PM Only) Nurse Practitioner Community Health Nurse	6 Community Health Nurse	7 Nurse Practitioner	8 Community Health Nurse Foot Care	9
10	11	12	13 Dr. Meikleham (PM Only) Community Health Nurse	14 Nurse Practitioner	15 Dietician	16
17	18	19 Community Health Nurse	20 Community Health Nurse	21 Dr. Cooper (PM Only) Nurse Practitioner	22 Community Health Nurse Foot Care	23
24	25 Dr. Nelson (PM Only)	26 Nurse Practitioner	27 Dr. Meikleham (PM Only) Dr. Jeffery (PM Only)	28 Dr. Cooper (AM Only) Nurse Practitioner	29 Community Health Nurse	30
31	* 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 the WRFN Health Centre at 705-285-4354.

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

Child and Youth Mental Health & Addictions Counsellor Candice Assinewe

Aanii/Boozhoo!

In the month of February, I have been working to get more acquainted with my new position in the community as the Child and Youth Mental Health and Addictions Counselor. The main goal in my new role is to ensure our children and youth up to eighteen years of age are connected to services and know the resources available as well ensuring that a referral process for mental health services is in place between our mental health services and the schools.

Also, I would like to apologize for the cancellation of the Roots Calling Movie Night with Eddie Gough and the Traditional Healer visits. However, as you know there are times when we need to rebook events for reasons that are out of our control. We are currently working to reschedule for April 2019.

We also have the Anishinaabemowin program continuing with Instructor Lisa McGregor, and our Fluent Elder/Grandmother, Marion McGregor every Thursday from 6:30 PM to 8:00 PM at the Seven Fires Youth & Elders Centre. The program is a regular weekly

program, and I strongly encourage all levels of speakers from beginner to fluent to join in and attend the program.

For the month of March 2019 I will be starting regular visits and establishing a rapport with students at the High School and the Elementary schools. I have plans to deliver prevention programs promoting Health and Well Being at Shawanosowe School beginning the first week of March.

I will also be attending the Annual Anishinaabemowin Language Conference from March 28th-31st, 2019 in Sault Ste. Marie with our Anishinaabemowin group and Elders who have identified an interest from our community. If you are an Elder who is a fluent speaker and are interested in attending the language conference, please contact me as soon as possible.

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

Visiting Health Practitioner
Dean Perry

Acupuncture Homeopathy

MARCH 25 - 29, 2019



Book an appointment with Doreen Jacko

Whitefish River First Nation Health Centre
17B Rainbow Ridge Road
Birch Island, ON
(705) 285-4354



HEALTH & WELLNESS FAIR 2019



Schedule and Practitioners to be confirmed

March 27 2019

1:00 PM - 8:00 PM



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

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

Aanii,

Throughout March I will continue the 'Rekindling Our Fires' program on Sundays to give more youth a chance 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 smores. The dates for this program will be March the 3rd, 17th and 31st. 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 with the eventual goal being Traditional Fire Keeping teachings for the community.

Kizhaay Anishinaabe Niin (I am a Kind Man) will also continue every Tuesday night at 6:00 pm for March. 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. Come out and participate! I serve a light supper.

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



(L-R) The 2019 'Loving our Language' WRFN Winter Carnival Royalty; Eli Paibomsai, Grand King, Ava Owl, Grand Queen, Aurora Megwanabe, Princess, Carter McGregor, King, Tecumseh Paibomsai, Prince, Noah Shawanda, Junior Prince, K.C. Migwanabi, Queen, Violet Sutherland, Junior Princess.

Rekindling Our Fire

Meet Sundays at the Parking Spot Across From the Ball Field

March 3, 17 & 31, 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

Whitefish River First Nation

A First Nation public education forum on the upcoming legalization and regulation of cannabis for Whitefish River members.

Ayann-gwaa-mizid-daa "Let's be Careful"

Continuing the Community Conversation on Cannabis

SATURDAY, MARCH 30TH, 2019
WHITEFISH RIVER COMMUNITY CENTRE

Agenda

- 8:30 a.m. Breakfast
- 9:30 a.m. Opening
- 9:40 a.m. Video & Reflection
- 10:00 a.m. Report from last session
- 10:30 a.m. Dr. Lionel
- 12:00 p.m. Lunch
- 1:00 p.m. Committee Overview & Work Plan
- 1:30 p.m. Economic and Enforcement Presentations
- 2:30 p.m. Question & Answer

Economic

Health Impacts

Enforcement

RSVP: Call WRFN Reception 705-285-4335

Kizhaay Anishinaabe Niin

"I am a Kind Man"

WRFN Health Centre

Tuesday Nights

February 5th - March 19th
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

Right to Play Worker - Crystal Clark-McGregor

Hello everyone,

This past month had gone by very fast.

At my Right to Play Winter training I was able to connect with other First Nation communities around Canada where we discussed our programs, challenges, success and many new games to share with the Youth. I am also hoping to collaborate more with the surrounding communities on the island and am looking forward to more programming.

The 46th Annual 'Loving our Language' WRFN Winter carnival was a blast. The Jr. Youth Leadership group were very successful in their bake sale. They have all become accomplished bakers. They created all of bake sale items and helped each other when they found themselves having trouble with the recipe. I am very happy with the hard work and team skills that they showed during the carnival on Saturday.

The youth have also been working on their upcoming fundraisers and intergenerational events for the community.

Safe travels to the ones who will be heading out to LNHL! For anyone who will be around the community please keep an eye out for the March Break Madness activities. If you have any questions re-

garding any programs please feel free to email me at righttoplay@whitefishriver.ca or contact me at the Health Centre at 705-285-4354.



The Jr. YLP group held a bake sale during WRFN's 46th Annual Winter Carnival.



March 2019 Community Youth Program Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Traveling day to Huntsville ➔	2 Dog Sledding + Skating in Huntsville
3 Basketball ages 14 & up at the school gym	4	5 Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	6 Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	7 Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center	8	9 Basketball ages 14 & up at the school gym
10 Basketball ages 14 & up at the school gym	11 L.N.H.L & March Break Madness ➔	12 KUPP & Laser tag 10:30-5pm Basketball ages 18 & up at the school gym	13 Basketball ages 18 & up at the school gym	14 Movie Trip (Captain Marvel)	15	16 Basketball ages 14 & up at the school gym
17 Basketball ages 14 & up at the school gym	18 Youth Council Meeting 7pm	19 Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	20 Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	21 Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center	22	23 Basketball ages 14 & up at the school gym
24 Basketball ages 14 & up at the school gym	25	26 Right to Play JR.YLP 7pm to 9pm Basketball ages 18 & up at the school gym	27 Right to Play SR.YLP 6pm to 9pm Basketball ages 18 & up at the school gym	28 Anishinaabemowin Pane 6:30 to 8:30 at Youth & Elders center	29	30 Basketball ages 14 & up at the school gym
31						

For more information on Youth Programs, please contact Crystal Clark-McGregor, Right to Play Community Mentor at the WRFN Health Center at (705)285-4354.

Family Well-Being Coordinator - Shawnessy Jacko

Ahnii, March is here!

Here is a little recap of what February was like for me. I attended two training opportunities, the first of which was **Critical Incident Stress Management (CISM)** at the Manitoulin Conference Centre from February 4-6, 2019. This was an intense and informative course held over a four day period. I feel it will be very useful to this position. I also attended my first **Anishinabek Family Well-Being Winter Training Session** held at the Chippewa of Thames, Ontario, February 11-14, 2019. I had the opportunity to meet and share with other Family Well-Being workers from all over. I am grateful for the opportunity to talk about what other communities are doing to see if their programs can work here too.

Crystal Clark McGregor and I are collaborating on activities for families and youth who are not attending LNHL for March 11th to the 15th 2019. Please keep your eye out for March Break advertisement/posters.

**CALLING ALL NEW PARTICIPANTS (18+)!
ONLY 15 SPACES AVAILABLE**

We have Paulette Aiabens back for **Family Craft, Beaver Pelt Making (Mitts or Hats)**, March 23 & 24, 2019 at the 7 Fires Youth & Elder's Centre from 9:00 am to 4:00 pm. Registration forms will be available at the Health Centre. Please specify if you are making Mittens or Hats for an adult or child. We need to ensure that all community members have an opportunity to participate in this work therefore we are seeking only new participants.

Traditional Parenting with Carmen Pitawanakwat will be held on March 30 & 31, 2019 at the 7 Fires Youth & Elders Centre. Child Care will also be made available for those who would like to attend. Snacks and lunch will also be provided so register early through the Health Centre to avoid disappointment.

Should you have any suggestions or questions about programing, stop by or contact me via email at shawnaj@whitefishriver.ca or call the Health Centre 705-285-4354.

BaaMaaPii



EMPLOYMENT OPPORTUNITY

**CHILD AND FAMILY WELL-BEING COORDINATOR
Full Time**

Summary

The Whitefish River First Nation Health Centre is seeking a highly qualified and motivated individual for the position of Child and Family Well-Being Co-ordinator. The position will provide early intervention and prevention programs to children, youth and parents/caregivers. This position will also assist individuals and families in their healing journeys and provide coordination and advocacy on behalf of families and children of Whitefish River First Nation.

Salary: \$40,000 – \$46,000 depending upon qualifications and experience

Responsibilities

- Works with the Child Protection Workers on case management and administrative/ procedural matters to provide information about the plan of care, provides input into risk assessments and assists the families in preparing for court proceedings.
- Coordinates with Kina Gbezhgomi appropriate resources for families and children in care.
- Develops and supervises a plan of care by ensuring the child and caregiver have input into the plan, informs the caregiver of their responsibilities, monitors the placement, and provides assistance and guidance with addressing the child's behaviours.
- Liaises with Children's Aid Services and Kina Gbezhgomi office regarding placements of children-in-care.
- Facilitates the provision of family care resources and extended family resources for children-in-care.
- Recruits and develops contracted resources to support children and families.
- Monitors the provision of services for children and families.
- Provides support to foster homes for Whitefish River First Nation children.
- Participates in Protocols, allegations of child abuse and neglect in child welfare resources according to regional and provincial protocols.
- Plans, develops, and implements strategies to keep WRFN children within the community and repatriate children back into the WRFN community.
- Establishes communication network with internal and external service providers to ensure an integrated approach to services is provided at the community level.
- Assists with the advocacy of children and their families that are either before the Courts or being investigated by the Children's Aid Society.

Qualifications

- Bachelor of Social Work, Native Child and Family Worker, or Child and Youth Worker Diploma or 5 years related experience.
- Knowledge of Health and Safety and Child and Family Services legislation.
- Knowledge of Indigenous family systems theory and an understanding of family functioning.
- Excellent communication and negotiation skills along with the ability to effectively maintain solution focused dialogue.
- Ability to develop collaborative relationships with families, service providers and stakeholders and broader community.
- Ability to support self-advocacy with families.
- Knowledge of unique needs of WRFN children and families.
- Excellent group facilitation, verbal, written and interpersonal communication skills.
- Knowledge of Anishinabek culture, traditions, ceremonies, communication styles and value systems.
- Must be willing to undertake the Applied Suicide Intervention Skills Training (A.S.I.S.T.)
- Maintenance of an ongoing clear CRC and Vulnerable Sector Screening.
- Must maintain a valid Standard First Aid Certificate and CPR
- Valid Ontario Driver's License
- Ability to travel and to work flexible hours according to the needs of WRFN families and children.

All applicants **MUST** submit a letter of application, current resume, (3) three current work related letters of reference marked **CONFIDENTIAL** to:

Leslie McGregor
Health and Social Services Manager
Whitefish River First Nation
17B Rainbow Ridge Road, Birch Island, ON P0P 1A0
Email: lmcgregor@whitefishriver.ca
Fax: 705-285-0488

Deadline: Friday, March 8th, 2019 at 4:30 p.m.
We thank all applicants, only those selected for an interview will be contacted. Prior to being hired, the successful applicant will be required to submit a current clear Criminal Reference Check and Vulnerable Sector Screening report.

Please note: only qualified individuals will be contacted.



**BEAVER
PELT
FAMILY CRAFT
MAKING
WORKSHOP**

Facilitator:
Paulette Aiabens
**Limit of 15 spaces
available.**

March 23 & 24, 2019
Where: 7 Fires Youth & Elder's Centre
From: 9:00am to 4:00pm

Mitts Ages 18 and up
Hats 2 day workshop

CALLING ALL NEW PARTICIPANTS!

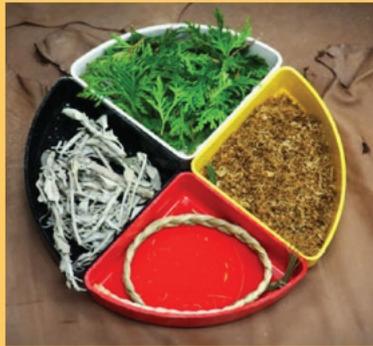
To Register Please Contact:

**Shawna Jacko, Family Well-Being Coordinator at
WRFN Health Centre at 705-285-4354 or via email at
shawnaj@whitefishriver.ca**



Traditional Healer Visits

SAVE THE DATE!



April 10th - 13th, 2019

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.

Early Learning Coordinator - Courtney Laundrie

Hello, Aanii.

I have recently started some new programming and events within the last month, with still more to come. I have been collaborating with Shawanowsow School to offer the **Jk/Sk Swim** and Skate days once a week. Sadly our first swim was postponed due to the crazy snow storms we have been getting. Other than that, the children have really been enjoying themselves and eating the healthy lunches we are providing.

We had our first **Family Partner Painting** with Who's Crafty. It was a lot of fun and we had a good turn out. I am hoping to have a continuation of these sessions at the end of each month. So keep your eyes peeled for the upcoming posters.

Paulette Aiabens will be here again at the end of the month for the **Beaver Pelt Workshop** with the Family Well-Being program to create hats and mittens. Paulette hails from North Bay and has hosted other craft workshops in our community. We are seeking only new participants for this program to ensure all community members have the opportunity to take part. So don't hesitate to sign up as there are limited spots and they will fill fast.

I also will be welcoming Syrkal back to our community for a **Child's Natural Remedies Workshop**. Syrkal was

in our community back in October where we made baby rash cream and a pain ointment. This time around we will be making more of the all-natural remedies for our children including baby rash cream and a cold and flu ointment.

I have been working with Lauren Dewar, Maternal and Child Health Nurse, and we will be starting a **Prenatal Class** just before the March Break. So all expectant parents and their families are welcome to attend.

I have also started going to the Daycare twice a week for **Anishnabemowin with Marion McGregor**. We are both looking forward to getting to know all the children and working alongside the Maamwe Kendaasing Child Care Staff.

Important Dates:

Play Group

Tuesdays: 10:00AM - 12:30PM
Daycare Lower Level

Prenatal Class

March 5, 2019: 10:00 AM - 3:00 pm
Daycare Lower Level

Child's Natural Remedies Workshop

March 8, 2019: 1:00PM - 4:00PM
Community Centre

March Break 11 - 15, 2019

* No Programs *

I look forward to hearing any feedback or any recommendations you may have. I can be reached at the Health Centre or by email at courtneyl@whitefishriver.ca.



Mnaamodzawin and WRFN Health Centre presents:



PRENATAL CLASS

- information sharing
- resources
- discussion
- craft
- lunch provided
- cultural teachings



Tuesday, March 5th- 10:00am- 3:00pm
Maamwe Kendaasing Day Care Basement

For more information or to register, contact Lauren (705-368-2182 x213) or Courtney (705-285-4354)

Join us in a Child Natural Remedies Workshop

DATE: MARCH 8/2019
WHERE: COMMUNITY CENTRE
TIME: 1 - 4 P.M.

Lunch will be provided.



LEARN TO MAKE
CHILD RASH/ECZEMA
OINTMENT
&
CHILD COLD OINTMENT

Coco Nucefera will be joining us again to create these all natural remedies.



To register please contact Courtney, Early Learning Coordinator @ the Health Centre @ (705) 285-4354 or by email @ courtneyl@whitefishriver.ca

Food Security Assistant - Winnie Paibomsai

It has been a really white February! If you haven't heard Warton Willie predicted that we would have an early spring. So much for that thought.

We have had quite a few snow days this month and I have been busy with trying to find out how effective the Student Nutrition Program is. Initially I wanted to pass a report card out to the students that are a part of program to get a report. I ended up purchasing some activity trackers for the students at Shawanosowe School. This is an initiative to prevent diabetes but also to get our children outside and more active. Parents and Guardians please assist your Bobcat in writing down their daily steps as the students have a chance to win a trip to ARC Climbing in Sudbury.

I was also busy with the 46th Annual WRFN Winter Carnival with hosting the Snow Shoe Races, Tug of War and Plank races. I also sat

with the Indian Day School Booth at the carnival on Saturday February 23rd. Recently I have also started a Certificate program through Laurier University taking an Informed Trauma program.

I'd like to wish a safe and wonderful Spring Break either in Mississauga or the upcoming March Break Madness, as well good luck to all the Whitefish River Warriors and any of the teams that our youth will be joining for the LNHL tournament.

I would also like to acknowledge that the month of March is Epilepsy Awareness month, so wear the colour to show your support.

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@whitefishriver.ca. Miigwetch!

Reduce Waste Bring a Feast Bag!



Whitefish River First Nation Community Volunteer Income Tax Program

Beginning March 1, 2019

Need a hand to prepare your tax return? We can help

VOLUNTEERS DO **NOT** PREPARE TAX RETURNS FOR:

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

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

**For more information or to schedule an appointment
please contact one of the following at 705-285-4335.**

Emma Recollet, Ontario Works Administrator

Brian McGregor, Finance Assistant

Kimberly Landrie, I.R.A. Band Rep Clerk, Council Clerk

Volunteers are not employees or volunteers of the Canada Revenue Agency.

13 Moons Garden

by
Michael Aelick

Local, Abundant, and Free



In this article I will give a brief description of local shrubs that grow around us that can be used as a food source and is free and readily available. The three shrubs in this article are Sand Cherry, Beaked Hazelnut, and Canadian Plum.



Sand Cherry is typically a low growing deciduous shrub but can reach heights up to six feet in the right growing conditions. This shrub prefers to be in dry gravelly soil, sand dunes, and limestone alvars. Sand Cherry makes an excellent ground cover as it has the tendency to spread its long branches forming dense colonies. It

flowers from May to June and if you go for a hike in the spring around Hawkin's Mills you will smell all the blossoms in the air. The flowers form in a cluster of two to five and will produce fruit that are a little over a half inch in size. The fruit can be eaten raw but is most often made into preserves, jams or jellies. Sand Cherry has been used in the University of Saskatchewan fruit breeding program and has produced several sour cherry varieties making this plant one of the best options for pollinating the University of Saskatchewan sour cherries.

Beaked Hazelnut is the only nut bearing shrub in our area. It is a small shrub growing straight and slender reaching heights of ten feet that seldom grows more than an inch in diameter. Hazelnuts spread by the root system forming colonies. It can be found in the understory of the forest or growing right on the forest's edge, but will produce more nuts with more sun exposure. They actually play an important role as a nutrient recycler in the sugar bush. The leaves contain high amounts of calcium and manganese that return to the soil for other trees to use when they break down. The flowers are not very showy and are often overlooked because they are very tiny. I try to go out and look at them because there are very few red flowers that naturally grow in this area and very unique. The nut can form singularly on a branch but is more often found in a cluster of two or more. The nut is sheathed in a green husk that has tiny hairs protruding from it; these tiny hairs will stick into the skin and can be hard to remove. I learned the hard way that you need to wear gloves when you pick the nuts. The nuts are edible but can be hard to find due to the fact that squirrels and chipmunks love them and often strip the shrub before they are ripe.



Canadian Plum is a tall shrub that can reach heights of about thirty feet and spreads by its roots to form a dense colony. A dense crown of slightly thorny branches can form. This shrub grows in the understory and tolerates partial shade to shade. It prefers moist rich soil but can adapt to a wider range of soil conditions.

This shrub is one of the first to burst into bloom in the spring. During April and May, before the leaves come out, white with a tinge of pink showy flowers bloom. The flowers are very fragrant and are an early food source for native bees. Canadian Plum has been used for rootstock in producing more commercially viable options for plums that can be grown in the harsh Canadian winters which makes it the most reliable option for cross pollinating commercial plums. The fruits are edible raw but are more often made into preserves and were traditionally dried. Careful consideration has to be taken when eating the fruit raw as the seed contains hydrocyanic acid and poisoning can occur if the seeds are ingested.

I hope you have found this article informative. If you have any questions you can post them on my Facebook page @ 13 Moons Garden.



Thank You

For Supporting the 46th Winter Carnival



Thank you to all our 37 Generous Sponsors:
 A TOTAL OF \$13,600 monetary donations were received as well as
 thousands in prizes for our events.

BDO Canada, Cambrian Insurance, Cecchetto & Sons, Cole Munro,
 Dan's Electric, First Nations Engineering, Guys Auto and Glass
 Services, Great Spirit Circle Trail, KR Chemicals, Guardian Drugs,
 Hart, Home Hardware, Hydro One, Lafarge, Manitoulin Expositor,
 Manitoulin Hotel and Conference Centre, Manitoulin Trout Farms,
 Mnaamodzawin, Querney's Office Plus, Shell Little Current Hwy 6,
 Skater's Edge, True Steel Security, Noojmowin Teg, Northern Credit
 Union, Northern Voice & Data, Northern Ford Sales, Olthuis Kler
 Townshend, Ojibway Cultural Foundation, UCCM Police Service,
 Peace Hills Trust, Perry and Perry Architects, The McGregor Bay
 Association, United Chiefs and Council of Mnidoo Mnising, Valumart,
 Winkels, Whitefish River First Nation, Wolfies

Expenses \$13,482.91

Food - Spaghetti and Breakfast \$2,300

Prizes - \$3,736.82

Seven Grandfather's Teaching Awards \$ 1800

Carnival Royalty \$895.60

Activities & Supplies \$4,750.49

Special Thanks
to those who organized events and helped

Tammy Nahwegahbow, Caleb Nahwegahbow, Shawanosowe School staff, Education Jacinta
 Shawanda, Franklin Paibomsai and Bonnie Nahwegahbow, Courtney Laundrie, Jake Pakosigan, Mark
 Shawanda, UCCM Police-Constable Murray Still, Tiffany Gagan, Crystal McGregor, Right to Play
 Youth, Marti Shawanda, Caitlin Pitawanakwat, Diane Gaudette, Parish Council, Winnie Paibomsai,
 Emma Recollet, Kim Laundrie, Arlene Pitawanakwat, Georgina Recollet, LNHL Parents, Nightingales,
 Kathleen Peters, Cara McGregor, Keith Nahwegahbow, Katt Migwanabi, Steve McGregor, Kiki &
 Kigen Pelletier, Art Jacko, Leslie Recollet, Tania Jacko, Evelyn Jacko, our little helper Tamika
 Bowerman and of course our Maintenance Department Marcus Pitawanakwat

Education Manager - Jacinta Shawanda

Aanii Kina Wiya!

I hope all is well in the households of our community and band members.

Education Department Carnival Report
First of all, I am grateful for all the folks who submitted nomination forms for the 7 Grandfather Awards as well as the NECE Assistants (Christina R. & Jo-Ann E.) and Kiki for assisting with the tasks for the presentation at the Winter Carnival. It was an inspirational event for all present. Perhaps next year, the Awards Ceremony will be even bigger.

Congratulations to:

- 1) Nbwaakaawin (Wisdom) Teaching - Culture Award: Mary Grace McGregor
- 2) Zaagidiwin (Love) Teaching - To Have and To Hold Award: Jim McGregor & Mary Grace McGregor
- 3) Mnaadendimowin (Respect) Teaching - WRFN Employee of the Year Award: Mark Shawanda, Andy Recollet, Amy Waboose & Darren Prince
- 4) Aakwa'ode'ewin (Bravery) Teaching - Inspiration Award: Carmen Pitawanakwat
- 5) Gwekwaadziwin (Honesty) Teaching - Youth Award: Kigen Pelletier-McGregor
- 6) Dbaadendiziwin (Humility) Teaching - Volunteer of the Year Award: Kiki Pelletier
- 7) Debwewin (Truth) Teaching - Success Award: Landon and Lucas Trudeau-Agawa

Re-engagement

Secondly, I would like to remind any adults who may be short a few (or all) credits for their OSSD to visit our local library/resource room to meet with Tim Greenough for Re-engagement Registration. Please pop in to see Tim Greenough on March 6th, 2019 from 10AM

- 2 PM at the WRFN Library.

There are several reasons to try Re-engagement program depending on your educational dreams:

- perhaps becoming a college or university student & become eligible for the program you really want; or
- simply earn your Grade 12 to enhance your current employment experience; or
- meet job or training requirements that you are interested in.

I am also pleased to say that even if you are not a Band Member but reside in the community – we may be able to find funding for your tuition.

Congratulations to our latest Re-engagement Grade 12 Graduates!

Arianna Pitawanakwat, Danielle Pregent, Kiana Pelletier and Sebastian Shawanda!

Well done! Hope you plan on celebrating your accomplishment in June at EHS to walk the stage in a cap and gown that you will get to keep along with WRFN Graduation Gifts.

Post-Secondary Education

Policy and Applications will be available on the WRFN website March 2019. Dead line to apply for funding is now May 31st.

Have a fun and safe March Break everyone! Miigwech!

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

The Bobcat



Aanii Parents/Guardians

February has come and gone in the blink of an eye. Even with a number of snow days, our students have ventured to school. We had another engaging and exciting month of February together as a school community! Our student activities continue to be in full swing and we will continue to offer Board Games club on Mondays, Music club on Tuesdays, Basketball on Wednesdays and Winter Games club on Thursdays. We encourage all students to join in and participate!

February

During the month of February our students engaged in a variety of new learning opportunities.

February 12th, marked the 100th day of school. Shawanosowe Students took part in a variety of activities that connected to the number 100. Some students and staff dressed up as they would look like as 100 years old! Miss Gagan's grade 1/2 class used this opportunity to incorporate literacy ideas to write a paragraph entitled "When I'm a 100 years old..."

On February 13th, reports cards went home for first term and parent/teacher interviews were held on February 19th.

Our Valentine's themed monthly community luncheon was held on February 14th. This event had another great turn out by parents and families. Once again we thank WRFN Health for their support in making these days so great for our school community. Our classes continue to link the theme of Valentines to our student learning. Our Kindergarten class painted hearts and discussed kindness and Zaagidwin.

On February 15th, our Kindergarten class went skating which provides a great connection to our physical education class by developing both skating skills and persistence in our students.

On February 20th our grades 3/4 and grade 5/6 class released 15,000 trout into Lake Huron. Through this initiative our students have been able to study the growth of eggs, how long it takes for them to hatch and develop. This was a great learning opportunity for our students that connects to many areas within the curriculum; science, math and literacy to name a few. A special thank you to Chief Shining Turtle and Rolly Frappier for bringing the program to Shawanosowe

who continue to mentor us along the way. Our students had a blast! Miigweetch!

On February 21st Shawanosowe held its Annual Skating Party as part of the community carnival. With great weather to assist us, we had a wonderful turnout of students, staff and their families to skate the night away to music provided by DJ Blake Debasige. Families enjoyed hot dogs, hot chocolate and some great fun!!

Shawanosowe held its annual Winter Olympics Day on February 22nd. Students were again divided into four teams and enjoyed a day of fabulous weather and great fun. The staff organized potato sack races, snow shovel relay races, indoor curling, shinny, crazy carpet races, standing snow jump, a snow tug of war, snow soccer and indoor luge. It was truly a great day for students and staff concluding with an awards ceremony for placing teams and the best cheer!

Shawanosowe Students will celebrate Pink Shirt Day on February 27th. Traditionally it is an anti-bullying day, but our students will celebrate Gizhewaadzidaa 'Let's Be Kind'. Students will take part in variety of activities in their classes that focuses on inclusion, friendships and fun!

March Events

- March 7th: Wiikwemkoong Robotics teams visit our Grade 3 to 6 classrooms.
- March 5th: WRFN Health Centre presentation on self-esteem and coping skills to Grade 5/6 class.
- March 6th: Kindergarten skating excursion from 10:30 AM -11:30 AM.
- March 11-15: March Break! No school!
- March 20: 2PM Early Dismissal (Our staff will use this time to learn more about Autism)
- March 22: Kindergarten class swim excursion from 1 PM -2 PM.
- March 26: KTEI Language Bowl (More information to follow.)
- March 27: Kindergarten skating excursion from 10:30 AM - 11:30 AM
- March 28: Indigenous Winter Games (More information to follow.)
- March 28 – 31: Anishinaabemowin Conference in Sault Ste. Marie (More information to follow.)

Again, we encourage all parents, families to take part in our school activities and look to continue to work together as partners in the education of our students.

Miigweetch,
Mr. D. Stargratt



Kigen Pelletier-McGregor receives the 7 Grandfather Award for Gwekwaadziwin (Honesty) Youth Award from Jacinta Shawanda, Education Manager at the WRFN Carnival Extravaganza held February 22, 2019.

17 Rainbow Ridge Road,
Birch Island, ON P0P1A0



Post Secondary Department

PH: 705-285-4335 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

PosterMyWall.com

WRFN Re-engagement



CLASS OF 2019

Tim Greenough will be your teacher until June 2019




4 more community members just met all graduation requirements in Feb 2019!

Are you a WRFN community or Band member?
Are you interested in working towards your Grade 12 diploma?
Find out how YOU could EARN your OSSD right here in our community!
Earn up to 16 Gr.9 & Gr.10 credits
You may already qualify for up to 10 Maturity Credits!

For more information or to Register, contact: Jacinta Shawanda, Education Manager, 705.285.4335 ext.209
jshawanda@whitefishriver.ca

REGISTER BY MARCH 29TH, 2019

PosterMyWall.com

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

Aanii from the Maamwe Kendaasing Child Care Centre,

Day Care Spaces

We are currently at our maximum capacity in the Preschool Room. We have one space available in the Toddler Room for children 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 parents, it can also be for parents/guardians that want their child to socialize with other children should space be available. The Socialization Program runs from 8:30 am - 3:00 pm. If you have any questions regarding the socialization program, please contact the Child Care Centre for more information.

As always we are always looking for supply ECE's and supply cooks. Please call the daycare for more information on how to apply.

Programming

We would like to welcome Marion McGregor as our Nokomis in the Childcare Center; Marion will be visiting the children twice a week to share fluent native language as she interacts with the children throughout the day.

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 day care be closed. 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 not in school you will be required to pick up your children at noon on March 20th, 2019 (early dismissal). From March 11-15th the Day Care will be closed for March Break.

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 the particulars for that week. In February we held obstacle course races, snow play and lots of Valentine fun. This month we will be reading Dr. Seuss books and the children will be learning about health and nutrition. We will also have a dress in green day, pancake day and water talks. We welcome any ideas from our parents/guardians on Spirit Day themes. You can drop off any ideas and suggestion in our suggestion box at the entrance.

Celebrations/Events

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 behaviors 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 day care teacher.

Birthday wishes go out to Waylon in March!
Baa-maa-pii Mi



Shawanosowe students released 15,000 brook trout with the help of Chief Shining Turtle and Rolly Frappier on February 20, 2019.

Band Manager - Art Jacko

Aanii Bemaadizijig

As we say Baamaapii to Mkwa Giizis (Bear Moon) and welcome Naabdin Giizis (Snow Crust Moon). It is truly amazing how time flies by! Wow, we are almost at March Madness (college basketball), LNHL/March Break and the annual visit from the Easter bunny.

We just wrapped up our 46th Annual WRFN 'Loving our Language', Winter Carnival and we had another amazing week of activities. Despite the weather, the community turnout was awesome and as usual there was a lot of shared laughter and fun. Many community members posted their pictures and videos on social media of WRFN family and friends coming together and having fun. The WRFN staff came through in a big way to make this Winter Carnival a smashing success. We are very fortunate to have a great team of Staff.

WRFN Band Custom Election

We have concluded our first Chief and Council election under our own custom election code which is incredible. This election saw a record number of votes cast. It's the first time we had electronic voting and the term for this Chief and Council is four years. This is a strong mandate for the elected Chief and Council.

Plans are in the works for the strategic planning session for Chief and Council, this is when Chief and Council will to review the three priority areas:

1. **Community Well Being**
2. **Education**
3. **Economic Development**

The outcome of the strategic planning session will be administration's marching orders to implement. I look forward

to working with all WRFN Administration Staff to achieve the new goals set by Chief and Council.

Snow

We received a lot of snow these past few weeks which in turn caused cancellations of school buses and other events. The snow accumulation in and around our community is significant and has also slowed down our daycare construction. Plans are being developed to begin removing the snow piles around our community buildings and along our road ways to make them safe.

A special acknowledgement to all the dedicated and hard-working staff at Public Works on making our road ways safe. Many times, they came out late in the evening and early mornings to clear and sand our roads ways so that we can arrive safely and leave to head to work. This level of service is second to none.

The service carried out by the Public Works Staff is one of many services provided by Administration. Whether it be in Health, Education, Lands or other parts of administration, the WRFN's staff's number one client is our band membership. Without our band membership, administration services don't exist. We will continue to strive to improve our services and our focus will always be our band membership.

As always, I am available to the community, please don't hesitate to drop by for a visit and have Mkade Miskodiismin Naaboo (coffee) or Niibiishaaboo (tea) 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

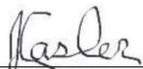
WHITEFISH RIVER FIRST NATION CHIEF AND COUNCIL ELECTION

STATEMENT OF ELECTED CANDIDATES

February 9, 2019

TO THE OFFICE OF CHIEF
FRANKLIN PAIBOMSAI (SHINING TURTLE)
TO THE OFFICE OF COUNCILLOR
BRIAN MCGREGOR
CARA (CARALYN) MCGREGOR
FRANCIS EUGENE MCGREGOR
TODD MCGREGOR
LEONA NAHWEGAHBOW
ESTHER OSCHE
DAVE SHAWANDA

This election, and all of its regulatory processes and requirements were diligently conducted in accordance with the Whitefish River First Nation Election Code.


 JANELYN CASLER, DEPUTY ELECTORAL OFFICER
 250-213-5247 (ph) / 250-384-5416 (fx)

Missed an issue of The Rezound?



Find them online at www.whitefishriver.ca



A total of 112 participants from WRFN and the surrounding areas came out for the Annual Family Day Ice Fishing Tournament held in McGregor Bay. Angela Peltier of Wiikwemkoong won the adult 'Winner Take All' cash prize of \$415 with her 1.10 lb Bass. Leonidas McGregor of WRFN won \$100 in the children's category with his 1.4 lb Perch. Miigwetch for the tournament prize donations from; Fishy Fishy Bang Bang, Whitefish River First Nation Administration, Cara McGregor & Family, Ingrid & Ken Madahbee and Taylor McGregor.

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.

Recently, I have been alerting readers that a

**Collection of Member Contact Addresses & Contact Information:
I need your help!**

It is VERY important that we collect member contact addresses and emails. I have received only 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 trust developments.

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

Call Out will be taking place for interested **Trust Selection Committee Members**. Please respond if you are interested. The Trust Selection Committee will help to put in place five (5) Trustees 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. I do not have any updates to report on the Referendum Vote for the Ratification of the Trust Agreement at this time but when I do, it will be reported as soon as possible in this column.

Please help spread the word to family and community acquaintances to update their contact information by contacting our office at the number and email address provided above.

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.





Laila Taibossigai and Papa Emmett Pitawanakwat won first place in the Winter Carnival snow sculpture contest with their entry of 'Polar Bear.'



Josh Taibossigai glides to a first place finish in the adult men's snow shoe races.



Sylvia Shawanda and great-granddaughter Danica take in the weekend Carnival festivities.



The snow snake competition offered by Great Lakes Cultural Camps was a new addition to this year's carnival.



Building our community in LEGO challenged WRFN youth's creativity and building skills.



Tug of War was just one of many events Shawanosowe students competed in at their Annual Winter Olympics.



CHI MIIGWETCH

Thank you to my family, friends and fellow community members for your support.

It has truly been an honor and a privilege to have represented you for the past 18 years.

It gives me great pride to have been a part of our community growth and I wish the new leadership much success.

I will forever be available for community support.
Yours truly,
Gerry McGregor



The Solar Car races tested the abilities of Eli Paibomsai and Uncle Johnathon Haaland.



Georgina Recollet won second place in the Manitoulin Ice Showdown Fishing Derby on Manitowaning Bay with a 9.8 lb. Pike.



The Early Learning program brought in 'Who's Crafty Canada' for a Family Partner Painting session on February 27, 2019.



UCCM Constable Murray Still posted bail quickly from the Carnival 'Jail and Bail' fundraiser organized by the WRFN Public Library.

Tykes

Arlo Owl
 Leonidas McGregor
 Lila Garcia
 Deacon Jacko
 Delilah McGregor
 Dryden Paibomsai
 Braxton Eshkawkogan
 Derrace Kitchemokaman
 Jordyn Corbiere
 Grayson Nakogee
 Liam Hill
 Tayler Waindubence

Coaches:
 Brandon McGregor
 Nevada Waindubence

Manager:
 Amelia McGregor

Bantam Girls

Raven Shawanda
 Avery Sutherland
 Sierra McGregor
 K.C. Migwanabi
 Emerson Brewer-Case
 Precious Solomon
 Alyssa Luce
 Haileigh Kejick
 Kayden Knapaysweet
 Kyra Knapaysweet
 Danika Toulouse
 Carolyn Rickard
 Nora Benedict
 Destiny Migwans
 Danielle Riley
 Alexia Hill

Coaches:
 Kathleen Migwanabi,
 Aldin Luce
 Samantha Soloman
 Trainer:
 Jennifer Riley

Manager:
 Kathleen Migwanabi

**Whitefish River
 Warriors**

2019

Novice

Memphis Shawanda
 Autumn Shawanda
 Violet Sutherland
 Laila-Mae Taibossigai
 Ziindember Kitchemokaman
 Melody Hester
 Aiyanna Fox-Toulouse
 Brayson McGregor
 Jakob Riberdy
 Haylee Proulx
 Mikael Wildcat
 Grosbeck Rawleigh
 Robinson Missawace

Coaches:
 Richard Shawanda
 Hunter Shawanda

Manager:
 Corrina Wilder

Pee Wee Boys

Raidyn McGregor
 Daylyn McGregor
 Ira Paibomsai
 Cameron Dooley
 Carson McGregor
 Greyson Brewer
 Charlie Halverson
 Evan Abel
 Yannic Savard
 Maverick Fletcher
 Trista Bailargeon

Coaches:
 Joel McGregor
 Carl Halverson
 Dominic Fletcher
 Trainer:
 Serge Savard

Manager:
 Rosalyn McGregor

Atom Players

Aurora McGregor
 Keynan Bowerman
 Nakia Nahwegahbow
 Dakota Crowe
 Nico Jacko
 Shawanososwe
 Kitchemokaman
 Lucy Paibomsai
 June Recollet Corbiere
 Torrance Lee
 Tenille Shawanda
 Jaykob Shawanda
 Tristan Cyr
 Preston Riberdy

Coaches:
 Andy Recollet
 Jeremy Corbiere
 Trainer:
 Gail Jacko

Manager:
 Theresa Recollet
 Stephanie Recollet

Midget Boys

Kolby McGregor
 Wesley McGregor
 Aidan Dooley
 Zena Pregent
 Devon Shawanda
 Darnell Paibomsai
 Dylan Corbiere
 Payton Gauthier
 Clark Tobias

Coaches:
 Paul McGregor
 Tyler Recollet

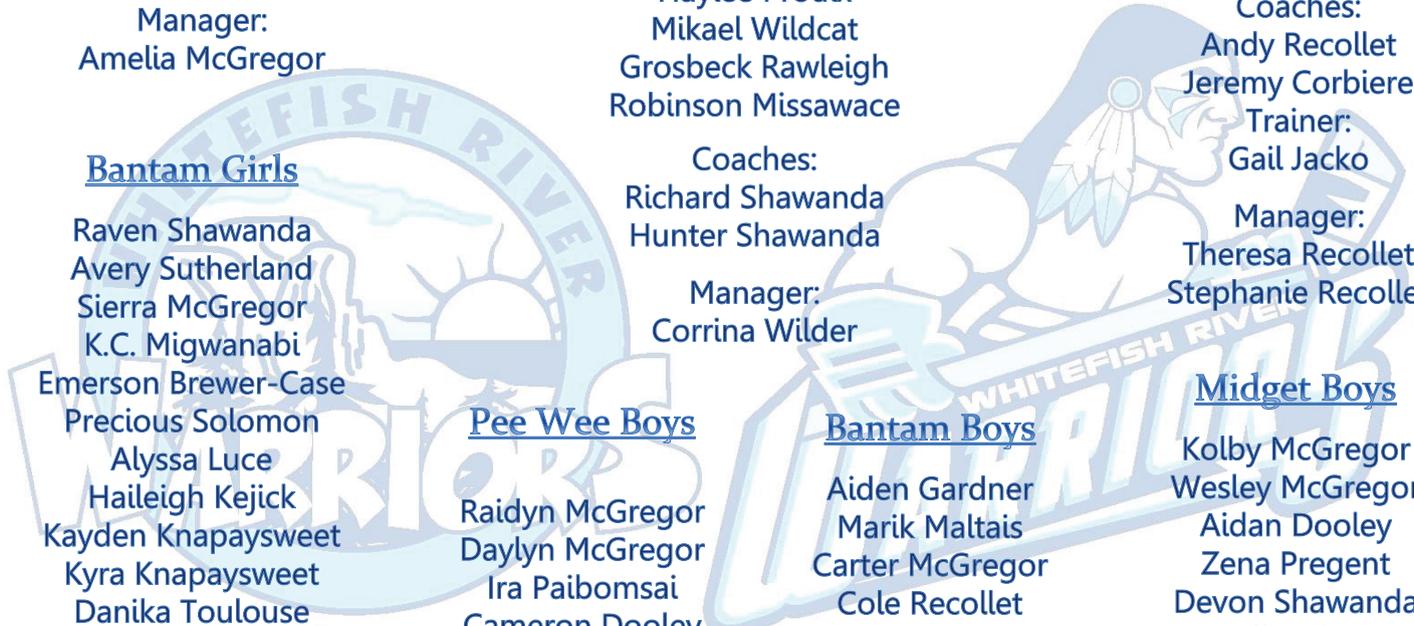
Manager:
 JoAnne Recollet

Bantam Boys

Aiden Gardner
 Marik Maltais
 Carter McGregor
 Cole Recollet
 Hawk Recollet
 Brandon Visitor
 Drake Jacko
 Trenten Marlow
 Quinn Sheppard
 Dennis Wabegijig
 Gabe Bisailon

Coaches:
 Robert Recollet
 Trainer:
 Andrew Gardner

Manager:
 Lisa Gardner





LNHL March 11-14, 2019 Hosted by Aamjiwnaang First Nation



WHITEFISH RIVER WARRIORS SCHEDULE



Monday March 11, 2019

<u>Time</u>	<u>Division</u>	<u>Against</u>	<u>Arena</u>
8:00 AM	Novice	Missanabie	Meadowvale Pad 2
9:00 AM	Bantam Boys	Rama	Paramount 2
10:15 AM	Peewee	Batchewana	Carmen Corbasson West
11:15 AM	Atoms	Moose Cree	Erin Mills 1
11:15 PM	Bantam Girls	Nipissing	Iceland 3
1:00 PM	Novice	Wiikwemkoong	Meadowvale Pad 2
1:20 PM	Tykes	Dokis	Tomken Rink 1A
2:00 PM	Tykes	Nawash	Tomken Rink 1B
2:15 PM	Peewee	Tynedinaga	Carmen Corbasson West
3:00	Bantam Boys	Constance Lake	Paramount 2
3:15 PM	Atoms	Wausauksing	Erin Mills 1
6:00 PM	Novice	Wausauksing	Meadowvale Pad 2
9:00 PM	Midgets	Kattawapiskak	Iceland 4

TUESDAY MARCH 12, 2019

9:00 AM	Tykes	Moose Cree	Tomken 1A
9:35 AM	Tykes	Aamjiwnaang	Tomken 1B
10:15 AM	Midgets	Aamjiwnaang	Iceland 1
11:00 AM	Bantam Boys	NOW Shoal Lake	Paramount 2
1:15 PM	Bantam Girls	CMO	Iceland 3
3:30 PM	Tykes	Moose Cree	Tomken 1B
4:05 PM	Tykes	Wiikwemkoong	Tomken 1A
6:15 PM	Bantam Boys	Saugeen	Paramount 2

Housing Manager - Georgina Recollet

How did you like that February 2019? It was a very busy month. It was very cold with lots of snow.

February is always a hard month with bills and extra heating costs. Our office received lots of no heat calls. People ran out of propane and oil. There were some doors and door knobs that froze. We also received a few calls for the plumber to fix leaking faucets, plugged toilets and plugged sinks. When the weather is cold a reminder to monitor your heating supply levels to eliminate "No Heat". Please make sure you clear the path to your heating supply tanks. If you can't get to the tank to monitor the delivery supplier will not be able to fill your tanks.

Housing Maintenance

With this cold weather it a good reminder to make sure you leave one tap slowly dripping to prevent freeze up. If you will be away from your home more than two (2) days please have someone check your home for water freezing – flush the toilet and run the taps for a few minutes.

A reminder not to put grease down your drains; clean up any hair build ups in the shower/vanities; and watch your children don't put anything in your toilets.

With your heat recovery ventilation it is recommended to turn it off if it is below -40° C and high winds. The HRVs are not capable of heating the cold air fast enough and will freeze up when it is too cold. The HRVs are designed to bring fresh air into our homes, take the moisture out of your home, and will decrease your heating costs by

heating your home vs wasting energy drying and then warming your home. They also eliminate any mould growth if turned on and working properly.

We will be hosting a **Housing Maintenance Information session on Wednesday, March 6, 2019 at 6-9 p.m. at the Community Centre with special guest speaker Norbert Koeck, Blue Heron Consulting Services.** We will also have Tania Jacko, Energy Advisor and Crystal McGregor, Waste Management Action Plan Coordinator on hand to provide information on energy efficiency and recycling booths. Please see the poster within the newsletter.

Wills

Fred Bellefeuille, Barrister & Solicitor was unable to make it on February 13, 2019 due to the inclement weather. We have postponed this **"Will" session to Wednesday, March 27, 2019.** He will be meeting with individuals to complete **Wills and Power of Attorney in the afternoon of between the hours 1:00 pm to 4:30 pm.** In the evening he will provide a **"Wills" presentation at 6:00 pm - 8:00 pm** regarding Terminology, Process, Forms, and Understanding Estate Management on reserve required by AANDC. Please see the poster within the newsletter as well.

Elder's Project

On January 29, 2019 the Chief and Council approved the CMHC Section 95 Project#10 application to construct the "Elder's Residence" project. This will include eight residential units with a common area. I have included a floor plan by Perry & Perry Architects Inc. for your review. Upon

funding approval from CMHC in the amount of 1.3 million dollars and the First Nation contribution of 1.6 million dollars the proposed site will be near the new Elevated Storage Reservoir. With a proposed completion date of December 2019. More information will follow regarding the project in the upcoming months.

First Nation Conservation Program

During our housing presentation in January 2019 we announced an upcoming program by First Nations Conservation Program for energy consumption. We will be hosting a "KICK OFF" for the First Nation Conservation Program on **Wednesday, April 3, 2019 6-9 PM.**

It is similar to the first round a few years ago. The difference would be this time we will not have to verify income for each home. As long as the home is located on First Nation land they would qualify for the program as long as they have a hydro one account.

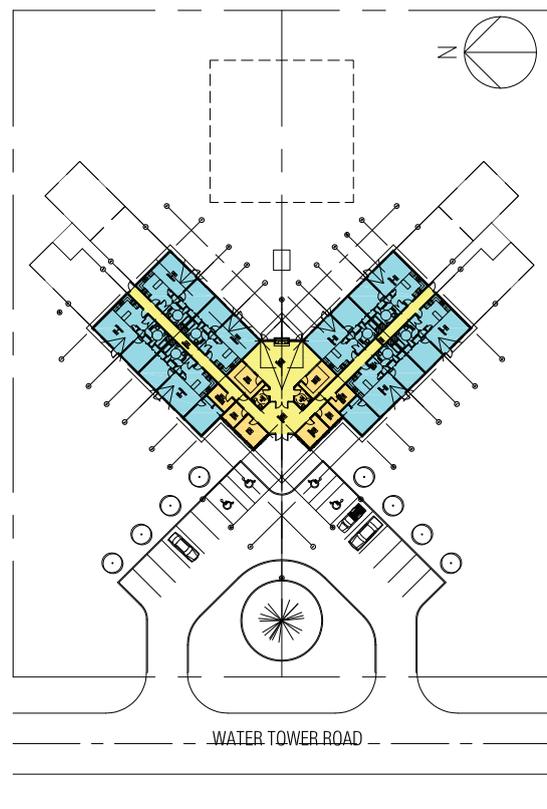
The energy assessments will offer LED light bulbs, smart power bar (with timer), block heater (with timer), measure the appliances (**1 fridge, 1 freezer, 1 window AC, 1 dehumidifier**) if the home is electrically heated they would qualify for hot water tank wrap, pipe insulation, showerhead and aerator (kitchen and bathroom).

If the home is electrically heated they may qualify for insulation upgrades of attic insulation (up to R-50), crawlspace/basement (up to R-20), headers (up to R-20) and caulking if required.

(cont'd next page)



PROPOSED FLOOR PLAN
Whitefish River First Nation Elders Centre
Perry + Perry ARCHITECTS Inc



PROPOSED SITE PLAN

If community members did participate in the previous program they can still apply to this program and we can remove the CFL lights and install the LED bulbs. The houses will again be checked for all of the above as they may not have qualified before and might qualify for additional things this time. More details to follow in the next newsletter.

LEAP and Ontario Energy Support Program

Our office will continue to assist with Low-Income Energy Assistance Program (LEAP) an Ontario Energy Support Programs (OESP) that meet the eligibility criteria based on income level threshold in the household and number of occupants in the residential unit.

Applicants receiving Ontario Works and ODSP income must contact their worker directly for OESP assistance.

New Housing Planning

We are currently working with Dr. David Fortin, Architect on a "New Housing Planning Initiative" for next year's construction season. This project will include community consultation for blueprint and design, location of units, and future builds. Pending funding we would like to assist potential homeowner's in designing individual homes as well. More information will follow regarding this project in the upcoming

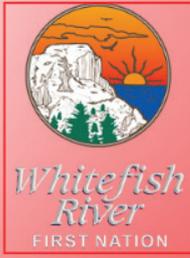
months.

Housing Staff

The Housing Department is in the process of making changes with staff. Kim Laundrie who worked as the tenant counsellor has moved into Membership department within the organization. We have posted for a Tenant Relations Worker and anticipated this position to be started before the end of March 2019. The successful applicant will need to time to familiar themselves with filing systems, tenant's, and policies. We would like to thank Kim for her work and service for the eight years with the Housing Department.

Our Housing Maintenance staff are currently attending the Construction Craft Worker Pre-Apprenticeship Program in Sudbury until the end of March 2019 as well. Arrangements have been made to complete emergency calls and snowplowing until then. Please be patient with any request to the Housing Department and if you need anything from your housing file please allow time to gather this information. 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.



WILLS AND POWER OF ATTORNEY
MARCH 27, 2019
Council Chambers

FRED BELLEFEUILLE
 BARRISTER AND SOLICITOR

One on One Sessions by Appointment between 1-430 pm please call Georgina to book an appointment at 705-285-4335

Understanding Estates Managements
6-8 pm

Terminology
 Process
 What happens to your property on reserve if you or your spouse dies?

705 285-4335 Refreshments will be available
 Sponsored by the Housing & Lands Department



BASIC HOUSING MAINTENANCE SESSION

WEDNESDAY, MARCH 6, 2019
 6:00 - 9:00 PM

Norbert Koeck, Blue Heron Consulting Services

Background:

- 40 years experience related to the construction, renovation and maintenance of housing
- 30 years experience in the delivery of housing programs in Aboriginal communities
- Former RRAP Delivery Agent and Inspector
- Former trainer and Service Organization for EnerGuide for Houses
- CMHC Trainer for Aboriginal Housing since 2007

For more information please contact the Georgina Recollet, Housing Manager .

Basic Housing Maintenance on First Nation

Come out and learn skills to maintain your home

Other Special Tables

- *Energy Efficiency
- *Recycling

Refreshments

Door Prizes

And Grab Bags

WHITEFISH RIVER FIRST NATION COMMUNITY CENTRE

6 Rainbow Valley Road
 Birch Island, Ontario
 POP 1A0

705 285 4334 Ext. 214

georginar@whitefishriver.ca



Let's talk energy savings

Free energy-efficient upgrades, such as LED light bulbs, appliances and more, are available through the First Nations Conservation Program.

There's no cost to you. You can make your home more comfortable and save energy.

Learn more about the program and Win Door Prizes !

Wednesday, April 3rd, 2019
 5:00 p.m. dinner provided
 Whitefish River First Nation
 6 Rainbow Valley Road, Birch Island ON

Bring a copy of your Hydro One bill and complete an Application at the event
 Questions? Ask Georgina Recollet at 705-285-4335 x214

SAVE ON ENERGY | **hydro one**
 POWER WHAT'S NEXT

Subject to additional terms and conditions found at www.HydroOne.com/FNCP. This program is delivered by First Nations Engineering Services Ltd. Save on Energy is powered by the Independent Electricity System Operator and brought to you by Hydro One Networks Inc. **Trademark of the Independent Electricity System Operator. Used under license. The Hydro One & Design trade-mark is owned by Hydro One Inc.

Membership - Kathleen Migwanabi

In the January & February 2019 Rezound Newsletters, 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.

"As part of its response to the 2015 Descheneaux decision, the Government of Canada is committed to working collaboratively with First Nations to discuss the broader issues related to Indian Registration, Band Membership and First Nation Citizenship with a view toward future reform. The consultations under the Collaborative process are conducted through the lens of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), and the Canadian Charter of Rights and Freedoms, and if applicable the Canadian Human Rights Act. Your input will inform my recommendations on how to move forward on these broader issues as part of my report to Parliament in June 2019." Claudette Dumont-Smith, Minister's Special Representative, Crown-Indigenous Relations and Northern Affairs Canada.

On January 15, 2019, an **Information session** was held on the **Collaborative Process on Indian Registration, Band Membership and First Nation Citizenship** at the community center. 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.

An **Engagement Session** has been scheduled for **March 5, 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 individuals 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 exercise 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 are unable to attend the session in person, you can participate by completing a survey on-line, link to

the survey: www.canada.ca/first-nation-citizenship. The survey should take between 15 to 20 minutes to complete and all answers will be confidential.

Information gathered at this session will be forwarded to the Minister's Special Representative by March 15, 2019, the deadline to submit the report.

In other news, Kim Laundrie, has successfully completed the Indian Registration Administrator course and will serve as our Back Up Membership Clerk/IRA. Currently Kim is unable to issue Certificates of Indian Status (CIS) Cards at this time, and I will continue to perform the membership duties.

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

NOTICE:

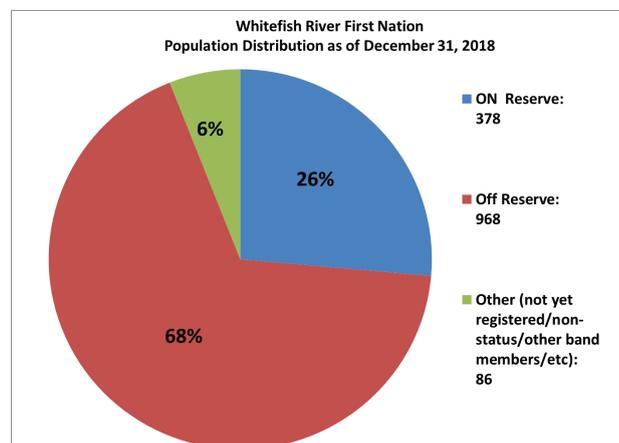
WRFN Membership Office
will be **Closed** on the
following dates:

March 11th – 15th, 2019
March 18th, 2019
March 20th & 21st, 2019

Whitefish River First Nation Registered Status Indians - Population Stats as of December 31, 2018							OTHER: Not yet Registered / non-status/ Non-Band Members				
Age Group	Males			Females			Total	ON Reserve		Total: Registered + Other	
	Total	On	Off	Total	On	Off		M	F	M	F
0-4	17	9	9	18	10	8	35	0	6	8	16
5 - 9	31	9	22	42	14	28	73	5	4	14	18
10 - 14	40	16	24	26	8	18	66	5	4	21	12
15 - 19	43	13	30	42	7	35	85	3	3	16	10
20 - 24	62	19	43	58	24	34	120	2	2	21	26
25 - 29	53	10	43	59	12	47	112	4	0	14	12
30 -34	52	5	47	51	3	48	103	1	3	6	6
35 - 39	53	9	44	37	6	31	90	3	4	12	10
40 - 44	37	10	27	39	14	25	76	2	1	12	15
45 - 49	45	13	32	51	18	33	96	2	3	15	21
50 - 54	58	23	35	65	15	50	123	2	6	25	21
55 - 59	54	17	37	60	15	45	114	4	1	21	16
60 - 64	41	11	30	50	12	38	91	3	4	14	16
65 - 69	22	9	13	33	10	23	55	5	1	14	11
70 - 74	18	5	13	21	5	16	39	2	0	7	5
75 +	27	14	13	41	14	27	68	1	0	15	14
Total:	653	191	462	693	187	506	1346	44	42	235	229

Population Total		On Reserve Population		REGISTERED CITIZENS	
Total On Reserve	378	*Registered Band Members:	378	Total: 829	
Total Off Reserve	968	**Other Residents:	86	Eligible Voters: 717	
Total Population	1346	Total On -Reserve Pop.:	464		

*NOTE: These Stats includes people who are deceased and have not yet been removed from the Indian Registry System. They are included in the on-reserve population.
**Other Resident stats include band members who have not yet registered, non-status, members of other F.N.'s, and non-aboriginals



**Membership/Band Representative Clerk/Council Clerk
Kim Laundrie**



I have been recently hired as the Membership/Band Rep/Council Clerk for Whitefish River First Nation. I previously held these positions in some capacity or another over the past years.

I enjoyed working in the Housing Department with Georgina and the Housing Maintenance staff for over 8 years and surely gained a lot of knowledge during my time there. I would like to thank her for taking me under her wing and providing me with a

great learning experience there.

Looking forward, I am excited to take on these new roles and eager to see what new challenges lie ahead.

For the time being, Kathleen will continue in the Membership Office until we can transition the files to my office and I can get the proper access to the IRA data base system. Once this happens, she will continue to be a backup when I am out of the office.

My new office is located way down at the end of the other wing if you need any assistance in my new role or if you just want to stop in and hi.

If you have any questions you can contact me at the Administration Office at 705-285-4335 ext.221 or by email at: laundriek@whitefishriver.ca

Lands Manager - Kathleen Migwanabi

Aanii Whitefish River.

It's been a few months since I last submitted some lands news, and I must say time is flying! March is here. Pretty soon the sap will be flowing, the smelts will be running, the snow will be melting, and the flowers will be blooming.

The WRFN Lands department is responsible to oversee all land activities, this includes, requests for access, fishing/hunting, timber and other activities on the land. Community members, are encouraged to contact the Lands Department when you are planning any type of activity or Land Use, whether it be on Reserve Lands or "Treaty" Lands. We also encourage members to report any activity or land use from non-members to our office as well.

The Lands Department has been busy these past few months preparing Addendum to Lease agreements for the new rental rate for the McGregor Bay Recreational Leases for the next 7 year period. The agreements have been mailed and we have begun the process to register the signed agreements in the Indian Lands Registry System. I have also included some information on the training that I have taken and will be taking over the year.

In order to implement the Reserve Land and Environment Management Program (RLEMP), National Aboriginal Lands Manager Association (NALMA) in collaboration with Indigenous Services Canada (INAC) and subject matter experts, developed the Professional Lands Management Certification Program (PLMCP), as well as Specialized Training. NALMA's PLMCP is used across Canada to signify that a Land Manager meets specific criteria, keeps

current in the field, and adheres to a professional Code of Ethics. A Land Manager successfully completing Level One: Post-Secondary Training (offered at either Algoma University or the University of Saskatchewan) and Level Two: Technical Training will receive a Professional Lands Management Certification Certificate from NALMA.

I have previously completed NALMA's Level Two: Technical Training, and this upcoming year (2019), I have enrolled in the Aki and Environmental Stewardship Program at Algoma University (Level One, Post-Secondary) to obtain my Certification as a Professional Lands Manager. This past year, I had attended a few specialized Lands training courses on: Commercial Leasing, Additions to Reserve/Reserve Creation, Estates Training and Community Land Use Planning.

These specialized training courses allowed me build capacity, gather information, and networking with other Lands Managers across Canada, that will assist the Lands Department with on-going lands activities such as: forming a Lands Committee, updating our Land Allotment Policy, the Lafarge Lease Renewal negotiations, Additions to Reserves (ATR), outstanding Estates, and most importantly developing a Land Use Plan for the lands that were returned to Reserve Status in 2017 in the area known as McCutcheon's Road, as well as any Lands that may be added in the future through the additions to Reserve process.

Should you have any questions or concerns regarding Lands, please do not hesitate to contact either myself or Keith Nahwegahbow, Lands Assistant.

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 or call at 705-285-4335 ext. 212.

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COMMUNITY ENGAGEMENT SESSION

TUESDAY, March 5, 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

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Consultation Coordinator - Stephen McGregor

Ahnii

I am encouraged with the turnout at the first Community Consultation meeting that was held January 30th, 2018. I'm very proud to see the commitment of the WRFN band members demonstrated through their effort to attend the meeting and witness first hand their determination in action.

The community consultation was designed to gather feedback on what the community values are in relation to a WRFN specific consultation development. The presentation and breakout sessions were intended to draw the process out of the members of each facilitation group and give weight or value to each step of the progression. It is very important that this procedure is community driven, therefore the value of this part of the process must be carried out with great care and consideration.

I enjoyed seeing the unique interactions with community members as each of the three groups were challenged with identifying their values, describing their principles, who should be concerned with consultation and finally a process that can capture and deal with community consultation. Despite the lengthy process and the short

time frame that was given to the groups, they handled the adversity with measured humor that I find endearing and unique to our people. It is our strength, to first of all face our difficulties (in this instance consultation) and react with the levity that is fitting to our culture.

I wish to convey how much I appreciate the facilitators (Mike and Peggy McGregor) in their enormous contribution to the process and look forward to further community engagements to see where this community consultation development takes us.

Miigwetch from the Lands Department to the WRFN community members who participated in the nail driving and log sawing competitions at WRFN's 46th Annual Loving our Language Winter Carnival this year. Community turnout was fantastic at these time honoured traditions. Unfortunately Sunday's tea boiling event was cancelled due to inclement weather.

If you have any questions you can contact me at the at the Administration Office or by email at stephenm@whitefishriver.ca

Miigwetch

Knowledge Building Session on Duty to Consult

March 22 & 23, 2019

Date: Friday March, 22, 2019

Time: 5 pm - 9 pm (Supper provided)

Topic: Consultation with Indigenous People

Indigenous Perspectives: Sharing Chippewas of the Thames (COTT)'s Journey

JOE MISKOKOMAN



Joe currently serves as the Regional Chief for Southwest Region for the Union of Ontario Indians. He was Chief of Chippewa of the Thames for 14 years and settled the Big Bear Creek Land Claim. Formerly, Joe was also Executive Director at the Chiefs of Ontario and Grand Council Chief for Anishinabek Nation for 12 years!

ROLANDA ELIJAH



Rolanda is the Director of Lands and Environment for the Chippewa of the Thames. She studied law at Univesity and along with leadership, developed the COTT Consultation Process. Rolanda currently leads a Tobacco Pilot Project. She is Wolf clan and a dual member of COTT and Oneida First Nations.

Date: Saturday, March 23, 2019

Time: 9 am to 12 pm (Breakfast & Lunch provided)

Topic: "Consultation with Indigenous People- Legal Perspective"

JULIE ABOURCHAR, LL.B., LL.M.



Julie is a Partner at Willms & Shier Environmental Lawyers. She is a Certified Specialist in Environmental Law and Indigenous Legal Issues. Julie is a recognized expert in Indigneous, environmental and energy regulatory law.

Whitefish River Community Centre



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Ayaan-gwaa-mizid-daa – Let's be Careful Whitefish River First Nation Cannabis Advisory Group

Aanii community members,

We are happy to share a brief update concerning the work of our group. Name change - Firstly we have changed the name from Cannabis Taskforce to "Ayaan-gwaa-mizid-daa – Let's be Careful Community Cannabis Advisory Group. The reason is we feel our role is more about the process of taking time to think carefully and engage with the community to bring the best advice forward to community leadership about Cannabis in Whitefish River.

Members of our advisory group are:

- Jean Andrews
- Esther Osche
- Bonnie Nahwegahbow
- Robert McGregor
- Byron Nolan
- Mariette Sutherland
- Administration resource: Art Jacko

To date we have had four meetings and we have confirmed our terms of reference, outlined a process for seeking community input (shared in the January Rezound) and also developed a detailed work plan.

Our work plan outlines activities in

Communications, Fact Finding, Seeking Community Input and Education. This work will be built around three important pillars – Health, Safety and Social with strong guidance from our traditional and cultural strengths.

We are working on another upcoming event to update you on the progress made. Keep an eye out for upcoming dates. The update we are planning will provide a report from our October community dialogue, share the finalized video prepared from that event and discuss our work plan with the community. We will also provide three education and dialogue sessions in the areas of health, policing and also hear from a neighbouring community about how they are approaching this issue. We hope you will plan to attend and join us in this evolving conversation!

In the meantime, we thank you for the opportunity to work on this important issue on our behalf. Miigwetch!

Mariette Sutherland (on behalf of committee members)



Jarrold Shawanda participates in the WRFN Lands Department Log Sawing and Nail Driving competition at the 46th Annual 'Loving our Language' Winter Carnival.

Community Energy Advisor - Tania Jacko

Aanii Kina Wiya, How about that snow? That should make for a lot of water in the spring. Speaking of water, World Water Day will occur on Friday, March 22, 2019. This day was designated as World Water Day by the United Nations as a way to “focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources.”¹ Taking care of our water is part of our Anishinaabek responsibilities along with taking care of our land. I was reading one of my books the other day, and the book mentioned that our lakes were once so clean and “transparent that explorers wrote of seeing clearly sixty feet down”² Our lakes currently face a lot of pressure from various sources including pollution.

Our electricity sources have an impact on our water sources too. In 2018, 61% of our electricity in Ontario came from Nuclear, 25% from Hydro, 6% from Gas and Oil, 7% from wind, 1% from biofuel, and 1% from solar³.

Some greenhouse gases are emitted while transporting the nuclear rods to their storage facilities. The storage of the nuclear rods is where most of the environmental concerns with Nuclear power lie. Currently, the rods are stored in warehouses, but space for the storage is running out⁴. The Nuclear Waste Management Organization is currently contemplating building Deep Geological Reservoirs (DGRs) to bury the rods underground at 5 locations⁵. The furthest being an estimated 130 km away from our Great Lakes, but closer to other sources of freshwater. There other concerns are about mining the uranium to manufacture the rods as well.

Also, low in the production of greenhouse gases is hydro power. There are two methods to extracting power from water, dams and run-of-the-river. The environmental concerns about dams is that there is a frequency of high amounts of mercury that occur near flooding areas of dams, which has public health consequences⁶. Run-of-the-river projects have very little environmental consequences depending on where they are developed. Although very little is known about what happens after the turbines are removed from the river⁷. No one really studies that.

Good luck to all the players going to Lil NHL. Parents, guardians, and fans, don't forget to check with your hotel's instructions on how to comply with their towel and linen policy to ensure that your towels are not collected by the cleaning staff after every use. You can use your towels 3-4 times before they need to be re-washed. This help to ensure that your hotel is not using more water than necessary.

This past month the Community Energy Program hosted solar vehicle races at the

annual Whitefish River Winter Carnival. The races did not go as planned, in fact we were not able to have the races. The vehicles were difficult to assemble and although the wheels on the cars were able to spin, they would stop as soon as the tires came into contact with the ground. A chi-miigwetch goes out to Johnathon Haaland who was able to lend a hand and assemble the rotors and cars for us.

I am going to go back to the drawing board and find a way to race the solar vehicles. In the meantime, until I find a solution, I shall exact my revenge by writing a plethora of rants and bad reviews about the lack of functionality of the vehicle kits online at www.Tania'sRants.com. ****Disclaimer*** that website doesn't exist. More than likely I won't write the bad reviews, I hardly ever follow through with my revenge plots.*

Another Chi-miigwetch goes out to everyone that listened to my breakfast presentation. I hope it was an “energizing” start to your day. Pun intended.

HEY!!! Do you know what else is occurring in March? INTERNATIONAL EARTH HOUR! This year on March 30, 2019 at starting at 8:30 until 9:30, the world will turn off any essential lights as a way to combat climate change. This year's theme will be **#connect2earth**. Don't forget we also have a community earth hour on March 16, 2019, in which we as a community “power down” to show our commitment to Shkakamik Kwe.

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 Waabmaan

1 United Nations. World Water Day. Background. <http://www.un.org/en/events/waterday/background.shtml>. 19 FE 2019.
2 “Great Lakes Native Literatures,” in Star Songs and Water Spirits: A Great Lakes Native Reader, ed. Victoria Brehm, (Fluxus, Michigan: Ladylipper Press, 2011), 11.
3 Independent Electricity System Operator. Power Data. [http://www.ieso.ca/en/Power/Data/Supply-Overview/Transmission-Connected-Generation](http://wwwieso.ca/en/Power/Data/Supply-Overview/Transmission-Connected-Generation). 19 FE 2019.
4 TREC Renewable Energy Co-operative. First Nations Electricity Report: An Energy Literacy Tool to Support Meaningful Participation. JA 2016. pp 32-33.
5 Nuclear Waste Management Organization. Study Areas. <https://www.nwmo.ca/en/Site-selection/Study-Areas>. 19. FE 2019.
6 TREC Renewable Energy Co-operative. First Nations Electricity Report: An Energy Literacy Tool to Support Meaningful Participation. JA 2016. pp 32-33
7 Ibid.



SAVE WATER = SAVE ELECTRICITY = SAVES YOU MONEY



Did you know that residential water heaters consume the second most amount of electricity in the home? Try these tips to save water.

Check your faucets. Ensure that none of your taps are leaking and *always* turn off your taps while you are brushing your teeth or washing your face.

Shower Less. Skip the shower and use the extra time to sleep in or eat breakfast. For added savings, install low flow faucets.

Rinse dishes in a tub. Rather than rinsing your dishes with running water, fill a tub or one of your double sinks with water. You can do the same with your vegetables and rinse all of them at the same time.

Keep a pitcher of cold water in the fridge. It will reduce the need to run the tap to get the water to a cooler temperature.

Wear clothes more than once before washing them. As a general rule, anything close to your body or clothes that you have sweated in (i.e. your workout gear) should be washed after every wear.

Run dishwasher or washing machine when full. It takes the same amount of energy to run the dishwasher and washing machine whether they are full or not. For additional energy savings you could wash your clothes in cold water.

Support businesses that practice sustainable environmental practices such as hotels that have a towel and linen policy which allows guests to use their towels more often between washes.



MARCH 16, 2019 MONTHLY EARTH HOUR

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



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

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

Finally a break in the weather, or is it a break? With Old Man Winter starting to loosen his grip, a glimpse of the next season is on the horizon. The spring thaw brings the next phase of winter control, the public works crew adjusts its work to the daily thaw and freezing process, culverts need attention and side roads that have a bit of snow cover left need regular sanding for the general public safe passage. The public works crew still stays alert for snowfalls, whether it is significant or not.

The Public Works has been kept very busy this past winter season with what some people describe as “an old fashion winter.” The seemingly high amount of snowfalls and warming trends has kept the public works crew and local contractors very busy keeping roads, parking lots and driveways open. With the excessive amounts of snow, the snow banks in parking lots grew to where we had to call in assistance from our brothers from M’Chigeeng to assist with snow removal. My hat goes off to the public works crew who worked many hours to keep our roads and public buildings open and safe for our travel. Not only were they able to keep up with Old Man Winter, but also stay on top of their regular duties such as water delivery, garbage pickup and water plant operations.

Water plant operations is one of the more important duties within the public works program as the operators are on call 24/7 ensuring our water is pristine and the Water Plant is operating efficiently. A result of this commitment is Whitefish River winning the water challenge for the fifth time at the 2019 Annual Water and Waste Water Conference.

- Our Water Plant Operators are:**
Mark Shawanda, Operator in Charge with over 15 years experience.
Andy Recollet, Back up Operator with over 5 years experience.
Darin Prince, Water Delivery & Operator in Training
Amy Waboose, Water Quality Analyst & Operator in Training.

The operations and infrastructure for our Water Treatment and Distribution System has been described as a model for other communities on and off reserve to model.

Persons on drinking water cisterns are reminded to ensure the filler pipes and access to the drinking water cisterns are clear of snow and debris. In order to continue with the impeccable service provided by water delivery program, this practice is the home owner’s responsibility. Home owners must also keep parked cars away from the drinking water cisterns especially on their respective delivery days. If there is no access for the water delivery it is the practice of the public works delivery personal to do an extra drive by, if the access is still blocked the delivery will be postponed until the next day of water delivery schedule.

With the weather changing as rapidly as it has in the last few years, the next season will be upon us quickly, sugar bush season, like many families in our community I have the opportunity to assist with the family tradition of harvesting sap to make maple syrup. Representing the 4th generation in our sugar bush, my family and I take annual leave to ensure this great tradition stays alive and operating. It has been a great opportunity to learn and teach the process and to show the rewards of a hard day’s work does not have to be monetary. It has been our practice to always welcome visitors who wish to participate and to observe the process of making maple syrup or folks who just want to stop by for a cup of tea.

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.

Sunday, March 24th
10:00 a.m. - 2:00 p.m.

CLOTHING
Community
SWAP

BOOTS & SHOES
CLOTHING
TOYS

HOUSEHOLD ITEMS

ELECTRONICS
SMALL APPLIANCES

WHITEFISH RIVER COMMUNITY CENTRE
 Soup & Bannock will be available at noon



Gerry McGregor and Back up Operator Andy Recollet accept the Water Challenge Award on behalf of WRFN for the fifth time at the 2019 Annual Water and Waste Water Conference.

Waste Management Action Plan Coordinator - Crystal McGregor

On Sunday, March 24th from 10:00 am - 2:00 pm there will be a **Community Clothing & Household Goods Swap**. Some reminders about the Swap, make sure any items brought in are in gently used condition. I will set up separate stations for Adult Men & Women, Children Boys & Girls and Baby Boys & Girls. Please separate clothing by size to make it easier to people to choose items.

Another area will be for working household goods – this can include small appliances, electronics, bedding, curtains, etc. Space will be limited to two tables per category and you are encouraged to register by calling me at the Administration Office. If you know of people that could benefit from gently used clothing and household items please invite them along. Any remaining items will be donated to charity.

Congratulations Whitefish River Recyclers!!!

You have helped divert 34.95 tonnes of recyclables in 2018, up 4.77 tonnes from 2017.

As we move further along towards the planning and implementation process of a recycling program in Whitefish River we hope to see a big spike in recycling numbers for 2020.

Don’t forget your feast bundles when attending community events.

Should you have any questions or concerns please feel free to contact me at 705-285-4335 ext. 230 or via email at crystalmcgregor@whitefishriver.ca



ATTENTION DOG OWNERS

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

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



Hello Everyone!

I hope everyone is keeping warm on these cold and snowy nights. Well, I have had a couple of strange incidents this month. At the beginning of February, I hired one of my great nephews to come and shovel my front deck. Unfortunately, I had forgotten that BJ and Fabio had gone outside. As my nephew began to shovel the deck, the cats darted off as they are unused to other people. I suppose it is partly my fault, as I did not socialize them much when they were little. It happened when we had our severe cold snap, and Fabio was gone for a day and a half. With a lot of praying to St. Francis, St. Anthony and St. Jude my prayers were finally answered and he showed up very hungry on my doorstep. My next incident happened when I was sitting on my recliner one evening after supper. Empress Farrah somehow got one of her nails caught on the silver tray I have on my coffee table. She pulled it off and with it one of my ceramic cat figures fell and smashed. I lost my temper, and after that all the cats disappeared. When I cooled down I realized it was not her fault and I eventually found her laying on her bed on my armoire in the bedroom. It took some coaxing to let me pet her until she felt better. I think it hurt me more for yelling at her. The same thing that happened to Fabio happened to Francis when I had let him outside the day another nephew came to shovel my deck after a big snow storm. I had forgotten he was outside and he got scared when my nephew went on the deck to shovel. It happened to be another cold night but Francis eventually showed up about a day and half later just like Fabio. I sure did a lot praying again for his safe return. I know some of you will think that they are only cats, but to me they are my children and have become part of my family. On another note, I hope all had fun on your Family Day.

Some Cat Facts:

- The cat comes closer than any other animal, except for the owl and the ape, to have the same binocular vision as humans.
- Male cats used to be called rams and boars. In 1760, a book called 'The Life and Adventures of a Cat' featured a main character by the name Tom the Cat. From then on the term 'tomcat' has been used for males.
- A study found that children living with pets were 13 to 18% less likely to miss school due to illness than children without pets.

Well, that is it for another month, my cats and I would like to wish all the best to the people celebrating anniversaries and birthdays for the month of March. Remember to keep your pets warm and well fed during our cold winter months and to bring them in when it gets cold outside or make sure they have a warm shelter to go to. Remember to visit our sick, shut-ins and elderly and have a nice visit I am sure they will enjoy it.

'Till then take care.

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

Dennis L. McGregor
 (The Big Cat)



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

Dear Family and Friends of Whitefish River First Nation,

I am both humbled and honoured that you have placed your confidence and support in me by choosing to re-elect me as Chief. We had over 60% turnout for our general election. That is an electoral success. Together, over the next 4 years, collectively, we will succeed in our mandate!

To my mover and seconder, I am deeply honored that you put your faith in my ability to move our community forward. I have to work hard toward the expectation we all see for our community. I thank you for your confidence.

To all the voters, thank you for participating in the process. I have had time to speak with other communities about our voter turnout (60%) and they are amazed that we have an electorate that is engaged in our community. Thank you!

To all the candidates, thank you for getting involved in the process, you share the same passion that I have when it comes to our community. We all ran a fair and competitive campaign. I did learn more about some exciting new opportunities that we can collectively pursue. We all share incredible hopes, visions and dreams for a brighter and more united community. I also want to thank the many people who quietly supported my vision for the community. I would like to thank my wife Bonnie, my children, my immediate family and close friends for all your positive support. But above all, I want to thank you the community members for voting and expressing your confidence in me. Thank you for the opportunity to continue to serve.

Since the election, I have been very busy with the 46th Annual Winter Carnival, ceremonies for the passing our community members, planning a new mandate for the upcoming term and of course, meetings of every kind, with the Assembly of First Nations, Chiefs of Ontario, Anishinabek Nation and many one on one conversations about our beautiful home.

Next month, I will spell out in greater detail the key priorities that we will work with to

continue to bring our community closer together. It won't surprise anyone that community wellness will be at the top of the list. I heard a lot about this during all the visiting I did. I can only say that I share your deep concern about wellness.

In the meantime, we have to get ready for the 48th Annual Little Native Hockey League. Our entire community has been a driving force for this tournament from its inception in 1971. We have parents getting their children ready to participate, we have a dedicated core of volunteers that are preparing us for success on and off the ice. We have a dedicated

group of followers that we see at every tournament and we are very grateful that they come and cheer on our "Warriors hockey" program. Let's all join together and support our families at every function, but especially during the 48th Annual Little Native Hockey League Tournament.

Chi Miigwetch!



A PLACE OF VISIONS AND DREAMS

48th Anniversary of the LNHL

During the early part of 1970/71, Chief Jimmy McGregor of Birch Island, Chief James Debassige, Norm Debassige of West Bay and Earl Abotossaway of Sucker Creek were approached by the Reverend Len Self about starting a hockey tournament for First Nation youth. Unbeknownst to these leaders, this simple request would lead to development of the largest First Nation youth hockey tournament in North America, the Little Native Hockey League (LNHL).

The 1st Annual LNHL tournament that was held in Little Current had 17 teams participating from the communities of Birch Island, West Bay, Sucker Creek, Wikwemikong, Garden River and Moose Factory. Little was known about coordinating such events, so much of the work was done on the simple basis of 'TRUST'. Communities said they were coming to the tournament, so the founders trusted they would be there to play hockey, so this is how the LNHL went for at least the first decade.

Over the past 48 years there have been many special moments for the Little Native Hockey League. Increasing First Nation participation in this tournament, represents one of those special moments. One of the defining features of our tournament has been our four key pillars; **EDUCATION, RESPECT, CITIZENSHIP and SPORTSMANSHIP**. Despite all the changes in the game, these pillars have guided us in staying focused on what is most important about the game, educating our children on what it means to be part of a team, community and a nation.

Today, we are all extremely thrilled to have Aamjiwnaang First Nation as the host of the 48th Anniversary of the LNHL. To all of you, for all the wonderful memories, Thank you for your dedication, support and most of all, continued Trust in our tournament.

Tomorrow, brings new hope and indeed new dreams for our LNHL tournament. We have much to dream about thanks in large part to those dreamers of 1970/71. Thank you for sharing your dreams.

Miigwech

Whitefish River First Nation

Shining Turtle
Chief Shining Turtle



WHITEFISH RIVER FIRST NATION

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TEL (705) 285-4335 FAX (705) 285-4532 www.whitefishriver.ca

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March 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Calendar 					1 Elders Centre Movie/Popcorn - 1PM	2 BINGO
3 Rekindling our Fire 11AM-2PM Ball Field AA Meeting	4 BINGO	5 Elders Centre Soup & Sandwich Social Tea/Coffee (PM) Membership Community Engagement Session 6PM- Comm. Centre "I am a Kind Man" 6PM-8PM @ Health Centre	6 Elders Centre Crafts (PM) Housing Maintenance Workshop 6PM-9PM Comm. Centre	7 Elders Centre MOW's Board Games/Cards Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	8 Elders Centre Painting (PM) Child Natural Remedies 1PM-4PM Comm. Centre	9 BINGO
10  48th Annual LNHL AA Meeting	11 Elders Centre Drop In/Social BINGO	12 Elders Centre Soup & Sandwich Crafts (PM) "I am a Kind Man" 6PM-8PM @ Health Centre	13 Elders Centre Baking (PM)	14 Elders Centre MOW's Board Games/Cards Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	15 Elders Centre Movie/Popcorn - 1PM	16  WRFN Monthly Earth Hour 8:30 PM BINGO
17 Rekindling our Fire 11AM-2PM Ball Field AA Meeting	18 Elders Centre Crafts (PM) BINGO	19 "I am a Kind Man" 6PM-8PM @ Health Centre Pneumococcal Vaccine Workshop Noon - 7 Fires Youth & Elders Centre	20 Elders Centre Crafts (PM)	21 Elders Centre MOW's Board Games/Cards Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	22 Elders Centre Elder's Prize Bingo - 1PM Knowledge Building Session "Duty to Consult" 5PM-9PM Comm. Centre	23 Beaver Pelt Craft Making 9AM-4PM 7 Fires Centre Knowledge Building Session "Duty to Consult" 9AM-12PM Comm. Centre BINGO
24 Beaver Pelt Craft Making Workshop 9AM-4PM 7 Fires Centre Clothing Swap 10AM-2PM Comm. Centre AA Meeting	25 BINGO	26 Elders Centre Soup & Sandwich Crafts (PM)	27 Elders Centre Baking (PM) Understanding Estates Management 6PM-8PM Council Chambers Health & Wellness Fair 1PM-8PM Comm. Centre	28 Elders Centre MOW's Board Games/Cards Anishinaabemowin 6:30-8PM 7 Fires Centre BINGO	29 Elders Centre Movie/Popcorn - 1PM	30 \$ CHI-BINGO \$
31 Rekindling our Fire 11AM-2PM Ball Field AA Meeting						

Birthday & Well Wishes!

<p>Happy Birthday to my daughter Bonnie on March 26th, and my son-in-law Dan on March 8th. Love Dad</p> <p>Happy 21st Birthday to my sunshine Tristan. I am so proud to be your mom. I hope you have a great year ahead. Full of adventure! Love you, Mom</p> <p>Happy Birthday to our Cuz'ins Tristan on March 1st, Mikey on March 2nd XOXO Nicole, Braxton & Braelyn, Sydney, K.C., & Blue</p> <p>Happy Birthday Kenny on March 2nd Happy Birthday Cara on March 5th XOXO Nicole</p> <p>Happy Birthday Wishes to Tristan on March 1st Mikey on March 2nd Ren on March 2nd Bou on March 5th Mighty Tawn on March 4th Tally on March 16th Con on March 21st XOXO Katt & Craig</p>	<p>Happy 27th Birthday to my husband Dean on March 20th! I love you more than I can express or comprehend. I'd choose you a thousand times over! Love your wife, Krystal</p> <p>Happy 4th Anniversary to my love Dean Fox on March 20th! To many more years of happiness and growth! xoxoxo Love your wife</p> <p>Happy Birthday Daddy! We love you! Noah, Aden and Pheobe Have a fabulous day!</p> <p>Happy Birthday to Hailey on March 23rd! Have a great day! Love Noah, Aden & Pheobe</p> <p>Happy Birthday Aunty Bonnie! Love Lila, Nakia Tammy & Dan</p> <p>Happy Belated 13th Birthday to my grandson Dale on February 1st! Love Grandma, Papa, Shrimpy & Kylie</p> <p>Happy Birthday to my sister Cara on March 5th. Hoping you have an awesome day. XOXO Love Roz</p>	<p>Happy Birthday to Doreen on March 10th! Marjorie</p> <p>Happy Birthday to Curtis Paibomsai on March 29th Love Aunti Marj</p> <p>Good Luck to all our Whitefish River Warriors participating in the LNHL! Marjorie</p> <p>Happy Birthday Dad on March 7th. Thanks for always being there for us. Best wishes. Love Sierra, Raidyn, Daylyn and Jax.</p>  <p>Happy Birthday to my hubby Joel on March 7th. Another year of great memories. Thanks for being a part of my life. Lotsa love to you today and always. Love Roz</p> <p>Happy Birthday Bonnie! Marjorie</p>	<p>Happy Birthday to my brother Jake on March 10th Love Marj</p> <p>Happy Birthday to the best Papa in the whole wide world Lots of love from Daytona, Rayna and Melody, Tyrone, Addison & Izlynn</p>  <p>Happy Birthday to the World's Greatest farther, I mean Father!!! Lots of love from your favourite Nalapie</p> <p>Happy Birthday to our Dad Jake on March 10th! Love Wayne & Isaac</p> <p>Happy Birthday Jake Love Rose</p> <p>Happy 3rd Birthday to my baby boy Waylon on March 4th! I'm so proud of the little man you are becoming. Mommy loves you to little itty bitty pieces!</p> <p>Happy Birthday Daddy! Love Nakia, Lila & Diego</p>	<p>Mino-dibishkaan Dan! Gidebweyemin Gzaagin. Tammy</p>  <p>Happy 1st Birthday wishes out to Isabella. A treasure of memories to watch you grow from the tiny baby you were to the little gal that's hitting milestones in leaps and bounds. To many more years of memories. Happy Birthday Isabella! Love Dad, Nokomis and Chi Nokomis</p> <p>Happy Birthday to my beautiful wife Bonnie You're amazing.</p>
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