

June 2017  
Waabgonii Giizis  
Blooming Moon

# THE REZOUND

## Addition to Reserve and Treaty Day Celebrations in Whitefish River



*"Our relationship goes deeper than four dollars, our relationship is with the land." Chief Shining Turtle*

A sunrise ceremony to greet the day and to give thanks, opened our Addition to Reserve Celebration held Tuesday May 16th, 2017 at the Whitefish River Community Centre. In April 2016 it was officially announced that the Addition to Reserve of 1852.85 acres of land at McCutcheon Road was complete. A light community breakfast was served during Treaty payments.

The afternoon activities included a light lunch of soup and scone, and presentations on the land claim process by Chief Shining Turtle and Councillor Esther Osche. Both speakers acknowledged the previous councils who initiated the decades-long struggle and the process by which it came to fruition. The memories of our elders were an integral piece of the puzzle, as they described their memories of the area. Ms. Osche explained that it is the first time a First Nation has gotten Ab-

original Land Title to an easement, meaning the land under the road. The knowledge of our Historical Treaties was shared by Alan Corbiere as well as presentations on Wampum, the 1836 and 1850 treaties by Shawanosowe students; Rayvon Bowerman, Carter McGregor and Ira Paibomsai. The day's celebrations concluded with the unveiling of the new ATR sign and a community fish fry.

A land use plan, now needs to be established for how these lands will be managed and protected. An exciting day for Whitefish River!

**Please note that the deadline for submissions for the next issue is Tuesday June 20, 2017 at noon. Miigwetch! rezoundeditor@whitefishriver.ca**



A PLACE OF VISIONS AND DREAMS

**To:** Whitefish River First Nation Community Members  
**From:** Leslie McGregor, Health and Social Services Manager  
**Date:** May 23, 2017  
**Re:** Medical Transportation

On May 11, 2017, Health Canada, through the First Nations and Inuit Health Branch, sent a letter to our First Nation to notify us of new timelines for applications for long-distance medical transportation. Due to the volume of their requests, Health Canada is requiring a **minimum of 10 days notice prior** to the scheduled appointment in order to review the application.

For long-distance medical transportation, the applications **MUST** include:

1. Full name (First Name, Middle Name, Last Name)
2. Status #
3. Date of Birth
4. Client's Phone Number
5. Address and *must indicate whether the client is living on or off reserve*
6. Appointment Date
7. Appointment Time
8. Appointment Location, Address, City
9. Specialist Information
10. Type of Appointment
11. Escort Notes (if needed)
12. Referral Information
13. Notice of Appointment and copy of referral

When the community member arrives home after their appointment, they must provide **post-confirmation of attendance** so that there are no delays if another appointment is required. There are new forms called **NIHB Medical Transportation and Specialist Referral Form** available from **Cathy McGregor at the Health Centre**.

If you have any questions or concerns, please contact Leslie McGregor - Health and Social Services Manager, Doreen Jacko - Community Health Representative, or Cathy McGregor - Medical Secretary/Receptionist at (705) 285-4354.

Thank you for your consideration.

## WHITEFISH RIVER FIRST NATION

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

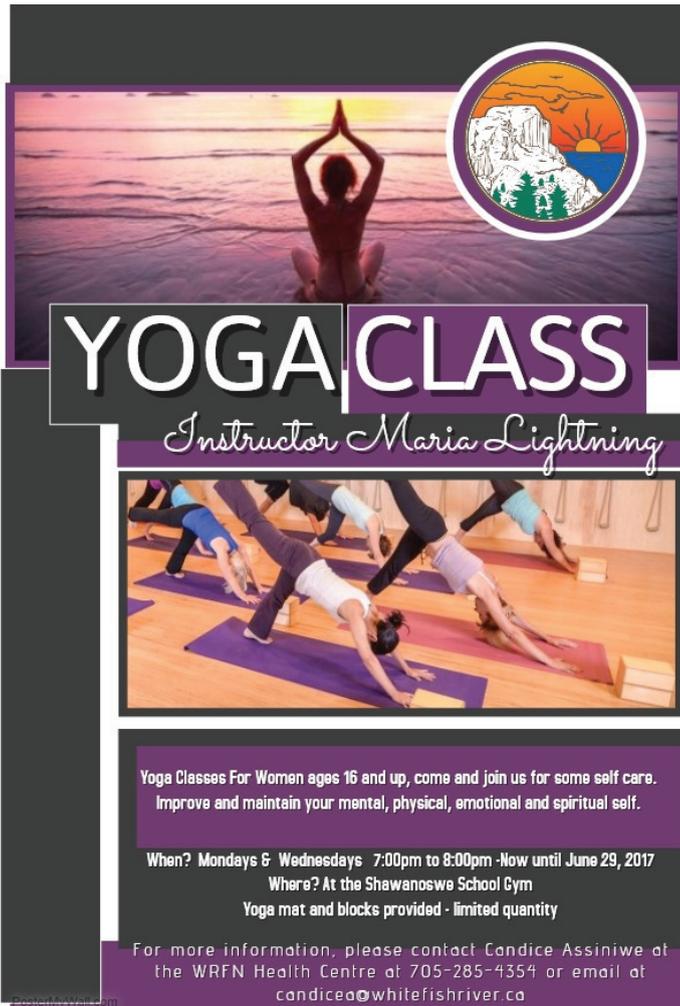
## MNAAMODZAWIN HEALTH SERVICES



### June 2017

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

### Candice Assinewe - Community Wellness Worker



**YOGA CLASS**  
*Instructor Maria Lightning*

Yoga Classes For Women ages 16 and up, come and join us for some self care. Improve and maintain your mental, physical, emotional and spiritual self.

When? Mondays & Wednesdays 7:00pm to 8:00pm -Now until June 29, 2017  
 Where? At the Shawanowsa School Gym  
 Yoga mat and blocks provided - limited quantity

For more information, please contact Candice Assinewe at the WRFN Health Centre at 705-285-4354 or email at [candicaa@whitefishriver.ca](mailto:candicaa@whitefishriver.ca)

#### Aanii/Boozhoo

This past month of May has been a busy one for sure. We started out with the "Promotion for Life Youth Conference" on May 5th & 6th, 2017. This event took place in Sudbury, and it was a successful event for youth from our community, and I was able to participate by sharing my knowledge in a couple of sessions that focused on Promoting life and activities that improved resiliency in youth when it comes to difficult issues they may be facing.

Yoga for women takes place on Mondays and Wednesdays, and Guardian Arts (all ages) on Tuesdays and Thursdays, will continue for the month of June 2017, and will come to a pause on June 29th, 2017 during the summer months. Both programs have been successful for the ones who have been attending, and being more active. If you haven't tried it yet, I encourage you to come out for one session to see if it is for you. I highly recommend it.

#### HAPPY BELATED MOTHER'S DAY TO ALL THE MOMS!

Our Mothers Day Brunch and Spa that took place on May 13, 2017 was a major hit for all the moms. We had a total of 26 Moms that came out to enjoy the

day at Rainbow Lodge by Dreamers Rock. They each had opportunity to pick from two spa treatments such as massage, facials, pedicures, manicures, foot soaks and professional tea leaf readings. Our moms were spoiled with a full brunch, some desserts and they even got the opportunity to make their own natural sugar body scrub to take home with them to pamper themselves when they are in need of self care. I would like to thank all of you who come out to the programs and events.

And last but not least, we have the fasting ceremonies that will be taking place from May 24 to May 28th, 2017. If you have missed the fasting dates, please come and connect with me to discuss the Fall Fast.

In the month of June we have the "Summer Fitness Challenge" fast approaching. This program runs from June to August 2017, and includes 6 Bi-Weekly Check ins and sessions that focus on health and well-being. Please come out on June 7th, 2017 between 9:00am and 6:30pm to attend an information session of the program and register.

For more information on any of the health programs, please contact the Whitefish River First Nation Community Centre at 705-285-4354.



Pictured Above : Jean McGregor-Andrews and Doris Prince savour a leisurely Mother's Day Brunch at Rainbow Lodge.

Pictured Below : Hilary Wildcat enjoys some quiet time with baby Kieston.




**Get Active!**  
**Summer Fitness Challenge**  
 For Community Members 18 + years!

**FREE WATER BOTTLE and FITNESS JOURNAL**

**6 Bi-Weekly Check In Sessions that focuses on your health and well being**  
 Registration: June 7, 2017 9:00am to 6:30pm  
 At the WRFN Health Centre

**Fit bits are available with a \$75 refundable Deposit - limited quantity**  
 For more information, please contact Candice Assinewe, Community Wellness Worker at 705-285-4354 or via email at [candicaa@whitefishriver.ca](mailto:candicaa@whitefishriver.ca)

**Bi-Weekly Prizes!  
 Monthly Prizes!  
 Grand Prize Draws -  
 A Home Gym; New Sudbury Centre Shopping Spree and More!**

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

Oh my, the month of May has passed by so fast. During the month I was able to see just how amazing our Youth in the community are.

**May 5th- 8th:** We had 19 participants for the Youth Retreat for Life Promotion. During the weekend in Sudbury, the Youth participated in many activities. We had photography lessons that taught them to identify different emotions in real pictures and also how to use photography as a wellness tool. They were also given different challenges to go out and take pictures that incorporated different lighting, space, actions, objects, and group shots. After lunch they were all driven to ARC for Rock Climbing. The Youth helped and encouraged each other and established goals with one another which in turn created an awesome environment for all of the participants.

Once we returned back from rock climbing we got right into our next session about the negative effects of belonging. Each group wrote down and discussed negative issues that they experienced in their lives within their groups. The groups next focused on the positive experiences in their lives. The Youth later were given a teaching from our Grandmother Gloria about the Fire within us and how important it is to feed that fire with positivity, love, laughter, enjoyment, and all those types of great things in life that they experience. Over all it was a great weekend with the youth who had come out to participate!

**May 8th - 11th:** Three community leaders were chosen by their peers to travel out to

Winnipeg for a Spring Training Camp hosted by Right to Play and Jays Care Foundation. Nevada, Ava and Jenna were chosen from the Right to Play Youth Leadership Program. Over the busy and exciting week they learned about Marketing, Broadcasting, Meal Preparation, Photography, Team Work, and Baseball Drills. They represented Whitefish River First Nation very well and I am so proud and excited for their established goals made together from their training. We also had the opportunity to meet Reggie Abercrombie, a former MLB outfielder for the Florida Marlins and Houston Astros. Later, we all attended the Winnipeg Goldeyes game. When you see them, ask the girls how their experience was!

Also come out to the Youth and Elders Centre on June 5th to sign your children up to be on the B.I Eagles Rookie League! I am super excited and cannot wait to be a part of an amazing team!

**After School Program (ASP):**  
*Tuesday's from 4:00pm to 6:00pm*  
**Event:** The young Youth had plan to have a fun day/night on June 3rd at the Youth and Elders Centre to watch a movie and play board games.  
**Youth Leadership Program (YLP):**  
*Wednesday's from 4:00pm to 8:00pm & Thursday's from 4:00pm to 7:00pm*  
**Event:** Cooking lessons with Crystal the Dietitian for the next few weeks on Thursday's.

**B.I. EAGLES ROOKIE LEAGUE**

Come out and learn to play Baseball!

Ages: 12-14 years old

Registration: June 5th from 4-6 p.m @ the Youth and Elders Centre

**RIGHT TO PLAY** **JAYS CARE FOUNDATION**

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

Download application here.

**19  
07  
17**

**AM  
BAS  
SAD  
OR**

**CALL FOR REGIONAL AMBASSADORS**

Indigenous Youth Leadership Project and Leaders-in-Training Program.

Send your full application and any questions you might have to youthsteeringcommittee1@gmail.com

Youth ages 16 to 24 years.

**GUARDIAN ART**

**KIDS-TEENS-ADULTS**

**FIRST NATION SELF DEFENSE**

TUESDAY AND THURSDAY  
 KIDS 3-4/5-5:35PM  
 KIDS 5-7/5:45-6:25PM  
 KIDS 8-12/6:30-7:25PM  
 TEENS & ADULTS 7:30-9:15PM

LOCATION: SHAWANOSOWE SCHOOL

CONTACT WHITEFISH RIVER FN HEALTH CENTER FOR DETAILS 705-285-4354

**GUARDIANNEXUS.COM**



# June 2017 Community Youth Program Calendar

**RIGHT  
TOPLAY**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i><b>"Do what is right, not what is easy"</b></i></p> <p>For more information please contact the Youth Support Worker, Amber Zona and/or the Right to Play Community Mentor, Crystal Clark-McGregor at (705) 285-4354</p>				<p>1 YLP - Cooking lessons with Crystal @ the 7 fires 4pm to 7pm Guardian Art 7:30 to 9pm</p>	<p>2 E.H.S Lunch Visits Boys Rugby Program 14-18 yrs 5-6:30pm @ the Soccer Field Drop in night 6-10pm</p>	<p>3 Shawanosowe ASP FUN DAY!!! @ The 7 Fires 4:30pm to 9:00pm</p>
<p>4</p>	<p>5 Rookie League: B.I Eagles 4:30pm to 6:00pm Yoga 16+ 7:00pm to 8:00pm</p>	<p>6 Shawanosowe ASP Grades 3 to 6 4:00pm-6:00pm Guardian Art 7:30 to 9pm Girls Rugby Program 14-18yrs 7-8:30pm @ Soccer Field</p>	<p>7 E.H.S Lunch Visits YLP @ The Community Centre 4:00pm to 8:00pm</p>	<p>8 YLP - Cooking lessons with Crystal @ the 7 fires 4:00pm to 7:00pm Guardian Art 7:30 to 9pm</p>	<p>9 E.H.S Lunch Visits Boys Rugby Program 14-18 yrs 5-6:30pm @ the Soccer Field Drop in night 6-10pm</p>	<p>10 Youth Soccer Tournament in M'Chigeeng!</p>
<p>11</p>	<p>12 Rookie League: B.I Eagles 4:30pm to 6:00pm Yoga 16+ 7:00pm to 8:00pm</p>	<p>13 Shawanosowe ASP Grades 3 to 6 4:00pm-6:00pm Guardian Art 7:30 to 9pm Girls Rugby Program 14-18yrs 7-8:30pm @ Soccer Field</p>	<p>14 E.H.S Lunch Visits YLP @ The Community Centre 4:00pm to 8:00pm</p>	<p>15 Youth Leadership Program @ The 7 Fires 4:00pm to 7:00pm Guardian Art 7:30 to 9pm</p>	<p>16 E.H.S Lunch Visits Boys Rugby Program 14-18 yrs 5-6:30pm @ the Soccer Field Drop in night 6-10pm</p>	<p>17</p>
<p>18 <b>Happy Father's Day!</b> 😊</p>	<p>19 Rookie League: B.I Eagles 4:30pm to 6:00pm Yoga 16+ 7:00pm to 8:00pm</p>	<p>20 Shawanosowe ASP Grades 3 to 6 4:00pm-6:00pm Guardian Art 7:30 to 9pm Girls Rugby Program 14-18yrs 7-8:30pm @ Soccer Field</p>	<p>21 E.H.S Lunch Visits YLP @ The Community Centre 4:00pm to 8:00pm</p>	<p>22 Youth Leadership Program @ The 7 Fires 4:00pm to 7:00pm Guardian Art 7:30 to 9pm</p>	<p>23 E.H.S Lunch Visits Boys Rugby Program 14-18 yrs 5-6:30pm @ the Soccer Field Drop in night 6-10pm</p>	<p>24</p>
<p>25 Exam Week &gt;&gt;&gt;&gt;&gt;&gt;&gt;&gt;</p>	<p>26 Rookie League: B.I Eagles 4:30pm to 6:00pm Yoga 16+ 7:00pm to 8:00pm</p>	<p>27 Shawanosowe ASP Grades 3 to 6 4:00pm-6:00pm Guardian Art 7:30 to 9pm Girls Rugby Program 14-18yrs 7-8:30pm @ Soccer Field</p>	<p>28 E.H.S Lunch Visits YLP @ The Community Centre 4:00pm to 8:00pm</p>	<p>29 Youth Leadership Program @ The 7 Fires 4:00pm to 7:00pm Guardian Art 7:30 to 9pm</p>	<p>30 E.H.S Lunch Visits Boys Rugby Program 14-18 yrs 5-6:30pm @ the Soccer Field Drop in night 6-10pm</p>	

### Amber Zona - Youth Support Worker

For the youth that have been participating in the Soccer Program, there will be a tournament on Saturday, June 10th, 2017 in M'Chigeeng First Nation. I would like to encourage parents and community members to come out and support our youth during their games!

Starting this June, there will be a four week Youth Rugby Program. On Tuesday evenings 7-8:30pm Girls 14-18 years old are encouraged to come on out and learn how to play Rugby! Boys 14-18 years

old will have programming on Friday evenings 5-6:30pm. *As this sport does involve full body contact, all participants are responsible for purchasing their own mouth guard and will not be permitted to participate during tackle drills without one.*

If you would like further information on either the Soccer or Rugby Program please contact Amber Zona at the Whitefish River Health Centre 705-285-4354.



Avery Sutherland challenges herself Rock Climbing during the Youth Retreat for Life.

Youth Rugby Program  
**June 6th-June 30th**  
AT WRFN Soccer Field

Girls 14-18 yrs  
Tuesday's 7:00-8:30pm  
Boys 14-18yrs  
Friday's 5:00-6:30pm

Contact Amber Zona  
© WRFN Health Centre for more information

**Maamwe Kendaasing**  
**Danette McGregor, RECE, Child Care Supervisor**

**Aanii! From the Maamwe Kendaasing Child Care Centre:**

As the summer months are just around the corner and with the sunny and much warmer days, please protect your children by applying sunscreen, wear a hat and drink plenty of water while playing outdoors.

Our Mother's Day Tea was a great turnout! Kudos to all the staff for making this event very memorable for our Moms. Awesome work Kweok!

Next event will be our Father's Day Activity.

Congratulations to all the graduates from our surrounding schools; Shawanosowe School, Sacred Heart Catholic School, A.B Ellis Public School, Espanola High School and Post-Secondary. "Shoot for the Stars".

**Baa-maa-pii Miinwaa.**

**CALENDAR OF EVENTS:**

**Special Events:**

- Father's Day Activity - June 16
- Day Care Closure - June 21 (First Nation's Day)
- Preschool Graduation - June 23

**Supply Staff!**

We are looking for ECE Workers with Early Childhood Education Diploma or Certificate.

We are also taking applications for a Cook. Applicants must have their Food Handlers Certificate

Please contact the Child Care Centre for information at 705 285-7777.



**Healthy Snack Ideas**

**Berry Smoothies**

Fruit smoothies are an easy - and tasty - way to help your kids get their daily servings of fruits and vegetables. A good smoothie recipe, like this one for berry smoothies, packs in two to three servings of fruits per glass. So drink up!

**Ingredients:**

- 1-1/2 cups dark sweet frozen cherries (pitted, unsweetened)
- 1/2 cup frozen blueberries,
- 1 cup non-fat vanilla soy milk
- 1 Tbsp. frozen lemonade concentrate
- 1/2 cup low-fat lemon yogurt

**Preparation:**

Place frozen cherries and blueberries in the bottom of a blender or food processor, fitted with a metal blade. Top with vanilla soy milk. Add remaining ingredients. Puree until smooth. If using a blender, you may have to stop to press the fruit down into the blades in order for it to puree smoothly. Make sure the blender is turned off, and use a long spoon to push the fruit down. Continue blending until all of the fruit is ground up. Enjoy!

Celebrating Mother's Day at Maamwe Kendaasing.





Shawanosowe students and Hydro One celebrated Arbor Day 2017 with the planting of a new tree on the school grounds. In addition to the tree planting, Hydro One also donated Hostas and Petunias and each student was given a White Spruce Seedling for home planting.



The Grade 3/4 class struck gold attending the University of Waterloo's Rocks and Minerals presentation!



MC Greg Sutherland was on the hunt for the funniest knock knock joke at the Shawanosowe School Pow Wow on May 26, 2017.

# The Bobcat



The months are going by quickly here at the School and preparations for the SK and Grade 6 graduation are well underway.

Our EQAO starts May 23 to June 2nd for the Grades 3 and 6.

We had Hydro One here on May 4th for Arbor Day in which they planted a tree on the school grounds.

On May 5th the University of Waterloo was here to talk to the kids about Rocks and Minerals which led into a community evening session.

Smudge teachings wrapped up with Tina Eshekogan. Judy also wrapped up her loom teachings with the kids in mid May.

Some students will be taking part in the Indigenous Games in M'Chigeeng on May 31th. Our annual Pow Wow will take place on the 26th which will be celebrating 10 years since the new school location has opened.

## May Highlights

- Monday - Homework club
- Tuesday - Music Club
- Wednesday - Art Club
- Thursdays - Garden Club
- Fridays - JK/SK Bowling
- May 10 & 24 - Daycare Visit
- May 18 - Pizza Day Sponsored by Pioneer and Fisher Wavy
- May 19 - Science North
- May 23-June2 - EQAO Testing
- May 26 - POW WOW
- May 31 - Indigenous Games 9-3 M'Chigeeng

***A reminder to parents and visitors, please ensure you sign in with the main office for all visits!***

***"An investment in knowledge pays the best interest."  
Benjamin Franklin***

**Vanessa McGregor -  
Interim Education Manager**

*“Lead the way. You cannot change your past, but you can change your future.”*

June has arrived!

Firstly, I wanted to say a big Chi-Miigwetch to everyone! Teachers, Principals, Educational Assistants, Secretaries/Receptionists, Bus Drivers, Maintenance Crews, Leadership, and most importantly, the Students (if I missed anyone, I apologize). It takes a lot of hard work and dedication to make education work. There may be bumps in the road, but it makes the finish line that much more enjoyable. It is truly an inspiration to see everyone succeeding in their own way. So I thank everyone for staying the course and being as great as you are. Keep up the great work!

Graduation time is here! This is where the realization sinks in and you say to yourself, “Yes! All my hard work paid off.” Whitefish River is always immensely proud of their students and we are honoured in celebrating with you at graduation night. Watching you walk across the stage always brings a big smile to our face.

With that said,

***Congratulations All Graduates!***

Whether you are transitioning from daycare to elementary, elementary to high school, high school to post-secondary or post-secondary into the workforce – **CONGRATULATIONS!**

Here are the graduation dates for WRFN students in our local schools:

**Shawanosowe School    Thursday June 29, 2017**

**Sacred Heart                    Tuesday June 27, 2017**  
**AB Ellis                            Tuesday June 27, 2017**  
**Espanola High School        Thursday June 29, 2017**

The post-secondary applications have reached their final stage. All applicants should have received their notice and letters in the mail. If you have not, please contact the education department for assistance. The next intake deadline is tentatively set for April 1, 2018. Keep an eye on the membership portal on the Whitefish River First Nation website for an updated application form.

As always, if there is any questions please do not hesitate to contact the Education Department at 705-285-4335 or via email at **education@whitefishriver.ca**.

If you are in the neighbourhood, drop by the office. It is always nice to put a face to a name.

Have a great summer!



Sisters, Taylor & post-secondary student Tahnee McGregor assert their Treaty Rights during the Addition to Reserve Celebration.

## Rain Garden Event

**Volunteers Needed!**

Come out and learn about what rain gardens are and help to implement the community garden at Shawanosowe School on June 9th from 11 am- 2 pm.

**A BBQ lunch will be provided for all Volunteers.**

For more information about this project please or to sign up as a volunteer please contact Keith Nahwegahbow :705-285-4335 or Amber Pitawanakwat by phone: 705-559-7909  
Email: [amberpitawanakwat@trentu.ca](mailto:amberpitawanakwat@trentu.ca)

Proud member of the 2017  
RBC Blue Water Project

#RBCBlueWater

# Garden Committee Meeting

Tuesday June 13, 2017

Tuesday June 20, 2017

Health Center

6 p.m.—7p.m.

Light snacks and refreshments provided.

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



## The Bee's Knees Tyler Agawa - Garden Support Worker

Exciting news for honey lovers and bee activists! *Whitefish River First Nation is going to be starting it's own apiary!*

To put it simply, an apiary is a collection of beehives where bees are kept and tended. The location has yet to be determined but there will be two hives operating in our apiary. In this way we will be able to train volunteers who are interested in bee keeping and work alongside our bees to produce honey and other honeybee products.

We are partnering with Wayne Leblanc who is an experienced apiculturist (beekeeper) that will act as our mentor in this program. As you may know, bees are extremely beneficial insects that help to maintain balance within our eco-systems. Bumblebees, which are just one species of bee, are considered to be one of the major pollinators of wild flowering plants. Honeybees are responsible for pollinating nearly 30% or more of all plants grown for food production. And

the bees are facing danger of extinction. This program hopes to: help to raise awareness for the plight of the bees, encourage learning and reduce the stigma surrounding bee species, offer community members a unique set of skills, and allow for the honey and other various bee products to be kept within our community.

That being said, we are hoping to have our hives installed at the beginning of June. More volunteers who are interested in becoming beekeepers are also needed.

If you are interested, or if you have any questions regarding our apiary, you can contact Gail Jacko or myself. We also encourage you to attend our regular Garden Committee meetings where more of these kinds of topics are discussed in detail. An update will be included in the next issue.

**Until then, don't stop bee-lievin!**

## 13 Moons Garden

by Michael Aelick



Ahnee , Miishen N'diznaakaas.

There has been some growing interest in gardening in our community. I'm going to try my best to share some information I have picked up along the way. I'm a firm believer that knowledge should be shared.

I also encourage everyone to attend the Garden Committee meetings and to volunteer at the community garden. Growing your own food can be a rewarding challenge. Like most things in life, starting something new takes time and patience. Starting seeds indoors allows us to give some plants a head start so they can mature in time for harvest in our northern climate. All that is needed is starting soil, containers, seeds, light, warmth, and a clear cover. Seeds can be started in just about any container that has drainage. Cleanliness is the most important thing in starting seeds. All containers need to be clean. The soil needs to be free from harmful pathogens. Using soil from outside will more than likely harbor bad pathogens that will likely kill your seedlings. Follow the package for planting instructions. Some seeds need light to germinate so they need to just be placed on the surface. Some need darkness so they need to be pushed into the soil a bit.

Watering from above can wash the seeds out of the soil so all watering should be done from the bottom. Grow lights are very helpful but are an investment and I suggest not going that route unless you know you are going to continue to do this year after year. The same goes with a heat mat, it helps a lot to use one but you can get by without one by placing it in an area that is warm like the top of the fridge.

Getting them to sprout is easy, keeping them alive is a challenge. Too little and too much water can kill them so they will need to be checked daily. Once you have the first true leaf that plant is ready to be transitioned to the outside and hardened off. A plant grown inside has not been in full direct sunlight and very little wind. If you were to plunk them outside in full sun and full wind they would die very quickly. Start by moving them to a sheltered shady area for a short period gradually increase the time, light, and wind over a week. Make sure to bring them in at night. By the end of the week they should be able to spend the night outside unless there is a threat of frost. After all threat of frost is gone they can be planted into your garden.

**Hope you enjoy!**



The Grade 1/2 and JK/SK classes were photobombed by Ursula the Sea Witch and Miss Jennifer Holub at Lakeview School's production of The Little Mermaid.



Grade 3/4 and 5/6 classes go Sucker fishing in Sheguiandah.



The Youth Leadership Program fundraises to go Tree Top trekking and ziplining in Barrie at Barrie Park.



Violet Sutherland floats like a butterfly.



KC Migwanabi impresses the Rockhounds with her specimen of fossilized coral during the University of Toronto Earth Sciences Community Dinner on May 5, 2017. The Geologists helped her identify both, Halysites (Chain Coral) & Rugosa Coral (cone shaped) within the fossil. KC stated that she found the fossil on a school field trip on Manitoulin Island.



Wanda Shawanda and Granddaughter Danica at the Shawanoswe School Pow Wow.



Veronica and Sylvia decorate Flower Pots just in time for spring at The Seven Fires Youth & Elders Centre



Arlene, Carmen & Winnie carry the Water in Ceremony through WRFN territory.



Gregor Jacko dances his style at the Shawanosowe School Pow Wow.



WRFN's water wins AWWAO's best tasting water again! Stacey Kicknosway, AWWAO BOD South travelled to Whitefish River to present this prestigious award. Way to go guys!



Mariette Sutherland and Dan Garcia were the Head Dancers at the Shawanosowe School Pow Wow, May 26, 2017.



Spectators braved the threat of inclement weather to come out and support the Shawanosowe School Pow Wow.

**Nishin Meawasige - Band Manager**

Ahnii, Boozhoo, Greetings!

The Whitefish River First Nation Administration embraces a respectful workplace as a core value and is committed to promoting an environment where employees and community members respect each other based on the Seven Grandfather Teachings. – Definition of “Respectful Work Place” as defined by WRFN employees.

I am pleased to provide this submission for the June 2017 edition of the Rezound. I hope this information is useful for your efforts in keeping track of activities and news within WRFN. For this month’s newsletter, I will focus on providing update on various infrastructure projects taking place in the community over the next couple of months and Hydro One Networks Inc Brushing Contract approved for summer 2017.

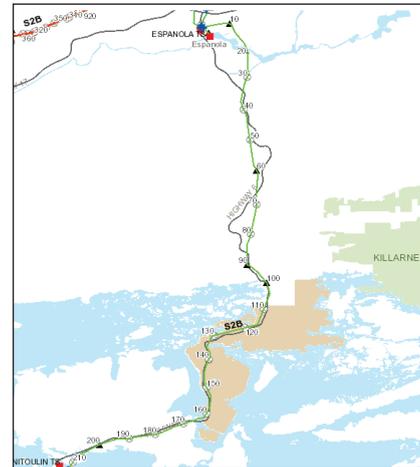
**Infrastructure Projects  
Spring/Summer 2017**

- Renovation/Repairs at Community Centre
- Renovation/Repairs to Fitness Centre
- Repairs to community playgrounds
- Posting of new smoking by-law signage
- Repairs to damaged and worn roadway signage
- Repairs to Seven Fires Youth and Elders Centre
- Installation of new soccer nets & aeration of field

**Hydro One Networks Incorporated (HONI)  
Brushing Contract Summer 2017**

We have approval on completing additional brushing work on the transmission line – S2B 115kv circuit starting from Sunshine Alley causeway and going north to approximately Gravelle Road. This is approximately 65 spans, from tower to tower on WRFN lands.

See attached map which outlines the area subject to this work.



The general work will include brush clearing on HONI Right of Way (ROW) including re-establishing correct width of ROW where required. Clean up of removed trees and limbs from trimming, with all work completed as per HONI specifications in safety and work execution.

If you have any questions regarding the abovementioned topics and/or any other matters pertaining to the WRFN Administration, please do not hesitate in contacting my office.

Lastly, I want to wish everyone a safe and enjoyable summer for 2017. We have one more month of school before graduations are here and our students are off for the summer. Congratulations to all student graduates for 2017!

Chi Miigwetch!



Alanna Jacko is all smiles at the WRFN Treaty Day Celebrations.

Indigenous and Northern Affairs Canada / Affaires autochtones et du Nord Canada

MAY 17 2017

ON6966

1032998

Your file - votre référence

Our file - Notre référence

Chief Shining Turtle Whitefish River First Nation  
17A Rainbow Ridge Rd  
BIRCH ISLAND ON POP 1A0  
Chief@whitefishriver.ca

Dear Chief Shining Turtle:

Thank you for your correspondence dated April 5, 2017, regarding the update on your Elevated Storage Reservoir project for the Whitefish River First Nation.

I am delighted to hear that your Elevated Storage Reservoir project is progressing and understand our regional officials are working with you and the project team on the design submission for the project.

Your Capital Management Officer is Mr. Frank Monozlai. He can be contacted, via email at: Frank.Monozlai@aandc.gc.ca, or at 416-973-1284. Frank will be available to discuss other projects of priority for your community.

Thank you again for taking the time to write to me. I look forward to hearing more on the progress of this project.

Sincerely,

Anne Scotton  
Regional Director General, Ontario Region  
Indigenous and Northern Affairs Canada

25 St. Clair Avenue East, 8th floor  
TORONTO ON M4T 1M2



## Keith Nahwegahbow - Economic Development Officer

Ahnii.

This past month I attended a Waubetek Economic Development Conference. Where I had the chance to network with other First Nation Economic Development Officers, business owners, CEO's, entrepreneurs and community leaders. I met the owner of Morning Star Hospitality who gave a lecture on franchising at the conference. This group is responsible for the Tim Horton's franchise being set up at other First Nations in Ontario. This could be a valuable contact if WRFN chooses to open up a franchise of any sort in the community.

There was an ongoing dialogue about social enterprises and social entrepreneurs throughout the conference. A social enterprise is a new buzz word to describe a project that generates revenue back into a cause. Example; the goal of this project is to hire minorities. These are usually for non-profit organizations. I could see this idea being applied to WRFN. Creating a business where revenue is generated and used to fund much needed jobs in the community.

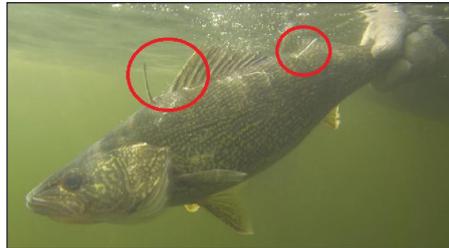
There were many benefits of this conference. For me it's reassurance that we are in this together and other FN EDO's and community leaders are willing to help me when needed. When I look at Economic Development in my community I have many questions, mainly because I'm still learning. I need to know what assets we have now. What services can we provide now? What assets and services do we want in the future? Most importantly, when developing projects for economic benefit we must plan in this order;

- 1) Land must always be protected first.
- 2) Our people must be provided with opportunities.
- 3) And then what profit can we generate.

Also in the past month the AOFRC completed the Walleye tagging project at Whitefish Falls. A total of 56 trap nets were set capturing a to-

tal of 517 fish, representing a total of 15 species. The most abundant species captured was Walleye with 291 fish tagged and released. A summary report will be issued soon and a full technical report will be made available in the fall of 2017.

Walleye tags and markings include the removal of the 2nd and 3rd dorsal fin rays as well as the implantation of a white (or orange) anchor tag. (SEE PICTURE)



These tags include the A/OFRFC contact information as well as a four-digit number. If you catch a tagged Walleye you are encouraged to call the number on the tag and report the location it was caught, length, weight, and tag number of the Walleye. This provides valuable information on growth and movement patterns.

The preliminary results show that the Walleye population are at a stable population since the last study in 2012. But population characteristics indicate that the Walleye population can't withstand any additional fishing pressure (less # of females present). Just imagine how the Walleye population would thrive if we brought down the fishing pressure during the spawning run and throughout the fishing season.

Currently I am in the process of updating our business directory for Whitefish River First Nation. The following list of 14 businesses was obtained from our past Community Profile. All business owners can reach me at the Administration Office if they would like to update their business information and provide a

brief description of their business/service.

- Birch Island Construction Company LTD.**
- Community Based Research**
- D&D Trading Post**
- Francis Construction**
- General's Store**
- J&A Clean Team**
- J&G Marina**
- Lourisse Masonry**
- Maadjitawin Counseling & Consulting**
- Mirror Reflections**
- Recollet Woodworks**
- Resolution Development Group**
- Still Water Marina & Campground**
- Wolfie's Confectionary**

Also any other business and entrepreneurs who would like to get on the business directory list please fill out the following information and return it to me at the administration office. Other small business can include; lawn care service; babysitting, painting, general labor, arts and crafts, and etc... My idea is to post this directory on our community website so this can be a valuable marketing tool for your business.

**Please include your business name, as well as a description of your business or service. Don't forget to include your contact information such as; owner name, telephone number, email address, mailing address, website, and your logo.**

Lastly in the month of June I will be posting the high school positions for the 2017 Summer Work Experience Program. There will be 10 positions available; including Public Works; Housing Assistant; Garden Assistants, Office Administration Assistant, Child Care Assistant, and Special Projects Assistants. If any high school students need assistance with their resumes and cover letters they are welcome to visit me and use the employment resource room at the administration office.



Contact North, Mnidoo Mnising Employment & Training and Waubetek BDC community information session held May 23, 2017.

**Sandrah McGregor - Lands Manager**

**ADDITIONS TO RESERVE LANDS (ATR)**

- 1. BIRCH ISLAND STATION GROUNDS**
- 2. 710 AREA**
- GRAVELLE ROAD
- STOREHOUSE BAY
- MOOSE POINT

**WHAT ARE ADDITIONS TO RESERVE (ATR) LANDS?**

ATR is the act of adding land to an existing reserve land base of a First Nation. It refers to the process of converting Crown or fee-simple lands to reserve status. Reserve lands are lands set aside by the federal Crown for the collective use of a respective First Nation. A First Nation with "band" status under the Indian Act has the ability to exercise some jurisdiction over lands defined as reserve.

There are 3 categories of Reserve Creation:

- **Legal Obligation and agreements** - Legal obligations or commitment by Canada that contemplates Reserve Creation
- **Community additions** - First Nation with existing reserve needs additional land for various purposes
- **Tribunal Decision** - First Nation seeks to acquire lands with compensation awarded by Specific Claims Tribunal.

The Birch Island Station Grounds proposal is in the Community Additions category. The 710 Area has a Legal Obligation based on a 1993 Settlement Agreement with Canada. Both the 710 Area and the Birch Island Station Grounds are currently owned in trust for the First Nation by the Whitefish River Development Corporation. Land added to reserve

through ATR can be used for various purposes such as: leased land for cottages; or community recreational use; or economic development; or housing needs; or individual Certificate of Possessions.

**THE PROCESS**

The ATR is a very complex process that comes in 4 phases:

**Phase 1**  
Initiation, the lands are identified and the First Nation expresses its support for ATR the objective of the ATR and the benefits.

**Phase 2**  
INAC assessment and review of the proposed ATR submitted by the First Nation

**Phase 3**  
The First Nation and INAC work together to address environmental studies, land description, 3rd parties' interests, consultations and community meetings.

**Phase 4**  
Approval of the ATR through an Order in Council by the federal Cabinet. This is led by the INAC Regional office and INAC headquarters.

We are currently in Phase 3 of the ATR.

**DETAILS OF THE LANDS**

The lands at the Station Grounds are small but complex because of the different land regimes between the corporation and the reserve lands. There are 8 cottage properties. The current mixed legal regimes creates complica-

tion, confusion, and inefficiencies for both the corporation, tenants and the First Nation.

The 710 Area parcel of lands includes cottages in the Gravelle Road area, Storehouse Bay and Moose Point. There are 17 cottage tenants.

Simplifying the legal regime for this area will create a more certainty of the lands, as reserve, for economic development through cottage leasing or other related tourism purposes, or for local band interests.

The corporation leases with cottage tenants are set to expire in 2019. The First Nation has also leases with some tenants of the Birch Island Station Grounds; these expired in 2005, but in 2010 the First Nation entered into a permit agreement with the lessees until 2025.

**EXPECTED BENEFITS AND POSSIBLE BEST RESULTS**

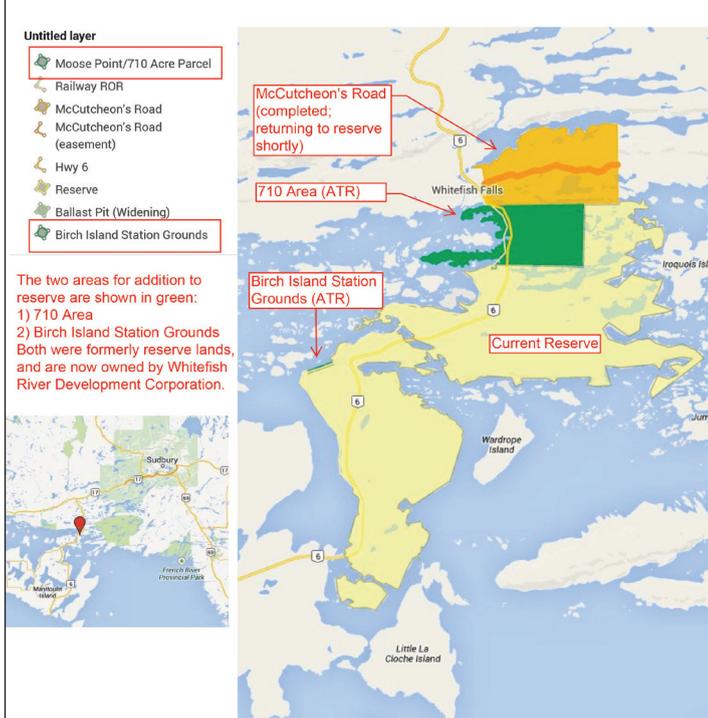
What does the community want to do with the land after it returns to reserve status?

The options include:

1. Designate for Leasing (cottages), with a referendum vote; or
2. Economic Development, i.e. tourism or other businesses; or
3. Housing Units; or
4. Certificates of Possession

*What do you think would be best for WRFN? Please share your views with the WRFN Lands Department.*

**WRFN Additions to Reserve - for consultations**



Jessie Pitawanakwat, Jordi Jacko & Lisa Cywink inspect the ATR maps.

## Georgina Recollet - Housing Manager

### CMHC Pilot Project – Needs Assessment and Community Consultation for Housing

The Canada Mortgage and Housing Corporation (CHMC) sponsored Future Housing Needs Assessment and Community Engagement Project is designed to guide and facilitate a First Nation in determining both their immediate and future housing needs on our territory.

The process ensures that the First Nation Members better understand the current housing state of affairs in their own community by obtaining accurate data and knowledge that is the foundation to making informed decisions in housing. Valuable community input and opinions are sought in order to strategically move forward in housing strategies, policy and plans in a manner conducive to the membership.

This innovative project builds capability and knowledge in the area of housing with a very specific objective: laying the foundation for the development of a Comprehensive Community Housing Plan (CCHP) tailored to the unique position of the Whitefish River First Nation.

The Whitefish River First Nation has commissioned the development of a community housing strategy designed with the premise that as members, we all have access to housing that is safe, secure and suitable to our needs and ability to afford.

The purpose of the strategy is to identify im-

portant data required to propel our Community towards a more ideal future in housing than what exists today.

By considering the entire housing continuum, the Nation will be able to identify and support a diverse range of housing programs and services that respects the changing needs of individuals and families throughout changing life circumstances and needs.

A community survey has been developed for the Whitefish River First Nation to gather the required housing data. This results of the survey will be completely confidential and individual responses will remain anonymous.

We will be completing a presentation with Zarex Business Centre to the Chief and Council in June 2017 to develop a delivery and implementation strategy. More information will follow in our next newsletter.

### OESP Changes

The Ontario Electricity Support Program is a program that lowers electricity bills for low income households

Effective May 1, 2017, monthly credit amounts for the Ontario Electricity Support Program have increased by 50%. Additionally, the income eligibility thresholds have also increased. For those that have already applied for the OESP credit, the increased amount will automatically

be applied to your utility bill.

Applications are valid for 2 years, with the exception of Elders, whose applications are valid for 5 years. After this period, individuals will be required to re-apply in order to continue receiving credits on their hydro bills.

If you have not yet applied, please contact the Housing Department to see if you qualify and/or to complete an application. Initially, the application takes about 5-10 minutes, however, it takes approximately 6-8 weeks to be reviewed and approved by the Ontario Energy Board.

To apply, you will need the following:

- Hydro bill
- Birthdates, names and social insurance numbers (if applicable) of all residents in the home
- Proof of income (previous year income tax assessment, paystub or bank statement)

### LEAP Applications

We are still completing LEAP applications in the Housing Department. We encourage you to take advantage of this program if you have low income (pay stubs or bank statements are required as proof of eligibility). Contact our office for more information, to see if you are eligible or to apply.

### General Maintenance

Septic Tank Cleaning – June 1, 2017  
Next schedules will be in the Fall 2017.



One of five new rental properties constructed in 2017.



An orientation session and Open House for the tenants of the new housing units.

**Whitefish River First Nation**  
&  
**Service Canada**  
Will be hosting  
a  
**Social Insurance Number Clinic**

**When: Monday June 26, 2017**  
**Time: 11:00pm-4:00pm**  
**Where: Chief & Council Chambers**

**Please bring original Birth Certificate or Certificate of Live Birth**

For more information please contact Emma Recollet at the Administration Office 705-285-4335 or via email [emmar@whitefishriver.ca](mailto:emmar@whitefishriver.ca)

## Monster Garage Murray McGregor Jr. - Plant Manager

Alas, the warm weather is here, the hum of air conditioners running throughout the day reminds us that summer is just around the corner.

Water plant operations semi-annual hydrant flushing went on without any issues, all hydrants flushed, and pressure tested ready and standing by in case of emergency. Another stage of the hydrant maintenance is to ensure accessibility for maintenance and emergency personnel. Most of the hydrants in the older sections of the community will require culverts and fill to gain save access to the hydrants, a plan will be in place for public works to start addressing this and work on some of the more dangerous ones first.

**Reminder!!!** Home owners and tenants are reminded to keep playgrounds and any structures off their field beds, it is very important that the field bed portion of the septic system is maintained and kept clear of any obstructions. Field beds require sun light to assist with the dissipation of the grey water. Also if the field bed is trampled down from over usage the filter lines under the ground could clog up and potentially cause the system to back up.

### Why Should I Maintain My Septic System?

Did you know that septic systems are the responsibility of you the homeowner/tenant? It is up to you to keep your system working properly to protect your environment, your health and your investment when properly designed, constructed and maintained, a septic system should provide long-term, effective treatment of your household wastewater.

If you take good care of your system, you will save yourself the time, money and worries involved in replacing a failed system. Failed systems can be hazardous to your health, the environment and your pocketbook. It can degrade water supplies and reduce your property value. Below are some valuable tips to ensure the longevity of your system.

Do:	Don't:
<ul style="list-style-type: none"> <li><b>Familiarize</b> yourself with the location of your system.</li> <li><b>Keep</b> the tank access lid secured to the riser at all times.</li> <li><b>Keep</b> an as built system diagram in a safe place for reference.</li> <li><b>Keep</b> accurate records of septic system maintenance and service calls.</li> <li><b>Test</b> your well water at least three times a year - spring, summer and fall - for indicator bacteria</li> <li><b>Have</b> your tank inspected for sludge and scum buildup on a regular basis (3-5 years) and clean out when a third of the depth of your tank is full of sludge and scum.</li> <li><b>Have</b> your effluent filter checked and cleaned every year; if you don't have an effluent filter, consider adding one.</li> <li><b>Divert</b> surface water away from your leaching bed</li> <li>conserve water in the house to reduce the amount of wastewater that must be treated.</li> <li><b>Repair</b> leaky plumbing fixtures.</li> <li><b>Replace</b> inefficient toilets with low-flush models.</li> <li><b>Consider</b> installing a lint filter on your washing machine's discharge pipe.</li> <li><b>Spread</b> the number of loads of laundry throughout the week.</li> </ul>	<ul style="list-style-type: none"> <li><b>Enter</b> a tank - gases and lack of oxygen can be fatal.</li> <li><b>Put</b> cooking oils or food waste down the drain.</li> <li><b>Flush</b> hazardous chemicals, pharmaceuticals, cigarette butts or sanitary products.</li> <li><b>Use</b> a garbage disposal unit/garburator unless your system has been designed for it.</li> <li><b>Use</b> special additives that are claimed to enhance the performance of your tank or system - you <b>don't</b> need them!</li> <li><b>Dig</b> without knowing the location of your leaching bed.</li> <li><b>Drive</b> or park over your tank or leaching bed.</li> <li><b>Pave</b> over your leaching bed.</li> <li><b>Allow</b> livestock on the leaching bed.</li> <li><b>Plant</b> trees or shrubs too close to the septic tank or leaching bed.</li> <li><b>Connect</b> rain gutters, storm drains, sump pumps or allow surface water to drain into a septic system.</li> <li><b>Connect</b> leaching bed or greywater system to agricultural field drainage</li> <li><b>Discharge</b> water softener backwash to the septic system unless your system has been designed for it.</li> <li><b>Drain</b> hot tub and spa water to the septic system.</li> </ul>

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)



Plant Manager Murray McGregor Jr, hands Kristen McGregor, a GoPro camera. She was the lucky winner of the door prize, for attending the Water Treatment Plant Open House, held May 1, 2017.



## Another Successful Mudder's Day Poker Run for the Birch Island Fire Department!

The day began with some rain drops. Andrew Recollet, organizer, said, "more mud for the run." No rain clouds were 'gonna' darken his day for a fun muddy ride.

First of all we want to thank Andrew and Stephanie Recollet for organizing the ATV Poker Run, and the Birch Island Fire Department, Gerry McGregor, Richard Shawanda, Aaron Recollet, Gregor Jacko, Mike Aelick, Tania Jacko, Dan Andrews, Morgan Recollet. We would also like to thank Trevor McVey for his help with the poker run.

*"Shout out to the Birch Island Fire Department for another awesome ATV Event. Good Job Andy and Stephanie Recollet. Only hearing good things. Even a couple dealers are smiling today."*

- **Trevor McVey**

*"Was a blast and excellent food."* - **Dave Horncastle**

*"We had a blast you guys!!! Loved it!"* - **Chelsey Lachance**

*"Next year, me and Barb are gonna rent us some ATV's and enter!"* - **Georgina Recollet**

**We want to thank our sponsors and those who donated to the Mudder's Day Poker Run:**

**Espanola Home Hardware**

**Valumart**

**JC Plumbing**

**Rivet Insurance**

**Dan's Electric**

**J&G Marina**

**Watson & Parojic**

**Trailside Sports**

**Cambrian Insurance - Dennis McGregor**

**Wat Supplies**

**Harbor Vue Marina**

**2EAZE**

**Jean & Grant Oshkabewisens**

**KR Cleaning Solutions**

**Brian's Bussing**

**Algonquin Equipment**

**Mukwa Adventures**

**Wolfie's**

**Whitefish River Health**

**Richard Shawanda**

**Gail Jacko**

**Georgina Recollet**

**Barbara Recollet**

**June Bug Corbiere**

**John Rutledge**

To our cooks, we say a Chi Megwetch, for all your help in making this year's event a memorable one. Thanks to Aaron Recollet, our head fish fryer, his trusty little firemen, ready with their fire hose, Morgan, Mike, Gregor and Richard, and Tania's assistant, Gail Jacko. And thanks to our salad makers, Doreen Jacko, John Rutledge, Georgina Recollet, Theresa Recollet, Stephanie Recollet, Jean and Grant Oshkabewisens,





## CHI-BINGO

Thursday, June 29th, 2017

3-\$1000.00 Jackpots

Doors Open - 5:00 pm

Mini-Games - 6:45 pm

Whitefish River First Nation

Community Centre

Sponsored by the WRFN

Minor Sports & Recreation

For more information contact:

Jake Pakosigan

Phone # (705) 285-0671

**St. Gabriel  
Lalement  
Roman Catholic  
Church**

**SUNDAY SERVICE  
10 am**



WRFN Minor Sports & Recreation is looking for support from the WRFN Community Membership with their fundraising efforts

**Volunteers needed for Community Bingos!  
Prizes needed for Mini-Raffles!**

Thank you from WRFN Minor Sports & Recreation

For more information please contact:

Jake Pakisogan

Phone # (705) 285-0671

## Pet Care & Tips



Hello Everyone!

Well, as I write this it has finally warmed up and my kitties are spending more time outside. I finally got my lawn cleared up so now it's time to cut some grass. I bought one of those lawn sweepers that you attach and drag behind your lawn tractor. It really gathers up all the sticks, leaves and other stuff off the lawn. When the container is full enough I can just drive to the area where I dump what I raked and dump the stuff. I always like this time of the year when everything is green outside, flowers are blooming and the days are getting longer. The hummingbirds have arrived again for another summer so be sure to get your feeders out. I remember when we used to play Indian Ball on the field at the lower school or at the ball field down by the crossing. There were also other games that we used to play outside, which I'm sure is what kept us fit and trim. I notice when I look outside in the early morning, people walking with their dogs. It is nice to see that pet owners are exercising their dogs instead of being tied up outside all day long. Remember that dogs are not lawn ornaments, and must be walked at least once a day. I am sure you would not be very happy tied up outside all day long, not going for walks.

### Some Cat Facts:

- Princess Marie Christine Michael of Kent, a member of the English Royal Family, issued official portraits of herself accompanied by her Siamese and Burmese cats.
- In the animal kingdom, the cat's IQ is surpassed only by that of monkeys and chimps.
- The LaPerm, a new breed that originated in Oregon, is curly haired, permed looking but that is completely bald at birth. Within eight weeks, it begins to grow soft, curly hair.
- Cats can get acne.

Make sure to get your dogs and cats fixed to help keep the pet population down in our community. Remember to visit our elders, shut-ins or those who live alone. Stop in and have a cup of coffee or tea with them, I am sure they will enjoy it.

Well, that is all for now 'till next time.

'Till then - the girls; Empress Farrah, She-Pet Elizabeth, Webby Debby & the boys; Luka, BJ, Tinker, Francis and Fabio.

**Dennis L. McGregor**



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

So, you planted your garden. The weather is going to be fantastic, so start doing some back exercises because soon the weeds will be growing out of control and this will need your attention.

As we press into summer, the work on our Elevated Storage Reservoir continues as we are now approaching the tendering phase. The estimated cost of \$2,918,750.00 will be carried by Indigenous and Northern Affairs Canada (INAC). Construction remains on schedule for July of this year subject to Project Approval by INAC.

The month of May went by like a shot with many events and celebrations including;

1. Repatriation work on the 1852.85 acres returned to WRFN land base.
2. Finalization of our housing construction project for 5 new homes;
3. Visit from the Water Walkers, and the Rock Hounds (University Geologists)
4. The annual Robinson Huron Treaty annuities payment day.
5. Celebrating the 50th Anniversary of our Administration.
6. Open house for our five new housing units.
7. WRFN winning the Prestigious Best Water Award again.
8. Clothing give away with UOI.
9. Shawanoswe School Pow Wow.
10. Traditional Ceremonies to honour our Ancestors and the Land.
11. Pickerel release
12. Community breakfast
13. Sucker fishing in Sheguiandah
14. Chiefs of Ontario meeting in Gatineau
15. Hoo's got Talent

There was a lot of activity in the community in the month of May.

I had the privilege to be invited to work with the Chiefs of Ontario Committee on Hydro Grievances over the last 18 months. We held many meetings as we wrestled with the issues of hydro billing and associated issues. One of the most common issues that we as committee continued to hear at our meetings with bands, was the issue of delivery cost being added to hydro billing. Over the course of our meeting with the Ontario Energy Board

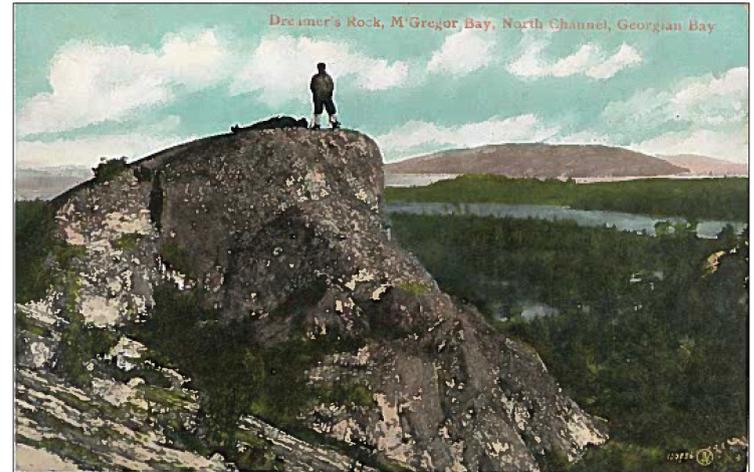
and Minister's surrounding the file, we determined that the elimination of the delivery charges to bands would be a good first step toward resolving the many issues bands face when it comes to electricity and pricing. **It was very good news to all the committee members when the province announced the removal of delivery charges to First Nation hydro bills.** News that First Nations community residents will be exempted from delivery charges on their electricity bills as part of Premier Kathleen Wynne's recently announced plan for electricity relief is being greeted with delight by First Nation leaders. "It's excellent news," declared Anishinabek Nation Grand Council Chief Patrick Madahbee, contacted as he was taking in a hockey game at the Little NHL Tournament in Mississauga. "I have to commend our negotiating team, folks like (Six Nations of the Grand River) Chief Ava Hill, (Whitefish River First Nation) Chief Shining Turtle and (Association of Iroquois and Allied Indians) Grand Chief Gordon Peters, among others," he said. "They really did an excellent job."

We found a little bit of history recently on Ebay. Someone was selling a postcard from 1910 of Dreamer's Rock. We have secured the postcard and will have it framed and put on display in our administration office. When you get a chance, please have a look at the post card, its remarkable.

I have to admit that learning how to use and navigate social media is not as easy as one would think. The use of Facebook, Twitter, Snapchat, Instagram, and so on to filter information takes a lot of work. I have learned some parts to allow me to navigate through these various tools, but I am far from being proficient. If I don't respond, it's very likely that I am still in navigation mode. So, please be patient with me.

Until next month, start training to weed your garden!

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



A postcard of Dreamer's Rock from 1910.

### Dreamers Rock 450 Million years ago



The Water Walkers enjoy WRFN's hospitality.



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

NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	chief@whitefishriver.ca
Nishin Meawasige	Band Manager	nmeawasige@whitefishriver.ca
Vanessa McGregor	Executive Assistant	vmcgregor@whitefishriver.ca
Diane Gaudette	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@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

### 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 Worker	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker	gennyj@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Right to Play Worker	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
Russell 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
Giselle McGregor	Grade 3-4 Teacher	gmcgregor@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Mary Lester	JK/SK Teacher	mlester@shawanosowe.ca
Shawna Smith	Special Education Resource Teacher	
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	educationassistant3@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
Frances Kaboni	Native Language Teacher	ckaboni@shawanosowe.ca

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

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

June 2017							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Community Calendar					1 BI Hitmen 7 pm – Ball field  BINGO	2	3   BINGO
					4  AA Meeting	5 BI Nightingales 7 pm – Ball field  BINGO	6
11  AA Meeting	12 MIB 7 pm – Ball field  BINGO	13 Regular Chief & Council Meeting	14 MIB 7 pm – Ball field	15 BI Hitmen 7 pm – Ball field  BINGO	16	17   BINGO	
18   AA Meeting	19 BI Nightingales 7 pm – Ball field  BINGO	20	21 Aboriginal Solidarity Day WRFN Offices Closed  MIB 7 pm – Ball field	22 BI Hitmen 7 pm – Ball field  BINGO	23 Maamwe Kendaasing Graduation 10 am	24   BINGO	
25  AA Meeting	26  BINGO	27 Working Chief & Council Meeting	28 BI Nightingales 7 pm – Ball field	29 Shawanosowe Graduation 10:30 am – 3:00 pm  BI Hitmen 7 pm – Ball field  \$ CHI-BINGO \$	30		

**Birthdays Greetings, Announcements and Father's Day Wishes!**

Happy 27th Birthday to an amazing father, partner in crime and our best friend.  
Happy birthday Jesse/Daddy!!  
Love your family,  
Christina & Liam

A Father means so many things...  
An understanding heart,  
a source of strength and of support  
Right from the very start.  
A constant readiness to help  
In a kind and thoughtful way.  
With encouragement and forgiveness  
No matter what comes your way.  
A special generosity and  
always affection, too.  
A Father means so many things  
When he's a man like you...  
Happy Father's Day Daddy!  
Love, Liam

Being a dad is more than a day  
More than a thank-you or  
annual display  
Your laughter and caring,  
adventure and humor  
So giving, befitting  
the honor of father  
I couldn't have picked a better man  
To travel through life  
with our crazy clan  
You're my (soon to be) husband, my  
hero, and may I suggest  
A wonderful father —  
the best of the best!  
Happy Father's Day!  
Love Always, Christina

Happy Birthday to Richard Jacko  
on June 1st.  
Love, The Wabooses

Happy Birthday Shawna  
on June 10th.  
Love, The Wabooses



Happy Birthday to Junebug,  
8 Years old on June 18th  
Love Mom & Dad

June Bug will be celebrating her 8th  
birthday on June 18th.  
She is warming up for the 2018  
Mudder's Day ATV Run.  
Happy Birthday June,  
Love Gramm

And no... I didn't forget,  
Andy's birthday on June 14th.  
I was told no pictures,  
Love Mom



Happy 12th Birthday  
to Sierra on June 8th  
Time has really flown by! Just seems  
not long ago you were born. Now you  
are turning 12 years old.  
We couldn't be any more proud of  
the beautiful young lady  
that you have become.  
You are truly a gift to all of us.  
Words cannot express  
what you really mean to us.  
Enjoy your special day and everyday.  
Love Mom and Dad xoxox

Happy 12th Birthday Sierra  
Much love from your brothers  
Raidyn, Daylyn & Jax

Happy 12th Birthday Brandon  
on June 23rd  
Much love from all of us.....Auntie Roz,  
Joel, Sierra, Raidyn, Daylyn and Jax

Happy Birthday to my momma bear  
Mary Grace.  
Love, your cub Kiki....lol

Happy Birthday to our Grandmother,  
Mary Grace!  
From Kigen, Kiana and Anthony

Happy Birthday to my Great Grand-  
mother, Mary Grace!  
From Kieston Rhey



I would like to announce the birth of  
my first Grandchild,  
Kieston Rhey Pelletier!  
He was born on May 6, 2017 at  
12:41 am at the Manitoulin Health  
Center. His birthweight was 7 lbs,  
11oz and he arrived  
at 22 inches long.

He is such a delight and I love him  
so much. I am so very proud of him  
and so very proud of his mommy  
Kiana Rae for bringing this beautiful  
bundle of joy into our lives.

Granny Kiki  
Unky Kigen  
Uncle Anthony