



October 2017  
Binaakwii Giizis  
Falling Leaves Moon

# THE REZOUND

## Shawanosowe Celebrates the Harvest!



Pictured above: Mr. Rick Legrow's Grade 3/4 class at KTEI's Harvest Festival.

Shawanosowe students from Grades 1-6 made the long trek to M'chigeeng on September 21, 2017 to celebrate Kenjgewin Teg's 8th Annual Fall Harvest Festival. The unseasonably hot weather didn't deter the students from exploring the many food and craft booths on display at the free/all day event.

Other WRFN local faces were also there as contributors to the festival. Heather & Cherokii Jacko, were offering samplings of various preserves, and our very own bee specialist Tyler Agawa was on hand as a representative of the WRFN beekeepers!

Miigwetch to KTEI and your participating contributors. Looking forward to next year!

**Please note that the deadline for submissions  
for the next issue is  
Wednesday, October 18, 2017 at noon.  
Miigwetch!  
[rezoundeditor@whitefishriver.ca](mailto:rezoundeditor@whitefishriver.ca)**

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

## TRADITIONAL STORIES & TEACHING SERIES

Where? Ojibwe Cultural Foundation, Mchigeeng

October 3, 2017  
**Women's Bundle Teachings**

October 10, 2017  
**Men's Bundle Teachings**

October 17, 2017  
**Traditional Medicines**

October 24<sup>th</sup>, 2017  
**The story of Mishipeshu**



Transportation Provided, please register by the end of each week on Friday for the following Tuesday, please contact Candice Assinive, Community Wellness Worker at 705-285-4354 or you can also sign up at the front desk reception at the Health Centre.



### ARE YOU INTERESTED IN ALTERNATIVE HEALING?

Acupuncture and Herbal Medicines (Homeopathy)

**With DEAN PERRY**

October 23, 24, & 25, 2017  
(Monday, Tuesday & Wednesday)



To Book An Appointment Contact: **Whitefish River First Nation Health Centre at (705) 285-4354**

## October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3 Nurse Practitioner	4 Community Health Nurse	5 Nurse Practitioner Dietitian (AM Only) Foot Care	6 Community Health Nurse *	7	
8	9  WRFN Offices Closed	10	11 Community Health Nurse	12 Nurse Practitioner Dietitian (AM Only)	13 Community Health Nurse * Diabetes Team Foot Care	14	
15	16	17	18 Community Health Nurse	19 Dr. Jeffery (PM Only) Nurse Practitioner Dietitian (AM Only)	20 Community Health Nurse *	21	
22	23	24	25 Dr. Meikleham (AM only) Community Health Nurse	26 Nurse Practitioner Dietitian (AM Only)	27 Dr. Cooper (AM Only) Community Health Nurse * Diabetes Team Foot Care	28	
29	30	31 Nurse Practitioner 	WRFN Health Centre Visiting Health Professionals <small>*unless otherwise indicated visiting Health Professionals will be in all day*</small>				

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

**Candice Assinewe - Community Wellness Worker**

**Aanii Whitefish River!**

For the month of September, we were quite busy with our Community Fasting Ceremonies. I would like to commend all the fasters who took the time for self reflection and personal healing for themselves, especially our young people, who came back to fast again and to the ones who chose to fast for the first time. These young people have made that commitment to themselves and their growth as they prepare to transition to the next stage of their life. And a huge Chi-Miigwetch for the help by all who came out to support our people, and volunteered by assisting in; kitchen work, fire keeping, preparing the lodge, and supporting the fasters in anyway they could. You guys were all amazing and Miigwetch for your help and support. The ceremonies were successful and I look forward to the next fasting ceremonies in the spring. If anyone would like more information about the spring and fall fasting ceremonies, please don't hesitate to contact me at the Health Centre. I would be happy to answer any questions you may have.

Skirt making with Laurie Shabogesis Mcleod was a success, we had 8 women complete some beautiful skirts. Due to the high interest, we will be looking at have another skirt making workshop in November. We will also be adding in a date for ribbon shirt making for any men who would like to make themselves one for that special occasion or ceremonies.

Therefore, keep your eye out for it in the November issue.

For the month of October, the Ojibwe Cultural Foundation has a Traditional Teaching and Storytelling Series taking place every Tuesday in Mchigeeng (**please refer to the poster**). We will be providing transportation to any community members who would like to attend, just contact me at the Health Centre to register.

We currently have spaces for community members who would like to attend the Anishinaabek G7 FASD Conference in Sault Ste. Marie, ON from October 17th-19th, 2017. Space is limited, therefore if you interested in attending this conference please contact me at the Health Centre as soon as possible to register. **The deadline for registration is Friday, October 6th, 2017.**

Finally, don't forget about the Halloween Family Dance on Friday, October 27th, 2017. There will be prizes given out for individuals and families who come out dressed in costume! The canteen will be open and goods and refreshment will be for sale. Proceeds will go towards any future community events or activities. 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.

**SAVE THE DATE**



In Honour of our Ancestors & Loved Ones

*All Souls Day Feast*

November 1, 2017

4:00pm

WRFN Community Centre



For more information, please contact Genny Jacko, Mental Health & Addictions Worker at Whitefish River First Nation Health at 705-285-4354

**HALLOWEEN PARTY**  
**DOOR PRIZE! CONTESTS! SPOT DANCES! GAMES! CANTEEN!**  
 Costume Prizes for: Most Creative, Scariest, Funniest, Cutest  
 and a Family Prize Draw for Families who come in full costume!

**DJ BLAKE**

**Whitefish River First Nation Community Centre**  
 For more information, please contact Candice Assiniwe, Community Wellness Worker at the Health Centre at 705-285-4354

**Friday Oct 27th, 2017 @ 7pm**

PosterMyWall.com



**David Brutto - Children and Youth Mental Health and Addictions Worker**

Hello, my name is David Brutto. I am the new Child and Youth Mental Health and Addictions Worker for Whitefish River First Nation with Noojmowin-Teg. I am from North Bay and have lived in various communities in Ontario and the United States. I returned to Ontario two years ago to Sudbury. I have recently moved to Manitoulin with the hope of making it my new home. My interests include sports, hiking, movies and being outside. I am a greenbelt in Taekwondo and hope to earn a black belt one day. I am excited to explore the activities that the island has to offer.

My educational background is in social work. I received my Bachelor's Degree in Social Work at Oakland University in Rochester Hills, Michigan. I received my Master's Degree of Social Work at Wayne State University in Detroit, Michigan.

I have over six years of experience working in the mental health field with children, adults and families. In 2011, I worked at a psychiatric hospital in Michigan. In Sud-

bury, I worked with the Sudbury Catholic District School Board as a social worker for their mental health team. I worked for Monarch Recovery Services as an addictions counsellor with their Men's day treatment program.

I will be working with the Right to Play team; seeing students one-on-one for counseling and running groups about self-esteem, bullying, suicide prevention and other important topics. I am also able to refer students out for services as needed. I do a lot of work with self-esteem and suicide prevention because with my experience in the mental health field, these issues are becoming bigger and bigger concerns with our youth today.

I look forward to working with the youth and families in Whitefish River First Nation. I am eager to learn more about First Nation culture and further my experience in providing support to children and their families.

If you require further information please feel free to contact me at the Health Centre at 705-285-4354 ext. 211 or via email at [david.brutto@noojmowin-teg.ca](mailto:david.brutto@noojmowin-teg.ca).



**EMPLOYMENT OPPORTUNITY**

**MENTAL HEALTH AND ADDICTIONS WORKER –  
National Native Alcohol and Drug Abuse Program (NNADAP)  
Full time/permanent**

**Summary**

The Whitefish River First Nation Health Centre is seeking a qualified and motivated individual for the position of Mental Health and Addictions Worker. The Mental Health and Addictions Worker is responsible for providing comprehensive mental health and addictions services to individuals and families in Whitefish River First Nation. This position will assist individuals and families in their healing journeys by providing the required assistance, support, referral and educational information that will promote healthy behaviours and lifestyles. The Mental Health and Addictions Worker will address three critical areas: addictions, mental health, and violence (emotional, physical, mental, and family).

**Responsibilities**

- Complete a regular and frequent assessment that identifies client's needs and abilities through information obtained from the client, his/her natural supports and the referral source
- Develop with each participant client a comprehensive individualized service plan, which incorporates his/her goals and values and identifies all skills, resources and service requirements not as primary focus, but of required information collection
- Provide direct service to both participants/clients individually and/or in groups on activities such as: assistance in other supports necessary to achieve a healthy lifestyle, encouragement and supportive counseling and feedback to enable participants to reach their goals relapse prevention and self-care strategies and support
- Client-centered advocacy to facilitate access to and modification of existing resources to meet individual needs and assist client in identifying and advocating for their civil and legal rights
- Assist participants/clients to identify, build and maintain a natural support system
- Facilitate linkages to needed and wanted services, supports and resources including those in the broader community
- Provide some, combination of or all of the following types of activities and services: outreach, assessment, crisis intervention, short-term individual, couple or family counselling, case management, group work, referrals, and pre and post treatment services

**Qualifications**

- Bachelor of Social Work, Diploma in Social Services or related fields with training in Indigenous Healing Methods
- At minimum 3 years' experience working with people with mental health and substance use issues
- Excellent assessment and brief intervention skills
- Experience in group work and community outreach
- Experience working in team environment
- Experience working with people affected by poverty, violence, homelessness, stigma, racism, etc.
- Must be willing to undertake the Applied Suicide Intervention Skills Training (A.S.I.S.T)
- Excellent interpersonal and communication skills
- Ability to work in Ojibway language in addition to English is a definite asset
- Maintenance of an ongoing clear CRC and Vulnerable Sector Screening
- Computer skills in word processing and spreadsheet software
- Must maintain a valid Standard First Aid Certificate & CPR
- Valid Ontario Driver's License and own vehicle and ability to travel

**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](mailto:lmcgregor@whitefishriver.ca)  
Fax: 705-285-0488

**Deadline: Friday, October 6<sup>th</sup>, 2017 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.

# DRUG AWARENESS & ENFORCEMENT DIALOGUE

## Information Session

Wednesday, October 18, 2017 at 6 pm

Whitefish River Community Centre



In partnership with UCCM Anishnaabe Police Service and Whitefish River First Nation Chief and Council

For more info please contact CSO Still at 705-377-7135

## Agenda

Thanksgiving Address/Opening Remarks

Drug Awareness and Prevention Presentation

Enforcement and Statistics Report

Community Safety and Resources

Closing Circle

*Everyone Welcome, Light Snacks & Refreshments will be available, Door prize and other give-aways and drug pamphlets and brochures on hand*

# BALL HOCKEY

## For Youth 11-14 Years

### Shawanosowe School - Whitefish River

#### TUESDAYS - 5:00 to 6:30pm

#### October 24, November 7, 14, 21, 28, December 5, 2017

\*Note: No program scheduled on October 31

#### INFORMATION ON HEALTH RELATED TOPICS PROVIDED:

- \* Nutrition
- \* Mental Health
- \* Traditional Teachings
- \* Diabetes Prevention
- \* Life Skills
- \* Smoking Cessation

Sticks, balls, nets, pinnies,  
goalie equipment will be  
provided



Healthy Snacks  
& Beverages  
Will Be Provided

Parents Are Welcome to Participate

## HELMETS AND GLOVES MANDATORY



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



Whitefish River  
First Nation



Find us on  
Facebook

"Noojmowin Teg Health Centre"

Registration forms can be obtained from the Health Centre or when your child is dropped off at the school. For more information please contact Mark Peltier at (705) 368-0229 ext. 244. Check out our website at [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca).

## Amber Zona - Youth Support Worker

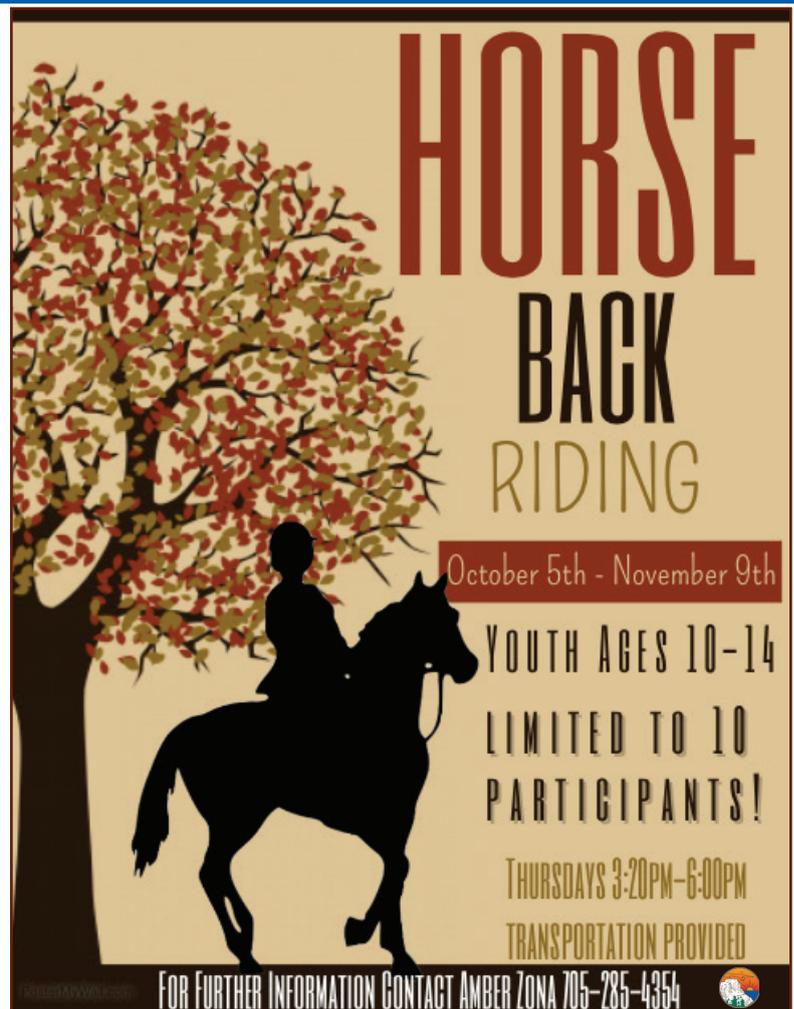
I hope everyone has had a wonderful start to the new school year! I am super excited for all the fall programming to begin for all the youth. If you're interested in finding out about all the new and fun programs coming this fall for Whitefish River Youth, then make sure to stop in at our Open House! The **Youth Fall Programming Open House** is for both youth and parents. This is the perfect opportunity to; ask all your questions, get the low down on the up and coming programs, register and sign up for programs all while socializing and enjoying healthy snacks! Also attending our Open House will be some of the coordinators and workers that we partner with to deliver these awesome programs. I hope to see you there on **Tuesday, October 3rd, at the 7 Fires Centre between 5:00pm and 8:00pm.**

Pow Wow season is over, however **Pow Wow Dance Program** is just beginning! Nelson Wood from Noojmowin-Teg and I are teaming up to deliver this awesome program **starting Wednesday, October 18th!** This is a six week program for youth between the ages of 6-10 years. The program will be held at the **Shawanosowe school gym from 5:30pm-7:00pm every Wednesday evening.**

For those of the youth who just can't get enough of hockey; Mark Peltier from Noojmowin-teg will be helping to deliver a **Ball Hockey Program!** This program will be starting **Tuesday, October 24th** and will continue for 6 weeks... with the exception of Halloween of course! If you're between the ages of 11-14 years, we hope to see you at the Shawanosowe School gym every **Tuesday from 5:00pm-6:30pm** for some friendly competition.

I hope you don't say Nay to our **Horse-back Riding Program!** This program is for youth ages 10-14 years. The horse-back riding program will be limited to 10 spots; your spot is guaranteed upon completion of registration. Transportation to Honora Bay Riding Stable will be provided. The bus will be departing the Health Centre at **3:40pm every Thursday starting October 5th** for a duration of six weeks, and estimated to return by 6:00pm. Snacks will be provided! If you would like to register for this program then make sure to trot down to the 7 Fires Centre on October 3rd for our Open House event.

For more information on the Youth Fall Programming, please feel free to contact me at 705-285-4354 or via email at: [amberz@@whitefishriver.ca](mailto:amberz@@whitefishriver.ca)



**HORSE  
BACK  
RIDING**

October 5th - November 9th

YOUTH AGES 10-14  
LIMITED TO 10  
PARTICIPANTS!

THURSDAYS 3:20PM-6:00PM  
TRANSPORTATION PROVIDED

FOR FURTHER INFORMATION CONTACT AMBER ZONA 705-285-4354

## RIGHT TO PLAY YOUTH LEADERSHIP PROGRAM

**WEDNESDAY OCTOBER 4, 2017**

**Grades 7 & 8**

5:30pm to 9:00pm

At the Seven Fires Youth & Elders Centre

**THURSDAY OCTOBER 5, 2017**

**Grades 9 to 12**

5:30pm to 9:00pm

At the Seven Fires Youth & Elders Centre

**STARTING FRIDAY OCTOBER 6, 2017**

**13+ Drop in Nights at the at the Seven  
Fires Youth & Elders Centre  
6:00pm to 10:00pm**



Nico & Noah battle air guitars, at the Family Dance on September 8, 2017.

## Crystal Clark-McGregor - Right to Play Worker

It's FALL! I am very happy to be back, running programs for our Youth. This session we will be having two different age groups for the Youth Leadership Programs. Right to Play programming will be held on Wednesday evenings from 5:30 - 9 pm for Grades 7/8 and on Thursday evenings from 5:30 to 9pm for all high school students.

I'd like to remind parents and guardians to please attend the Open House on October 3rd, 2017 at the Seven Fires Youth and Elders Centre, to sign up your children for Right to Play programming. New programming will begin on October 4th, 2017.

Beginning October 10th, youth interested in taking part in the WRFN Youth

Council should come down to the 7 Fires Youth & Elders Centre from 4pm to 6pm. The Youth Council is open to grades 8 and up and yes there will be food! Amber and I will also be returning to EHS for Lunch and Learns on Wednesdays and Fridays starting October 11th, 2017. I hope everyone can attend the Halloween dance on October 27th, 2017. For parents if you have any recommendation please feel free to email me at

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.

PARENTS & YOUTH  
YOU'RE INVITED TO THE  
YOUTH FALL PROGRAMMING

# OPEN HOUSE

OCTOBER 3RD  
7 FIRES YOUTH CENTRE  
5:00-8:00PM

COME REGISTER FOR PROGRAMMING!

CONTACT AMBER ZONA FOR FURTHER INFORMATION 705-285-4354



## EMPLOYMENT OPPORTUNITY

### FAMILY WELL-BEING COORDINATOR

*Full time/contract*

#### Summary

The Whitefish River First Nation is seeking a qualified and motivated individual for the position of Family Well-Being Coordinator. The Family Well-Being Coordinator will work with key community resources to: plan activities based on annual traditional activities; increase community participation in traditional activities; increase knowledge about traditional parenting practices; connect community members to the land; increase cultural knowledge about hunting; increase awareness of ceremonies; increase awareness of community history and legends; and generate interest in a traditional activity. She/he will also need to be highly motivated and have excellent communication skills to deliver activity programs and messages to a diverse range of people.

#### Responsibilities

- Organize and activities programs that will generate and maintain interest and progression over a period of time in community awareness, knowledge, attitudes and helping behaviours related to community cultural strengths.
- Identify and leverage community resources that match the needs of the cultural activities programming eg. crafts people, walking trails, sugar camps, fishing guide etc.
- Animate a program of seasonal and land based activity to reinforce healthy active living, strongly premised on cultural identity, and linking in stress management and lateral violence reduction strategies.
- Initiate and manage interventions (eg. Workshops, events) to bring about change in community members and employee's knowledge, attitude, behaviours and norms related to cultural strengths.
- Enlist and engage with others who can support the program aims such as community elders, knowledge keepers, resource people or others with associated skillsets.
- Provide the following activities and services: outreach; create, innovate and facilitate interventions i.e. workshops, lunch and learnings program activities, season land activities, etc.; develop a framework to increase connection with cultural and heritage to assess and reduce incidences of family violence and child apprehension; and coordinate events and activities individually or collectively to achieve the mission of appreciating, valuing and instilling a sense of identity, hope, meaning, purpose and belonging among WRFN population.

#### Qualifications

- Post Secondary education in counselling, social work, health or mental health helping disciplines or related field or a suitable combination of training and experience.
- Minimum of 5 years experience within a health or social services setting / programs and initiatives related to community social wellbeing and wellness.
- Experience in group facilitation, community development, and presentation skills.
- Knowledge of the rich history, stories, legends, sacred spaces, ceremonies and cultural norms of the community of Whitefish River First Nation
- Knowledgeable and competent in delivery of culturally based, land based activity encompassing significant physical activity components
- Project management, planning and evaluation, and program development and coordination
- Ability to work in a team environment with minimal supervision
- Aware of National, Provincial and regional cultural frameworks and policies to guide community wellness
- Working knowledge of computer applications (Microsoft)
- Excellent interpersonal and communication skills
- Ability to work in Ojibway language is a definite asset
- Maintenance of an ongoing clear CRC and Vulnerable Sector Screening
- Must maintain a valid Standard First Aid Certificate & CPR
- Valid Ontario Driver's License and own vehicle and ability to travel

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, October 6th, 2017 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.

Seven Grandfathers  
**WRFN YOUTH COUNCIL**

Do you have an interest in:  
 Making a difference in our community  
 Sharing & finding your voice  
 Wanting to inspire others & Travel

Sign up!  
**Tuesday October 10th**  
 4:30pm to 6:00pm

Needing one Youth from each of these grades; 8 & Up, including College/University students

For more information please contact  
 Crystal Clark-McGregor at 705-285-4354

## Aboriginal Support Workers – Espanola High School

Ahnee! I'd like to welcome and introduce our roles as the Aboriginal Support Workers for both, Whitefish River First Nation and Sagamok Anishnawbek students at Espanola High School. Additionally, we provide support for students who are transitioning from Shanosowe to either AB Ellis or Sacred Heart or are coming from the off-reserve grade schools to Espanola High School.

Espanola High School has a room for all First Nations students to access. The office is located at room (A1231) corridor A. This room is in a safe, comfortable environment, where the students can:

- Student Support
- Advocacy
- Referral to supports.
- Complete class work or assignments, but are encouraged to attend class everyday.
- Access to snacks and water.
- Access to computers and internet
- Counselling and support
- Access to traditional 4 medicines and 7 Grandfather Teachings
- Native Student Council
- Aboriginal activities and crafts.

Aboriginal Support Workers are dedicated to supporting the First Nations students to succeed in secondary school. To ensure that the students are transitioning into the new school system and to assist with the transition, that they are not alone. As well as part of our supports, we support the current students preparing to leave for college in the next school year in working with their respective First Nation education department to ensure they've met the requirements for funding.

If you, the parent(s) or guardian would like further information on the Aboriginal Support Program, please don't hesitate to contact our office at (705) 869-1590 ext. 6233 or by email:

**Marti Shawanda,**  
Aboriginal Support Worker  
shawanm@rainbowschools.ca

**Eric Johnston,**  
Aboriginal Support Worker  
johnste@rainbowschools.ca

**Rosalyn McGregor - Education Director**

Ahnee, Whitefish River! Time sure has been flying by. Time again for another update. September has been a very busy month with everyone gearing up for their academic year. We have had some minor tweaks but we are confident that we are on our way to a smoother process. Some reminders, please remember that should any student require the use of the after-school bus, please sign up at each respective school at the main office, as we would not want anyone to be missed.

Next, we are currently planning to host our Annual Shawanosowe Bobcat Run which will be held on Wednesday October 4th 2017. Calling out all Bobcat Fans and Supporters!! I look forward to seeing you all there with your Community Spirit!

Also, some other good news, we have some of our WRFN girls heading to Sault Ste. Marie ON for the Ontario Native Bas-

ketball Invitational on October 20-22nd 2017. WRFN proudly supports these young ladies in their representation of WRFN. Miigwetch to Health Centre for the support. If anyone is in the area please go check out our local athletes and show your community support.

Some other great news, WRFN would like to welcome our new Maamwe Kendaasing Child Care Centre Supervisor Cheryl Shawanda to the team. Welcome Cheryl!

Until next time Whitefish River! Enjoy your October and Have a safe and Happy Halloween!

Please feel free to contact the Education Office at 705-285-4335 should you require any support during your school year.

I can also be reached via email at: [rmcgregor@whitefishriver.ca](mailto:rmcgregor@whitefishriver.ca)

**PRESENTED BY SHAWANOSOWE SCHOOL**

**WEDNESDAY 4 OCT**

**FEATURING SHAWANOSOWE SCHOOL BOBCATS**

**WALK THE COURSE 9:30 KITTEN RUN 9:45 AND FIRST RACE TO BEGIN 10 AM**

**LOCATION 321 MAPLE HEIGHTS - BIRCH ISLAND - ON**  
**RLEGROW@SHAWANOSOWE.CA 705-285-1311**

**AES COMMUNITY PRESENTATION**



**Date: Wednesday October 4, 2017**

**Time: 6:00pm**

**Location: Community Centre**

**WRFN said YES to AES  
 What are the next steps?**

**Speaker: Tracey O'Donnell**

**Dinner Provided**



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



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

Aanii, I am writing to you today to introduce myself as the new Daycare Supervisor for Maamwe Kendaasing Childcare Centre, starting September 19, 2017. My name is Cheryl Shawanda, I am a Band Member of Whitefish River First Nation and I also reside within the community. I am very happy to be finally working for my home community; after many years of working in our neighboring community AOK as a RECE and Designate Supervisor. I am a Registered Early Childhood Educator and graduated from the Anishinabek ECE program offered at AEI through Cambrian College. I also have a diploma as a Resource Teacher through Niagara College. While I was at home looking after my foster baby, I also completed my Daycare Management certificate online through Stratford Career Institute. Along with my Daycare work experience, I am also a relief/full time foster

parent with Kina Gbezhgomi.

I look forward to working alongside my new Daycare Team and Daycare children, helping the children to continue to grow and learn (The seven Grandfather Teachings) about the world around them & most importantly helping the children to learn our Native Language and cultural ways through basic language and attending cultural events such as powwows Baamaa pii

**Some other important dates for Daycare Parents/Guardians:**

- **Thursday October 5, 2017** – We will be going on a field trip to West Bay Daycare to attend their mini Daycare powwow. Bus will be departing daycare 9:00am sharp and we will be returning (11:45am) in time to celebrate with a Thanksgiving luncheon at 12:00pm.
- **Tuesday Oct 31, 2017** – Halloween - The children and staff will be departing the daycare by bus at 9:00am and traveling throughout the reserve to all local business buildings & stores.

**Daycare Birthdays for October:**

- Felicity - October 17th
- Nevaeh - October 25th
- Ellazeah - October 25th
- Dayspring - October 26th

**\*\*We are accepting resumes for supply ECE & Cooks\*\***



## CALL FOR EDUCATION COMMITTEE MEMBERS

The Whitefish River Education Committee is looking for dedicated individuals to sit on the Education Committee. The Education Committee will be meeting on a regular schedule and will be discussing all aspects of WRFN Education.

Please submit your letter of interest by Friday October 6<sup>th</sup> at 3:00pm to:

Rosalyn McGregor, Education Manager  
 17A Rainbow Ridge Road  
 Birch Island, ON P0P 1A0  
 OR  
 education@whitefishriver.ca

Miigwetch!



**Thursday October 5, 2017**  
**Thursday October 19, 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



### Killer Frost

We are in that time of year again when frost is forecasted during weather reports. Frost is defined as a coating or deposit of ice that forms on surfaces. Plants and soil absorb and store heat during the day. When the sun goes down, plants will quickly lose their stored heat. Moisture in the air condenses into dew and when air temperatures approach freezing the plant's surface temperature dips below freezing, causing the dew to form ice crystals. If the temperature drops enough to freeze plant cells, the plant will die. Maintaining the temperature of the air, soil and plant itself will effectively stop frost from forming.

### Tips for protecting plants

**Bring plants indoors:** Plants that are grown in manageable pots can be brought indoors for the night and then placed outdoors again in the morning.

**Covering Plants:** This is the most common and popular way to protect against frost. Old sheets, blankets, burlap sacks, old curtains, boxes, empty flower pots, old milk jugs can be used as a cover. Row covers can also be purchased. Avoid using plastic sheeting. Plastic that touches the plant can hold moisture causing frost to form. Fabric covers will need to be supported so they do not squash tender plants. Whatever you use, ensure that the cover reaches and covers some of the ground, to help hold in the warmth of the soil. The sides of the fabric covers should be held down with rocks, sticks, or anything that's handy. Make sure to lift the cover off in the morning to prevent too much heat building up during the day and suffocating your plants.

**Building raised beds:** Cold air and frost will develop in low lying areas rather than on raised beds, having your beds raised will better your chances of avoiding frost damage. Raised beds warm up faster than level gardens. Raised beds can also be easier to cover.

**Mulch:** Mulching helps to retain moisture in the soil, which will help maintain the temperature of the soil.

**Avoid Fertilizing:** Applying fertilizer in the fall can induce new growth. This new growth will be too tender to handle any amount of frost.

**Cold Frames:** Cold frames can be used to extend the growing season. They are basically a mini green house. They are usually built using old single pane wooden windows and some wood for the sides. The back side is higher than the front which allows the window to be on an angle to allow sunlight in. The window is also hinged to allow it to be propped open allowing air flow during the day to prevent the plants from suffocating. Some people even build them out of straw bales and an old window. A wooden frame and some plastic can be used instead of a glass window. Cold frames can extend your growing season into late fall and if used in the spring can stretch the overall growing season. Certain cold hardy plants, like kale, broccoli, and other leafy greens can be grown in them well into the winter. Some plants that need extra heat and a longer season can be started in a cold frame early spring, grown through the season, and then protected in fall until they are ready to harvest. Peppers are a good example of this.

Not all plants need to be protected from frost. Most plants that have the edible part in the ground, like carrots, parsnip, turnip, potatoes do not need protection and may even improve flavour after a frost. Protecting plants from frost can take a little work but saving a plant that you have been watching grow for the season can be well worth it. All of these tips can be used in the early spring as well to help extend the growing season and to give those plants that may take a while to grow a fighting chance.



Elders Lou Francis and Helen Jacko play a round of Texas Horseshoes at the 7 Fires Youth & Elders Centre



WRFN Administration Staff Golf outing on September 7, 2017.



Books with no Bounds donated generously, just in time for Shawanosowe School's Open House.



Delilah picked her favourite vegetable for Noojmowin Teg's Green House face painting session.



Amelia and Avery showcased their regalia and dance skills at KTEI's Fall Harvest.



Brayden, Jordan, Darnell, Wesley & Jayden took in the Harvest Festival.



Miss Cutler's Grade 5/6 class tries to beat the heat at the Fall Harvest Festival.



The Trapping Booth intrigued the Grade 1/2 class!



Barb Recollet represented Noojmowin Teg's Traditional Program.



Every Child Matters, Orange Shirt Day at Shawanosowe School.



Rose learns how to make a Ribbon Skirt.



Water Ceremony at the Potholes.



Shawanosowe alumni Melanie Abotossaway delivers up delicious apple treats at the Fall Harvest.



The WRFN outdoor rink gets a facelift in preparation for the 2017/2018 season.



**Art Jacko - Band Manager**

Aanii / Boozhoo

My name is Art Jacko. I am honoured and privileged to be chosen by WRFN Chief and Council to take on the responsibilities as the new Band Manager.

For the past ten years I worked at the United Chiefs & Councils of Mnídoo Mnising (UCCMM) as the Lands & Resource Manager. I had many responsibilities at UCCMM: establishing the UCCMM Elders Council and their work on the "Ngo Dwe Waangizid Anishinaabe", which is the preamble to the Anishinabek Nation constitution: establishing Mnídoo Mnising Power & securing our 50% equity ownership on the 60 Mw McLean's Mountain Wind Farm which will provide significant financial benefit to WRFN for 20 years: negotiator on a number of federal claims against Canada & the 2013 Lake Bed & Islands litigation claim (very large & complex claim): establishing the UCCMM Lands Unit encompassing Geographic Information System (GIS) & a Consultation process (led by UCCMM Elders Council): establishing the UCCMM annual moose hunt (1850 treaty territory), just to name a few.

Some may wonder, "Why leave UCCMM", the answer is very simple, "Whitefish River First Nation". I have lived here for the past 18

years, a place I call home, I know the people here and I believe with all of my life time experience and education, I have a lot to offer WRFN (home). I look forward to working with all WRFN staff in serving our community on health, education (AES) and further developing our economy. I also look forward to visiting and talking to community members and seeking their input/advice on services provided by WRFN Administration.

I am a fluent Ojibwa speaker & plan on using our language everyday at the work place, which I am sure will bring a lot of laughter. I am also very aware of our ceremonies and our bundle (traditional drum / staff) and look forward to continuing with all of our ceremonies and caring for our bundle.

Miigwech

Naahow Baamaa Gigawabamin



*Winnie Paibomsai,  
the proud grandmother  
would love to say welcome to,*

*Leo Jackson Paibomsai-Rancourt*

*Born August 31st, 2017.  
Weighing in at 7 lbs 3 oz  
21 1/2 inches length*

*Son of  
William Paibomsai  
and Lily Rancourt*



**EMPLOYMENT OPPORTUNITY**

**Special Projects Coordinator**

*Part-time/temporary*

**START DATE/TERM:** October 30, 2017, to March 31, 2018  
**HOURS OF WORK:** 20 Hours/week  
**COMPENSATION:** \$16.00 @ 20 hrs per week  
**REPORTS TO:** Health and Social Services Manager

**POSITION SUMMARY:**  
 The goal of the "Naangosuk Kinoomaagewin – Star Teachings Program for Seniors" is to create and provide opportunities for Seniors to participate in monthly outings, social events, intergenerational sessions, and preserving and sharing knowledge.

- RESPONSIBILITIES:**
- Implement effective outreach and recruitment strategies to engage Seniors to participate in this project.
  - Plan, coordinate and deliver this project for Seniors.
  - Build strong collaborative inter-agency and community networks to maximize resources, promote Senior programming and to enhance and coordinate service delivery
  - Attend staff meetings and training, team meetings and special events

- QUALIFICATIONS:**
- Health Promotion Certification (or equivalent in a relevant field) with at least three (3) years experience working with Seniors
  - Proven ability to engage and support Seniors
  - Proven ability to deliver groups for Seniors
  - Excellent knowledge of community services for Seniors
  - Excellent organization, planning, and leadership skills
  - Good written and verbal communication skills and excellent listening skills
  - Computer literacy required together with proficiency using Microsoft Office Suite, Internet, and email
  - Demonstrated ability to work independently and as part of a team
  - Current First Aid certification
  - Acceptable Vulnerable Sector Police Reference Check
  - Valid Ontario Driver's License and own vehicle and ability to travel

**All applicants MUST submit a letter of application, current resume, (3) three 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, October 13<sup>th</sup>, 2017 at 4:30 p.m.**  
 We thank all applicants, only those selected for an interview will be contacted. Before being hired, the successful applicant will be required to submit a current clear Criminal Reference Check and Vulnerable Sector Screening report.

# WRFN HOUSING NEEDS PRESENTATION



## LOCATIONS:

**WHITEFISH RIVER FIRST NATION COMMUNITY CENTRE**

Tuesday, Oct. 17, 2017 at 6:00 pm

**N'SWAKAMOK NATIVE FRIENDSHIP CENTRE**

110 Elm St., Sudbury on Wednesday, Oct. 18/17 at 7:00 – 8:30 pm

**NATIVE CANADIAN CENTRE OF TORONTO**

16 Spadina Rd. on Thursday, Oct. 19/17 at 6:00 pm in the "Talking Room"

Light snacks and refreshments will be provided

## WHAT:

**Walter Kornas, Zarex Business Centre, will be presenting the results of the Housing Needs survey to WRFN members.**

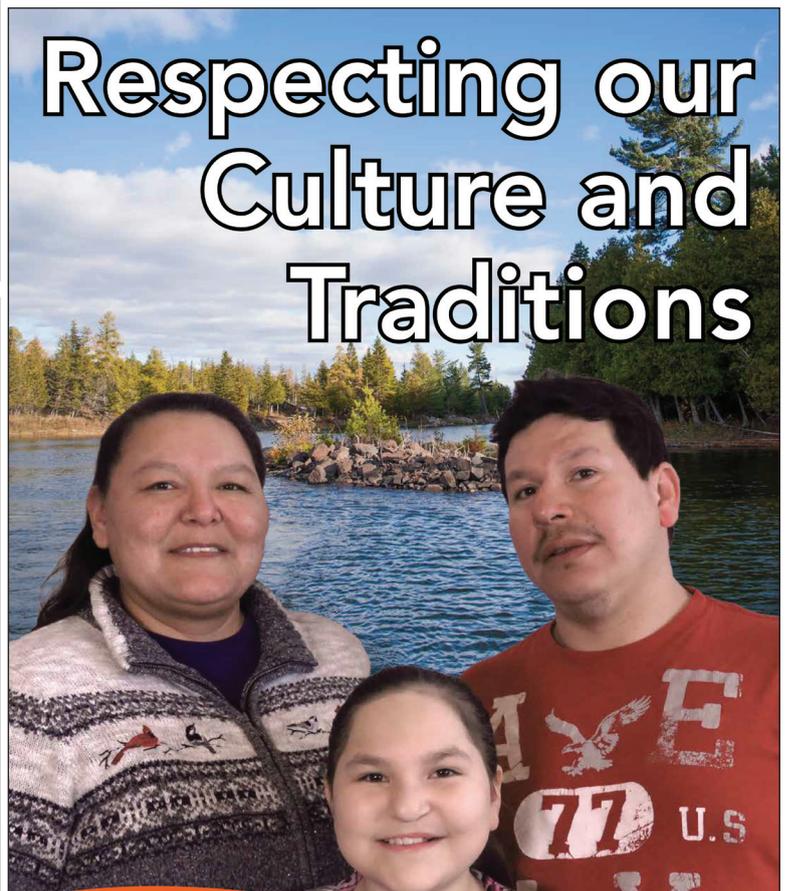
You are invited to attend the Annual General Meeting of the Birch Island Construction Company Ltd.



October 25, 2017  
1:00 P.M.

Whitefish River First Nation Council Chambers.  
All are welcome.

# Respecting our Culture and Traditions



Georgina Recollet hands lucky winner, Mike Aelick the participation prize of 400 L of Furnace Oil from Manitoulin Fuels.

The additional top prizes for attending the September 20th, Housing Maintenance Workshop, were randomly drawn for the following individuals;

- \$400 from McDougall Propane – Brian McGregor

- \$400 from McDougall Propane – Natasha Laundrie,
- \$400 Home Hardware Gift Card – Blanche Recollet,
- \$400.00 Hydro One Gift Certificate from Whitefish River First Nation – Barbara Recollet
- 1 Free Septic pump-out from Jim's Portable – Dave Shawanda

Congratulations to all the winners and watch for upcoming workshops!

## Whitefish River First Nation Matrimonial Real Property Law

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

Amended June 9, 2015





**Zach Shawanda - Finance Assistant**

I hope everyone had a great summer. I'm Zach Shawanda, I've recently been hired with Whitefish River First Nation as the Finance Assistant. It feels good to be working in the Finance Department again, I was hired before as a summer student in high school. I'm looking forward to further my skills and finance experience. I'm also looking forward to helping WRFN serve our community. Chi-Miigwetch!

**Big Drum Teachings**

**Songs & Singing**  
**Your invitation to all Young Men,  
 Fathers, Grandfathers & Warriors**

**Wednesdays in October**  
**Community Centre**  
**4pm**  
**Snacks and Light Refreshments!**

**Contact Kiki Pelletier at 705-862-1259**  
**or by email at**  
**kikipelletier@hotmail.com**



Shawanosowe students celebrate the first day of the school year with an honour song.

**Ontario Disability Support Worker**  
 site visit on

**October 20, 2017**

Where: Administration Office  
 Time: 11:00am - 3:00pm

For more information please contact  
 Emma Recollet Ontario Works at  
 705-285-4335 or  
**emmar@whitefishriver.ca**

**Keith Nahwegahbow**  
**Economic Development Officer**

**New internet service provider.**  
 The equipment has been ordered and will arrive mid to late October. Once we have confirmed dates for installation and the availability of service more information will be provided to the community. Please wait patiently for all the details to come. Once I have all the information I will release it to the community.

Mnidoo Mnising Employment and Training (MMET) and Canadore College have teamed up to provide a **Pre-Construction Worker Training** program. It will be a 10 week course which includes math for trades, communication, labor responsibilities, harassment and discrimination in the workplace, construction safety (CPR, first aid, working at heights) and a week of plumbing and a week of electrical are incorporated into the program as well. We are looking for 2 youth from WRFN to enter into the program. If you are think-

ing about entering the construction field this program would be perfect to get a sense of the job. For more information contact myself or Marilyn Stevens at 705-285-5555.

This month is the First Nation Economic Advancement annual conference for the Ontario First Nation Economic Development Officer Association (ONEFDA). This conference brings together First Nation Economic Developers, decision makers, industry partners, and business leaders. It also allows attendees to share information, and presentations about relevant economic development projects and opportunities that can be useful to First Nations across Ontario.

For more information, please contact Keith Nahwegahbow, Economic Development Officer at 705-285-4335 ext. 216 or via email [keithn@whitefishriver.ca](mailto:keithn@whitefishriver.ca)



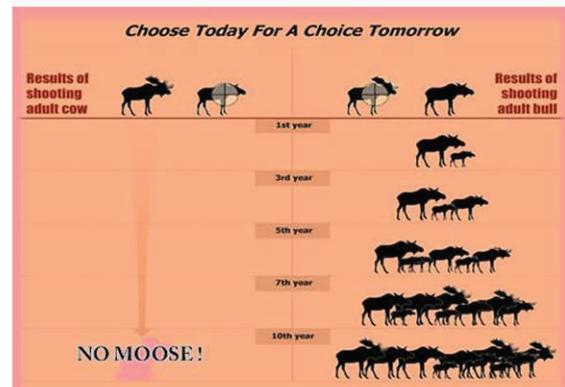
**\* Announcement \***

**Moose Populations are in serious decline**

It is our responsibility as caretakers of our Homelands that we limit our moose harvesting activities to an acceptable level so as to help the moose replenish their declining numbers within our homelands. Overharvesting is a preventable cause that can have serious impacts on moose populations, the length of time needed for moose to repopulate an area can be up to 15 years or more.

Honourably engaging in sustainable conservation practises relating to wild food harvests is part of the continuance of our relationship with the land, our past and our ancestral traditions  
 ... We kindly ask that all hunters please be aware of the consequences of your actions.

Have a Safe and Enjoyable Fall Harvest



**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.



A PLACE OF VISIONS AND DREAMS

**EMPLOYMENT OPPORTUNITY**

**HOMEMAKER**  
**Part-time/Permanent**

**SUMMARY**

Whitefish River First Nation is seeking a motivated individual to fulfill the role and responsibilities for the position of Homemaker. The Homemaker is responsible for providing housekeeping services that will contribute to the quality of life of individuals who live at home by promoting independence, dignity, social-emotional-physical well-being, mobility, personal appearance, comfort, and safety so that they remain and participate in our community.

**OBJECTIVES**

1. Provide basic housekeeping services as per individual Health Care Plans
2. Provides basic laundry duties when necessary
3. Works collaboratively with health care providers
4. Submits in a timely fashion documents based on scheduled appointments to the immediate supervisor
5. May assume additional duties as assigned by immediate supervisor

**QUALIFICATIONS**

- Preferred Personal Support Worker (PSW) Certificate or Homemakers Certificate
- CPR and First Aid Certificate or willing to take training
- Food Handlers Certificate or willing to take training
- Good verbal and written communication skills
- Able to work flexible hours
- Criminal Reference Check and Vulnerable Sector Check (upon hiring)

**Whitefish River First Nation**  
**17B Rainbow Ridge Road**  
**Birch Island, ON P0P 1A0**  
**Attn: Leslie McGregor**  
**Health and Social Services Manager**

Interested applicants, please provide a cover letter and resume with two references no later than **4:30 pm on Friday, October 6, 2017**

~ Full job description available upon request.

**WHITEFISH RIVER FIRST NATION**

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

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

Fall is upon us, the tress are already preparing for the next season, just like the public works department.

The focus this month will be preparing for the next season, winter. The snowplows will be serviced, the winter sand prepared and snow shovels taken out of hibernation. The fall schedule of furnace cleaning has been arranged to help ensure the equipment is running a peak performance and reduce the risk of break down.

A new excitement is in the air with the approval to replace one of the public works trucks. The 2004 Chevy 2500 has been approved for replacement. Local garages were given an opportunity to give WRFN their best prices for a new 2500 series pickup truck for regular public works operations and snowplowing.

Also with the fall season the water plant operations will be doing the seasonal flushing of the fire hydrants, this process is necessary to ensure no stale water is left in the drinking water distribution system and that all hydrants and in operating order. The hydrants are also pumped out to ensure they do not freeze during the winter months.

Listed below is the schedule for hydrant flushing.

**Monday October 16th, 2017**

- Shawanoswe Street
- Bay of Islands Road
- Red Eagle Road
- Apple Valley Lane

**Wednesday October 18th, 2017**

- Start by the water tower Maple Heights Road

- Finish at Maple Heights Road & Rainbow Ridge Road
- Thursday October 19th, 2017**
- Rainbow Ridge Road

This annual maintenance is required to insure the fire hydrants and water mains are working properly and helps ensure any stagnant water is removed from water mains. If you are a resident on these streets you may notice water pressure changes and discoloration of the water; if the changes remain after this maintenance exercise is completed run your cold water tap until the water clears up. If discoloration persist call the water plant at 705-285-0007 or public works office at 705-285-4335.

Also the local landfill site will be returning to the normal hours of operations. Thursdays from 8:00am to 6:00 pm and Saturdays from 8:00 am to 3:00 pm. Kudos to Todd McGregor for doing a fantastic job keeping our landfill site running smoothly and looking great.

My office has the duty to prepare the annual 5 year First Nation Investment Plan. This plan is necessary to ensure government funds flow to the first nation for smaller projects for health and safety projects with public owned assets, assist with housing renovations , smaller roads projects and even the First Nations share in cost shared growth related projects. The annual report is drafted, reviewed and sent to Chief and Council for approval before it is sent to INAC

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)



A PLACE OF VISIONS AND DREAMS

**NOTICE**

September 22, 2017

Whitefish River Public Works will be returning to the regular hours of operation for Landfill operations and curbside pickup effective the week of October 2, 2017. Please ensure you make the necessary adjustments if you utilize curbside pickup or utilize the landfill site.

**Hours of Operations:**  
 Thursdays 8:00am to 6:00pm  
 Saturdays 8:00am to 3:00pm

Miigwetch  
 Whitefish River Public Works Department

**Note:**  
 In order to help deter persons from dumping their garbage after hours or on days when the landfill site is not open to the public, a motion activated security camera will be installed.

**WHITEFISH RIVER FIRST NATION**

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

September 22, 2017



A PLACE OF VISIONS AND DREAMS

**NOTICE**

Whitefish River Water Plant Operations has scheduled the semi-annual fire hydrant flushing on the following dates:

**Monday October 16th, 2017**

- Shawanoswe Street
- Bay of Islands Road
- Red Eagle Road
- Apple Valley Lane
- Rainbow Valley Road

**Wednesday October 18th, 2017**

- Start by the water tower Maple Heights Road

**Thursday October 19th, 2017**

- Finish at Maple Heights Road & Rainbow Ridge Intersection
- Rainbow Ridge Road

This annual maintenance is required to insure the fire hydrants and water mains are working properly and helps ensure any stagnant water is removed from water mains. If you are a resident on these streets you may notice water pressure changes and discoloration of the water; if the changes remain after this maintenance exercise is completed run your cold water tap until the water clears up. If discoloration persist call the water plant at 705-285-0007 or public works office at 705-285-4335

Miigwetch  
 Whitefish River Public Works Department

**WHITEFISH RIVER FIRST NATION**

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



**WHITEFISH RIVER LNHL COMMITTEE**

WE ARE CURRENTLY SEEKING MOTIVATED INDIVIDUALS TO SIT ON THE 2018 LNHL COMMITTEE

- What does the Committee Do?
- Help with fundraising
  - Team Communication
  - Community Engagement

If this is something that you are interested in, please submit your name to:

Vanessa McGregor,  
[vmcgregor@whitefishriver.ca](mailto:vmcgregor@whitefishriver.ca)

**GO! WARRIORS! GO!**



WRFN Minor Sports & Recreation  
**CHI-BINGO**  
 • 3 - \$1000 JACKPOTS  
**SATURDAY  
 OCTOBER 28, 2017**  
 DOORS OPEN - 5:00 PM  
 MINI-GAMES - 6:45 PM  
 WHITEFISH RIVER FIRST NATION  
 COMMUNITY CENTRE

FOR MORE INFORMATION CONTACT  
 JAKE PAKOSIGAN AT 705-285-0671

**WRFN Minor Sports & Recreation**

# Quilt Raffle

Drawing:  
 October  
 28, 2017

**You could win 1 of 2 Queen Size Starblanket Quilts!**

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

*Thank you for your support!*

**Contact Jake Pakosigan at (705)-285-0671 for more information.**

All Proceeds Will Go To the WRFN Minor Sports & Recreation.

## Pet Care & Tips



I hope everyone is enjoying the beautiful sunny weather we have been having. I know my cats are enjoying it. You can usually find them lying around in the shade on my front deck, sleeping away. I sometimes take my nap at that time too, if it's too hot to go outside. I can't believe that summer will be over on the 22nd of September. Where do the days go? It seems that with each new year that time goes by faster as we get older. My furry babies are four years old now, it seems as though they were baby kittens just yesterday. The cats are doing fine, but Tinker still likes to disappear during the day and shows up around supper time. BJ, the one that was still staying outside, is coming in more now. He likes to come in, early in the morning and sleep on the carpet or on the sofa in the living room. It is also that time of the year for fleas again so I will probably be getting their flea medication soon. Well my hummingbirds are gone. I have one I call my "Little Buddy", who sits on the phone line between the pole and the house while he is here for the summer. I hope he has a safe trip down south for the winter and look forward to see him sitting on the phone line next spring.

### Some Cat Facts:

- Unlike other domesticated animals, cats have changed very little over the past 4000 years.
- A house cat named Jake from Ontario, Canada is in the Guinness Book of World Records for having 28 toes, seven on each paw.
- Cats aren't natural born hunters - their mothers must teach them the finer details of hunting.
- Female cats are 'super fecund' (super-fertile), which means that each of the kittens in its litter can have a different father.

Well, that is all for now 'till next time. Remember to get your dogs or cats fixed to help keep the pet population down in our community. Don't forget to stop by and visit the elderly or the sick or shut-ins, I am sure they will enjoy it.

She-Pet Elizabeth, Empress Farah and Webby Debby (The girls)  
 Luka, Francis, Tinker, Fabio and BJ (the boys)

**Dennis L. McGregor**



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

A very busy and very warm month of September. I think the heat wave we had was some sort of local record!! In the community there were a number of events including;

- Fasting ceremonies
- Support for Robinson-Huron Treaty litigation
- Robinson-Huron Treaty gathering in Whitefish Lake
- Return to school for all our learners
- Shawanosowe School Open House

We are also very excited to announce our new Band Manager, Art Jacko. Art joins us after spending a number of years at the UCCMM Tribal Council as the Manager of the Lands and Resource Department. Art brings a wealth of experience(s), strong speaker of the language and supporter of our ceremonies to the job. Art has extraordinary talent in Administration and will complement our efforts to improve our administration.

We currently have two capital projects to update you on;

1. 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 following in the scope of work;

- Construction of a 1,280 m3 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);
- Seismic and wind design to the National Building Code of Canada.
- Preconstruction and Final Site Works;
- Chemical Feed and Instrumentation trim chlorination system;
- Mechanical and Electrical Works;
- Controls and Instrumentation for com-

munication with the water treatment plant;

- Reuse of Existing Generator
- Decommissioning of the existing stand-pipe.

This project when completed will provide the water quantity needs for Whitefish River residents for a 50 year design period. Work on the project will begin in October. This completes the major water infrastructure needs for our community. I wish to acknowledge Council for working with my office to make this project possible.

2. We have installed three new generators to provide emergency power in the event of a power outage to our water tower, Shawanosowe School and Admin/health buildings. The money for this work is coming from surplus money left over from the construction of the Water Treatment Plant.

3. Work is also being completed on renovations to the old water plant to make the facility ready for an exercise room to be used by band members. As well we have completed some cosmetic upgrades to the outdoor rink; including fresh paint, and slip resistant coating over the new concrete slab.

The Government of Canada and 23 Anishinabek Nation First Nations made history today by signing the Anishinabek Nation Education Agreement. This Agreement recognizes Anishinabek control over education on reserve from Junior Kindergarten to Grade 12 in 23 Participating First Nations in Ontario. This is an important step out from under the Indian Act for these First Nations toward greater self-determination. Whitefish River First Nation is one of the 23 First Nations that voted in favour of the Anishinabek Education System. Councillor Esther Osche was on hand for the signing ceremony which was held in Rama.

The Anishinabek Nation Education Agreement is the first of its kind in Ontario and is the largest education self-government agreement in Canada due to the number of First Nations involved. It supports the Anishinabek Nation's vision of a quality

Anishinabek Education System that promotes Anishinabe culture and language and improves education outcomes for Anishinabek students.

As everyone knows, there is a lot of pressure on the environment and particularly the water systems. This has been really evident in the Standing Rock as they are standing together to try to protect the water systems in their territory. Following up on this the council passed resolution (BCR 3600) calling for the protection of water in our territory.

***We resolve, we, the Anishinaabe of Whitefish River First Nation, therefore strongly assert our self-determination right to make decisions about water in our territory. We must be fully involved in all resource water and water shed protection planning and in all decisions about water licenses and access to water for navigation, transportation, industrial use and other purposes. We declare that we will continue to rely on Anishinaabe law and our teachings and ceremonies to respect water, and protect water, the life-giving gift of the Creator.***

In keeping with this decision, council has directed that our administration use our water for all gathering and events. We will no longer use of bottled water for band functions.

October will soon be upon us, as we look forward, it's time to start planning for next year's spring planting season. In the meantime please enjoy the beginning of Autumn!!

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



**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
Diane Gaudette	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 Landrie	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	

October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AA Meeting	2 Elder's Centre Painting 1pm-3 pm <b>BINGO</b>	3 Elder's Centre Sewing your own Pillowcase 12:30pm-3 pm <b>Good Food Box Orders Due</b>	4 Elder's Centre Sewing Ribbon Skirts 10 am-3 pm <b>Shawanosowe Bobcat Run! 9:30 am</b>	5 Elder's Centre Thanksgiving Luncheon Games/Puzzles 1pm-3 pm Meals on Wheels <b>BINGO</b>	6 Elder's Centre Movie/Popcorn 12:30pm-3 pm	7 <b>BINGO</b>
8 AA Meeting	9  WRFN Offices Closed <b>BINGO</b>	10 Elder's Centre Sewing your own Pillowcase 12:30pm-3 pm <b>Regular Chief &amp; Council Meeting</b>	11 Elder's Centre Sewing Ribbon Skirts 10 am-3 pm	12 Elder's Centre Game/Puzzles 12:30pm-3 pm Meals on Wheels <b>BINGO</b>	13 Elder's Centre Movie/Popcorn 12:30pm-3 pm	14 <b>BINGO</b>
15 AA Meeting	16 Elder's Centre Game/Puzzles 12:30pm-3 pm <b>BINGO</b>	17 Elder's Centre Sewing your own Cushion 12:30pm-3 pm <b>Good Food Box Pick Up</b> <b>Housing Needs Presentation 6pm-Comm. Centre</b>	18 Elder's Centre Sewing 12:30pm-3 pm <b>Drug Awareness &amp; Enforcement Dialogue 6 pm-Comm. Centre</b>	19 Elder's Centre Game/Puzzles 12:30pm-3 pm Meals on Wheels <b>BINGO</b>	20 Elder's Centre Movie/Popcorn 12:30pm-3 pm	21 <b>BINGO</b>
22 AA Meeting	23 Elder's Centre Painting 12:30pm-3 pm <b>BINGO</b>	24 Elder's Centre Sewing your own Cushion 12:30pm-3 pm	25 Elder's Centre Wreath Making w/Barb Recollet 10am-2 pm <b>BICC AGM 1 pm Council Chambers</b>	26 Elder's Centre Game/Puzzles 1pm-3 pm Meals on Wheels <b>BINGO</b>	27 Elder's Centre Movie/Popcorn 12:30pm-3 pm <b>Halloween Dance Party 7pm Comm. Centre</b>	28 <b>\$ CHI-BINGO \$</b>
29 AA Meeting	30 Elder's Centre Painting 12:30pm-3 pm <b>Working Chief &amp; Council Meeting</b> <b>BINGO</b>	31 Elder's Centre Crafts 12:30pm-3 pm 	<h1>Community Calendar</h1> 			

### Birthday & Anniversary Wishes!

<p>To my loving husband Aaron, "Sharing the good times, bearing the hard times, trusting in love to show us the way. Laughing and living, trusting, forgiving, together forever, side by side, day by day" It's been an amazing 10 years since we said "I do". On October 6th we shall have a real reason to celebrate! Happy Anniversary! Love your fabulous wife, Leslie.</p> <p>Happy 13th Birthday Eli. Love your Dad, Mom, Lucy, Ira, Mishomis, Ziggy &amp; Mitty.</p> <p>Happy Birthday to my grandchildren: Devon on October 2nd Damon on October 2nd Mackenzie on October 11th DJ on October 27th Love Grandma &amp; Grandpa</p> <p>Happy Birthday to my hunny Mark on October 12th. Your (only) loving wife, Debbie</p> <p>Happy Birthday to my granddaughter Cherokii on October 12th. Love, Grandma</p> <p>Happy Belated Birthday to our sister Pearl! Love your brothers; Edward, Alex, Adam &amp; Dave and all of your Birch Island Family!</p> <p>Happy Halloween Birthday Auntie Lou! Love, Tammy, Dan, Nakia &amp; Lila</p>	<p>Happy Belated Birthday to our sweet daughter Lisa and our dahhhling grand-daughter Sara! Many Hugs! Nana &amp; Papa</p> <p>Happy Birthday on October 11th to Frank. And many more, With love from your wife Mabel!</p> <p>Happy 28th Anniversary to my favourite guy in the entire world! We celebrate on October 7th. Love you Brian, and cheers to many, many more years of adventures! xo Karen</p> <p>Happy 56th Birthday to my twin, Born 1 year and 1 day after me... Kelvin Nahwegahbow Hope it's a good one brother. Love Karen</p> <p>Wishing my daughter Kiara a Happy 18th birthday on October 2nd. Love Mom, Steve &amp; Chico</p> <p>I want to wish my Auntie Kiara a Happy 18th Birthday on Oct. 2nd Love Liam</p> <p>Happy Birthday to my mom Elaine on October 27th. Love, V-a, Steve, Kiara &amp; Chico</p> <p>Wish my Chi-mama, Elaine Recollet A Happy Birthday on October 27th. Love, Liam</p>	<p>We would like to wish our Gma a very Happy Birthday on October 31. Love your grandkids, Noah, Zoey and Kate</p> <p>Happy Birthday Mom!!! Love, Bug</p> <p>Happy Anniversary to Bonnie &amp; Franklin, Tammy &amp; Dan! Love, Auntie Lou</p> <p>Happy 29th Birthday Jarrod Shawanda on October 19th! From: Jeremiah, Selena, Zach and Uncle, Ava, Alara</p> <p>Happy Anniversary to my wonderful wife on October 7th! May you have a fabulous day Still beautiful as ever... Love Brian</p> <p>Happy Birthday Shout outs to: Jaden Pitawanakwat! Eli Paibomsai! Candice Assiniwe! From. Crystal Clark-McGregor</p> <p>Happy Birthday Damon on Oct 2nd XOXO Auntie Katt, Craig, Sydney, KC, Nicole Braxton &amp; Braelyn</p> <p>Happy Birthday to Tahnee on Oct 19th XOXO Craig, Katt, Sydney, KC, Nicole, Braxton &amp; Braelyn</p>	<p>Happy Anniversary Aaron &amp; Les XOXO K.C. N Mikey</p> <p>Happy Birthday to my Godmother Lulubelle on Oct. 31st XOXO Katt</p> <p>Happy Birthday Auntie Lou! Love Cara, Wynona, Jenna &amp; Brandon</p> <p>Happy Birthday to Eli! From Brandon</p> <p>Happy Anniversary Bonnie &amp; Franklin! Cara &amp; the kids</p> <p>Happy Anniversary to my handsome husband! Love the life we live together. Tammy</p> <p>Happy 13th Birthday Eli! Your brand of crazy matches perfectly with ours! Love you, Auntie Tammy, Uncle Dan, Nakia, Lila &amp; Bubbles the Beta</p>
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