



# THE REZOUND

November 2017  
Baashkaakodin Giizis  
Freezing Moon

## Run Wild with the Bobcats



By Rick Legrow

The 6th Annual Bobcat Run held October 4, 2017 was a great event that involved a total of nine schools from the Manitoulin Island, Espanola, and Massey areas. The first run of the day saw the Shawanoswe Kindergarten students (Bobkittens) running around the track to the cheers of all of the assembled athletes. Our event had almost 300 runners from the age of 6 to 13 and up running. This was a great opportunity for students to come together and represent their school and community values as well as their commitment to physical fitness and fun.

Overall, a great time was had by all. Students enjoyed the various sport activities that were provided by the Whitefish River First Nation Youth coordinators. It was great to see runners participating in the Zumba workout! Students and coaches alike both loved the music which was provided Blake Debassige. A huge thank-you goes out to Blake for helping create a vibrant atmosphere.

I would like to offer a Chi-Miigwetch to all of the volunteers from the community who helped make this event possible; Public works (for their amazing job setting up the site), and the staff at the band office (for helping to organize and set up the event), the Health Department (for setting up a first aid tent and helping take care of our young people), UCCM (for controlling traffic, leading our runners, and keeping them

safe), the youth coordinator (for providing fun games and activities for our runners), A Chi-Miigwetch also goes to all the staff at Shawanoswe School for contributing their part (making signs, helping run the event and the canteen), and community volunteers and parents who helped out with the bake sale and canteen.

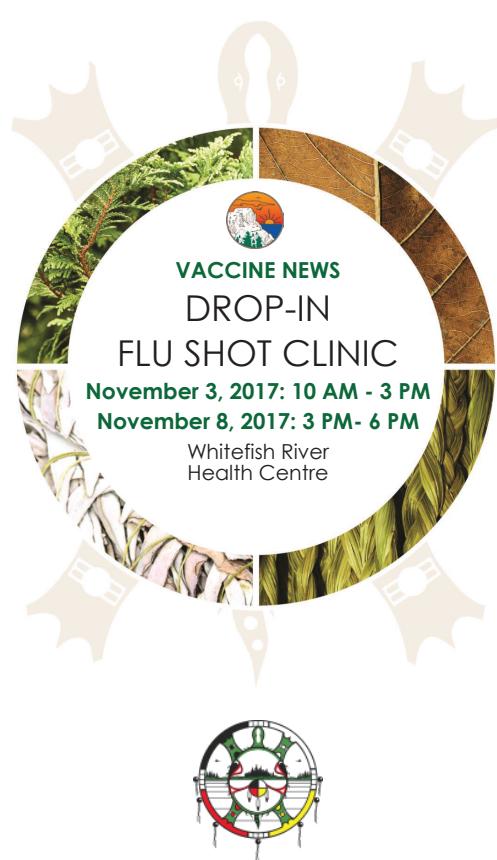
It was amazing to see how the whole community comes together to make this event happen. It shows how we are committed to the fitness of our young people and creating unity in our surrounding communities.

Well Done Whitefish River and well done Bobcats!

Please note that the deadline for submissions  
for the next issue is  
**Wednesday, November 15, 2017 at noon.**  
**Miigwetch!**  
**rezoundeditor@whitefishriver.ca**

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

**MNAAMODZAWIN**  
HEALTH SERVICES



## SHARE A MOMENT NOT THE FLU



**Protect yourself and those around you:**

- Get the flu vaccine every year
- Clean your hands often
- Keep your hands away from your face
- Cough and sneeze into your arm
- Keep shared surfaces and objects clean
- Avoid contact with others when you are sick
- See a healthcare provider if your symptoms worsen

TO LEARN MORE, VISIT [CANADA.CA/FLU](http://CANADA.CA/FLU)

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## November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WRFN Health Centre Visiting Health Professionals</b>			<b>1</b> Community Health Nurse	<b>2</b> Nurse Practitioner Dietitian (AM Only)	<b>3</b> <b>Community Health Nurse *</b> Diabetes Team Foot Care	4
*unless otherwise indicated visiting Health Professionals will be in all day*			<b>5</b>	<b>6</b>	<b>7</b> Nurse Practitioner	<b>8</b> Dr. Meikleham (until 2:30 PM)  Community Health Nurse
					<b>9</b> Nurse Practitioner	<b>10</b> Dr. Cooper (PM Only)  <b>Community Health Nurse *</b>
						<b>11</b>  <b>REMEMBRANCE DAY</b> <i>Let us forget</i>
<b>12</b>	<b>13</b> WRFN Offices Closed	<b>14</b> Foot Care	<b>15</b> Community Health Nurse	<b>16</b> Nurse Practitioner Dietitian (PM Only)	<b>17</b> <b>Community Health Nurse *</b> Diabetes Team Foot Care	18
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Community Health Nurse	<b>23</b> Nurse Practitioner Dietitian (AM Only)	<b>24</b> <b>Community Health Nurse *</b>	25
<b>26</b>	<b>27</b> Dr. Cooper (PM Only)	<b>28</b> Nurse Practitioner	<b>29</b> Community Health Nurse	<b>30</b> Nurse Practitioner Dietitian (AM Only)	*Community Health Nurse Lab/Blood Draw Clinic Fridays @ 10:00 am Please bring your Requisition(s). Appointments recommended.	

**NO EXCUSES  
NOVEMBER!**

**Prizes to be  
Won at the  
final check in!**

## A 4 Week Challenge!

Starting with a check in by a health professional on  
**November 10/17**  
**9am to 6pm**

At the WRFN Health Centre!

No Excuses November is a Fun Fitness Challenge to help motivate all WRFN Community Members 18+ who want to kick start or maintain their health and get into a routine before the Christmas holidays! For more information, please contact Candice Assiniwe, Community Wellness Worker at 705-285-4354 or at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)

In Partnership with Carolyn Strum, Community Health Nurse, Mnaamodzawin Health Services

## Anishinaabemowin Language Program

"Aambe gagwe-gikendandaa ji-anishinaabemoyang!"  
"Come on, let's learn to speak Anishinaabemowin!"

All Levels of Language Learners Welcome!



Every Wednesday starting November 22, 2017 in the  
WRFN Council Chambers - 17 Rainbow Ridge Road

Registration/Information Night:

November 8, 2017 from 6:30-8:00pm at the WRFN Health Centre

For More information or to register, Please contact

Candice Assiniwe, Community Wellness Worker at  
705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca)



PosterMyWall.com

### Candice Assiniwe - Community Wellness Worker

Aanii/Boozhoo Community Members!

The month of November is Diabetes Awareness Month and as we have heard, Type 2 diabetes is a health concern among our Anishinaabek People. Statistically speaking as Health Canada has said, if you live on reserve the risk of diabetes is three to five times higher than that of other Canadians. Unfortunately, the rates of diabetes in our communities is expected to rise significantly in the future given that risk factors such as obesity, physical inactivity, and unhealthy eating patterns are high. With that being said, we can also live a diabetes free lifestyle and prevent this from happening. How?

One of the best things that Aboriginal people can do to prevent and manage diabetes is to eat well. Healthy eating means choosing the following:

- Our traditional foods such as moose, deer, and fish;
- Lots of fruits and vegetables;
- Whole-grain varieties of bannock, bread, cereal and pasta; and
- Portion sizes that will help you reach or maintain a healthy body weight.

Healthy eating also means limiting fatty foods and those high in salt and sugar. These include many "convenience" and snack foods such as potato chips, cookies, candy and "fast food."

Other healthy choices include baking, boiling, broiling or barbecuing your food, rather than frying it, and drinking more water. By making a few positive changes in your diet, you will be well on your way to a healthier lifestyle.

Another important choice to make in preventing and managing diabetes is to keep active. Today, many Aboriginal people do not have the same healthy lifestyle as their ancestors did. Some smart choices that can lead to an active lifestyle are:

- Finding ways of keeping active with your family – walking, gathering berries, fishing and hunting;

- Leaving the car at home more often and walking or biking to the store or to school;
- Trying new activities – dancing, riding a bike, jogging or hiking.

Your goal should be to complete at least 150 minutes of moderate- to vigorous-intensity aerobic exercise each week (e.g. 30 minutes, five days a week). You may have to start slowly, with as little as five to 10 minutes of exercise per day, gradually building up to your goal. If you are able and when you are ready, try adding resistance exercises like lifting weights three times a week.

Eating right and keeping active are smart choices that will get you well on your way to preventing and managing diabetes! To support and give incentive for living a healthier lifestyle, please join the "No Excuses November - 4 Week Challenge" to kick start your health and active living goals! Our first weigh in with Carolyn Strum, WRFN Community Health Nurse on November 10, 2017! (Please see poster for details)

We also have two additional exciting programs to begin in November 2017, which is "Baby Moccasin Making - Rites of Passage Teachings" and the "Anishinaabemowin Language Program." Therefore, please keep an eye out for these exciting programs and I encourage you all to come out to try something new, or share your knowledge. All levels of language from beginner to fluent speakers 18+ are welcome! (Please see posters for details)

If you have any questions regarding any programs, please don't hesitate to contact me at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca) or at 705-285-4354.

## \* Baby Moccasin Making and \* Rites of Passage Teachings \*

Ages 18+  
Expectant parents  
& Families with  
young children will  
be given priority

Grandmothers,  
grandfathers,  
aunties, uncles  
also Welcome!



A four week session every Tuesday, starting November 21, 2017 from 6:30-8:30pm at the Seven Fires Youth & Elders Centre. Must Register with Candice Assiniwe, Community Wellness Worker at 705-285-4354 or via email at [candicea@whitefishriver.ca](mailto:candicea@whitefishriver.ca) - Space is Limited



In partnership with Melanie Francis, New Beginnings FASD Coordinator, Noojmowin Teg Health Centre



## Amber Zona - Youth Support Worker

Brrrrr! It's getting colder and winter is approaching!

It's Movember November, and I'm looking forward to seeing all the Mo's around Birch Island. Not only is it the month to raise awareness around Men's Health, but it's during November that we have National Addictions Awareness Week. To take part in "NAAW" Week, there will be a **Moccasin Making workshop for youth on Saturday November 18th.**

The youth **Pow Wow Dance Program** started in October and will be continuing until November 22nd. Youth are still welcome to come register and participate. **Ball Hockey is now underway, every Tuesday at the Shawanosowe school gym until December 5th, from 5:00 pm - 6:30 pm.**

This month we will be starting a Girls After-School Program and a Boys After-School Program. Both Programs will be looking at building self-esteem, building self-confidence, exploring their identity and the roles of men and women. These programs are both 6 weeks long. **The Boys After-School Program will start Tuesday, November 14th and the Girls After-School Program will start Thursday November 16th.** The location for this program is still to be determined.

If you would like more information on any of these programs please contact Amber Zona, Youth Support Worker at Whitefish River First Nation Health Centre at 705-285-4354 or via email at:

[amberz@whitefishriver.ca](mailto:amberz@whitefishriver.ca)

COMING THIS NOVEMBER!

# BOYS AFTER SCHOOL PROGRAM

YOUTH AGES 10-14  
Tuesdays,

November 14th-December 19th  
6:30pm-8:30pm

Location TO BE DETERMINED

THE BOYS AFTER SCHOOL PROGRAM WILL BE ADDRESSING SELF-ESTEEM & SELF CARE AMONGST YOUNG BOYS, HEALTHY RELATIONSHIPS, MENS ROLES, IDENTITY AND HEALTHY EATING

FOR FURTHER INFORMATION CONTACT AMBER ZONA @ 705-285-4354

## COMING THIS NOVEMBER

YOUTH AGES 10-14

Thursdays,

November 16th-December 21st

4-6pm

Location to be Determined

# Girls AFTER SCHOOL PROGRAM

THE GIRLS AFTER SCHOOL PROGRAM WILL BE ADDRESSING SELF-ESTEEM & SELF CARE AMONGST YOUNG GIRLS, HEALTHY RELATIONSHIPS, IDENTITY, ROLES OF WOMEN AND HEALTHY EATING



FOR FURTHER INFORMATION CONTACT AMBER ZONA @ 705-285-4354

## WHITEFISH RIVER FIRST NATION

# TRADITIONAL DANCE & DANCE PROGRAM

## For Kids 6-10 Years Old

October 18, 25, November 1, 8, 15, 2017

(with Cooking Session on November 22)

Shawanosowe School - Whitefish River First Nation

From  
5:30pm to  
7:00pm

### Mini Health Sessions (Snacks Provided)

- \* Healthy Eating,
- \* Mental Health,
- \* Traditional Teachings,
- \* FASD and
- \* Diabetes Awareness

For more information contact  
Amber Zona at (705) 863-2541 or  
Nelson Wood at 705-368-2182  
Ext. 245, or email  
[nelson.wood@noojmowin-teg.ca](mailto:nelson.wood@noojmowin-teg.ca).  
[www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)



Noojmowin Teg  
Health Centre  
A place of healing



Whitefish River  
First Nation

Find us on  
Facebook  
"Noojmowin Teg Health Centre"



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

Anii everyone!

There will be a Youth Council get-together on November 7th and 21st from 4:30pm to 6:30pm at the 7 Fires Youth and Elders Center.

I have been attending Espanola High School every Friday for Lunch and Learns from 11:00am to 12:30pm. The students can find me and a hot meal in the Aboriginal Support Room.

The Junior Youth Leadership Program (Grades 7 & 8) will be on Wednesdays from 5:30 to 8:00pm and the Senior Youth Leadership Program (High School Students) will be held on Thursdays from 5:30 to 9:00pm down at the 7 Fires Youth and Elders Center.

For the month of November, the Right to Play Junior and Senior Youth Leadership programs have already been planning upcoming events that they will like to host this month, such as a **SPORT-A-THON!** Our Senior Youth Leadership group will be hosting its 3rd Annual Sport-A-Thon on November 18th. Once again this event will be 12 hours of sports and/or

games being played from 8:00pm to 8:00am. The Senior Youth will be going door-to-door asking for sponsors from cousins, aunts, uncles, parents, and teachers. The youth would also like you to know that community members are more than welcome to come participate in the Sport-a-thon. Youth ages 12 and under will be excused at 10:30pm from the gym. I am looking forward to all the laughter and smiles during the 12 hours.

Also, in the spirit of giving back, the Youth Leadership Program groups have decided to organize an altruistic event for northern communities in need of gifts or items. This event will be some time near the end of November. So, if you have been meaning to declutter gently used or new toys, blankets, books etc. please put them in storage for a little bit longer. Miigwetch!

If you have any questions regarding any programs, don't hesitate to contact me at [righttoplay@whitefishriver.ca](mailto:righttoplay@whitefishriver.ca) or through the Health Centre at 705-285-4354.



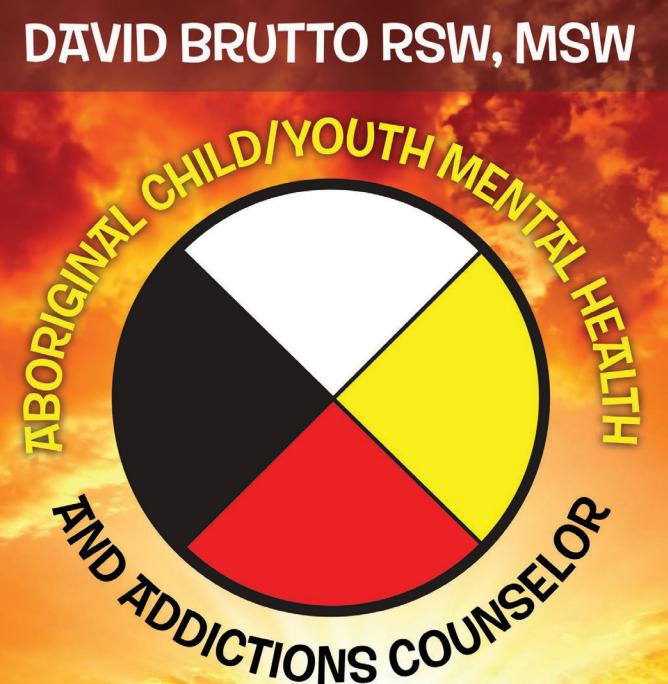
### WRFN Girls Capture Bronze At Ontario Native Basketball Invitational!



Back row L-R: Jocelyn Cheechoo (ASWCO, Northeast Regional Coordinator), Tim Greenough (Head Coach), Kristin McGregor, Jenna Visitor, Monikka McGregor, Alara Owl, Richard Whitfield (Assistant Coach), Andy Rickard, (ASWCO, Central Regional Coordinator)  
Middle row L-R: Marissa Steinke, Sterling McGregor, Amber Chiblow, Faye Solomon, Zena Pregent  
Front row L-R: Nevada Anwhatin, Alex McGregor

Whitefish River First Nation senior girls brought home the bronze at the 3rd Annual Ontario Native Basketball Invitational held in Sault Ste. Marie, October 20-22, 2017. The team comprised of Whitefish River First Nation and Sagamok Anishnawbek girls, finished the three day tournament with a three win, two loss record. An exciting 2nd game was especially hard fought against Team Flight, which was an all-Ontario Rep. Team, that went into 4 overtimes! The team went on to win the bronze medal game with a score of 39-20 against DDECS from Moose Factory.

Miigwetch to Whitefish River First Nation for the sponsorship and support.  
Congratulations to our athletes!



#### SCHOOLS SERVED:

A.B. ELLIS, ESPANOLA HIGH SCHOOL,  
SHAWANOSWE & SACRED HEART

- \* Depression,
- \* Anxiety,
- \* Low Self Esteem,
- \* Addictions, etc.

For further information, appointments or questions please contact David Brutto at (705) 285-4354 ext. 211 or email [david.brutto@noojmowin-teg.ca](mailto:david.brutto@noojmowin-teg.ca).



## Mark Your Calendars!

National Addictions Awareness Week  
November 12<sup>th</sup> to 18<sup>th</sup>, 2017

The week kicks off with the:  
Recovery Breakfast (Sunday November 12<sup>th</sup>)  
Candle Light Walk (Tuesday evening)  
Stages of Life Presentation (Wednesday morning)  
The "Talk" presentation (Wednesday evening)  
Awards Dinner (Thursday evening)  
Family Dance (Friday evening)  
Moccasin Making (on Saturday)

For more information or a detailed schedule contact:  
Genny Jacko at (705) 285-4354.

**NOVEMBER 10<sup>TH</sup>, 2017**

**MANITOULIN DIABETES WELLNESS CONFERENCE**

**HAVE FUN, GET ACTIVE DIABETES MONTH 2017**

**WELCOME TO ALL & FREE ADMISSION**  
NOVEMBER 10<sup>TH</sup>, 2017  
MANITOULIN HOTEL & CONFERENCE CENTRE  
LITTLE CURRENT, MANITOULIN ISLAND  
REGISTRATION @ 9 AM | YOGA, DRUMFIT,  
GUEST SPEAKERS, LUNCH PROVIDED

For more info please contact:  
Laurel LeConte at lleconte@mhc.on.ca



## NOV 14, 2017 INFANT MASSAGE

Come out and Learn Proper Massage Techniques for Massaging Infants. Bring your own baby!

Laura Shilliday, RMT from Manitoulin Physio Centre will be joining us to teach Infant Massage. Taking place at the Whitefish River First Nation Community Centre. Floor Mats will be provided, please bring a blanket. 10:00am- 1:00pm. Laura will be there teaching and demonstrating 10:30-11:30. Lunch to follow.



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

Ideal for infants age  
4-12 months, but all  
babies welcome

Lunch provided

Bring your baby and  
a blanket!

10:00am-1:00pm

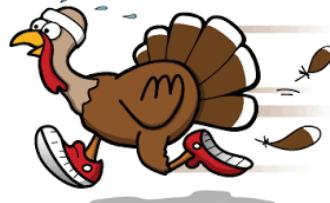
Don't miss it!!

Questions? Call:

**LAUREN DEWAR, RN**

Maternal and Child Health  
Nurse- Mnaamodzawin  
Health Services  
705-368-2182 x213

### 13th Annual Turkey Trot Winners!



**1st Prize-(Full Turkey Dinner)  
Marion McGregor**

**2nd Prize-(Turkey)  
Tania Jacko**

**3rd Prize-(Turkey)  
Joyce McGregor**



**Congratulations to all participants!**

# Zhimaagnishii Giizhgad

## “Remembrance Day”

*Please join in celebration to Honour our Warriors*

**Saturday November 11, 2017**

**Whitefish River First Nation Cenotaph**

**10:30am**

**Lunch to Follow at Community Centre**

**AGENDA**

**Opening Prayer**

**Opening Remarks**

**Flag Song & Veterans Song**

**Flanders Gitiganning Reading**

**Moment of Silence & Gun Salute**

**WRFN Roll Call & Placing of Wreaths**

**Victory Song**

**For more information,  
please contact  
Vanessa McGregor,  
Executive Assistant  
at 705-285-4335 or  
[vmcggregor@whitefishriver.ca](mailto:vmcggregor@whitefishriver.ca)**

### Rosalyn McGregor - Education Director

Ahnee Whitefish River! Time surely is going by fast. So much has been happening within the Education Department. Students are busy with their studies and extra-curricular activities at each respective school. WRFN is proud to have such athletic and involved students.

Here are a few updates:

- The Education Department has acquired the following Education Committee members: Valerie McGregor, Lynn McGregor, Anita McGregor and Giselle McGregor who will join Sandy Jacko and Wayne McGregor who have provided years of insight, wisdom and guidance to the education department. Congratulations to all. I look forward to working with all of you.
- Re-engagement program has started, registration took place on Friday October 27, 2017 here at the WRFN Resource Room. WRFN welcomes Re-engagement Teacher Tim Greenough, who has already been actively involved with some of our high school students since the summer.
- As people may be aware, due to unforeseen circumstances we have been operating with one bus transporting students to Espanola schools. This will continue to occur until further notice. A communiqué will be provided to all students when this will change. Students are reminded to be at your designated bus stops at least 5 minutes early. This to ensure that all students get to the school safely and on time. We have some students whose classes start at 8:20 am therefore the bus requires to be leaving from the top of the hill by

7:45 am the latest. Also, a gentle reminder that the bus does have rules and it is important to follow the rules for everyone's safety. Inappropriate behaviour will not be tolerated and will be reported to the Education Office. We appreciate your patience and understanding during this time.

• Keep an eye out for new updates regarding the Education Law. We are now preparing for the transition phase into our Anishinabek Education System. The draft law will be posted within the community during development. Community input will be of great value. Exciting! Stay tuned.

• Chi-Miigwetch to the Whitefish River Health Centre for your sponsorship to our EHS girls basketball players who attended to the Ontario Native Basketball Invitational tournament in Sault Ste. Marie ON during the weekend of October 20-22, 2017. It was with great pride to hear their journey and the success it brought with their Bronze medals. They represented Whitefish River proudly. Awesome job girls!

• Upcoming progress report dates for Sacred Heart is November 24, 2017 and A.B Ellis is November 1, 2017 with a parent teacher interview on November 2, 2017.

So until next time, should anyone have any questions please feel free to contact me at the Education Office at 705-285-4335. I can also be reached via email at:

[rmcggregor@whitefishriver.ca](mailto:rmcggregor@whitefishriver.ca)

Baamaapii



Special Acknowledgements to  
Whitefish River Minor Sports & Recreation  
and Dreamcatcher Charitable Foundation  
for their sponsorship of Sierra's 2017-2018 Hockey Season  
with the Sudbury Lady Wolves Peewee B team.  
Much appreciation. Miigwetch!



Special Acknowledgement to  
Whitefish River Minor Sports & Recreation  
for their sponsorship of  
Daylyn & Raidyn McGregor's 2017-2018 Hockey Season  
with the Espanola Eagles Peewee Team. Miigwetch!



## POSITIVE NATIVE PARENTING PROGRAM

With Guest Presenter: Connie Caskanette

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

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

FREE TRAINING FOR ALL PARENTS



**Dec 2 AND 3**

**9am-4pm**

**Youth and Elder's Centre**

**Lunch and snacks provided**

**Free Child Care available (ask Arlene at the Health Centre)**

**DOOR PRIZES!!**

**TO REGISTER, PLEASE CALL:**

**LAUREN DEWAR**

Maternal and Child Health Nurse  
@ Mnaamodzawin Health Services  
705-368-2182 x213

**OR ARLENE PITAWANAKWAT**

Child and Family Wellbeing Coordinator- WRFN Health Centre  
705-285-4345 x209

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

Ahnee! From Maamwe Kendaasing Child Care Centre

Time is flying by so fast at the daycare, as I am becoming more and more comfortable in the office setting and getting accustomed to this big change in my daycare career. Every day is a learning process.

The children and staff would like to welcome a few new faces into the daycare and they are; Alanna, Dayspring and Jaylynn.

We have now reached our maximum within the toddler room, however we still have two available spaces in the preschool group.

We are very happy to welcome Danette back to Maamwe Kendaasing as the Anishinabemowin Language Teacher. She will be planning and implementing the native language and culture to the children and staff on a daily basis each morning.

We were also so excited to go on a field trip at the beginning of October to West Bay for their 15th Annual Daycare Pow Wow. Most of the children wanted to dance, so myself, Dee and even the bus driver Helen gladly took the children up for a few dances. It was a very nice outing, unfortunately we didn't get to stay

for the full Pow Wow, as we had our own special Thanksgiving luncheon at the daycare that same day. Chi-Miigwetch to the parents that came out to the Pow Wow with us and also joined us for lunch. Another Chi-Miigwetch to all our guests that showed up for the delicious meal made by our daycare cook Blanch (**Miigwechwe-Giizhgad** = Thanksgiving.) and thank you to Josie for helping Blanch and setting up the room for the luncheon.

**Giishpin mno-ggizhgaa, enso-giizh-gag gaa-damnoke,** (We can play **Gojiing** (outside) everyday if it is a nice day. As the **biingejid** (cold) **ezhiwebeg** (weather) will be here soon, we firmly believe that fresh air is vital to a child's development, and that it is important for children to be able to get out and **mipatoon**, (run) and use their large motor skills on a daily basis. It is important that your child has the following items available each day; warm coat, hat, mittens, splash (snow) pants, warm boots and extra clothing.

Special Birthday wishes go out to:  
Deliah – Nov 6th  
Autumn – Nov 7th

**Baamaapii Miinwaa**

## The Bobcat Cheryl Miller-Martin, Principal

In October, teachers and students worked together to complete the DRA (Developmental Reading Assessment) for all students from SK-Grade 6.

Our local Bobcat Cross country meet was held on October 4, with our cross country club travelling to Sagamok and Wikwemikong on October 11 and 12 for their meets respectively.

October after-school programs consisted of running club on Mondays and Thursdays, Science Club on Wednesdays and Music Club and afternoon Choir practice on Tuesdays.

The week of October 9-13, was Fire Prevention Week which included sessions for students and staff on fire prevention at home and school. Shawanosowe also had their first Fire Drill.

EQAO 2016/2017 results were sent home to parents on October 12th. Results showed that the school was at Provincial Levels or above in Reading and Writing. Although 60% meet provincial levels in Mathematics, the schools goal will be to hone in on training for the teachers and implementation of instructional delivery through inquiry base and differentiation.

Shawanosowe School opened up the gym in evenings in October to parents of children ages 0-12 years to view and take gently used and new clothing home. The clothing was a donation from a young lady named Anastasia Drakos who is a Grade 12 student in Hamilton Ontario. Anastasia created a Charity called "Pass it On". Anastasia has been involved in this charity since she was in Grade 9. The school had time to face time

Anastasia and thank her personally as she could not be here when the clothing items were dropped off.

The Chief was in the school on October 24th in the morning to provide the Grade 5 & 6 class with a little background on the ongoing Robinson Huron Treaty Litigation. The Grade 5 & 6 students also had the opportunity to attend a portion of the on-going Robinson Huron Treaty Litigation held at Manitoulin Hotel and Conference Centre on October 25th in Little Current. This Court session focused on the Anishinaabe historical relationships and the traditional processes of treaty making. Elders also spoke to the courts about the importance of the Anishinabemowin Language and how the Anishinabek understood the treaty-making process.

#### Upcoming Events in November:

**Nov 2, 9, and 16th-** Craig Fox will be continuing, each Thursday to teach the staff and students about the drum and to assist them in making an individual drum for the school. Each grade from JK- Grade 6 will receive a teaching of the drum and how each part of the drum is prepared and used to make the drum.

**November 6th-** Shawanosowe will be participating in a "Book Launch". This book launch will be a kick off to Treaties Week November 6-10. The communications unit at the Union of Ontario Indians will be publishing two new elementary books this fall. They tie into the very successful "We are all Treaty People" teachers' kit. The two books are authored by Kelly Crawford, from M'Chigeeng who is currently at KTEI. The illustrator is Don Chretien from Nipissing. Kelly authored our elementary and secondary school teacher's guides.

Don has previously worked with the Union of Ontario Indians on the "Little Butterfly Girl" book on Residential Schools. Kelly made the suggestion to launch the two elementary books during Treaties Week. She specifically commends the work being done at Shawanosowe School and would like to have the book launch at the school on the morning of November 6th, 2017. The school is in working progress to make this happen. There will be media present and a visit from Minister Zimmer and Grand Chief Patrick Madahbee.

**November 14-** Student Progress Reports will be sent home

**November 15&16-** Teachers will be holding Parent Teacher Interviews from 4:00-7:00 each evening. Teachers will contact all parents for specific dates and times on Parent Teacher Interviews.

**November 16** – "Raising a Bully Free Family"- This 3 hour evening session is for caregivers, parents, front line workers and all those who work with children and youth. This session will kick off with a hot supper at the school, and those in attendance will be provided with lots of hand outs and how-to's.

**November 17-** "Creating a Bully Free School and Classroom"- This 5 hour session will be for teachers and front line workers using social educational skills. This session will entail a hot lunch in the afternoon. This two day training and workshop will provide our parents and teachers with workable solutions. On Bullying Prevention. Please look for the school flyer on this exciting event.

We hope that all students had a Safe and Happy Halloween!

Miigwetch!



The Bobkittens Roar!



We are the Bobcats!



Laila &amp; Violet fly through the course.



The Shawanosowe Bobcats brought home the Biidaaban Shtataahaa Team Spirit award for the 2nd year running!



Mr. Legrow gives the team a quick pep talk before their race.



The Mighty, Mighty Bobcats!

## Tyler Agawa - Garden Support Worker

Autumn is in its last throes before winter arrives, but we've had a fair season. Most everything has been removed from the gardens, the beds are being put to sleep, and dreams of next spring have not yet awokened in our minds.

The apiary is heading into its first winter, and very soon our beekeepers will be winterizing the hives to help keep the bees insulated from the cold. Unfortunately, due to odd weather and a somewhat cool Summer/Fall season our apiary will not be producing any honey this year. All that matters is the bees are happy, healthy, and that they remain well protected this winter from the elements. So hopefully in the spring our colonies will emerge as survivors ready to forage and begin again; with the promise of harvestable honey in our second year.

If you didn't know, we also have worms! Thanks to Cathy's Crawly Composters we have our very own bonafide vermicomposters. The worms eat your food waste and turn it into nutrient rich black earth. You basically let the worms do the compostin' for ya. A few of these composters were given away to community members, and from

what I've heard they seem to be doing well. There are also two composters located within the Health Centre, so if you're feeling curious, then the worms would love to see you. Plus, in a few months we should have even more worms, and some sweet, sweet humus-like soil.

On the subject of composting: if you've got your hands full with fallen leaves, then feel free to drop off any bags you've collected at the Health Centre. We can add them to our composters, and our garden beds. Also, during this Halloween season, instead of letting your organic decorations (pumpkins, cornstalks, etc.) go to waste, bring them to the Health Centre and we'll compost them for you.

Due to the change of season, we'll be holding our regular Garden Committee meetings only once a month. At least until the next growing season comes around. The next committee meeting will be November 2nd, at 6pm. Remember, the date has been changed from Tuesdays, to Thursdays!

Until next time, stay warm my friends, and keep growing.



Keisha, Avery & K.C. volunteer their time to help fundraise for the Youth Group at the Halloween Dance Party!

## A Part of the Manitoulin Community Fresh Food Initiative



# PRESERVE THE HARVEST



FACILITATOR: CODY LEESON - NOOJMOWIN TEG HEALTH CENTRE

Using local ingredients we will create and jar items for participants to take home!



For more information or transportation  
please contact Kristin at (705)  
368-0229 ext. 270. Check us out on  
Facebook @ManitoulinFreshFood  
or visit [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)



## WORKSHOP SCHEDULE

HOMEMADE SOUP DINNER WILL BE PROVIDED FOR ALL PARTICIPANTS!

**Assignack**  
Thursday, October 19 at 6:30pm  
St. Paul's Church - Manitowaning

**Sheshegwaning**  
Thursday, November 2 at 3pm  
Health Centre

**M'Chigeeng**  
Wednesday, November 8 at 4:30pm  
Community Complex

**NEMI**  
Thursday, November 9 at 4:30pm  
Little Current United Church

**Sheguindah**  
Tuesday, November 14 at 4:00pm  
Administration Office

## Mnaamodzawin Health Services

# CULTURE & HELPING TEACHINGS

BY DOCTOR MARTIN BROKENLEG

FOR MNAAMODZAWIN STAFF & HEALTH STAFF OF MNAAMODZAWIN COMMUNITIES



Mnaamodzawin is very proud to bring to you, an internationally renowned speaker and carrier of indigenous knowledge. Dr. Martin Brokenleg is co-developer of the Circle of Courage model and provides training worldwide for individuals who work with Youth at Risk. He holds a doctorate in psychology and for thirty years, was professor of Native American Studies at Augustana University in South Dakota. Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand Europe, Australia, South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe.

**Tuesday & Wednesday - November 7 & 8, 2017**

Four Directions Complex - Aundeck Omni Kaning First Nation

MNAAMODZAWIN  
HEALTH SERVICES INC.



Sheshegwaning  
First Nation



Whalefeather  
First Nation



Shingwauk  
First Nation



Shingwauk  
First Nation



Shingwauk  
First Nation



Shingwauk  
First Nation



Reclaiming Youth at Risk - Tuesday November 7, 2017 from 10am – 2pm

"For thousands of years, American Indian cultures nourished respectful and courageous children without employing punitive discipline. Now, recent youth development research is revealing the essential elements in raising confident, caring children. Drawing on his research with Drs. Larry Brendtro and Steve Van Bockern in their book, Reclaiming Youth at Risk and with expanded research, Dr. Martin Brokenleg presents information on the Circle of Courage and the Model of Leadership and Service which offer concrete strategies for creating environments in which all young people can grow and flourish.  
(For Mnaamodzawin member community Health Staff and Community members)

Mobilizing Communities - Tuesday November 7, 2017 from 6-8pm

"Some populations display complex social patterns that are the result of history. Indigenous youth display inter-generational trauma but usually receive symptom treatment. The Circle of Courage transforms the foundation conditions for Indigenous or any other youth. Returning to traditional Indigenous ways of raising youth will restore youth to the heart and mindset that supported survival of Indigenous peoples through many centuries.  
(For Mnaamodzawin member community members)

Diversity of Culture: "Culture, Healing, and Resilience"

Wednesday, November 8, 2017 from 6pm – 8pm  
"Human service providers know clients inside and out... or do they? Cross cultural skills are crucial for youth workers and yet there is a mystery to culture. Learn what research says about helping professions and hear what suggestions might support your work with diverse populations.  
(For Mnaamodzawin staff and Health Staff of member communities)

FOR MORE INFORMATION PLEASE CONTACT  
CRAIG ABOTOSKAWAY AT (705) 368-2182 EXT 263



## You are invited to a Food Skills Workshop

"Adventures in Cooking!" is a workshop where you will learn about healthy eating, food safety and food preparation. This workshop will prepare you for delivering food skills in your community.

**When:** Tuesday, November 28, 2017  
**Where:** Whitefish River First Nation Community Centre  
**Time:** 9:30 a.m. to 4 p.m.  
**Cost:** Free

Lunch will be the food created during the workshop.

### Space is limited.

First-come, first-served.

RSVP Gail at 705.285.4354, ext. 208, or email [gailj@whitefishriver.ca](mailto:gailj@whitefishriver.ca) by Thursday, November 21, 2017.



Sudbury & District  
Health Unit  
Service de santé publique

## Garden Committee Meeting

**November 2, 2017**

**December 7, 2017**

**Health Center**

**6 p.m.—7p.m.**

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

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

Light snacks and refreshments provided.



## 13 Moons Garden

by  
Michael Aelick



### Binaakkii Giizis

The Leaves Falling Moon of October is the time of year that nature gives gardeners a great gift in the form of leaves. Trees are effective at extracting minerals from deep within the soil. Their elaborate root systems reach deep into the ground and pull up calcium, magnesium, potassium, phosphorus as well as many other trace elements. It is believed that 50%- 80% of the nutrients extracted are stored in the leaves. With this free gift from nature we can turn it into a wonderful garden amendment called Leaf Mold and all you need is leaves and time. Adding leaf mold to your garden will help with water retention by absorbing five times its weight in water. It also helps soil become more friable by adding humus and aeration, which is beneficial to the clay soil in our area. The method in which leaf mold is made is through cold composting and is driven mainly by fungi as opposed to bacteria in a hot compost pile. This method makes it considerably slower than regular composting techniques and the finished product can take up to two to three years to complete if just left alone. The basic process is very simple, gather leaves in a pile and let nature do the work. Using a compost style bin is not necessary but can be helpful in containing the leaves. Waiting two to three years can seem like a long time to wait so there are some things that you can do to speed it along, giving you a finished product in six months to a year.

Shredding the leaves gives the microorganisms a greater surface area to work with and also helps the leaves from forming a compacted layer. Whole non shredded leaves tend to compact into tight layers slowing down the process.

Moisture levels are crucial to the fungi. A dry pile that is left alone will take longer to break down. The fungi need a moist but not too wet of an environment to be effective. The best way to ensure that the pile is evenly moist is to apply water as you're building the layers of leaves. Keeping the pile in the shade will help slow down evaporation. Covering the pile with a tarp or plastic will help maintain the moisture levels.

Turning the pile on occasion helps to distribute the moisture and oxygen as well as preventing the layers of leaves from compacting. This will also give you a chance to check that the moisture level is consistent throughout the pile.

Once the pile becomes soft and crumbly with an earthy smell it is time to be used in the garden. Leaf Mold can be used as a substitute for peat moss. Mixed with some sand, perlite or vermiculite makes an excellent container soil that maintains its moisture. Turn it into your existing soil adds water retention and loosens up clay type soil to help roots reach further into the soil. Used as mulch it will help the soil maintain its moisture level. It also provides a perfect habitat for all the beneficial soil organisms that makes up healthy soil. I hope you enjoyed this article and all that fall gives to us.



The WRFN Elders travelled to Niagara Falls in September.



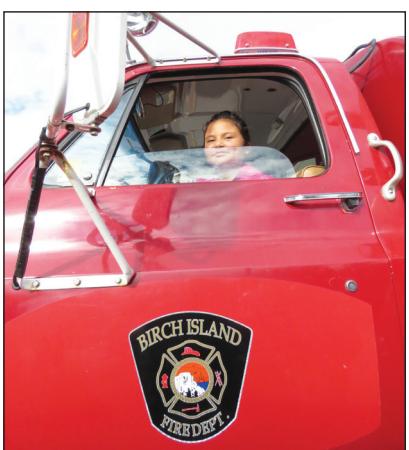
Genny lends a hand at the Fall Harvest Feast.



Arianna celebrates Thanksgiving at Maamwe Kendaasing.



The Birch Island Fire Department Fire promoted the importance of creating and planning home escape routes during Fire Prevention Week at Shawanosowe School.



Ira Paibomsai placed 1st in his division at Biidaaban's annual cross-country meet.



The Mnaamodzawin Elder's celebrated Halloween.



Patty, Paskwa & Waasnodel Lightning teach WRFN kids some Pow Wow moves.



Miigwetch to Anastasia Drakos & "Pass it On", for the clothing donation.



Cubby wins 1st prize in the apple bobbing contest at the Youth Halloween Party.

Maamwe Kendaasing looks spook-tacular during their trick or treat rounds in WRFN.



Kieston is pawsitively the cutest werewolf.

Holy Halloween Batman!



Quintin looks like a million bucks at the Shawanosowe Halloween party.



## Art Jacko - Band Manager

### Aanii Kin Naw Weya

Well my first few weeks as the Band Manager have been very busy and exciting. Some of the key initiatives we are working on are:

#### AES

We said YES to AES, now it's time to get to work and be ready to implement our own Education Law on April 1, 2018. To help us get there, we have enhanced the membership of our education committee. Miigwech to the individuals for answering the call. We are also hiring an AES coordinator to work with our Education Director and our Education Committee. Together they will work toward the development of our education law and our community engagement to gain greater understanding and support. What to expect in the upcoming months is a lot community involvement.

#### Whitefish River First Nation Trust.

Now that we have filled all the vacancies on the Trust Working Group, we are moving ahead with the trust development. The work at hand is to get input from the membership on what should be

written into a trust agreement or trust document. There are many decisions that need to be made before the trust can be established. There is much work that needs to be completed and we will be hiring a Trust Coordinator to work with Trust Working Group to plan and prepare for community engagement throughout. The Trust Working Group will prepare a report together with the draft trust deed to Chief and Council. Based on the recommendations from the Trust Working Group and any other input from community members, Chief and Council will approve the draft trust agreement to be sent out for a vote. The timeframe for the vote, is when the community is ready.

Although we are busy, I encourage our community to come by for a visit and enjoy a cup of coffee. For more information, please feel free to contact me at 705-285-4335 ext. 202 or via email at [ajacko@whitefishriver.ca](mailto:ajacko@whitefishriver.ca)

Nawhow Baa Maa Pii Minwa

## Kathleen Migwanabi - Lands Assistant

### Ojibwa Traditional Hunting Period For Deer

The Ojibwa Nation has always observed a traditional hunting period for the harvesting of deer. Hunting season begins after the first snowfall – usually in November and continues to mid-December.

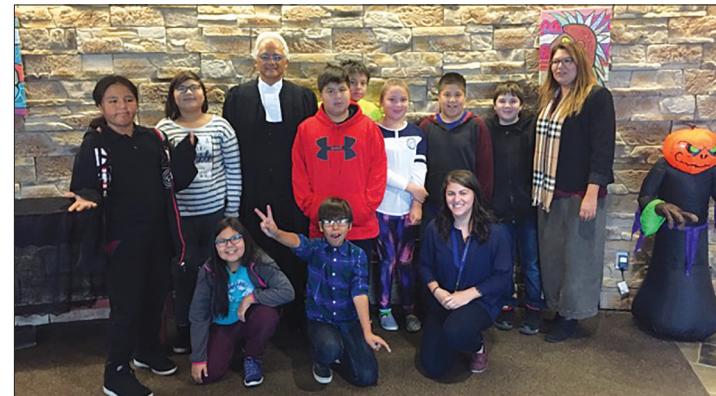
Our people **DO NOT HUNT** after mid-December because the deer have begun carrying their young at this time. This is why it is important not to disturb deer after mid-December. This tradition has been practiced for generations and is conservation in action. Because of this practice we still have the deer to rely on for food in this modern day age. Deer meat is a lean and nutritious food high in protein and iron. If we continue to adhere to our traditional practices and observe the acceptable time for harvesting our future generations will reap the benefits of accessing a healthy deer population for their food supply.

**Respect for Private Property:** This is a reminder that if your fall hunt will take you through private lands – you must obtain the permission of the landowner first before entering their property.

### Reminder there is No Night Hunting Permitted on Our Lands

The Council passed **Band Council Resolution No.2189 dated October 30, 2000** decreeing No Night Hunting on Reserve. This position was taken after community members indicated their acceptance and approval for the Council to enact a measure to protect the lives and ensure the safety of all residents.

Have a prosperous and safe deer hunt this season!



Ms. Lisa Cutler's, Shawanosowe School Grade 5/6 class took in the Robinson Huron Treaty Litigation in Little Current along with Councillor Cara McGregor and had the opportunity to meet legal counsel Dave Nahwegahbow, who also hails from WRFN.



### Fall Clean Up Day

Saturday, November 4<sup>th</sup>, 2017

10:00 am – 2:00pm

Whitefish River First Nation is hosting a  
Semi-Annual litter clean up event.

Event is open to everyone who wants to keep  
our community clean and beautiful!

A light lunch and participation draw prizes  
will be awarded at 1:30 pm at the Community  
Center



Pick up Garbage bags at the  
Community Center starting at 9am.  
Choose your roadway and ditch on  
the map at the Comm. Center from  
9am or call to let us know where you  
are at. 705-285-0001

## Kathleen Migwanabi - Membership

### Membership Hours

Monday to Friday from: 9:00 a.m. – 4:00 p.m.

**All Life Events are required to be registered. Life Events include:**  
Births, Marriages, Divorces, Name Changes, Deaths, Transfer of Membership, Change of Residence (on-reserve /off-reserve). Forms are available in the membership office.

**Marriage Reporting:** a copy of your marriage certificate and marriage reporting form is required

**Death Reporting.** A death Certificate is required to register the death of a registered band member

**Birth reporting:** Parents, it is your responsibility to register your child for Indian Status as soon as possible. A newborn is covered for non-insured health benefits under the parent until they turn 1. If your child is not registered after they turn 1 years of age, parents are responsible for all costs.

#### To register your child, required documents:

- Original long form birth certificate (also known as statement of live birth), and
- Application for Registration of a Minor Child (forms available in the Membership office)

At this time, you may also wish to register your child for Citizenship with Whitefish River First Nation. Whitefish River is a section 10 band under the Indian Act and determines its own Citizenship (Band Membership). **Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply.**

#### Main Benefits of Indian Status and Band Membership (Citizenship) may include:

- 1) **Indian Status:** non-insured health coverage, treaty payments (if applicable), possibility of post-secondary education funding, and exemption from certain federal and provincial taxes.
- 2) **Band Membership (Citizenship):** a right to reside on reserve, a right to housing, voting privileges within the band, and a right to community involvement and affairs.

**Band Change Report** – The Band Change Report is posted for 30 days when there are changes (additions or deletions) to the Citizenship Register. This report will allow Citizens an opportunity to view the changes to the Citizenship Register.

**Certificate of Indian Status (CIS) Cards (paper Laminate Card)** - If you require a status card, either for renewal or you lost your status card, **you are required to produce TWO PIECES of government issued identification.** There is a small administration fee of \$5.00.

Acceptable forms of identification are:

- Certificate of Indian Status Card
- Birth Certificate,
- Canadian Passport (counts as two pieces)
- Driver's License,
- Provincial Health Card,
- Firearms License,
- Employee ID Card,
- Provincial ID Card,
- Student ID Card
- Guarantor Form (must provide i.d. also)

**MAIL OUT APPLICATIONS** - the membership office no longer does mail out applications for status card renewals. You may attend the WRFN Membership office to apply for a paper laminate card, or contact the nearest First Nation to inquire if they would issue you a card.

**Changes to Apply for the Secure Certificate of Indian Status (SCIS) Card** – A new process for applying is being developed which will be implemented in a phased approach across Canada, and once available you will need to present these identity documents along with your application

- Video: How to Apply for a Child or Dependent Adult Secure Certificate of Indian Status (SCIS)
- Video: How to Apply for your Secure Certificate of Indian Status (Registered Indians 16 years of age and older)
- Registered Indians 16 years of age and older
- Registered Indians 15 years of age and under or dependent adults
- Forms

To view the videos and applications, please visit Indigenous and Northern Affairs Canada website at: <http://www.aadnc-aandc.gc.ca/eng/1100100032421/1100100032422>

#### Registered Indians 16 years of age and older (Adult Application):

- Completed application form: a SCIS Adult Application For Applicants Sixteen (16) Years of Age or Older (83-130)
- Original birth certificate (long or short form); AND
- Two passport style photographs; AND
- valid identification; AND
- Guarantor declaration (if applying by mail); AND
- If you have taken your spouses last name - you will need:
  - Copy of marriage certificate(s) (if you have valid ID in your married name, other than a CIS); OR

- Original government issued marriage certificate(s) (if you do not have valid ID in your married name); OR
- Legal change of name document

**Note:** Original Baptismal Certificates are acceptable instead of a birth certificate (for applicants 65 years of age or older) however individuals are only eligible to receive an in-Canada SCIS card.

**Valid identification includes:** If you have the following ID you only need to present one:

- Canadian or United States Passport
- SCIS
- Enhanced Driver's Licence
- Enhanced Identification Card
- NEXUS or FAST card

**If you do not have the above ID you have to present two of the following:**

- Driver's licence (provincial, territorial or state)
- CIS –Certificate of Indian Status Card
- Other government-issued ID (federal, provincial, territorial or state)
- Your Indian Registry Administrator has a form you can complete if you only have 1 piece of ID (however you can only apply for an in-Canada SCIS)

The valid identification presented **must include** a name, photograph and the signature of the applicant, though not necessarily on the same document.

Please note, failure to complete all the sections of the form and submit all necessary documentation will result in your application being refused and returned to you. A complete application package allows for improved service through more efficient and timely processing of applications.

#### Registered Indians 15 years of age and under or Dependent Adults:

- Completed application form: a SCIS Parent or Legal Guardian Application for Applicants Fifteen (15) Years of Age or Younger or a Dependent Adult (83-131)
- Original long form birth certificate (with both parents named); AND
- Guarantor declaration (if applying by mail); AND
- Two passport style photographs; AND

#### Parents and Guardians must provide the following:

##### For an in-Canada SCIS:

- One parent or legal guardian is required to accompany the child or dependent adult and sign the application form; AND
- Marriage certificate or other name-linking documents (only if your ID has a different last name than the name on the child's birth certificate or custody documents); AND
- Legal guardians are also required to provide documentation of trusteeship / guardianship; AND
- The parent or legal guardian must present one piece of valid identification.

**For a border-crossing SCIS:** In addition to the above requirements:  
• Both parents or legal guardians are required to accompany the child or dependent adult and sign the application form (if applicable); OR

- One parent can accompany the child / dependent adult, however either a completed guarantor form OR the original documentation of the other parent or legal guardian must be presented; AND
- In the case of separation or divorce, complete copies of all legal documentation regarding the child's custody, access or mobility are required.

#### Valid identification includes:

- Canadian or United States Passport
- Current status card or SCIS
- Enhanced Driver's Licence
- Enhanced Identification Card
- NEXUS or FAST card
- Driver's Licence (provincial, territorial or state)
- Other federal, provincial, territorial or state government-issued ID

The valid identification of parents / legal guardians must include a name, photograph and a signature, though not necessarily on the same document.

Please note, failure to complete all the sections of the form and submit all necessary documentation will result in your application being refused and returned to you. A complete application package allows for improved service through more efficient and timely processing of applications.

#### Return of Original Documents:

Original documents sent to AANDC in support of registration and SCIS applications will be returned to applicants using Canada Post regular mail. Please note that all foreign country original proof of identity documents will be returned using a Canada Post secure envelope.

#### Service Standard for Processing SCIS Applications:

The Department is currently processing complete applications for SCIS issuance within the service standard of 16 weeks. Please contact Indigenous and Northern Affairs Canada– Sudbury Regional office at (705)522-5100 to make an appointment. The office is located at the Sudbury Business Centre at 40 Elm Street, Unit 290, Sudbury, Ontario. Or you may attend the nearest AANDC Regional Office to apply for the SCIS card.

**GAS CARD APPLICATIONS/RENEWALS** –applications are available in the membership office. A photocopy of your status card is required. The Application will be faxed out, and the gas card will be mailed to you. Gas card applications can be obtained by visiting the Ontario Ministry of Finance website. Link for application:

<http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=&ENV=WWE&TIT=+Application+for+Certificate+of+Exemption+for+First+Nations+Individuals&NO=013-0265>

Whitefish River First Nation							
Registered Status Population Stats as of September 30, 2017							
Age Group	Males			Females			Total
	Total	On	Off	Total	On	Off	
0-4	17	11	6	20	5	15	37
5 - 9 Years	27	6	21	34	12	22	61
10 - 14 Years	42	13	29	27	8	19	69
15 - 19 Years	44	12	32	46	13	33	90
20 - 24 Years	63	17	46	61	16	45	124
25 - 29 Years	52	8	44	54	12	42	106
30 - 34 Years	49	5	44	45	3	42	94
35 - 39 Years	49	9	40	40	6	34	89
40 - 44 Years	37	9	28	44	18	26	81
45 - 49 Years	43	10	33	50	17	33	93
50 - 54 Years	67	26	41	65	20	45	132
55 - 59 Years	46	15	31	59	12	47	105
60 - 64 Years	40	10	30	46	12	34	86
65 - 69 Years	22	9	13	29	11	18	51
70 - 74 Years	20	4	16	21	6	15	41
75 +	21	13	8	42	15	27	63
<b>Total:</b>	<b>639</b>	<b>177</b>	<b>462</b>	<b>683</b>	<b>186</b>	<b>497</b>	<b>1322</b>

Population Total		On Reserve Population	
Total On Reserve	363	Band Members	363
Total Off Reserve	959	Non-Band Members	93
Total Population	1322	Total On - Reserve Pop.:	456

\*\*\*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.  
Non-band members stats include band members who have not yet registered, non-status, members of other F.N.'s, and non-aboriginals

## Tania Jacko - Community Energy Advisor



Aanii Kina Wiya!

Tania Jacko Ndizhinikaaz. As most of you know, Whitefish River Ndoonjibaa. What you may not know is that I have recently been hired as the Community Energy Advisor. I am incredibly excited for the opportunity to work for my home community.

I previously graduated from the Architectural Technician Program at Sault College and earned a Bachelor of Arts in the History and Theory of Architecture at Carleton University. My passion for architecture has lead me to a wide array of jobs. I worked here in Birch Island as an Assistant Project Manager, in which I was able to participate in the building of foundations at Birch Island's pilot triplex. I have also worked as an Architectural Technician for the reputable Architectural Firms Jeffrey Architect and Douglas Cardinal Architect.

Additionally, I worked as Policy Analyst at the Assembly of First Nations in the Housing and Infrastructure Department and as an Administrative Assistant for Northland Power at the McLean's Mountain Wind Farm.

As the Community Energy Advisor, one of my tasks will be to implement the initial stages of our Community Energy Plan, which mainly consists of Energy Education in the area of Conservation. The Community Energy Plan does suggest a few topics such as energy prices, electrical demand, consumption, and environmental impacts of energy use. Keep an eye out on the Whitefish River First Nation Official Facebook Page and at the various bulletin boards in and around the community for future information sessions on these and other topics. If you have suggestions on other topics or topics that you are particularly interested in regarding energy use, please feel free to let me know. We will also be looking for community members to serve on a Community Energy Committee, so keep an eye out for that posting as well.

If you have any questions or ideas that Whitefish River may be able to pursue in the Energy Sector please feel free to contact me at (705) 285-4335 or by email at [energyadvisor@whitefishriver.ca](mailto:energyadvisor@whitefishriver.ca) or stop by the administrative office. And remember...turn off the lights when you leave a room that is not in use.

Gii Waabmin Miinwaa!

PLASTIC	PAPER
Clean & Rinsed Symbols 1-6	Clean and Free of Food
Plastic Food Containers Sports Drink Bottles Laundry Soap Containers Dish Soap Containers Hand Soap Containers Lotion Bottles Shampoo Bottles Empty Medicine Bottles	Newspapers Brown Paper Bags Junk Mail Magazines Cardboard Dry Food Boxes Office Paper Pizza Box Tops
GLASS	METAL
Clean & Rinsed	Clean & Rinsed
Glass bottles & Jars (all colours)	Food Cans Beverage Cans Clean Aluminum

**NON-RECYCLABLES:** \* No Plastic Bags \* No Plastic Packaging (Wrapping)\*  
\* No Styrofoam \*

**WRFN RECYCLES!**



## Whitefish River First Nation is seeking 3-4 individuals to serve on an ENERGY COMMITTEE!

The committee will consist of 2 youth, 1 Elder, and 1 adult. Please note that Energy Committee Members will often be asked to assist with community presentations.



Please send a letter of interest and resume by:

November 17, 2017 at 4:30 pm

To:

Tania Jacko, Community Energy Advisor

Whitefish River First Nation

17A Rainbow Ridge Road, Birch Island, ON P0P 1A0

Email: [energyadvisor@whitefishriver.ca](mailto:energyadvisor@whitefishriver.ca)

# Protecting our Resources for the Next Generation

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

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

Amended June 9, 2015

## PROPANE FURNACE Maintenance

**REMINDER**

FURNACE FILTERS SHOULD BE CHANGED  
EVERY 3 MONTHS AT MINIMUM  
YEAR ROUND

PosterMyWall.com

### Georgina Recollet - Housing Manager

#### CMHC Social Infrastructure 2017-2018 Extension (Proposal Phase 3)

#### Future Needs Assessment and Community Engagement

Whitefish River First Nation has received approval from CMHC in the amount of \$215,000.00 to complete additional CMHC Section 95 program major repairs. This will offset our replacement reserve in the long run.

This work included an additional work in unit that were ten years or older of the CMHC Section 95 housing stock in the areas of energy retrofits; health and safety such as exterior landings, smoke alarm; and larger repairs such as windows and doors, flooring, and kitchen cabinets. We have started this project already with a tentative date of completion of December 15, 2017.

All tenants that are occupying units that will be having work done in the units have been contacted with an "access to unit notice".

#### CMHC Section 95 Project – Elder's Residence

We are currently have a funding agreement with CMHC Proposal Development Funding to continue to complete our planning for the Elder's Residence. Walter Kornas, Zarex Business Centre has been contracted in assist with this project. We had several preliminary architectural drawings and site discussions last year with the Housing Committee, Elder's and Chief and Council. Recently a land survey was completed by Tulloch Engineering for Lot#402. The land survey was approved by the Chief and Council on September 12, 2017. We will begin additional planning with the environmental assessment in the area.

This is pilot project in partnership with CMHC to conduct a survey both on and off the First Nation with membership to assess our future housing plans. Walter Kornas, Zarex Business Centre has been contracted to complete this work.

A brief summary of the results indicated that the community in support of an Elder's Residence; green energy programming for housing and the community; and interested in financial literacy and home maintenance training.

We completed three additional community consultations on October 14, 15, 16, 2017 in the community, Sudbury and Toronto. A final report will be submitted to the Chief and Council for review.

#### OESP (Ontario Electricity Support Program) Renewals

The first group of OESP recipients is approaching the end of their eligibility period in January 2018. For those who will be required to renew their applications, you will receive a notice from Hydro One at least 60 days before expiry. If you receive this notice, you can contact the Housing Department and we can help you with renewing your application.

For further information, please feel free to contact the Housing Department at 705-285-4335 ext. 214 or via email at [georginar@whitefishriver.ca](mailto:georginar@whitefishriver.ca)



Jean McGregor-Andrews, Tania Jacko & Natasha Laundrie were the lucky winners of the Acer Iconia Tablets at the WRFN Housing Needs Presentation on October 17, 2017.

## Keith Nahwegahbow Economic Development Officer

### Unlimited Internet Service Provider.

The equipment was ordered, arrived and installed. Now we are awaiting an electrician to hook the power supply for the equipment. I believe we were aiming to have everything installed by mid-October. So we might be slightly behind schedule with an expected service date. Everything should be up and running before the snow starts. Once service is ready I will send out all the information to the community so individuals can sign up for the internet service.

### Pre-Construction Worker Training Program

Mnidoo Mnising Employment and Training (MMET) and Canadore College have teamed up to provide a Pre-Construction Worker Training program. Train with Canadore College and get the skills you need to work in the booming construction industry. Learn hands-on to construct, renovate, and retrofit new and existing buildings. The program offers a blend of theoretical and practical training with a focus on safety and sustainability. For more information contact myself or Marilyn Stevens at 705-285-5555.

### Indigenous Tourism Opportunity.

I have been contacted with information about a new project called "Authentic Indigenous Moments". It allows local guides, entrepreneurs, and community members to share their experience from their home community about what makes the place you live special. I am interested in learning more about this program and am sitting in on a webinar on October 25th 2017 to learn more about this opportunity. I will see how WRFN can benefit from this new program.

### Upcoming Training Opportunities.

I've had the chance to look over various training options for the community. After having the preconstruction

training there has been an interest in other training courses. What other kind of training opportunities would the community like to have? I've been looking at the different certificates needed in the construction field. Transportation of Dangerous Goods, Propane handlers, working at heights, and confined spaces are some examples. I have another training opportunity for a two day solar panels installation course. You can then go on to do a full certificate online training course after the two days if interested. I was also looking at small vessel operator's proficiency course and marine emergency. This would be for anyone who drives a boat for non-pleasure purposes (work). But these are just some ideas of training certificates we can get. There is other options like basic computer training (Microsoft excel, word) and possibly some advance computer training (website design & startup) we can look into. These are just some idea but if you have anything of interest in mind you can reach me at the administration office.

### Bus Drivers Wanted!

We are currently looking to the community to see if anyone is interested in becoming a bus driver. Please contact the administration office if interested. There are training options available.

### Hydro One Delivery Credit.

I was contacted from Hydro One and informed that some customers in our community may not be receiving their first nation delivery credit from Hydro One. If you are a Hydro One customer that is not receiving their first nation delivery credit please contact me at the administration office. Then I can get you in touch with someone that can help get your delivery credit

For more information, please feel free to contact me at 705-285-4335 ext. 216 or via email at [keith@whitefishriver.ca](mailto:keith@whitefishriver.ca)



Ceremony at The Potholes, September 20, 2017.

If you would like to be part of the planning team, please contact Vanessa McGregor, Executive Assistant at 705-285-4335 or [vmcgregor@whitefishriver.ca](mailto:vmcgregor@whitefishriver.ca)



*Rainbow Lodge management and staff would like say Chi-Mügwitch (thank you) to our clients and customers for giving us a wonderful opportunity to serve you. Your truly generous patronage and support, it is greatly appreciated and we couldn't possibly operate without such generosity.*

*We will be closed from November 2017 and re-open in May 2018. To make reservations for next season, please call 705-285-4335 or email [rainbowlodge@whitefishriver.ca](mailto:rainbowlodge@whitefishriver.ca).*

*Until next season!*



## National Gathering of Elders 2017

### Jean McGregor-Andrews

In September, a number of people, including myself and Clarissa, were fortunate to be able to attend the National Elders Gathering in Alberta.

Throughout the week it was noted by the organizers and leadership that this was a historic event. They expected 2500, but more than 4600 were in attendance. It was a very proud moment to see so many elders under one roof. You could feel the energy of these respected elders at our big sessions.

The first day opened with the Parade of Nations. The Parade of Nations generated so much pride and hope in our people.

Each morning thereafter opened with a pipe ceremony. The organizers really went all out for the cultural and intertribal showcases. There were trips to a healing lodge, Edmonton Park, the city and various holistic wellness sessions. There were Elders forums on Reconciliation, Climate Change, Revitalization of Culture & Language, Missing and Murdered In-

digenous Women and Indigenous Health. The chiefs that spoke and chaired sessions were articulate, enthusiastic and very hopeful for our future. The National Chief spoke very highly of the Elders and their continued presence within our nations, not just for openings & closings. He articulated the need to draw on their knowledge, experiences and wisdom to move forward.

The speakers and participants spoke of unity, working with each other and other nations. In speaking of the 150 years Canada is celebrating, the national Chief and other Chiefs spoke of the need for us to celebrate also, but to celebrate 150 years of resilience, courage and determination. This is what we need to move forward and to instill hope in our nations, especially our youth and those yet to come. So the call is to move forward, and what we can do individually to put this in practice.

We look forward to next year's gathering.



**St. Gabriel Lalement Church Raffle**

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

**1st Prize: 50/50 Draw**  
**2nd Prize: 5" Cut off Saw**  
**3rd Prize: Cordless Propane Heater**  
**4th Prize: Palm Belt Sander**  
**5th Prize: Prevention Worker's Belt**

**Draw Date: December 3, 2017**

**Tickets available after Sunday Mass**  
**or call Judy at 705-285-4888**

Proceeds from this fundraiser will help offset the cost of Maintenance & Repair of St. Gabriel Lalement.

## CHI-MEEGWETCH!

The elders of Whitefish River First Nation are grateful for all the support that the community, businesses and individuals gave to the group during our four month fundraising endeavor.

You helped us make our trip to the Niagara region a smashing success! Because of your generosity we were able to travel to Niagara Falls and experience what the area had to offer.

Thank you again for your kindness, friendship and support. We would also like to thank the following businesses for their support.

Dreamcatcher Charitable Foundation Canadian Tire Corp. Cambium Aboriginal Ltd O.K.T LLP Dan's Electric Grand River Enterprises Nahwegahbow Corbiere Law Firm Andy McKechnie Building Supplies	Woodward & Co Lawyers UCCMM Wes Marsden Patrick Sprack Ltd Peace Hills Trust KR Chemicals Ltd Dream Catcher Fireworks D & D Trading Post.
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Lastly, we would also like to thank the Whitefish River First Nation Chief & Council for their assistance.

Meegwetch/Thank you,  
 WRFN Elders Group

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

Are you ready for winter? In the next few weeks the public works crew will be putting away the tools required for the summer maintenance projects, gathering up the garden hoses shutting down exterior facets for the public buildings, the sports field washroom is shut down and prepared for its winter hibernation.

Listed below are a few tips for you to get your home to get ready for the winter season.

- Turn off exterior facets and drain the line of water.
- Empty garden hoses of remaining water before storage.
- Make sure the area where your water service comes into your home is covered with no foot traffic to push down frost.
- Clean out eavestrough from fallen leaves to keep water flowing away from your home.
- Run gas powered lawn equipment with fuel stabilizer to ensure the fuel does not go bad and coat the carburetor.
- If you have a wood burning stove or furnace make sure the chimney cleaned regularly during the winter.
- Change furnace filters regularly, operating with clean filters will help ensure your furnace or heat recovery systems are working efficiently and will reduce energy consumption.
- Vacuum out fire and Co2 detectors, dust buildup could cause them to not read properly
- If you are due for septic pump out, make sure it is done before the frost and snow covers the tank.

As stated in my September report, the replacement of the 2004 Chevrolet pickup was approved by Chief & Council. Replacing First Nation owned equipment is not an easy process. A fleet management plan has been developed and careful monitoring of all vehicles owned by the First Nation is done through my office. Preparation for the replacement of any equipment is generally planned at least 1 to 2 years before its scheduled replacement year. Monies then need to be identified for replacement cost. After approval from Chief and Council has been given with a set budget, local garages have a chance to give us their best cost for the asset scheduled for replacement.

This year we were able to secure a 2018 Chevrolet 2500 work truck and new snowplow for public works services and snowplowing. The snowplow, back rack, lights, WRFN logo and radio has all been installed and the new truck is ready for service. Some may wonder why there is a grizzly bear decal on the side and why "Alaskan" is shown. The truck comes equipped with the "snowplow package, heavy duty front suspension to take the work load of snowplowing, larger alternator to assist with snowplow pump operations. And it also gives the truck some character.

If you have any questions or concerns regarding this report do not hesitate to contact my office or drop a line at:

**[publicworks@whitefishriver.ca](mailto:publicworks@whitefishriver.ca)**



The newest member of the Public Works fleet.



**Water Advisory Committee  
Members Needed**



**We are looking for Youth, Elders, Traditional Knowledge Holders, and any other interested community members, to assist with Our Water Security Plan that seeks to reaffirm our responsibility to our land, our water and our citizens.**

For more information please contact  
**Nala Toulouse, Water Security Coordinator**  
**705-285-4335 or [nalat@whitefishriver.ca](mailto:nalat@whitefishriver.ca)**

**Notice**

Whitefish River First Nation's on-going Source Water Protection plan is in its third phase. Part of this phase is determining possible threats to Whitefish River's source drinking water. The Water Security Coordinator, in conjunction with Health Canada Environment Health Unit will be conducting Septic System Surveys, beginning the week of October 30, 2017. Listed below are the scheduled dates and streets where the surveys will be occurring.

October 30, 2017	Lakeshore Road, Marina Road & Red Eagle Road
October 30, 2017	Bay of Islands Road, Shawanosowe Street
November 6 2017	Apple Valley Lane, Rainbow Valley
November 6, 2017	Rainbow Ridge
November 13, 2017	Maple Heights
November 13 2017	Beedahbin Road, McGregor Bay Road
November 20, 2017	Hwy 6 & Old Village Road

This surveys will assist in determining the state of the current septic systems and assist with determining a strategy on upgrades or replacements.

Miigwetch

Nala Toulouse  
Water Security Coordinator





Whitefish River First Nation Minor Sports and Recreation  
Would like to invite you to come out and support our fundraiser for LNHL 2018

## Prize Bingo

November 26, 2017  
1:00 pm - 5:00 pm  
Community Centre  
Doors open at noon.

Let's show our Community Spirit and Support for our WRFN Warriors participating in the 2018 LNHL!

Families, friends and all community members are encouraged to donate.  
Please contact Vanessa McGregor or Nala Toulouse at 705-285-4335  
**CHI-MIIGWETCH!**

## Pet Care & Tips



Meow everyone!

I hope everyone is well and doing fine during our beautiful fall weather. I like this time of the year. When I was younger and able to walk around, I liked going for walks in the woods to see all fall colours. I especially liked walking in the rain, as I found it enables you to do a lot of thinking and clear your mind.

Well, the cats are doing fine as usual. One of the cats I called Patches has stopped coming around, so I hope he is okay and doing well. He was a stray or someone else's cat. He was white with gray/brown tabby markings and had a patch on his nose which is why I called him Patches. Tinker is starting to come in more, he is the one that likes to take off every day. I hear they see him sometimes down across at the boat shelters. I have also been feeding the blue jays and ravens at my front feeder. I like watching them and the cats too.

Well, I am getting winter-ready by taking down my hanging baskets, planters, and other stuff like lawn ornaments. It won't be long now until we get snow, and of course our days are getting shorter. The cats are staying in more at night, curled up in their own beds or in my middle bedroom on their own blankets. Talk about being pampered! They have me well trained; I am their door man, their food provider and their bathroom cleaner (the litter box). Sometimes I have to attend to them first before I can have my morning coffee.

### Some Cat Facts:

- Female cats can reach adulthood in as little as five months, but male cats take nine months to a year to reach adulthood. Most breeds have reached maturity by two years.
- Cats cannot taste sweets, for some reason they lost the ability to taste sugar. I noticed this whenever I would put something down for the cats that was sweet, it would get a sniff, a taste and walked away from.
- White cats with blue eyes often suffer from genetic deafness. White cats with one blue eye and one yellow often are deaf in the ear on the side of the blue.
- The Birman is also called the "Sacred cat of Burma" and is not to be confused with the Burmese. The earliest known Birman was smuggled from Burma to France in 1920. The Burmese dates from 1930.

Well that is it for now, I hope all the little ones had a nice and safe Halloween. I had some come to my door and gave them a lot of goodies.

Till next time, take care and have your dog or cat fixed to help keep the pet population down in our community. Stop by and visit the shut-ins or the elderly. I am sure they would like that.

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

**Dennis L. McGregor**



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

A beautiful month of October with many local events. In the community there were a number of events including;

- a) Housing Surveys
- b) Shawanosowe School Bobcat Cross Country meet
- c) Courageous Conversation on High School issues
- d) Basketball Camp
- e) Drug Awareness & Enforcement Dialogue
- f) Halloween Dance
- g) Thanksgiving Feast
- h) AES Presentation
- i) Youth Fall Programming Open House
- j) Youth drumming

There's always a lot going on in the community.

We wish to acknowledge the dedicated efforts of Gerry McGregor, who has moved on as a trainer with the Ontario First Nations Technical Services Corporation. Gerry always brought his best effort to his work with public works. His expertise and commitment to our community is most appreciated.

Over the course of our future working meetings of Council, we have set working meeting time aside to do council

work on the following key objectives;

- a) Process for Implementing the Anishinabek Education System (AES).
- b) Process for the development of the Trust for the Land Claim.
- c) Process for dialogue on a Community Election Code.
- d) Process for updating Policy and Procedures for the Administration.
- e) Implementation process for MRP Law

There is a great deal of work here that has to get done. Council has prioritized our working meetings to get this work done over the next 16 months. We will identify committees, subcommittees and project teams to help get the engagement work completed and recorded. This work is crucial to end products for Education, Trust, and any Election Code.

We currently have one major capital projects to update you on;

We received our construction tender for the New Elevated Storage Reservoir (ESR) which was approved for construction over a 2 year period by INAC. The Major Capital project is approved for \$2,981,003.00 includes the follow-

ing in the scope of work;

- Construction of a 1,280 m<sup>3</sup> composite Elevated Storage Reservoir (ESR);
- Tank would be a Glass Fused to Steel Aquastore Tank;
- Concrete Pedestal to be approximately 9m diameter, height to be confirmed during detailed design;
- Tank to be approximately 10.5m in diameter and a height of 13m. (to be confirmed during detailed design);
- Preconstruction and Final Site Works;
- Chemical Feed and Instrumentation trim chlorination system;
- Mechanical and Electrical Works;
- Controls and Instrumentation for communication with the water treatment plant;
- Reuse of Existing Generator
- Decommissioning of the existing standpipe.

When completed our new Elevated Storage Reservoir will provide the water quantity needs for Whitefish River residents for a 50 year design period. This major capital project will proceed once, INAC finalizes its internal requirements. Once completed, the major water infrastructure needs for our community. I wish to acknowledge Council for working with my office to make this

project possible.

November is the season of Remembrance. Remembrance Day was first marked within the British Commonwealth (which included Canada) on **November 11, 1919, at 11 a.m.** to commemorate the end of the First World War upon the German signing of the Armistice.

According to the Government of Canada, we continue to celebrate this date to "... honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then."

"Remembrance Day isn't just about war and those we've lost, but about ideals and what we stand for. It's about respecting our past and looking hopefully forward, and more than anything, thanking those who have served".

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

### November 2017

#### Chief and Council Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	30	1	2	3	4
	National Housing Forum – Montreal	National Housing Forum – Montreal	National Housing Forum – Montreal	Personnel Policy Review - Sudbury		
5	6	7	8	9	10	11
	Shawanosowe School Treaties Week					
			Robinson Huron Treaty Meeting – Nipissing	Robinson Huron Treaty Meeting – Nipissing		REMEMBRANCE DAY
12	13	14	15	16	17	18
	NATIONAL ADDICTIONS AWARENESS WEEK					
	WRFN OFFICES CLOSED	Chief and Council Regular Meeting				
19	20	21	22	23	24	25
			Canadian Aboriginal Law Conference – Ottawa			Celebrating 50 Years of WRFN Administration Christmas Parade
26	27	28	29	30	1	2
WARRIOR PRIZE BINGO		Chief and Council Working Meeting				



### ADMINISTRATION OFFICE: (705)-285-4335

NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	chief@whitefishriver.ca
Art Jacko	Band Manager	ajacko@whitefishriver.ca
Vanessa McGregor	Executive Assistant	vmcgregor@whitefishriver.ca
Danielle Pregent	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
Rosalyn McGregor	Education Director	rmcgregor@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Zach Shawanda	Finance Assistant	zshawanda@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Laundrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Assistant/IRA	kathleenm@whitefishriver.ca
Sandrah McGregor	Lands Manager	sandrahm@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
Keith Nahwegahbow	Economic Development Officer	keithn@whitefishriver.ca
Nala Toulouse	Water Security Coordinator	nalat@whitefishriver.ca

### HEALTH CENTRE: (705)-285-4354

Leslie McGregor	Health & Social Services Manager	lmcgregor@whitefishriver.ca
Cathy McGregor	Health Centre Receptionist	healthreception@whitefishriver.ca
Doreen Jacko	Community Health Representative	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker	gennyj@whitefishriver.ca
Dave Brutto	Child & Youth Mental Health and Addictions Counsellor	david.brutto@noojmowin-teg.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Community Mentor (Right to Play)	righttoplay@whitefishriver.ca
Amber Zona	Youth Support Worker	amberz@whitefishriver.ca
Arlene Pitawanakwat	Child & Family Well Being Coordinator	arlenep@whitefishriver.ca
Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
Tyler Agawa	Garden Support Worker	tylera@whitefishriver.ca
Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca

### SHAWANOSOWE SCHOOL: (705)-285-1311

Cheryl Miller-Martin	School Principal	principal@shawanosowe.ca
Cara McGregor	Administrative Assistant	admin@shawanosowe.ca
Lisa Cutler	Grade 5-6 Teacher	lcutler@shawanosowe.ca
Rick Legrow	Grade 3-4 Teacher	rlegrow@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Victoria Meuleman	JK/SK Teacher	vmeuleman@shawanosowe.ca
To be determined	Special Education Resource Teacher	
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	bnahwegahbow@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
Jessica Reynish	Education Assistant	jreynish@shawanosowe.ca
Danette McGregor	Native Language Teacher	dmcgregor@shawanosowe.ca

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

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

November 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Community Calendar</h1>						
5  AA Meeting	6 Elder's Centre Sewing 12:30pm-3:30 pm Good Food Box Orders Due  BINGO	7 Elder's Centre Soup/Sandwiches Sewing 1pm-3 pm	1 Elder's Centre Sewing 12:30pm-3:30 pm  All Souls Day Feast 4 pm – Comm. Centre	2 Elder's Centre Painting 1pm-3 pm Meals on Wheels  BINGO	3 Elder's Centre Movie/Popcorn 12:30pm-3:30 pm	4  WRFN Fall Clean-up Day 10am-2pm  BINGO
12 National Addictions Awareness Week (Nov. 12-18)	13 WRFN Offices Closed  AA Meeting	14 Elder's Centre Soup/Sandwiches Sewing 1pm-3 pm  Regular Chief & Council Meeting  BINGO	15 Elder's Centre Crafts 12:30pm-3:30 pm	16 Elder's Centre Painting 1pm-3 pm Meals on Wheels  BINGO	17 Elder's Centre Movie/Popcorn 12:30pm-3:30 pm	18  BINGO
19  AA Meeting	20 Elder's Centre Christmas Crafts 12:30pm-3:30 pm  Good Food Box Pick Up  BINGO	21 Elder's Centre Soup/Sandwiches Christmas Crafts 12:30pm-3:30 pm  Working Chief & Council Meeting	22 Elder's Centre Christmas Crafts 12:30pm-3:30 pm  BINGO	23 Elder's Centre Christmas Crafts 12:30pm-3:30 pm Meals on Wheels  BINGO	24 Elder's Centre Christmas Crafts 12:30pm-3:30 pm	25  WRFN Christmas Parade  Celebrating 50 Years of WRFN Administration
26  AA Meeting	27 Elder's Centre Christmas Crafts 12:30pm-3:30 pm  BINGO	28 Elder's Centre Soup/Sandwiches Christmas Crafts 12:30pm-3:30 pm  Working Chief & Council Meeting	29 Elder's Centre Christmas Crafts 12:30pm-3:30 pm	30 Elder's Centre Christmas Crafts 12:30pm-3:30 pm Meals on Wheels  \$ CHI-BINGO \$		

## Birthday Wishes!

Happy Birthday to our Wonderful Mother Arlene on November 29, 2017  
I hope that you have an amazing day

Love from all your Children and Grandchildren

Birthday Wishes:  
Happy Birthday wishes to:  
Brother Dan on Nov. 13th  
Cuzzin Stamp on Nov 5th  
Cuzzin Gail – Nov. 7th  
Andy on Nov. 15th  
Auntie Travellin Bat on Nov. 21st  
From Katt, Craig n girls

Happy Birthday to Poppa Andy on Nov. 15th  
Luv Nicole, Braxton, Braelyn, Sydney & K.C.

Happy Birthday to Keith Nahwegahbow who celebrates on November 17, 2017.

Happy Birthday to my niece Kahsenniio on November 7th.  
Love, your Uncle Ed

Happy Birthday to my son Jeff who turns 50 on November 3rd.  
Love, Mom

Happy 19th Birthday to my Grandson Noah on November 7th.  
Love G-ma.

Happy Birthday to my Mom on November 26th.  
Wonderful Birthday Wish to The World's Sweetest Mom  
We are so grateful that we have you, As a mom and mama.  
Thanks for always believing in us  
Thanks for all the support that you have given us.  
Thank you for being such a kind, hard-working and loving mother and mama  
We all love you to the moon & back, infinity & beyond.  
Love from all of us,  
Daniel, Cheryl, Trevor and from all your Grandchildren

Happy Belated Birthday wish to our Dad & Papa Mark on October 12th  
You've helped us go places and reach new heights which have given us all some of life's best views.  
We all love you to the moon & back, infinity & beyond.  
Love from all of us  
Daniel, Cheryl, Trevor and all your Grandchildren

Happy Birthday Autumn & Memphis From Kokum.

Happy Birthday to my sons, Darren on November 12th and Lorne on November 29th.  
Love your Mom

Happy Birthday to my Grandson Torrance Lee.  
Love Grandma & Grandpa

Happy Belated Birthday to nephews, Daniel Jr. & Devon and my niece Mackenzie.

Happy Birthday to my nephew Torrance.  
Love all you,  
Auntie Cheryl Beanz.

Happiest of Birthdays to our dahhhling daughter Amy on November 19th.  
Hugs, Mom & Dad

Happy Birthday to my brother Basco on November 24th.  
Love V-a, Steve & the kids.

Happy 11th Birthday to Raidyn and Daylyn.  
From Sierra and Jax



Happy 11th Birthday to my two twinsies, Raidyn and Daylyn McGregor on November 8th 2017.  
We have been truly doubly blessed that you have chosen us to be your family.  
You are awesome boys!  
Proud of you both and love you both!  
Love Mom, Dad.