“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!

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

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”
**September 2017**

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*Community Health Nurse Lab/Blood Draw Clinic Fridays @ 10:00 am
Please bring your Requisition(s)
Appointments recommended
**Waabaagaa Giizis 2017**

**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?

- **Difficulty sleeping** (head lice are most active in the dark)
- **Itching of the scalp**
- Sores on the scalp from scratching; this can be an easy way for the lice to reproduce.
- **Tickling feeling in the hair** (like something moving)
- **Scars 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

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**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

---

**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:

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

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**CANDICE ASSINEWEE - 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 Noojomowin 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 during the process which is, as we all know, an amazing accomplishment all on its own, and I would like to say Congratulations!

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.

Therefore, for the Fall Fast and in partnership with SHKAKAMIK KWE 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 6:30pm at the Community Centre! (limited spots).

To register, or for more information on programs, please feel free to contact me at 705-285-4354 or via email at candicea@whitefishriver.ca.
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 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 of the 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 he 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 metal, physical, emotional and spiritual state, but I observed that with each completion of an obstacle, their overall outlook would positively change. That positiveness would then carry though 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 Aazhibkoong (July 25-27, 2017):** Nimkii Aazhibkoong 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 Aazhibkoong 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 KC 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 12kms 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 ok 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 Camp 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.
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 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.

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)

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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)

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!

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
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 Shawano-swe 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! Migwetch, 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 Miigwans! 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 kids’ faces when they called bingo. A big Migwetch 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.

Danette McGregor, Dip Ed, OCT, RECE, Child Care Supervisor

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-Migwetch 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 Shawanoswe School. I will be continuing to work with our children, teachers and the community.

I say Chi-Migwetch 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!
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 with family and friends.

The faculty and staff at Shawanosowe School have been working diligently to prepare for the beginning of school. 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.

The breakfast program will resume each morning from 8:20-8:40am coordinated by the breakfast coordinator. All students will receive 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 enrolment

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 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 are transported to school should be at the regular time and will be at the regular time.

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

**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 & Tips
- Medicine Walk
- Hands-On Learning
- Anishnaabemowin 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

**KRENJGEWIN 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)
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- 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

**KRENJGEWIN 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 & Tips
- Medicine Walk
- Hands-On Learning
- Anishnaabemowin Learning
- Opportunities
- Fish Harvesting
- Jams & Jellies
- Traditional Teachings with Elders/Community Members
- Male and Female Drumming
- Traditional & Nature Games
- Apple Harvesting
- Health & Wellness
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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 cooperates 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 them then so be 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.

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.

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 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.

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**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**

<table>
<thead>
<tr>
<th>2B-or-Not2B</th>
<th>Cora</th>
<th>Nadine</th>
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<tbody>
<tr>
<td>Anna</td>
<td>Eliza</td>
<td>Olivia</td>
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<tr>
<td>Beatrice</td>
<td>Ella</td>
<td>Rose</td>
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<tr>
<td>Beatrice</td>
<td>Faith</td>
<td>Rubeena</td>
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<td>Beeholder</td>
<td>Hazel</td>
<td>Savannah</td>
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<td>Beelieve</td>
<td>Julianna</td>
<td>Scarlett</td>
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<td>Beeliever</td>
<td>Kaylee</td>
<td>Sophie</td>
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<td>Beetsy</td>
<td>Kingsley</td>
<td>Summer</td>
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<td>Beeonce</td>
<td>Lilliana</td>
<td>Tess</td>
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<td>BeeYourself</td>
<td>Lily</td>
<td>Vicky</td>
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<td>Bella</td>
<td>Luna</td>
<td>Violet</td>
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<td>Camie</td>
<td>Maria</td>
<td>Willow</td>
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<tr>
<td>Charlotte</td>
<td>Maya</td>
<td>Zoey</td>
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<tr>
<td>Claire</td>
<td>Mona</td>
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</tr>
</tbody>
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**Garden Committee Meeting**

**Thursday September 7, 2017**

**Thursday September 21, 2017**

Health Center

6 p.m.—7 p.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.

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**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 out breaks 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 earwig and slug traps 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 blossom 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 the reinfection of the plant. Fungus over winters in the soil on dead leaves and then re-infests during the spring rains. All diseased leaves should be collect and disposed of but not put into your compost post 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 sprays your susceptible plants to prevent fungal outbreaks and to prevent the spread. If you are using the Bokashi compost 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 & Thesin 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!

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.

Curtis Paibomsai entered the Annual Hand Drum Contest.

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

Josh Taheosaiga & Cheyanne Kozeyah were the 1st Place Winners of Sunday’s Canoe Race!
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!!

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

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.
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

<table>
<thead>
<tr>
<th>Size of Family</th>
<th>1 person</th>
<th>2 person</th>
<th>3 person</th>
<th>4 person</th>
<th>5 person</th>
<th>6 person</th>
<th>7 person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income Level</td>
<td>$24,600.00</td>
<td>$30,625.00</td>
<td>$37,650.00</td>
<td>$45,712.00</td>
<td>$51,846.00</td>
<td>$58,473.00</td>
<td>$65,101.00</td>
</tr>
</tbody>
</table>

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 conditions.

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.
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 through 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 different 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 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 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!

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.
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. Shawanoswe 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

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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

---

Nala Toulouse - Water Security Coordinator
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.

‘Til 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
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 $2,981,093.00 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;
   • 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 Anishinaabe 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 Anishinaabe of Whitefish River First Nation, therefore strongly assert our self-determination right to make decisions about water in our territory. We must be fully involved in all resource water and water shed protection planning and in all decisions about water licenses and access to water for navigation, transportation, industrial use and other purposes. We declare that we will continue to rely on Anishinaabe law and our teachings and ceremonies to respect water, and protect water, the life-giving gift of the Creator."

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
### Administration Office: (705)-285-4335

<table>
<thead>
<tr>
<th>NAME</th>
<th>JOB TITLE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Franklin Paibomsai</td>
<td>Chief</td>
<td><a href="mailto:chief@whitefishriver.ca">chief@whitefishriver.ca</a></td>
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<tr>
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<tr>
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<tr>
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<tr>
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<td>Economic Development Officer</td>
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<tr>
<td>Rosalyn McGregor</td>
<td>Education Director</td>
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</tr>
</tbody>
</table>

### Health Centre: (705)-285-4354

<table>
<thead>
<tr>
<th>NAME</th>
<th>JOB TITLE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leslie McGregor</td>
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<tr>
<td>Doreen Jacko</td>
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<tr>
<td>Genny Jacko</td>
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<tr>
<td>Candice Assinewe</td>
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</tr>
<tr>
<td>Crystal Clark-McGregor</td>
<td>Right to Play Worker</td>
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<tr>
<td>Amber Zona</td>
<td>Youth Support Worker</td>
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<tr>
<td>Ariene Pitawanakwat</td>
<td>Child &amp; Family Well Being Coordinator</td>
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<tr>
<td>Gail Jacko</td>
<td>Food Security Coordinator</td>
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<tr>
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<td>Garden Support Worker</td>
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<tr>
<td>Russell Jacko</td>
<td>Medical Transportation Driver</td>
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</tr>
</tbody>
</table>

### Shawanosowe School: (705)-285-1311

<table>
<thead>
<tr>
<th>NAME</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Cheryl Miller-Martin</td>
<td>School Principal</td>
<td><a href="mailto:principal@shawanosowe.ca">principal@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Cara McGregor</td>
<td>Administrative Assistant</td>
<td><a href="mailto:admin@shawanosowe.ca">admin@shawanosowe.ca</a></td>
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<tr>
<td>Lisa Cutler</td>
<td>Grade 5-6 Teacher</td>
<td><a href="mailto:lcutler@shawanosowe.ca">lcutler@shawanosowe.ca</a></td>
</tr>
<tr>
<td>To be determined</td>
<td>Grade 3-4 Teacher</td>
<td></td>
</tr>
<tr>
<td>Tiffany Gagan</td>
<td>Grade 1-2 Teacher</td>
<td><a href="mailto:tgagan@shawanosowe.ca">tgagan@shawanosowe.ca</a></td>
</tr>
<tr>
<td>To be determined</td>
<td>JK/SK Teacher</td>
<td></td>
</tr>
<tr>
<td>To be determined</td>
<td>Special Education Resource Teacher</td>
<td></td>
</tr>
<tr>
<td>Cindy Pitawanakwat</td>
<td>Education Assistant</td>
<td><a href="mailto:educationassistant1@shawanosowe.ca">educationassistant1@shawanosowe.ca</a></td>
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<tr>
<td>Bonnie Nahwegahbow</td>
<td>Education Assistant</td>
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<tr>
<td>Tracey Megwanabe</td>
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</tr>
<tr>
<td>To be determined</td>
<td>Native Language Teacher</td>
<td></td>
</tr>
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### Maamwe Kendaasing Child Care Centre: (705)-285-7777

<table>
<thead>
<tr>
<th>NAME</th>
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<tbody>
<tr>
<td>To be determined</td>
<td>Supervisor/Educator</td>
<td><a href="mailto:daycare@whitefishriver.ca">daycare@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Delores Pitawanakwat</td>
<td>Pre-school Educator</td>
<td></td>
</tr>
<tr>
<td>Jo-Ann Recollet</td>
<td>School/Cultural Educator</td>
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</tr>
<tr>
<td>Cindy Tarr</td>
<td>Toddler Educator</td>
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</tr>
<tr>
<td>Blanch Recollet</td>
<td>Cook</td>
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</tr>
<tr>
<td>Sunday</td>
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<tr>
<td>AA Meeting</td>
<td>Labour Day WRFN Offices Closed</td>
<td>Elder's Centre Sewing 12:30pm-3pm Good Food Box Orders Due</td>
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<tr>
<td>AA Meeting</td>
<td>Elder's Centre Spa Day 12:30pm-3pm Regular Chief &amp; Council Meeting</td>
<td>Elder's Centre Baking 12:30pm-3pm</td>
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<td>AA Meeting</td>
<td>Elder's Centre Dream Catchers 12:30pm-3pm</td>
<td>Elder's Centre Dream Catchers 12:30pm-3pm Good Food Box Pick Up</td>
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<tr>
<td>AA Meeting</td>
<td>Fall Fasting Dreamer's Rock</td>
<td>Elder's Centre Crafts 12:30pm-3pm</td>
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</table>

**Birthday & Anniversary Wishes!**

Happy Birthday Poppa Jim on Sept. 3rd
XOXO Nicole, Braxton, Braelyn, Sydney K.C., Mikey, Quintin, Aurora, Leo, Damon & Austin
Happy Birthday Dad on Sept 3rd
XOXO Pat, Katt, Dan & Tracy
Happy Birthday Aurora on Sept 3rd
XOXO Auntie Katt, Craig, Nicole, Braxton, Braelyn, Sydney & K.C.
Happy 3rd Birthday Braxton on Sept 3rd
XOXO Katt, Craig, Sydney & K.C.
Happy Birthday to my Godmother Louanne on Sept 19th
XOXO K.C.
Happy Birthday to my Godmother Louanne on Sept 19th
XOXO K.C.
Happy 12th Birthday K.C. on Sept 24th
Love Mom & Dad, Nicole, Braxton, Braelyn & Sydney
Happy Birthday to my Godmother Theresa XOXO Sydney
Happy Birthday wishes to:
Slag on Sept 3rd
Tigger on Sept 5th
Pean on Sept 19th
Josie on Sept 24th
from Katt n Craig
Happy Anniversary to our parents:
Jean & Lawrence on September 29th.
Love Clarissa, Louanne, Elizabeth & Paul
Happy Birthday to my mother Jean on September 11th and my sister Louanne on September 19th.
Love, Clarissa
Happy Birthday to Lexi Crowe on August 23rd. We wish you nothing but the best.
Happy Birthday to Louanne on September 19th.
Love you lots, Mom & Dad. Xoxoxoxox
Happy Birthday to my lovely daughter Cher-yl on Sept. 28th.
Happy Birthday to Nevada Anwhatin! Happy Anniversary to our wonderful parents Muzz and Jean on September 29th from us kids and grandkids
Happy Birthday to our Grandma Mrs. Muzz on September 19th
Todd & Pam McGregor!
Happy Birthday to Uncle Jim from the Peanut gang.
Happy Birthday to Caleb Nahwegahbow! Happy Birthday to Nevada Anwhatin! Happy Anniversary to my parents Todd & Pam McGregor!
Crystal Clark McGregor
Happy 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
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.S. Happy Birthday Mommy & Daddy! Kisses & Big Hugs!
Love, Isla
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
Happy Birthday to our Mom on September 11th
Liz, Paul, Peanut and Munjo
Happy Birthday to our Grandma Mrs. Muzz on September 11th
Piinis, Dryden and Mason
Happy Anniversary to our wonderful parents Muzz and Jean on September 29th from us kids and grandkids
Happy Birthday to our Peanut & Mommy on September 19th
love you, from Allen, Xavier, Dryden & Mason
Happy Birthday to our Uncle Jim from the Peanut gang.
Happy Birthday to “Slug” from the Peanut Gang
Happy Birthday to Nevada Anwhatin! Happy Birthday to Nevada Anwhatin! Happy Anniversary to my parents Todd & Pam McGregor!
Crystal Clark McGregor
Happy Birthday to my other half Johnny on Sept. 24th.
Happy Birthday to Nevada Anwhatin! Happy Birthday to Nevada Anwhatin! Happy Anniversary to my parents Todd & Pam McGregor!
Crystal Clark McGregor
Happy Birthday to Nevada Anwhatin! Happy Birthday to Nevada Anwhatin! Happy Anniversary to my parents Todd & Pam McGregor!
Crystal Clark McGregor