



September 2017
Waabaagaa Giizis
Colouring Leaves Moon

THE REZOUND

We Are Resilient



Pictured (l-r): Head Dancer-Roberta Oshkabewisens, Miss Wawaskinaga-Ava Owl, Jr. Miss Wawaskinaga-Virginia Debassige, Chief Shining Turtle, Lil Miss Wawaskinaga-Lila Garcia, Head Dancer-Dan Garcia

"We are Resilient", was the theme chosen by the Youth for this year's annual Pow Wow. A week of downpours preceded Wawaskinaga's 24th Annual Traditional Pow Wow held August 19th & 20, 2017 in Sunshine Alley. Neither the threat of rain, nor the flooded Pow Wow grounds were enough to dampen the spirits of spectators, community members and dancers alike. Volunteers assembled prior to Saturday's Grand Entry, to quickly spread the truckload of sawdust brought into the rain-soaked grounds. Saturday's events also included a delicious community feast, prepared by local caterers and the night session was capped off with a hand-drum contest.

A Community Breakfast was held Sunday morning, sponsored by the family of the Late George Francis followed by the crowning of our Wawaskinaga Pow Wow royalty. The annual Canoe Races and Potato Dance special were popular events held during the Sunday's Pow Wow sessions.

Chi-Miigwetch to our Elders, Head Dancers, Drums, Fire-keepers, Staff-Carriers and all who volunteered their time and donated to our Annual Pow Wow.

Congratulations to our event planners Migwans Pitawanakwat and Crystal Clark-McGregor, along with the Youth helpers for an outstanding event!

**Please note that the deadline for submissions
for the next issue is**

Wednesday, September 20, 2017 at noon.

Miigwetch!

rezoundeditor@whitefishriver.ca

"A Place of Visions and Dreams"



**YOUR INVITATION TO ALL OUR YOUNG MEN, FATHERS,
GRANDFATHERS, WARRIORS**



**STARTING WEDNESDAY, AUGUST 2ND
AT THE ARBOUR**



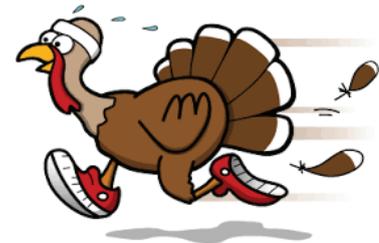
Contact Kiki Pelletier at 705-862-1259 or by email at kikipelletier@hotmail.com

**Don't Forget
to Sign up for the
13th Annual Turkey Trot!**



**5 week program ending
October 5th, 2017**

1st, 2nd & 3rd Prizes!!



Contact Doreen Jocko at the
WRFN Health Centre, 705-285-4354
or Eleanor Debassige, DHPW,
Mnaamodzawin Health, 705-368-2182
for more information.



September 2017

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

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

WORRIED ABOUT YOUR CHILD GETTING HEAD LICE?

WRFN in partnership with Lice Squad will be presenting on Prevention and Removal of Head Lice



What is Head Lice?

The head louse is a parasitic insect that can be found on the scalp, eyebrows, or eyelashes on humans. They feed on the blood near the scalp. They are not known to spread disease.

Anybody can get head lice, although it is most common amongst younger children, who typically pick up lice from daycare, school, or preschool. Personal hygiene and cleanliness of the home is not related to whether one can get head lice or not.

Head lice are spread by crawling from direct contact. They cannot jump or fly. Typically, head lice can only spread through direct contact with an infected person's hair. It is rare for lice to spread through clothing or personal hygiene items such as towels and brushes.

What are the symptoms of head lice?

- Ticking feeling in the hair (like something moving)
- Itching of the scalp
- Difficulty sleeping (head lice are most active in the dark)
- Sores on the scalp from scratching; this can occasionally lead to infections

Wednesday September 6, 2017 from 7:00 – 8:00pm
At the Community Centre

Nit removal solution and comb will be provided to the first 20 families. Additional products can be purchased at the event!

For more information contact:

Doreen Jocko
Community Health Representative
(705) 285-4354



Candice Assinewe - Community Wellness Worker

Aanii Community Members!

Summer now has come to an end, and I want to thank and congratulate everyone who participated in the summer fitness challenge. Whether you were able to fully participate in the program or not, I know that each of you took initiative in taking better care of your health and well being and will definitely continue to do so. I would like to thank Carolyn Strum, Community Health Nurse, for supporting all participants with their health and fitness plans for the past three months. As well as Elenore Debassige, Diabetes Health Promotion Worker for providing screening for participants and Crystal Morra, Registered Dietician from Noojmowin Teg Health. These ladies are a great resource of support for our community, and I encourage all community members to continue following up with them personally to maintain and continue with their goals.

Therefore, with that being said we had three top winners and two runner ups of the program. Our Runner-ups were **Gail Jacko, Crystal Clark-McGregor** and **Rose Pitawanakwat** who stayed steadfast at maintaining their goals, physical activity and self-care throughout the challenge; Third place went to **Marion McGregor** who was successful in achieving her fitness goal of 10000 steps daily, and had advanced to an average of 17000 steps per day by the end of the challenge. Second place went to **Gail (Kiki) Pelletier** for weight loss by making a life style change by being more active, and making healthier food choices. And our First-place winner went to **Tania Jacko** for overall

health!! Tania had made healthy changes in all areas of her life style, and had achieved her fitness goals and more, that she had set out for herself at the beginning of the challenge. All winners were decided upon by Carolyn Strum, Community Health Nurse, based on the progress she had seen, if participants each achieved their personal fitness goals, and the information she had collected from participants on the check in days.

Again, I want to thank all participants who made significant changes for the better in terms of their personal health and well-being. Participants definitely reported how they became more accountable for their health by joining the program, we had one participant who quit smoking during the process which is, as we all know, an amazing accomplishment all on its own, and I would like to say, **Congratulations!**

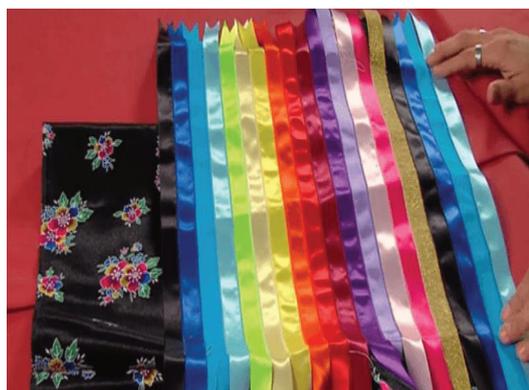
Upcoming programs in September 2017 are as follows, we will be having an Information session for community members who are interested in the Fall Fast on September 6, 2017 at 6 pm at the WRFN Health Centre; The Fall Fast will take place from September 20th – 24th, 2017 at Dreamers Rock area; and Skirt making with Laurie Shabogesic-Mcleod on September 27th, 2017 at 8:30am at the Community Centre (limited spots).

To register, or for more information on programs, please feel free to contact me at the Health Centre at 705-285-4354 or via email at candicea@whitefishriver.ca.

SAVE THE DATE ANISHINAABE KWE SKIRT MAKING



With Laurie Shabogesic-Mcleod



Who? Women 18+ (LIMITED 8 SPOTS)

When? Wed, September 27th, 2017

Time? 9:30am – 5:00pm

Where? WRFN Community Centre

What? Materials Provided

Fun Social Interaction

Lunch and Refreshments Provided

Skirt Teachings and sharing

Materials Provided

First Come First Serve

Please Register with Candice Assinewe

Community Wellness Worker

At the WRFN Health Centre

705-285-4354

Or

candicea@whitefishriver.ca



FALL FASTING CEREMONIES



SEPTEMBER 20TH– 24TH, 2017

Who? Open to Everyone

What? Fasting Ceremonies

Where? At Dreamers Rock Area

If you are interested in Fasting and would like to learn more, we will be having an Information Session on:

Wednesday, September 6th, 2017 from 6:00pm-7:00pm

Connect with Self and Community

Traditional Teachings

Men and Women Helpers needed to Assist with preparations

Learn about Traditional Ceremonies and Customs

Energize your Mental, Emotional, Physical and Spiritual Self

IN PARTNERSHIP WITH SHKAKAMIK KWE HEALTH CENTRE

FOR MORE INFORMATION, PLEASE CONTACT CANDICE ASSINWE, COMMUNITY WELLNESS WORKER AT WRFN HEALTH CENTRE AT PH: 705-285-4354

Crystal Clark-McGregor - Right to Play Worker

This summer went by too quickly, but each week was packed with activities for the kids and youth, here is a summary of the camps;

Painted Turtle (July 4-7, 2017): This camp was a huge success, we had a steady number of 28 participants for the whole week. Each day was filled with lots of dancing, crafts, visual arts and drama, the kids all came together pretty quickly to learn their play called the "Whitefish River", it was exciting to see each of them take on a role and to support one another. That week was a great kick off to all the upcoming camps. I was very impressed with all the help the Youth leaders did during the week. They assisted with food prep and the cleaning, as well as they would take time playing games with the kids. Bailey and Jess did an amazing job each and every day, they brought high/good energy, laughter, and games.

Highlight: *learning a dance routine to Run DMC*

Right to Play Celebration (July 8 & 9, 2017): I was able to host the Youth Leadership Program celebration at Rainbow Lodge for this year. I had 9 youth leaders attend that weekend. On the Saturday Constable Murray Still and his summer student Emily Francis guided the youth to a new hiking hill called Blueberry Mountain. The youth got to experience a new view and worked together carrying their lunch bag way up the mountain. After our day's adventure the group and I returned back to the lodge. We played various leadership games, had a scavenger hunt, and had good conversation about the year overall and how they had positively impacted the community. It was a great weekend to look back on all their achievements. Chi-miigwetch to all the participants and to Murray Still and Emily!

Highlight: *when the Youth and I gathered to talk about what leadership means to them and how they feel about taking on that role.*

Guardian Art (July 16-22, 2017): When thinking of the Youth in this camp, I am taken aback by how much strength, power, heart, respect, and courage they all exhibited. Each day they trained hard and gave it their all. Many of them struggled with their mental, physical, emotional and spiritual state, but I observed that with each completion of an obstacle, their overall outlook

would positively change. That positivity would then carry through out the week. To see the youth progress each day was very exciting, their confidence levels went up, they showed how to care and give respect for their partner, and they had fun! I am very thankful for the help from a few of the summer students, community members and staff that had come out that week to assist.

Highlight: *Getting to see the Youth build their inner strength.*

Nimkii Aazhbikoong (July 25 -27, 2017): Nimkii Aazhbikoong is an Ojibway language immersion camp for the youth that is working toward producing the next generation of fluent speakers on the land. We aimed to focus on identity and the importance of knowing who we are. Being at the camp we were able to assist wherever they needed. We all had a hand in the kitchen, cooking or helping with dishes and clean up. Jaden and Jordi were able to help with the lodge and on our rainy day the young girls made birch bark canoes and were also able to help Grandmother Mary with making curtains for the kitchen. Everywhere you went in the camp you would hear our language. I would hear the youth speak the language or ask for assistance on how to say the item or object in Ojibway, it was very heart warming. Nimkii Aazhbikoong is open to everyone.

Highlight: *My personal highlight was learning our language and sitting with the elders.*

KICK Camp (August 8-11, 2017): This year at kick camp K.C got her Level A in kayaking and Quintin received his level A+ in kayaking. Awesome job guys!

Highlight: *seeing how happy K.C was when she got her level A.*

Traditional Journey Plan B (August 8-10, 2017): This was the very first time our participants and I had journeyed our territorial waters with the guidance of Jordi Jacko. We ventured off from Cywink's dock and for our first 10 kms, we headed toward the pot holes. We portaged with all of our equipment (which wasn't light), but we all worked as an awesome team getting our things over all these obstacles. We had to set up a tarp city on land, to keep us covered from an oncoming storm. Luckily, the storm never hit us, though we

were able to watch it come and leave. We then headed back out onto the water to get to the pot holes in time for dinner. The next morning we paddled the 12 kms to Pathfinder Bay. Before we left we had two cranes fly over us and as we left we met up with a loon. The loon ended up following us for a bit on our way out, and we also saw two otters that day. On our last day we had 6k coming back home into McGregor Bay. I really enjoyed being back out on the water this year and am looking forward to next year's adventure.

Highlight: *watching the storms pass by, being back out on the water, the group laughing together and working has a team.*

JaysCare Rookie League Champ Visit (August 14-18, 2017): Wow, what a week!! Our visitors Kris & Nik were very impressed with our young youth in the community. All participants were trained in the three fundamentals of baseball; throwing T stands, fielding position and batting. Over the week the kids quickly learned the fundamentals and worked hard at morning practice. All of them enhanced their skills and knowledge of baseball. The B.I EAGLES VS NIGHTINGALES game was on fire!! It was really great to see them build their confidence out on the field. It was such a fun, memorable week.

Highlight: *Even though we got rained out we worked together to host the skills competition down at the Seven Fires. After the skills competition we then played awesome games!*

CHI-MIIGWETCH to all the summer students who assisted me this summer. I really do appreciate all the time and hard work that you put in! You all ROCK!! I really, really, really hope that all the kids and youth enjoyed the camps this year! For parents if you have any recommendation please feel free to email me at righttoplay@whitefishriver.ca

Upcoming for September:

I will be in training throughout the month of September. Programming will be returning in the fall! I would like to wish all the students the very best in their new school year!!

Amber Zona Youth Support Worker

This summer was full of amazing memories with many amazing youth. This past month, the youth had the wonderful opportunity to obtain their ORCKA Certification through the Algoma Paddlers KICK Camp (Kids Into Canoeing & Kayaking). This camp allowed our youth to develop new skills in Canoeing, Kayaking and for the first time they introduced Paddle Boarding. In addition to KICK Camp this year, Adventures into Engineering ACTUA Science Camp made another return to Whitefish River. It's amazing to see just how much fun learning can be!

Though I am saddened to say goodbye to summer, I look forward to fall and the beginning of a new school year.

Congratulations to all who are continuing their educational journey. After school programs and activities will be starting up again for the month of October.



Avery Sutherland & Ava Owl explore the waters of WRFN, through the Traditional Journey.



Sam and I would like to say Chi-Miigwetch to all those who gave their support and donated in our fundraising efforts to send Sam to the Northern Ontario School of Medicine's Health Sciences Summer Camp.

During the week long camp, Sam got to make a cast, practice suturing, and learn about forensics and clinical skills.

This experience has reinforced his desire to enter into the medical field.

Sam & Sandy Jacko



**Whitefish River First Nation
Congratulates & Acknowledges our
2017 NAIG Athletes!**



**16U Zena Pregent
200m, 300m (Bronze), 4x400m (Bronze), Long Jump**

**16U Mary Nahwegahbow
Soccer (Bronze)**

**16U Alara Owl
Soccer (Bronze)**

**19U Nathalie Nahwegahbow
100m, 200m, Long Jump**

**19U Miles Sutherland
Soccer**

**19U Theron McGregor
Soccer**



Youth Hiking excursion to Blueberry Mountain.



Back Row - (l-r) Quintin, K.C., Kate Mitchell (Instructor), Aurora, Paige Tulloch (Coordinator), Dakota, Alexis, Victoria, Nakia, Sonya Fortin (Instructor)
Front Row: Joe Dennie (Instructor)

WRFN hosted the Algoma Paddlers annual K.I.C.K camp from August 8-11, at beautiful Sunshine Alley. Eight local WRFN youth took part in the Kids Into Canoeing and Kayaking Camp, which offered skills training in Kayaking, canoeing, and The Youth who take part in the camp are offered skills training in Kayaking, canoeing, and also included formal training in paddle-boarding for the first year. The participating youth have the opportunity to earn ORCKA (Ontario Recreational Canoeing and Kayaking Association) certification in kayaking and Stand Up Paddle Boarding.

FUNDRAISING ALERT!!

**Come Out and Support the The WRFN Elders!
50/50 Draw
\$500 + Prize Payout!**

Tickets can be purchased from the Elders Group.
For more info call Brian @ 705-285-4335

**DRAW DATE: September 2, 2017
WHERE: Community Centre Bingo
TIME: 8:30 pm**



**Proceeds go directly toward the Elder's Trip to Niagara Falls
and other events!**

**Watch for our Upcoming Fundraising BBQ
& Weekly Bonanza Bingos!**

Rosalyn McGregor - Education Director

Ahnee everyone! This summer was busy as usual around WRFN. It's always good to see the ongoing activity and our undeniable community spirit! I hope everyone enjoyed the summer holidays and are now getting back into the mode of school. I would like to take this opportunity to welcome back all the Shawanosowe School teachers and staff. **Welcome!!** I hope you all enjoyed your summer holidays and are looking forward to another exciting year. The Education office has been very busy with preparing students from their first day of elementary school, all the way on to Post-Secondary. **Please remember when completing your registration forms to provide a copy of your child's identification, for both Elementary and High School students.** Happy Studying to all of our students. You're all awesome!

I would like to acknowledge the WRFN High School students who attended the EHS Careers/Civics Course for the last two weeks of August where they worked overtime, but obtained a full credit. Awesome job! Also, thank you to all who presented to our students! Miigwetch, to Ed the Bus Driver who ensured that you all arrived safely and on time. Finally, kudos to the summer students who worked diligently throughout the community this summer. All the coordination and commitment that you showed was inspiring to see. This includes the planning of our Pow Wow where one of our students showed outstanding dedication, hard work and commitment to this annual event. Way to go Migwans! A special thank you to Vanessa McGregor who has been helping me throughout my transition as Education Director, with her previous Education Director experience.

The Annual Back to School Prize Bingo was held on Sunday August 27th 2017. It was nice to see everyone who showed up and the excitement in the kid's faces when they called bingo. A big Miigwetch goes out to WRFN Minor Sports & Recreation who donated the bingo cards for the players. Your generosity is very much appreciated. Thank you also goes out to the Health Centre for all of your coordination and prizes. It's good to the WRFN Community working together!

Lastly, a gentle reminder. Please drive accordingly, as the school bus and students will be out in full force. The safety and well-being of our children is of the utmost importance. Good luck to everyone, study hard and make some good memories!

Please feel free to contact the Education Office should you require any support during your school year. I can also be reached via email at: rmcgregor@whitefishriver.ca

Migizi Kwe - Thunderbird Eagle Woman



On August 5th 2017, Miinwashin Lodge Aboriginal Women's Support Centre in conjunction with the family held a Lifetime Honouring Ceremony for our beloved, "Mama" Lillian Pitawanakwat Baa.

They had a painting completed of her to honour her as she was one of the founding Elders who had been a part of the Lodge providing cultural support, teachings, guidance and love.

The family would like to thank Miinwashin for her honouring. It was a very special moment to see the love that the people of Ottawa community had and still have for her. This was considered her "home away from home". They showered her with unconditional love as she did the same.

Maamwe Kendaasing

Danette McGregor, RECE, Child Care Supervisor (prepared for the August Issue of The Rezound)

Here we are in the last month of summer already, soon school will be starting.

This month's Early Learning Curriculum, the children will create fun filled activities on things they like to do during camping, summer pow-wows and end of the summer. We are requesting for materials from wood and baskets that you can kindly donate to our programs. Here we are in the last month of summer already, soon school will be starting. This month's Early Learning Curriculum, the children will create fun filled activities on things they like to do during camping, summer pow-wows and end of the summer. We are requesting for materials from wood and baskets that you can kindly donate to our programs.

Staff Updates

I would like to take this opportunity and say Chi-Miigwetch to the Chief and Council, parents, educators and our community for giving me the opportunity to grow the Maamwe Kendaasing Child Care Centre, increase the licence capacity from 13 child care spaces to 30 and from 3 staff to 5 staff.

It was my honour to manage the Child Care Centre for 16 years. I have gained a lot of knowledge and wish everybody well upon my departure which was Friday, August 4, 2017.

I have been offered a new opportunity- that is truly my desire- in teaching Anishinaabemowin

at Shawanosowe School. I will be continuing to work with our children, teachers and the community.

I say Chi- Miigwetch to the Education Department in gifting me with a beautiful star blanket; it is said when you are given a blanket, it demonstrates great respect, honour and admiration and a symbol of generosity and accomplishments.

The Star Blanket is the symbol of the morning star - the beginning of a new day and another day of life given by Creator.

The stars are used as teachings and blessings - the standing between light (knowledge) and darkness (ignorance). The morning star inspires understanding and life.

The only thing necessary for tranquility in the world is that every child grows up happy. ~ Chief Dan George

Nahow, Baamaa pii
Danette McGregor, Dip Ed, OCT, RECE



Maamwe Kendaasing Staff & Students wish Danette good luck on her next endeavour!

The Bobcat

Dear Shawanosowe School Families;

It is Ernest Hemmingway who said, "I still need more healthy rest to work at my best. My health is the main capital I have and I want to administer it intelligently." We have had some beautiful weather this summer, which has allowed us to enjoy the beauty of Manitoulin Island and it's history. It is my hope that you have had time to relax and rejuvenate while spending time with family and friends.

For all you new and returning students/parents/guardians and Grandparents. My name is Cheryl Miller-Martin and I am the principal here at Shawanosowe School. I am very honoured once again to be part of a community that has such a rich history and with such a close knit family community. I have been an educator for twenty-two years and am looking forward to working with the students, staff and families that make our school a great place to learn.

I believe that student success is a team effort between the home and school. It is our goal as a staff to work closely with families to create the best environment for students to achieve success. All students will receive agendas which are a great tool to support learning. Please use the agendas daily to communicate with your child's teacher. We will continue to develop our website as well to be a source of information.

I would like to thank the custodial and cleaning staff for working hard to make sure our school is clean and ready for the opening day of school.

The faculty and staff at Shawanosowe School have been working diligently to prepare for the beginning of school. Like the children, many of us have butterflies in our bellies about the start of school. Please

know that we will take care of the children in order to ensure a smooth transition.

On the first day of school, children will bring home a green folder containing the following documents for you to read and/or complete:

- Computer/Internet and Photo Release forms
- Student Profile forms
- Parent and Student Handbook Information/Policies and resources
- School Staff Photo and Biographies
- Breakfast Program Registration Form
- Healthy Snacks Policy and recommendations
- Allergy Alerts
- September After School Programs
- September Breakfast Program Menu
- September School Calendar
- PTA volunteer Committee enrolment
- Pow Wow Committee and enrolment

The first day of school will be Tuesday September 5th, 2017. The doors open to all students at 8:20am. Dismissal on that day will be at the regular time at 3:20. Parents/Guardians it is imperative that your child has an updated and completed registration package for the 2017-2018 school year.

Parents/Guardians it is mandatory, a policy and a requirement for registration at Shawanosowe school that each student have prior to or upon the first day off school submit an updated status card and health card along with the registration form for the 2017-2018 school year.

The breakfast program will resume each morning from 8:20-8:40am coordinated by the breakfast coordinators from WRFN Heath Department. Registration forms will be sent out for enrolment into the breakfast

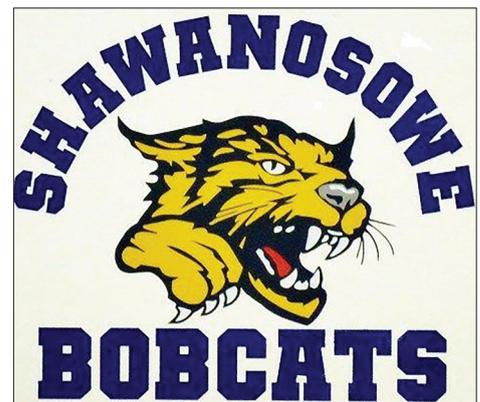
program.

On Thursday September 14th we are hosting our 'Meet the Teacher Night' "Open House" here at Shawanosowe School. Specific information about the night will be sent home soon. We hope you can make it and look forward to meeting all the parents/guardians and Grandparents at our "Meet the Teacher Night" Please check the calendar of important dates for the month of September. Thank you for your on-going support!

Yours in Education,

Cheryl Miller-Martin
Principal

OCT, BA,BE,AdBE,RECE,PQ



KENJGEWIN TEG



Save The Date!!

8th Annual Fall Harvest

Thurs., Sept., 21st, 2017

M'Chigeeng Pow-Wow Grounds
352B Hwy 551 (Behind M'Chigeeng Ball Park)
9 am – 3 pm / One Day Only
(Rain Or Shine)

- All Day Harvesting Stations & Teaching Events * Preserving Fruits & Vegetables * Harvesting Wild Game * Trapping Bits and Tips * Medicine Walk * Hands-On Learning * Aanishnaabemowin Learning Opportunities * Fish Harvesting * Jams & Jellies * Traditional Teachings with Elders/Community Members * Male and Female Drumming * Traditional & Nature Games * Apple Harvesting * Health & Wellness * AND MUCH MORE !! *

**Bring your bagged lunch. Traditional food samples will be available. **

OPEN TO ALL * FREE PUBLIC EVENT * VENDOR FREE EVENT

For more information email FallHarvest@ktei.net

PLASTIC
Clean & Rinsed
Symbols 1-6

Plastic Food Containers
Sport Drink Bottles
Laundry Containers
Dish Soap Containers
Hand Soap Containers
Lotion Bottles
Shampon Bottles
Empty Medicine Bottles

PAPER
Clean and Free of Food

Newspapers
Brown Paper Bags
Junk Mail
Magazines
Cardboard
Dry Food Boxes
Office Paper
Pizza Box Tops

GLASS
Clean & Rinsed

Glass bottles (all colors)
Liquor Bottles
Wine Bottles

METAL
Clean & Rinsed

Food Cans
Beverage Cans
Coffee Cans

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

WRFN RECYCLES!

Tyler Agawa - Garden Support Worker

September is promising to be cool all around. There is still plenty growing and much more harvesting to come. The apiary is looking to produce some honey but only if the weather co-operates with our bees. It may turn out that they'll need the extra honey for themselves in order to adapt with the changing weather conditions. All that matters is that the bees are happy, healthy, and if we get some honey of out if then so bee it.

Also, we have worms! Thanks to **Cathy's Crawly Composters** we now have our very own bonafide vermicomposters. The worms eat your food waste and turn it into nutrient rich black earth. You basically let the worms do the compostin' for ya. A few of these composters are located around the community. You can find them at the school, the daycare, and at the health centre. So hopefully in a few months we should have more worms, and some sweet, sweet compost.

We also received a number of Bokashi composters from **Good Green Earth** that are being put to good use. Bokashi composting involves micro-organisms and an anaerobic environment that allows for the fermentation of your food wastes. This decreases the amount of time it takes to create your compost. It can also

break down meat, and bones with the help of the micro-organisms. Many of these composters - the vermicomposters and bokashi composters - were given away to participants of the composting workshops. So to those who came out, keep on composting!

Names for our queen bees have been submitted, but we need your help selecting the top four. **Ballots will be available at the Health Centre or contact Gail.**

Don't forget you can stop in at the gardens anytime. Odds are there is usually something harvestable for those who are willing to pick it. You can also swing by the Health Centre and see what's been harvested already, or if you want to just to talk about gardening and all that awesome stuff.

That brings me to the last point. Our Garden Committee meetings are held every two weeks at the Health Centre. Our previous meetings were held on Tuesdays but now they are on Thursdays. Meetings always start at 6 p.m. So feel free to stop by and grab yourself a seat.

Until next time, keep on keeping on.

WELCOME BACK

A.B. Ellis, Sacred Heart and Espanola High School Students

We need your help filling your snack bag, please complete the survey/sign up form which is available at the Health Centre and Administration office to help us determine what to put in your snack bag

PLEASE COMPLETE AND RETURN TO GAIL @ THE HEALTH CENTRE

DEADLINE: SEPTEMBER 15, 2017

A Part of the Manitoulin Community Fresh Food Initiative

FROM SEED TO TABLE

Community gardens and home gardeners will learn how to produce their own nutrient balanced soil, without having to purchase annually.

Hands on demonstrations on the different types of composting including quick or aerobic, anaerobic, three bin, and vermicomposting (worm bins).

COMPOSTING WORKSHOPS

Facilitated by Justin Tilson and Shane O'Donnell of the Northern Ontario Permaculture Research Institute - www.nopri.org

ALL ATTENDEES WILL RECEIVE THEIR OWN KITCHEN COMPOST BIN

WORKSHOP SCHEDULE
Locations at Community Garden Sites

Assignack
Tuesday, August 29 at 7:00pm
(Senior's park across from the town office)

Sheshegwaning
Thursday, August 31 at 2:00pm
(across from health centre)

Mindemoya
Wednesday, September 6 at 6:30pm
(Community Living Manitoulin)

Whitefish River First Nation
Thursday, September 7 at 6:30pm
(beside health centre)

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

Gail Jacko - Food Security Coordinator

Student Nutrition Program

The *First Nations Student Nutrition Program (SNP)* was launched in 2015 to help communities provide a nutritious breakfast, lunch or snack to help them be ready to learn, pay attention in class and join in school activities. It also teaches them about healthy eating and why it is important to eat well.

"A child's or youth's growth and development happens in many places in our community, and schools are just one of those places. Schools are a natural place for children and youth to learn about healthy eating behaviours, and about the foods they currently eat. Children and youth can learn about different foods, and try them in a safe and enjoyable way. Schools are also a suitable place to reach students and teach them about traditional ways of preparing and eating Indigenous foods. The SNP can be an important place for schools and our community to support a healthy lifestyle for children and youth.

The SNP is available and offered to every child and youth. There is no cost to students or parents to participate in the program. The program is designed to be universal and include all children and youth, which helps them learn to be comfortable and enjoy their food.

The Student Nutrition Program can also help children and youth learn how to grow, prepare, and serve food, as well as other life skills such as food safety and cleaning up after them-

selves.

Children and youth who participate in the Student Nutrition Program will also spend more time with their peers in positive ways, learning to share and work together."

WRFN provides breakfast to Shewanosowe students and a lunch/snack to bus students attending Sacred Heart, A.B. Ellis, and Espanola High School.

It is a community based program and one objective is to introduce more indigenous foods. As an initiative, the WRFN SNP will be offering to pay the dressing of deer and/or moose to our community hunters who are willing to share their harvest with the program. If you have a favourite recipe to share, we are willing to prepare this and provide it to our students. Also, a student favourite is maple syrup and we are looking to barter for any. We are also looking for volunteers willing to help with the program by sharing their knowledge about our traditional foods, recipes, or even preparing a meal. Let us know how you can assist the program and our students.

If you have any further questions, suggestions or concerns please contact Gail at the Health Centre (705) 285-4354 or by e-mail:

gailj@whitefishriver.ca.



NAME THE QUEEN BEE

The following names have been submitted for our four (4) queens and we need your help. Ballots available at the Health Centre or contact Gail at (705) 285-4354 for more information.

One ballot per person

Deadline: September 21, 2017

2B-or-Not2B	Cora	Nadine
Anna	Eliza	Olivia
Beatrice	Ella	Rose
Beeatrice	Faith	Rubeena
Beeholder	Hazel	Savannah
Beelieve	Julianna	Scarlett
Beeliever	Kaylee	Sophie
Beetsy	Kingsley	Summer
Beeyonce	Lilliana	Tess
BeeYourself	Lily	Vicky
Bella	Luna	Violet
Camie	Maria	Willow
Charlotte	Maya	Zoey
Claire	Mona	



Thursday September 7, 2017

Thursday September 21, 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

Friend or Foe Part #2



Insects and Fungi

Without insects or fungi we would not be able to grow healthy plants. Insects help to pollinate and also help break down organic material in the soil. Certain fungus help plants absorb the broken down organic material as well as water. Insect and fungal outbreaks can wreak havoc on our plants, weakening them and possibly killing them.

Aphids, earwigs, cutworms, caterpillars and slugs are just some of the insects that can damage plants. Commercial insecticides in my opinion should only be used as a last resort as they create an imbalance in your soil by killing the beneficial insects. Prevention is the first line of defence, properly fed and watered plants will be healthy and healthy plants are less likely to be affected by insects. Companion planting can help by improving plant vigor and by repelling bad insects and attracting beneficial ones. Providing a toad house to help attract them to your garden so they can eat all the bugs they desire. Rotating your crops every year will help prevent a buildup of insects in the soil. Potato bugs are a good example of this. Making ear wig and slug traps are easy and the information is readily available on the internet.

So what to do when you have done all the above and you still get an insect outbreak. Insects breathe through tiny tubes called tracheae on their bodies. Mixing water and dish soap at a rate of 20 parts water to 1 part soap and spray the infected plant. Start spraying your plant from top to bottom making sure you get under the leaves as well. Rinse the plant with fresh water after fifteen minutes. This will likely have to be repeated every two weeks until the infestation is under control. The soap in this mixture creates a film over the insects breathing tube essentially suffocating them. Neem oil is something I just recently learned about. It is used as an insecticide and a repellent. It is biodegradable and non-toxic. It only targets leaf-sucking and chewing insects and won't create a dead zone in the soil. It interferes with their hormone system, making it difficult to grow and lay eggs. It also hinders their ability to feed. I use it the same way as the soap mixture 20 parts water to 1 part Neem oil. Spraying should not be done when the plant is in bloom because of the possibility of spraying beneficial insects. Spraying before flowers open and after flower drop is the best times.

The Fungi at the Garden Party

This season has been very wet which is ideal for fungal outbreaks in the garden. Once again healthy plants and soil will be less susceptible to an outbreak. Choosing plants that are known to be disease resistant will help. Proper air flow, watering times and the way you water, all affect your chances for success. Water early in the day and trying not to get water on the leaves is best practice for avoiding fungal infections. Proper clean up under plants is a great way of slowing down the reinfection of the plant. Fungus over winters in the soil on dead leaves and then re-infects during the spring rains. All diseased leaves should be collect and disposed of but not put into your compost unless you're certain your compost can reach a temperature to kill the fungus. It is better to be safe than sorry. There is no cure once a fungus infects your plant, just preventions. Neem oil also works as a fungicide, just use the same mixture rates and spray your susceptible plants to prevent fungal outbreaks and to prevent the spread. If you are using the Bokashi composter the liquid from your composter is full of something that is called Effective Microbes. One of the microbes in this mix is lactic acid. This liquid can be mixed at the same rates as the other sprays and sprayed on the plants. The lactic acid will help prevent an outbreak and can feed on all harmful fungus. It also helps boost the vigor of the plant. Hopefully this information is helpful, if anyone has any questions feel free to stop by **13 Moons Garden on Facebook**.



Novalee and Aurora hone their kayaking skills at KICK Camp.



WRFN Summer Students try their hand at Vermicomposting.



Participants of the Summer Fitness Program. Both Marion McGregor & Tania Jacko walked over a million steps throughout the program! Way to go Ladies!



The weather was bright and clear for the 43rd Annual Lafarge Fish Fry.



Lafarge surprised George Gardner with the new pavilion named in his honour.



Raidyn rounds third base at the Jays Care Camp!



Arden, Shane, Skylar & Theron get ready to dig in at the Fish Fry.



Grand Chief Patrick Madahbee lends a hand preparing the ground for Grand Entry.



The Pow Wow is a great time to visit!



Jaylin enjoys some Pow Wow perks with her grandmother Ann McGregor & Councillor Gerry McGregor.



MPP Michael Mantha stopped by the Pow Wow and visited with Elder Lou Francis.



Bobbi-Jo, Phillip & Carter Maltais braved the soggy Saturday Weather.



Crystal & Migwans present Dean Roy with his winnings from the Pow Wow Fundraiser.



Mikeal dances his style, while Mom Hilary Wildcat looks on with amusement.



Curtis Paibomsai entered the Annual Hand Drum Contest.



Josh Taibossigai & Cheyanne Kozeyah were the 1st Place Winners of Sunday's Canoe Races!





FURNANCE CLEANINGS

Sept. 18-22, 2017

By Manitoulin Fuels

\$149.95 must be paid in full to have your name included on the list.

Please contact the WRFN Housing Department for more information



SEPTEMBER 20, 2017
HOUSING MAINTENANCE WORKSHOP



Risk Management
 – AON Insurance

Guest speaker:
 Robin Dadder has 29 yrs experience in the health & safety fields

Mini Trade Fair

Participation Gifts & Light Snacks

Community Centre
 6:00 pm
 Everyone Welcome!!

WHITEFISH RIVER FIRST NATION HOUSNG DEPT.
 17A Rainbow Ridge Road
 Birch Island, Ontario
 705-285-4335
 extension 213 or 214



Septic Pump Outs

The Housing Department will be taking names for Septic Pump Outs for September 28 & October 5, 2017.

Please contact our office if you are interested in signing up for this service.

Payment in full of \$75.00 will be required prior to adding your name to the list for servicing.

Protecting our Rights to develop our own laws on the First Nation

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

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

Amended June 9, 2015

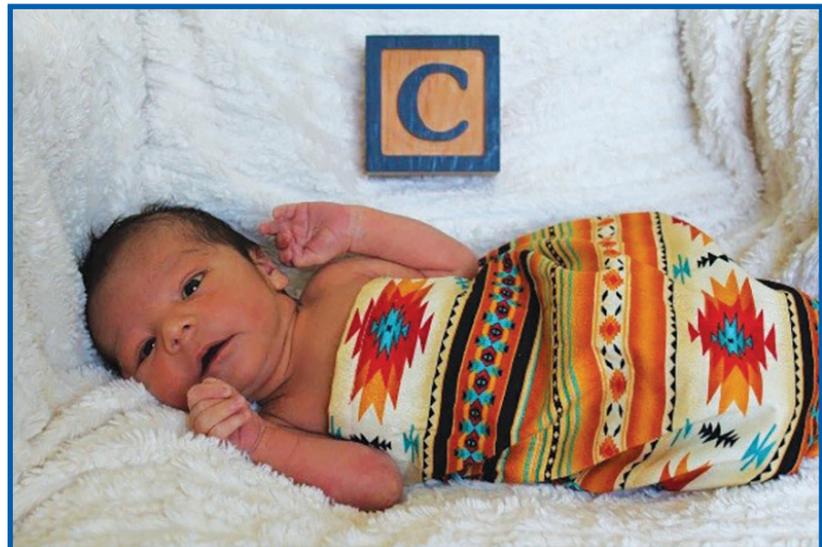


photo by: Cheyenne Pitawanakwat

Natasha & Darren are happy to announce the birth of their son, Caleb Matthew Mathias-Laundrie.

He was born 2:09 am on July 24, 2017 at the Manitoulin Health Centre, weighing in at 7 lbs 9 oz.

His grandparents, Kim & Shawn and Lorraine & Glen as well as Auntie Kaylee were all there eagerly awaiting his arrival.

Emma Recollet - Ontario Works Administrator

**Whitefish River First Nation
Transitional Support Fund - 2016-2017**

The Transitional Support Program is intended to provide Ontario Works, Ontario Disability Support and low income individuals and families who reside on Whitefish River First Nation with supports to secure, retain and/or maintain a home in a safe and healthy condition

Low-income individuals and families may be eligible for supports through the Transitional Support Fund if they meet the eligibility criteria and have not accessed the Transitional Support Funds within the preceding 24 months for Non Social Assistance Individuals and families.

Individuals and Family:

- who are threatened with the loss of or have lost their shelter, (e.g through eviction, fire, flooding, etc.), required utilities and/or heating fuel.
- are living in housing that is determined to be unsafe or unhealthy and requires repairs as a result of conditions where these repairs or replacement issues are not the responsibility of a landlord.
- must move to secure employment, undertaken education, escape domestic violence or address a disability, and/ or who in the opinion of the delivery agent requires support
- have another shelter support health and safety need that cannot be met, in the opinion of the delivery agent, other than through the provisions of a service or financial assistance.
- must be a resident in the Whitefish River First Nation Community

Transitional Support Funding may be used to provide services or financial assistance to eligible individuals and families for the following:

- rent deposits, fuel and hydro deposits, prevent the discontinuance and/or assist with the reconnection of utilities or heating in an existing residence, arrears relating to shelter cost – where a first notice has been provided, arrears relating to utilities costs and/or – where a disconnection notice has been provided, other services, items or costs necessary to maintain the safety or wellbeing of a person in the household, where such supports cannot be provided for, through another means.

New Rates

Low income is based on the Statistics Canada Low Income Cut Offs rate chart(LICO),2017

Size of Family	1 person	2 person	3 person	4 person	5 person	6 person	7 person
Income Level	\$24 600.00	\$30 625.00	\$37 650.00	\$45 712.00	\$51 846.00	\$58 473.00	\$65 101.00

Funding may not be used to build new structure or conduct major renovations on existing structures.

For more information or to receive an application please contact Emma Recollet, Ontario Works Administrator at 705-285-4334 ext. 215 or emmar@whitefishriver.ca

We need to stop romanticizing alcohol

By **ANDRÉ PICARD**

Globe and Mail Update

Alcohol is too often portrayed a good, harmless fun, but it kills more than 5,000 people annually, year in and year out.

There has been, in recent months, intense attention paid to the devastation wrought by opioids and endless debate about the potential health impacts of legalizing marijuana.

Meanwhile, we continue to be willfully blind to the damage done by a deadly, damaging and commonly used drug: alcohol.

That opioids overdoses caused an estimated 2,000 deaths in Canada last year is front-page news, and rightfully so. The spike in mortality is troubling.

But alcohol kills more than 5,000 people annually, year in and year out. (And, of course, there's tobacco, which kills 37,000 Canadians a year, but at least we discuss and act upon the health impacts of smoking.)

Alcohol is too often portrayed as good, harmless fun.

Yet a new report from the Canadian Institute for Health Information shows that 77,000 hospitalizations in Canada last year were entirely caused by alcohol – more than heart attacks. And that doesn't include people treated in the ER for alcohol-related conditions and then released.

Alcohol kills and maims in a perversely diverse number of ways.

There are the acute problems such as alcohol poisoning (read: overdose), withdrawal and delirium. There are the long-term impacts such as cirrhosis of the liver, pancreatitis, an increased risk of developing several cancers and damage to the fetus such as fetal alcohol spectrum disorder and exacerbation of mental illness. All told, alcohol negatively affects more than 200 health con-

ditions.

Alcohol misuse fuels violence, sexual assault, suicide and traumatic injuries, and does immeasurable damage to families and relationships.

Impaired driving not only kills – 1,497 deaths last year, including 883 involving alcohol, according to MADD Canada – but it is the single most common criminal offence in Canada; 30 per cent of all criminal charges are related to alcohol abuse or misuse.

Needless to say, all this is costly.

Alcohol misuse cost the economy \$14.6-billion – in lost productivity, direct health costs and enforcement. But note that this number is from 2002, the most recent year for which data is available; why we don't routinely measure the health and economic impact of a drug used by 80 per cent of adults beggars belief.

Now, at this point in the litany of alcohol's sins, the pot people will be chomping at the bit, claiming "cannabis never killed anyone." Some even suggest that we would be better off if there were fewer drinkers and more tokers.

Perhaps.

There are a number of lessons, good and bad, that can be taken from our experience with alcohol that can inform the legalization of marijuana and, to a lesser extent, the opioid-overdose crisis.

First of all, drugs – all drugs – can be used responsibly, or irresponsibly.

Prohibition doesn't work. We should legalize (and regulate) all drugs.

When you legalize drugs selectively – such as alcohol and now cannabis – you send an implicit message that they are safer and better.

Legalization doesn't magically make a drug safer. The dose makes the poison. The biggest problem with alcohol is

that it's overused. Drinking has become the norm in virtually all social settings, rather than an occasional pleasure.

If you want responsible, healthy drug use, smart regulation and good education are essential.

With alcohol, we've done a middling job on both counts, and we shouldn't repeat those mistakes with marijuana.

For the longest time, driving was seen as okay if you only had "a few." That culture hasn't changed entirely.

The rules should be clear: Don't drive if you drink; don't drive if you smoke or otherwise consume marijuana. (There are already fatalities involving cannabis-impaired drivers; we don't need more.)

We need to do away with pointless criminalization of drug possession but, at the same time, we have to be unflinching in imposing penalties if misuse harms others.

With alcohol, we've learned that how a drug is labelled, where it is sold and how much it costs impacts consumption.

We know, too, that drugs can have a deleterious effect on the developing brain, so we have to pay particular attention to young people. That doesn't mean trying to scare them with Reefer Madness-type warnings. Currently, the guidelines for alcohol use are far more lax than for cannabis and that doesn't make sense.

We need to talk frankly about the risks and benefits of drugs and encourage responsible use of alcohol, cannabis or whatever other drug people, young and old, choose to dabble in.

We also need to update our culture norms, beginning with abandoning our hypocritical romanticizing and normalization of alcohol.

Keith Nahwegahbow - Economic Development Officer

In August, I had the opportunity to take "The Beyond Duty to Consult and Accommodate program: Partnering for Success." This program was hosted by Cambium Aboriginal and Trent University. All participants in this training were part of building a toolkit to assist First Nations with the duty to consult and accommodate. We had presentations from government representatives, proponents, consultants, consultation champions (First Nations professionals) and the OKT law firm. The duty to consult is a legal obligation, but the legal system should only be used as a last resort. We don't want to get to that point (\$\$\$). This workshop taught me that consultation is about creating partnerships, establishing relationships, nation to nation reconciliation, and building principles of communication. In the very early stages, we need to be provided accommodations for our time that we are going to put into the consultation process. After all was said and done we have come out with a 4 step process for meaningful consultation that could work for any project; the pre-engagement process, budgeting & technical assessments, engagement/negotiations and implementation. Through the consultation process we

should negotiate new developments while protecting the environment that in turn, bring in social benefits to the community, including cultural aspects, and increasing local economic activity.

Chi-Miigwetch goes out to Waubetek Business Development Corporation and the Community Economic Grant program for the new PA system that was used at the annual Pow-wow here in WRFN. The Pow Wow was another success with thanks to the new sound system. The main purpose for the Community Economic Grant is small scale community improvement projects for First Nations. The PA system will be used to increase the quality of upcoming community events.

I also wanted to congratulate all the summer students who completed another successful year though the WRFN Summer Work Experience Program. That's what we wanted to have, an experience for the summer students. The work is supposed to give you an experience. Experience getting out of your comfort zone and experience developing a work ethic. If your job next year is differ-

ent than the one you worked this year, you will still have that experience. The more you work the more you realize that some experiences and skills are transferable between jobs. I wish the best for our students in the upcoming academic year and I hope you had an enjoyable experience this past summer.

Unlimited Internet! Lastly we have made a new partnership with an internet service provider, Vianet. Vianet will begin work this month assessing the technical aspects of hooking up a local connection here in WRFN. Vianet will provide a stand-alone unlimited wireless internet service here in WRFN. This provides the community with another option for internet service and a chance to get rid of those data packages and fluctuating monthly bills. More information regarding the Vianet service will be provided in next month's issue of the Rezound!

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



Whitefish River First Nation Sign Wins 2017 National Sign Competition Stand-alone Signs

Designer/Submitter: Mark Pinkse

Manufacturer: Laird Signs

Client/Location: Whitefish River First Nation, Ont.

Materials/Methods: Steel, aluminum, Cockburn Island cedar posts, raised letters, 0.15-mm (6-mil) thick aluminum composite panel (ACP), foam and hard coat system, digitally printed vinyl, latex and oil based paints were used, with all components welded, built, carved and painted in-house.

Whitefish River First Nation would to thank the following contributors to the 24th Annual Wawaskinaga Traditional Pow Wow. Without your generosity, support and tireless volunteerism, our event would not be possible! Chi-Miigwetch!

- | | |
|--|--|
| WRFN Chief & Council
Nahwegahbow & Corbiere
Rachel and Paul Nolan
Leslie McGregor
D&D Trading Post
Naomi McGregor Longboat
(Wolfies)
The General Store
OKT Lawyers
Alice Sickles Trust
Ojibwa Canoe and Wilderness
Dan's Electric
Francis Family
McGregor Bay Association
Northern Voice & Data
Canadian Tire
Little Current
Guardian Pharmacy
UCCMM
Franklin Paibomsai & family
Grand Chief Patrick Madahbbee
Art Jacko
Genny Jacko | Elder
Gloria Oshkabewisens

Arena Director
Gerry Kaboni

Host Drum
Genaabaajing Jr.'s
Co-Host Drum
High Eagle

Chi Giizis
Biitaabines
Wizaawgaweg

Head Dancers
Roberta Oshkabewisens
Pierre Debassige
Dan Garcia

Jr Head Dancers
Sierra McGregor
Carter McGregor

Eagle Staff Carriers
Veterans

Sound Technician & Security
Curtis Paibomsai

Community Feast Caterer
Gail Pelletier |
|--|--|

MC
Dan Fox

Monster Garage
Murray McGregor Jr. - Plant Manager

Where has the summer gone..... is the buzz in the office and out on the streets. Already parents have done their preparations to get the kids off to school.

The local school has gotten their annual summer cleaning, washing and waxing and general cleanup. The class rooms have been refinished with a fresh coat of paint, playgrounds cleaned and ready for use.

Chi Miigwetch to the crews assisting with all the background work, Mirror Reflections for the thorough cleaning, BICC for the fresh coat of paint, the public works crew for keeping the yard neat and clean. Good job peoples!!!!

The public works crew will be replacing 2 culverts in the Rainbow Ridge Subdivision. After an inspection and survey work from UCCMM Tech services the 2 culverts were found to be out of line and at different elevations. To ensure proper drainage the culverts will be replaced and the drainage slope regraded for proper drainage flows.

Based on the maintenance management for public roads, and recommendations from the bi-annual Asset Condition Reporting system, Old Village Road south is scheduled to have the gravel resurfaced. An invited tender was sent out to 3 local companies with E Corbiere & Sons awarded the contract. This work is scheduled to happen in September 2017.

Are you prepared for emergency power outages? Whitefish River is getting another step closer. With the recent upgrades to our water plant, we then had

two extra diesel generators. With careful planning those two generators will be put back into service. One will be at the public works garage and the second at the Administration building and Health Center. This set up will ensure WRFN is prepared for power outages. Shawanosowe School is also being set up with the standby diesel generator. This system will ensure power to the school to maintain the fire pump system during power outages and large enough to keep the school open for emergency situations.

The public works crew had an opportunity to work with two summer students again.

Montana McGregor worked within the administration showing enthusiasm for learning "what does public work do?" And learning there are a lot of things we need to know and do to keep our community running safe and sound.

Mike Migwanabi had an opportunity to work with the public works crew, keeping them busy finishing tasks and ready for more. Good luck with your continued pursuit of education boys.

"Success is not final, failure is not fatal: it is the courage to continue that counts."
 – Winston S. Churchill

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



WATER CEREMONY AT POTHOLES

SEPTEMBER 15, 2017	
DEPART J&G MARINA	10:00 AM
CEREMONY	
PICNIC LUNCH	12:00 PM
RETURN TO MARINA	2:00 PM

TRANSPORTATION PROVIDED (LIMITED SEATING)



TO SIGN UP CONTACT NALA TOULOUSE @ 705-285-4335



WRFN SHORELINE CLEAN UP

“McNabs” Local Swimming area

(September 1st, 2017 @ 10:00 am)

Station Grounds

(September 7th 2017 @ 10:00 am)

September 1st, and 7th

Come on out and help keep our waters clean

For more information contact Nala Toulouse @ (705) 285-4335



Help Protect Our Waters

Free BBQ

Lend a helping hand



Nala Toulouse - Water Security Coordinator

Hello Everyone!!

I hope everyone enjoyed their summer, I have recently been hired as the Water Security Coordinator for Whitefish River First Nation. I am enjoying this learning experience and happy to be back home working for our community. Some of my duties are to create awareness with our community members about our Source Water Protection Plan. In doing so, I will be hosting Water Ceremonies, conducting shoreline cleanups, and holding information sessions. I will also be working with other stakeholders, associations and organizations that share our water resources, so that we can collaborate and

work together to protect our waters.

Over the summer you may have noticed our Water Interns taking samples of the water around the community. So far our results are coming back good and there are no cause for concerns. Should anything arise we will alert the public promptly.

For more information, please feel free to contact me at WRFN Administration at 705-285-4335 or via email at nalat@whitefishriver.ca

WRFN Minor Sports & Recreation
CHI-BINGO
 • 3 - \$1000 JACKPOTS
SATURDAY
SEPTEMBER 30, 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



Meow Everyone!

Wow! I can't believe that the summer is almost over and it will be back to school for the young ones again. My flowers are doing fine, but some are not doing so well because of all the rain we have been having. I might have to cut some back so they will get a chance to flower more. I see that some of the summer Bay residents, that are teachers, have started to go back home to the States. They start their school year earlier than us.

The cats are doing fine, Fabio has seemed to have gained a lot of weight and getting big. The only one that seems to stay small is Empress Farah, I call her my baby girl. My late Kafra was a small cat. Well, a month ago, I had bought another water feature (fountain) for my front deck and placed it at one corner of the deck. I liked it so much I went and bought another one for the other side of the deck. I have two at the back of the house that look like wooden buckets with a water pump, with water falling out of it. The local dogs like them because they come and drink out of them and I have to keep refilling one of them. There is a whole bay of water and they come to my backyard to get their drink of water. What did you think of all that rain we got in one day? I had a river in my backyard coming down the driveway. My cats all came flying into the house before it started. I get a kick out of watching them sometimes when they come in through their pet door. If they get scared of something outside, sometimes they try to squeeze or push each other out of the way trying to get through as if to say, 'Gang way, gang way, I am coming through!'

Some Cat Facts:

- Onions contain a compound that is toxic to the red blood cells of cats.
- Cats listen for prey by rotating their ears independently of each other.
- The Balinese breed of cat is a natural, longhaired mutation of the Siamese cat. The original breeder named the cats after the graceful dancers of Bali, Indonesia in the 1950's.
- A cat's whiskers spread out as wide as it's body, acting like a natural ruler to tell it what spaces it can fit through.
- The famous Loony Tunes character, Sylvester the Cat, was rated number 33 on TV Guide's list of top 50 favourite cartoon characters.

Well, that is it for another month. Remember to get your cats or dogs fixed to help keep the pet population down in our community. Don't forget to visit our elderly or shut-ins for a while. I am sure they would like that.

"Till next time take care.

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

Dennis L. McGregor



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

A very busy month of August for our community with a number of events including;

- A number of weekly camps and events for youth (Kick Camp, Rookie League and Adventures in Engineering).
- 43rd Annual Lafarge Fish Fry.
- Annual Traditional Pow Wow.
- Anishinabek Nation Lifetime Achievement Awards.
- Official Signing of the Anishinabek Education System (AES).

We currently have two capital projects to update you on;

1. We have very good news on this project. The New Elevated Storage Reservoir (ESR) has been approved for construction over a 2 year period. 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 communication with the water treatment plant;

• Reuse of Existing Generator
• Decommissioning of the existing standpipe.
This project when completed will provide the water quantity needs for Whitefish River residents for a 50 year design period. This completes the major community 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 two new generators to provide emergency power in the event of a power outage to our water tower and Shawanosowe School. 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.

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.

This year's annual Pow Wow was carried out by our youth. I want to congratulate our youth on doing a wonderful job. The Pow Wow was very well attended and a lot of fun. Thank you for doing this important work.

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 Anishinabe 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 Anishinabe law and our teachings and ceremonies to respect water, and protect water, the life-giving gift of the Creator.

September will soon be upon us, as we look forward, it's time to start planning for the return to school. In the meantime please enjoy the balance of the summer weather.

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



Pow Wow besties!



Councillor Esther Osche signs the historic AES agreement on behalf of WRFN.



ADMINISTRATION OFFICE: (705)-285-4335

NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	chief@whitefishriver.ca
David Shawanda	Acting Band Manager	daves@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 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
Rosalyn McGregor	Education Director	rmcgregor@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
Tyler Agawa	Garden Support Worker	tylera@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
To be determined	Grade 3-4 Teacher	
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
To be determined	JK/SK Teacher	
To be determined	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
To be determined	Native Language Teacher	

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

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

September 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Community Calendar</h1> 					1	2
3 AA Meeting	4 Labour Day WRFN Offices Closed BINGO	5 Elder's Centre Sewing 12:30pm-3 pm Good Food Box Orders Due	6 Elder's Centre Baking 12:30pm-3 pm Fall Fasting Info. Session Health Centre 6pm-7pm	7 Elder's Centre Game Time 1pm-3 pm Meals on Wheels BINGO	8 Elder's Centre Sewing 12:30pm-3 pm Family Dance "Live to Dance" 7pm-11pm Comm. Centre	9 BINGO
10 AA Meeting	11 Elder's Centre Painting 1pm-3 pm BINGO	12 Elder's Centre Spa Day 12:30pm-3 pm Regular Chief & Council Meeting	13 Elder's Centre Baking 12:30pm-3 pm	14 Elder's Centre Texas Horseshoes Game Time 1pm-3 pm Meals on Wheels Open House Shawanosowe School BINGO	15 Elder's Centre Cards/Puzzles 1pm-3 pm	16 BINGO
17 AA Meeting	18 Elder's Centre Dream Catchers 12:30pm-3 pm BINGO	19 Elder's Centre Dream Catchers 12:30pm-3 pm Good Food Box Pick Up	20 Elder's Centre Baking 12:30pm-3 pm Fall Fasting Dreamer's Rock Fit Testing Shawanosowe School 4:30-6:00 Housing Maintenance Workshop 6pm Comm. Centre	21 Elder's Centre Game Time 1pm-3 pm Meals on Wheels Fall Fasting Dreamer's Rock BINGO	22 Elder's Centre Sewing 12:30pm-3 pm Fall Fasting Dreamer's Rock	23 Fall Fasting Dreamer's Rock BINGO
24 AA Meeting Fall Fasting Dreamer's Rock	25 Elder's Centre Crafts 12:30pm-3 pm BINGO	26 Elder's Centre Cards/Puzzles 1pm-3 pm Working Chief & Council Meeting	27 Elder's Centre Baking 12:30pm-3 pm Skirt Making Comm. Centre 9:30 am-5:00 pm	28 Elder's Centre Sewing 1pm-3 pm Meals on Wheels BINGO	29 Elder's Centre Cards/Puzzles 1pm-3 pm	30 \$ CHI-BINGO \$

Birthday & Anniversary Wishes!

<p>Happy Birthday Poppa Jim on Sept 3rd XOXO Nicole, Braxton, Braelyn, Sydney, K.C., Mikey, Quintin, Aurora, Leo, Damon & Austin</p> <p>Happy Birthday Dad on Sept 3rd XOXO Pat, Katt, Dan & Tracy</p> <p>Happy Birthday Aurora on Sept 3rd XOXO Auntie Katt, Craig, Nicole, Braxton, Braelyn, Sydney & K.C.</p> <p>Happy 3rd Birthday Braxton on Sept 3rd XOXO Katt, Craig, Sydney & K.C.</p> <p>Happy Birthday to my Godmother Louanne on Sept 19th XOXO K.C.</p> <p>Happy 12th Birthday K.C. on Sept 24th Love Mom & Dad, Nicole, Braxton, Braelyn & Sydney</p> <p>Happy Birthday to my Godmother Theresa XOXO Sydney</p> <p>Happy Birthday wishes to: Slug on Sept 3rd Tigger on Sept 5th Pean on Sept 19th Josie on Sept 24th From Katt n Craig</p> <p>Happy Anniversary to our parents Jean & Lawrence on September 29th. Love Clarissa, Louanne, Elizabeth & Paul</p>	<p>Happy Birthday to my mother Jean on September 11th and my sister Louanne on September 19th. Love, Clarissa</p> <p>Happy Birthday to Lexi Crowe on August 23rd. We wish you nothing but the best. Love Auntie, Uncle, Quintin, Aurora & Leo.</p> <p>Happy 9th Birthday to you Little Butterfly Dancer Aurora on Sept. 3rd. You make us so very proud of you. May you have a great day. Love you lots, Mom & Dad. Xoxoxoxox</p> <p>Happy Birthday to our sister Roara on Sept. 3rd. LOVE your brothers Quintin & Leo xoxo</p> <p>Happy Birthday to Braxskin on Sept. 3rd. Have an awesome day. LOVE Auntie Trace, Cal, Quintin, Aurora & Leo xoxoxox</p> <p>Happy Birthday to Papa Jim on Sept. 3rd. Wishing you all the best. Love you lots. Tracy, Cal, Quintin, Aurora and Leo.</p> <p>Happy Birthday Slug on Sept 3rd. Have a wicked day. Tracy, Cal, Quintin, Aurora and Leo</p> <p>I want to wish my Mommy "Christina", a Happy 27th Birthday! Love, Liam</p>	<p>Birthday wishes going out to: Karen & Alyssa on Sept. 2nd Emily on Sept 4th Tyler on Sept 14th Tina on Sept 22nd José on Sept 24th Love, Va (mom), Steve, Kiara & Chico</p> <p>Happy Birthday to our daughter Brianna on Sept. 22nd and her other half Johnny on Sept. 24th. Love you both, have a spectacular celebration together! Mom & Dad</p> <p>P.S. Happy Birthday Mommy & Daddy! Kisses & Big Hugs! Love, Isla</p> <p>Happy Birthday to Louanne on September 19th Love, Your Family</p> <p>Happy Birthday to: Genny Jacko on Sept. 3rd Uncle Jim on Sept. 3rd Joanne Recollet on Sept. 24th Gerry Ziegler on Sept. 29th Love, Jean, Muzz & Clarissa</p> <p>Happy Birthday to my lovely daughter Cher- yl on Sept. 28th Love, Mom, Dad & Brothers</p> <p>Happy Anniversary Emma & Larry From Va & family</p> <p>Happy B-Day Aunty Tammy- Lucy, Eli, Ira</p>	<p>Happy Birthday Al on Sept.14th Love your family</p> <p>Wishing an Amazing Woman, Mother and Wife a very Happy Birthday on September 1st. Tammy, we Love You With All Our Hearts! Lila, Nakia, Bubbles the fish and Dan</p> <p>Happy Birthday to our Mom on September 11th Liz , Paul, Peanut and Munjo</p> <p>Happy Birthday to our Grandma Mrs. Muzz on September 11th Piiniis, Dryden and Mason</p> <p>Happy Anniversary to our wonderful parents Muzz and Jean on September 29th from us kids and grandkids</p> <p>Happy Birthday to our Peanut & Mommy on September 19th love you, from Allien, Xavier, Dryden & Mason</p> <p>Happy Birthday to Uncle Jim from the Peanut gang.</p> <p>Happy Birthday to "Slug" from the Peanut Gang</p> <p>Happy Birthday to Caleb Nahwegahbow! Happy Birthday to Nevada Anwhatin! Happy Anniversary to my parents Todd & Pam McGregor! Crystal Clark-McGregor</p>
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