



September 2018
Waabaagaa Giizis
Colouring Leaves Moon

THE REZOUND

Honouring and Protecting Our Water



Pictured (l-r) Miss Wawaskinaga – Brittney Waindubence, Jr. Miss Wawaskinaga – Nova Waindubence and L'il Miss Wawaskinaga – Delilah McGregor.

Clear skies and cool breezes greeted visitors and citizens alike at the 25th Annual Wawaskinaga Traditional Gathering. “Chitwaawiindaamidah Miinwaa Kwaamdaandaa Biish” or “Honouring and Protecting Our Water,” was the theme of this year’s Annual Pow Wow. The Pow Wow was opened with a Water Song and prayer on the shores of beautiful Sunshine Alley, led by Elder Gloria Oshkabewisens. The Pow Wow drew in six drums in total, including our hometown favourites Biitaabaness. The two-day event included, boat tours on the hour, canoe races, team dancing, hand drum contests, a Potato Dance and a Community Feast.

The 2018/2019 Wawaskinaga Princesses were crowned early Sunday morning. Our community representatives this year are: Miss Wawaskinaga – Brittney Waindubence, Jr. Miss Wawaskinaga – Nova Waindubence

and L'il Miss Wawaskinaga – Delilah McGregor. Congratulations Ladies!

Chi-Miigwetch to our Elders, Head Dancers, Drums, Fire-keepers, Staff-Carriers, Security and all who volunteered their time and donated to our Annual Pow Wow. Congratulations to our dedicated community event planners Gail Pelletier and Anastasia Cywink for planning this exceptional event!

Please note that the deadline for submissions
for the next issue is
Tuesday, September 18th, 2018 at noon.
Miigwetch!
rezoundeditor@whitefishriver.ca

“A Place of Visions and Dreams”

Health & Social Services Manager - Leslie McGregor

Good day fellow community members,

First, I am pleased to announce that our very own Crystal Clark McGregor, Right to Play Community Mentor, has been selected for a Youth Award and will be honoured at the Right to Play Hero's Gala in October. We are proud of her work and her commitment to the youth here in Whitefish River. We are also pleased that this program will be continuing in our community for another year!

Second, I am excited about the start of two new staff members – look for their articles in the next Rezound! The positions that are filled are Early Childhood Coordinator and Family Well-Being Coordinator.

Third, during the past month, the Health Centre staff held some camps and workshops. We started off with the Creator's Garden workshop that was held over three days with Joseph Pitawanakwat. Some of the participants in this workshop were youth, and I am pleased to see that they were very interested in learning about the plants and medicines. We had some youth participate in the Traditional Journey trip and a weekend at Nimkee Aazhibikong traditional language camp. We also held the Painted Turtle Camp, hosted a Babysitting Course, a Science Camp and finished off the summer with a Family Cultural Camp at Sunshine Alley.

During the month of August we also had traditional healers come to our community. They provided one-on-one healing as well as ceremonies. We are grateful for the knowledge and connection they bring.

I am also happy to report that Mnaamodzawin Health Services is fully staffed which means that we will now have two Community Health Nurses. Currently, Carolyn Strum has been the only Community Health Nurse providing one day of service per week; however, with the new Community Health Nurse, this service will be provided three days a week. We are looking forward to meeting and working with the new staff!

Noojmowin Teg Health Centre – who provides the Nurse Practitioner among other services – is still short-staffed. They are still seeking positions which means we have the Nurse Practitioner in only once per week. However, they have announced that they have received funding for a community and culturally based sexual assault/domestic violence clinic. They are in the process of setting up the clinic and will have detailed information once they are staffed.

Michael Aelick, Arlene Pitawanakwat, and I have completed our Violence Threat Risk Assessment training in AOK. We will be seeking community input and volunteerism as we set-up various activities to meet the goal of a safe and caring community.

Last, as the month of September approaches, we will be partnering again with Shkagamik-Kwe Health Access Centre to host the Fall Fast. Please contact Candice Assinewe for more information and look for the flyer in the mail.

For more information I can be reached at the Health Centre at 705-285-4354 or through email at: lmcggregor@whitefishriver.ca.

**Don't Forget
to Sign up for the
14th Annual Turkey Trot!**



**5 week program ending
October 4th, 2018**

Great 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 2018

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

Community Wellness Worker - Candice Assinewe



SAVE THE DATE! SEPTEMBER 10, 2018

LIVE ~ LAUGH ~ LOVE

World Suicide Prevention Day

Please come and join us and our community in remembering and celebrating the lives of those who died by suicide and comforting those who have been impacted. Let's come together as a community to renew our commitment to work together to promote a compassionate community that fosters the dignity, hope and resilience of every person. Let's talk about it and raise awareness together, promote commitment and action to help prevent suicide.



AGENDA OF ACTIVITIES TO BE ANNOUNCED

- Opening the Dialogue**
- Life promotion**
- What are the signs?**
- My Story**
- Teaching & Candlelight Walk**

**FOR MORE INFORMATION
PLEASE CONTACT:**

Candice Jacko-Assinewe
Community Wellness Worker
17B Rainbow Ridge Road
Birch Island, ON P0P 1AO
PHONE: (705)285-4354
EMAIL:
candicea@whitefishriver.ca

Anii/boozhoo Community Members
This past month we had the **Summer Fitness Challenge** check ins and I would like to acknowledge all of you who are working hard on your Health and Well-Being. On September 12, 2018 we will be having a celebration dinner for all the participants who worked hard at achieving their personal fitness goals. I would like to thank Carolyn Strum, Community Health Nurse from Noojmowin Teg Health Centre for all her assistance in this program. She has been a positive support for everyone involved in this program and I definitely look forward to working with her again in the future.

events. On September 9th, 2018, it is Fetal Alcohol Spectrum Disorder Awareness Day and we will be attending an island wide event called "**Stomping Out the Stigma**" in Wikwemikong (*for more information, please see attached poster*). This event is open to all community members and is being hosted by Noojmowin Teg Health. **Whitefish River First Nation Health Centre will be providing transportation**. There will be a sign up sheet at the front desk reception at the Health Centre to sign up for transportation or you can contact me by phone or email.

Save the Date for September 10, 2018 as it is **World Suicide Prevention Day**. Please join us and our community in remembering and celebrating the lives of those who died by suicide and comforting those who have been impacted. This day is especially important as it helps open the dialogue, and raise awareness together as a community to promote life and take action to prevent suicide. The theme of the event is **LIVE – LAUGH – LOVE**. Once the agenda for this event is finalized it will be sent out via mail, and on the WRFN Facebook site.

Once again, we have our Fall Ceremonies quickly approaching. Our **Fall Fasting camp** is here and is taking place from September 19th-23rd, 2018 at Dreamer's Rock. If you are thinking of fasting for yourself, or would like to assist with the ceremonies as a helper and learn more about the fasting ceremony, please contact me if you have any questions, or to register as a faster or helper.

If you would like more information and would like to contact me about any of the programs or services that are provided, please contact me at the Health Centre at 705-285-4354 or you can email me at candicea@whitefishriver.ca.

PROFESSIONAL TRAINING

FITNESS

Gym & Fitness Orientation with
Matt Assiniwe - R.KIN, CSEP-CEP, EIMC lvl 2

Register for a One Hour Session TODAY!

Matthew's Bio

Aanii, my name is Matthew Assiniwe, I am from Wikwemikong Unceded Indian Reserve, I am a registered Kinesiologist, Certified Exercise Physiologist and Level 2 Health Care Professional with Exercise is Medicine Canada. I have worked with several populations over my career including athletes, individuals who have had a previous injury, as well as individuals who live with chronic illnesses. I also specialize in prescribing exercise programs based on each persons individual goals. I look forward to working with Whitefish River First Nation to provide current physical activity evidence based practices.

SESSION DATES:
September 4th, 6th, 11th, 18th, 20th, 25th & 27th, 2018.

TIME: 6:00PM-8:00PM

Contact Information

Call Candice Jacko-Assinewe, Community Wellness Worker at the WRFN Health Centre at (705) 285-4354 or email candicea@whitefishriver.ca to book a session.

This month we have some upcoming

F
A
L
F
A
S
T
C
A
M
P

September 19th to 23rd, 2018

Whitefish River First Nation (Dreamer's Rock)
Pow Wow Grounds (located off Hwy. 6)

Reasons for going on a fast
"When you choose to go on a fast, it is with purpose in mind. You may go to seek direction in your life or you may go out to learn more about our ways and about Creation. You may fast for your spirit name and colour. You may fast for many other reasons. Whatever the reason for your fast, you prepare beforehand through prayer and tobacco."

FOR MORE INFORMATION OR TO STATE YOUR INTENTIONS PLEASE CONTACT
Candice Jacko-Assinewe, Community Wellness Worker at the Whitefish River First Nation Health Centre at (705)285-4354 or email at candicea@whitefishriver.ca

In partnership with Shakamikwe Health Centre and Kina Gbezhgomi Child & Family Services.

Right to Play Worker - Crystal Clark-McGregor

"Just think of happy thoughts and you'll fly"
- Peter Pan

Looking back at the month of August; The **Traditional Journey** this year kicked off with an overnight stay at Sunshine Alley and the group then set off to make their way to Serpent River First Nation. They had a lot of new paddlers which made it a little challenging on the journey but I was so proud of the ones who had carried on to complete the 70 kilometer journey on our old highway. I'm looking forward to next year and who knows, there may be a little change to the locations.

Painted Turtle this year was another big success. Thank you to all of the participants who came out that week, it was so nice to watch the kids be able to step out of their comfort zones. I was able to witness all the creativity from the kids through their art, dancing and games. They all worked very hard for their end performance. Each of the participants shined so bright and did a wonderful job!

We had a record breaking number of participants who attended the **Babysitting Training** course! It was very awesome to see all of them walk out proud and happy with their certificates. Great job everyone! In total we have 17 certified babysitters out there in the community!

Science Camp was a success, all the par-

ticipants created rockets, challenged each other with their hand made race cars, created 3D items and got to make lots of slime. It was such a great way to end off the summer. Thank you to the University of Ottawa Science and Engineering Camp.

Save the date for the **Killarney Weekend Canoe Trip** on September 14-16, 2018. Transportation will be provided and pick up will be at the community center. The time is still to be announced.

Youth Registration Night: Tuesday September 25th, 2018 from 7 - 9 pm at the & Fires Youth & Elders Centre

I will return to Espanola High School on September 26th & 28th (*Note* I will not be bringing food that week)

Summer has passed us by and I'm grateful for the memories and the lessons that I have learned throughout this summer. Thank you as well to all the summer students as this summer would not have been as much fun without all of you!

If you have any questions regarding any programs please feel free to email me at righttoplay@whitefishriver.ca or contact me at the Health Centre at 705-285-4354.

*Wishing nothing but the best
for your school year, don't forget ...
1 year = 365 opportunities!*



The Grand Opening of WRFN's Fitness Centre was held August 1, 2018.



WRFN has 17 new certified Babysitters, courtesy of the Babysitting Course offered by WRFN Health.

KILLARNEY WEEKEND TRIP

September 14-16, 2018

Ages 9-14 years

10 spots available

Information Session:
August 29th, 2018
5:00-6:30pm
7 Fires Youth & Elders Centre

- What to bring
- Meal Planning
- Q & A

For more information please contact Crystal at WRFN Health Centre 705-285-4354

WRFN PRESENTS FOR Ages 4 to 18 years old

BACK TO SCHOOL Carnival

WHAT YOU COULD WIN!: PENCILS, PENS, ERASERS, BOOKBAGS, CALCULATORS, NOTEBOOKS, FOLDERS, STAPLES, RULERS, TAPE, CRAYONS, MARKERS, BOOKS, ETC.

LUNCH PROVIDED @ 12:00PM

SEPTEMBER 8TH, 2018

Games will be starting at 1:00pm to 8:00pm at the Community Center

Please note that there will be games also at the recreational fields during 1-8pm

FOR MORE INFO: Call Crystal at the Health Center: 705-285-4354

"STOMPING OUT THE STIGMA"

ISLAND WIDE FASD EVENT

September 9th, 2018 - Thunderbird Park, Wikwemikong

GUEST SPEAKER:
RJ FORMANEK

RJ Formanek went through his life facing a number of personal challenges. It wasn't until the age of 47 that RJ received a formal diagnosis of Partial Fetal Alcohol Syndrome which put many things into perspective and lead to many changes. He is currently the head administrator on Flying With Broken Wings, spokesperson for "Red Shoes Rock - Stop FASD", and in a number of other groups RJ utilizes these contacts to reach out to others, especially others who also live with FASD. RJ writes, trains in person, speaks publicly, both in person and through videos and audio podcasts in an effort to further all who live with, work with, or care for someone with FASD.

Transportation Provided!
Contact: Candice Assiniwi Community Wellness Worker at 705-285-4354 to register for transportation.

ITINERARY

- 11:30am Welcome & Introductions
- 11:45am Banner making
- 12:15pm Community Walk –Red Shoes Rock Walk
- 12:45pm Guest Speaker – RJ Formanek
- 1:45pm Community BBQ & Live music

FOR MORE INFORMATION PLEASE CONTACT NOOJMOWIN-TEG FASD COORDINATOR AT (705) 368-2182 EXT. 246

BANNER MAKING

FACE PAINTING

FAMILY BARBECUE

LIVE ENTERTAINMENT
by Lance Panamick & Dave Southwood

WEAR ANYTHING RED!

BRING YOUR FEAST BUNDLES

Noojmowin Teg Health Centre
A place of healing

Whitefish River First Nation

Aanende Oonini Kaning First Nation

M'chiigeeng First Nation

Wilkwemikong Unceded Territory

Zhiibahasing First Nation

Shequindah First Nation

Sheshegwaning First Nation

Child & Family Well Being Coordinator Arlene Pitawanakwat

Ahnii Community members!

Wow! I can't believe summer has come and gone so fast! I was outside in the sun so much with programming this summer, I was even able to get a little tan.

This summer has been really busy. At the beginning of the summer, I started **Women's Drumming**, Friday nights at the 7 Fires Elder and Youth Centre. This program will end on September 1st.

I also had a **Beach Hopping** program in partnership with the Daycare, Moms, Dads and Tots. We continued exploring various beaches throughout the summer and even travelled to see the new Splash Pad in Gore Bay. We tried to go to as many beaches as we could including Providence Bay, Kagawong and Little Current. I did run out of the water at one point when I saw a leech at the Little Current Low Island beach. Yuk!

This was my first year hosting a **Family Culture Camp**. This hap-

pened on August 21-23, 2018 at beautiful Sunshine Alley. We had activities like shirt making, Anishnabemowin language sessions, story-telling, teachings on the umbilical cord, 7 stages of life along with teachings on the tiikanagaan. I am hoping to host more women's drumming in the near future and I welcome all women.

We had a wonderful ceremony at our Pow Wow for a family for Reunification. This family will finally be reunited after 3 years. It was a very moving ceremony.

We are currently planning our Fall Programs so please come in any time to visit and have a talk or to give me your suggestions or concerns. I can be reached through the Health Centre at (705)-285-4354 ext 209. Please do not hesitate to contact me, and if I am away please leave a message I will get back to you as soon as I can. I can also be reached through email me at arlene@whitefishriver.ca.

Mental Health & Addictions Worker - NNADAP Michael Aelick

Aanii,

I must say, having Joe Pitawanakwat come in and teach about some of the Traditional Medicines that grow in our community was a big hit. I look forward to having him return and share more of his knowledge with us. It was nice to see how involved the youth were and started to harvest right away. They were not afraid to ask questions and showed that this knowledge they learned would be carried forward.

I also attended The Challenge of Change; Addressing Domestic Violence and Seniors Abuse. Some of the main points that really stood out to me is that Harming of the Land and Water is form a family violence and is traumatic to Anishinabek people. This conference emphasized that we need to build better relationships with our creation, land, water, animal, and spirit relatives by re-connecting

with the land.

I also learned that addiction cannot be discussed without recognizing that substance abuse is not a choice, it is a result of physical changes in the brain caused by Trauma. Trauma can activate the area of the brain responsible for our fight or flight reaction and over time, especially coupled with substance abuse, slowly shuts down pathways that communicate with the area of the brain that deals with emotions and rational thought. It was an interesting and informative conference and I appreciate the fact that I could attend and access information to help the community.

I will be doing strategic planning for most of September and will resume programming in October. If you have any questions or concerns, please contact me at the Health Centre @ 705-285-4354 or by e-mail maelick@whitefishriver.ca.



A PLACE OF VISION AND DREAMS

EMPLOYMENT OPPORTUNITY

Youth Support Worker

SUMMARY: Under the direction of the Health and Social Services Manager this position will be required to provide early intervention and prevention programs to youth in Whitefish River First Nation.

TERM: This is a full-time, permanent position.

SALARY: To be determined based on qualifications and experience.

QUALIFICATIONS:

- Native Child & Family Worker, Child & Youth Worker Diploma, Sports and Recreation College Diploma or 3 years related experience.
- Knowledge of social programs and curriculum delivery.
- Understand the unique needs of First Nations youth.
- Experience working with and providing support to youth.
- Excellent group facilitation, verbal, written and interpersonal communication skills.
- Knowledge of Aboriginal cultural, communication styles and value system.
- Maintenance of clear Criminal Reference Check and Vulnerable Sector Screening reports.
- Must maintain a valid Standard First Aid Certificate.
- Must be willing to undertake the Applied Suicide Intervention Skills Training (A.S.I.S.T.).
- Proven computer skills in word processing and spreadsheet software.
- Valid Ontario Driver's License.
- Ability to travel and to work flexible hours according to the needs of the youth.

All applicants **MUST** submit a letter of application, current resume, (3) three current work related letters of reference marked **CONFIDENTIAL** to:

Leslie McGregor
Health and Social Services Manager
Whitefish River First Nation
17B Rainbow Ridge Road,
Birch Island, ON P0P 1A0
Email: lmcggregor@whitefishriver.ca
Fax: 705-285-0488

Deadline: Friday, September 7th, 2018 at 4:30 p.m.

We thank all applicants, only those selected for an interview will be contacted. Prior to being hired, the successful applicant will be required to submit a current clear Criminal Reference Check and Vulnerable Sector Screening report.

Food Security Assistant - Winnie Paibomsai

Back to School

It's that time of year where most of us are getting back on schedule for another School year. In less than a week the school buses will be running and picking up all our children and youth!!! Now that the leaves are starting to change color, the harvest from the community gardens are available to families and community members. The produce in the garden are for all community members, young and old alike, to take. These items were grown without any pesticides and/or chemicals that you may get in the grocery store. Come pick some kale, tomatoes and cucumbers for a fresh garden salad or even a squash or two! Gail and I, alongside our summer students, have watered and cared for the gardens with a lot of hard work and we are happy and proud to share the vegetables. Have you heard of the saying, you are what you eat? It's sometimes hard to like vegetables or salads if you're not used to eating it, but give it a try. Some of us grew up with a meat and potato type of meal or maybe even beans and scone. Don't get me wrong, it's a tasty meal all in all, but what we didn't know when we were growing up is that all those yummy foods that we have all eaten - myself included - at Pow Wows or at home, takes a toll on our bodies. It impacts us from our kidneys to our liver and even to our weight. If you're trying to make healthy choic-

es and running out of options of good choices, there are always new ideas if we "work together"!!!

Once more, we will be running the **Student Nutrition Program for the 2018-2019 school year.** I have been in the office over the summer months and have yet to hear from our students on menu ideas. I know healthy is not always fun and that a pizza or burger is tastier but in the long run you may appreciate why veggies, fruits, and salads are in your lunch. When we constantly have a busy work load with school, sports, and even after school jobs, it's refreshing to know that at least once during the day that you ate a healthy snack. When I was a teenager - yes, I once was a teen - I ate junk food and by the end of the day I was sluggish with not wanting or having the energy to do anything. I learned that, as a cook, chef and a mom, to eat fruits, vegetables, and home prepared meals is better for me. In addition, for our students, what we cook is prepared with love and the utmost positive vibes. So please stop by the Health Center for an application for the Student Nutrition Program.

The Student Nutrition Program will kick off the week of September 17, 2018. If you want or need more information, please call me or Gail at the Health Center. The phone number is (705) 285-4354.

WELCOME

BACK TO SCHOOL

A.B. Ellis, Sacred Heart and Espanola High School students, remember to sign up for the lunch program.



For more information, contact Gail or Winnie at the Health Centre (705) 285-4354



Nutrition for Athletes with Callen McGibbon

FOOD AS MEDICINE

CALLEN MCGIBBON ...
 +FITNESS
 DEVELOPMENT/STRENGTH AND
 CONDITIONING HEAD COACH
 +HUMAN PERFORMANCE
 DIRECTOR
 +HEALTHY LIVING INC
 DIRECTOR, FOUNDER
 +REPerformance App Developer
 +HEALTHY KIDS COMMUNITY
 CHALLENGE BOARD MEMBER
 +VOLUNTEER COACH

6:00 pm at the Community Centre
September 19, 2018

for more information contact:
(705) 285-4354
 ask for Gail or Winnie

PosterMyWall.com



WRFN Youth beat the heat with water games at the Painted Turtle Arts Camp on August 14, 2018.

Aambe Baagiise'daa - lets go hunting September 28-30, 2018

UCCMM Hunters and families are invited to the "Aambe Baagiise'daa - Lets go hunting" weekend. Come celebrate our culture and share our traditional harvest! The UCCMM Tribal Council is partnered with Gwekwaadziwin Miikan and Noojmowin Teg to bring you this event.

Participants will be provided with:

- Camp meals (breakfast, lunch & supper) for duration of the harvest.
- Portable toilets and sanitation stations.
- Limited number tents and cots will be provided (assigned at registration).
- Opportunity to participate in indigenous food based workshops and cooking sessions.

All participants will be required to:

- Assist with the operation of the camp (gathering of wood, meal preparation/cooking and camp cleanup) when required.
- Assist with the preparation of harvested animals (if possible).
- Bring necessary supplies for camping and including feast bundles.

Absolutely No Alcohol or Drugs

Registration CLOSES on September 19, 2018 @ 4pm

Information/Registration CONTACT:

SAUL at 705-377-5307 Ext. 221



**Gwekwaadziwin
Miikan**
Youth Mental Health
& Addiction Program



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

KENJGEWIN TEG SAVE the DATE

Fall Harvest
2018 8th Annual

Thursday, September 20, 10am - 3pm (one day only)
M'CHIGEENG POW-WOW GROUNDS (RAIN OR SHINE)

13 Moons Garden

by
Michael Aelick



The Heart Berry, Growing Ode'iminan

"The strawberry teaches forgiveness and peace. The strawberry is shaped like a heart and strawberries are known to our people as heart berries." ~ Lillian Pitawanakwat baa.

There are 84 known animals and insects including humans that have an association with the wild strawberry as a food source of the fruit as well as the leaves. Out of all the local plants that I have researched this little plant with a tiny but very flavorful fruit has the highest number of animals and insects that depend on it. Wild Strawberry is one of the parent plants to the cultivated strawberry. Coastal Strawberry is the other parent, it is found on the pacific coast of North and South America. Cultivated Strawberry kept the sweet flavor of wild strawberry and inherited the size of the coastal strawberry.

There are three main types of strawberries: June bearing, Ever-bearing, and Day-neutral. June bearing has the largest fruit but only produce one big crop per season. Ever-bearing produce a large early crop and then a latter smaller crop per season. Day-neutral produces smaller berries throughout the growing season into the fall.

Strawberries love to be in full sun and require at a minimum of 6 hours of sunlight to set fruit and more sun is needed if you would like to get higher yields. The plants prefer a sandy loam that has a lot of organic material like compost added with a p.h between 5.0 and 7.0. The soil needs to be able to drain well to avoid the roots from standing in water that may lead to root rot. If you only have access to poorly drained, heavy soil, raised beds at least 8 inches off the ground at a minimum are your best option.

There are two traditional ways that strawberries are grown, the matted and mounded system. In the matted system plants are spaced 18 inches to 30 inches apart and allowed to spread and fill in the areas with their runners. This method will produce the most amounts of strawberries but the size and flavor of the fruit may decrease some. In the mounded system build a mounded hill 8 inches high and 24 inches across and as long as you want. Plants are placed in two staggered rows with 12" between each plant. The runners are not allowed to grow and are cut from the mother plant. This allows all the resources to go into the mother plant allowing more flowers to be produced increasing the size of the fruit and yield.

When it is time to plant strawberries, make sure to dig the hole big enough to spread out the roots making sure that the crown is at soil level. Planting them too shallow might cause the roots to dry out before they are established and planting them too deep may kill the plant. Once the plants are in the ground gently pat the soil down around the roots and water thoroughly. Mulch the bed with shredded leaves, pine needles, compost, or straw. This will help keep the soil moist and cool allowing the plant to be more productive. Strawberries need a constantly moist environment especially during the hot dry months. During flowering and fruit production they require at least two inches of rain a week and only require one inch of rain per week for the rest of the growing season. This is definitely a fruit that everyone will enjoy eating fresh from the garden. I hope you have found this informative. If you have any questions you can post them on my Facebook Page @ 13 Moons Garden.

Education Manager - Jacinta Shawanda

Greetings Whitefish River First Nation Students and Parents/Guardians and Community Members:

The WRFN Elementary and Secondary School Policy ensures that WRFN on-reserve students who attend AB Ellis, Espanola High, Sacred Heart and Shawanosowe Schools, in Espanola and Birch Island, all have equal and fair access to Student Support Programs, Resources and Allowances based on availability of funds.

We provide bussing as a Privilege to students and convenience to their families, as they attend schools in Espanola and Birch Island. This year all Bus Drivers in cooperation with the School Principals and/or Vice Principals will act as per school policies with respect to disciplinary measures for students who choose not to behave in a respectful way on the buses.

We also provide After School Program bussing for students involved in school clubs and sports teams. A minimum of 3 students at the Espanola Schools are required to sign up for late bus in order to be dispatched. Only students who attend school activ-

ties will be permitted on the bus. Violations of this rule will be dealt with by school authorities.

For every credit an Espanola High School student earns, they will receive \$25 to be paid out twice per academic year. This will be verified by 1st and 2nd term final report cards.

School supply cheques have been distributed in late August. Cheques not picked up will be mailed to parents of on-reserve students that are registered in Espanola or our local Shawanosowe School. If you have not yet received a cheque please call me at the Administration Office.

I wish each and every student all the luck in the world and all the best life has to offer as they begin a new academic year of learning and growing.

Please keep in touch by calling or e-mailing me. I look forward to hearing from you. If you have any questions, comments or concerns please contact me at 705-285-4335 ext.209 or via email at jshawanda@whitefishriver.ca.

Miigwech

Maamwe Kendaasing Cheryl Shawanda, RECE, Child Care Supervisor

Aanii from the Maamwe Kendaasing Childcare Centre

Mdaamin Giizis September Corn Moon

The Ninth moon of Creation is the Corn Moon, during which time we learn about the circle of life. Each cob of corn has thirteen rows of multicolored seeds which represent all the spirits waiting to begin their Earth Walk. These will be the future generations for whom we must prepare.

The Child Care Centre has been busy during the summer months with a full house pretty much every day. It's hard to believe summer is already over! It went by so fast! The Daycare heard a lot of laughter, enjoyed some nature walks and also spent time at the local Maple Heights Playground Park. We also went on some field trips throughout the summer which were fun adventures. The school age children made a variety of creative and colourful slime with lots of glue, borax and glitter. We always welcome new ideas at the Daycare so feel free to share any you may have. A few of the toddlers have moved up into the preschool group and it is great to have some new faces!

We would like to welcome Autumn which is my

favorite time of year. We are looking forward to nature walks to enjoy all the fall changes. We still spend a lot of time outside, weather permitting, and as there is a lot of dew on the ground in the mornings it is important to make sure your child has a complete change of clothes available at daycare every day!!

I'd like to wish all the new Jr. Kindergarteners lots of luck and fun at their new school, we will miss them, but are so excited to hear about their new experiences.

Throughout the summer we had extra helping hands with our summer students and staff. We are going to miss them all and wish them all the best in their next journey.

Birthday Wishes:

Two of our little friends will be celebrating their birthday in September along with two of our staff; we wish them all a very Happy Birthday!

Jo-Ann – September 24th

Cheryl – September 28th

Maamwe Kendaasing wishes everyone a Safe and Happy new school year.

Baamaa pii

Whitefish River First Nation would like to thank the following contributors to the 25th Annual Wawaskinaga Traditional Pow Wow. Without your generosity and support our event would not be possible!
Chi-Miigwetch!

- WRFN Chief & Council
- Nahwegahbow & Corbierre
- First Nations Engineering
 - University of Toronto
 - University of Waterloo
 - McMaster University
 - Hydro One
- Olthuis Kleer Townshend - LLP
 - Cecchetto & Sons Ltd.
 - Perry & Perry Architects Inc.
 - Crosstown Chevrolet
 - Tulloch Geomatics Inc.
 - The General Store
 - J&G Marina
 - Mnaamodzawin Health Services
 - Noojmowin Teg Health Centre
- Mariette Sutherland
 - Wolfe's
- Melanie Manitowabi & Family
 - Ferguson's
- Little Otter Consulting
 - Dan's Electric

- Manitoulin Fuels
- D&D Trading Post
- McGregor Bay Association
 - Guys Auto Services
 - Ann McGregor
 - Cambrian Insurance
 - Laidley Stationery & Office Furniture
 - Anishinabe Spiritual Centre
- UCCM Police Services
 - Linda Lapointe
 - Caroline Seeto
 - Jennifer McGregor
 - Farquhar's Dairy
 - Waubetek Business Development Corporation
- Manitoulin Soap Factory
 - Hair Plus
 - Dreamer's Cove
- Manitoulin Hotel & Conference Centre
 - Home Hardware
 - Winkel's YIG
- Northern Voice & Data
 - Canadian Tire
- Gloria Oshkabewisens



WRFN tot Isla is all smiles sharing a delicious fish fry luncheon with Poppa Brian McGregor. Miigwetch Lafarge!

321 Maple Heights,
Birch Island, Ontario
POP 1AO



School Year Calendar 2018-2019

Legend: S - Statutory School Holiday P - Professional Activity Day MW - Mid-Winter Break C - Christmas Break * 1st Day of School for Students BH - Band Designated Holiday [] - Last Day for Students(No EARLY DISMISSAL) ED-Early Dismissal at 2:00

Month	Number of Instructional Days	Number of Professional Activity Days	1st Week					2nd Week					3rd Week					4th Week					5th Week									
			M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F					
August 2018	5	0																									27	28	29	30	31	
September 2018	18	1	3	*4	5	6	7	10	11	12	13	14	17	18	19	20	PD	24	25	ED	27	28										
October 2018	21	1	1	2	3	4	5	8	9	10	11	12	15	16	17	18	19	22	23	ED	25	PD	29	30	31							
November 2018	20	1				1	2	5	6	7	8	9	BH	13	14	15	PD	19	20	ED	22	23	26	27	28	29	30					
December 2018	15	0	3	4	5	6	7	10	11	12	13	14	17	18	19	20	ED	C	C	C	C	C										
January 2019	17	1		C	C	C	C	7	8	9	10	11	14	15	16	17	18	21	22	ED	24	PD	28	29	30							
February 2019	19	0						1	4	5	6	7	8	11	12	13	14	15	18	19	ED	21	22	25	26	27	28					
March 2019	16	0						1	4	5	6	7	8	MW	MW	MW	MW	MW	18	19	ED	21	22	25	26	27	28	29				
April 2019	19	1	1	2	3	4	5	PD	9	10	11	12	15	16	17	18	19	22	23	ED	25	26	29	30								
May 2019	21	1			1	2	PD	6	7	8	9	10	13	14	15	16	17	20	21	ED	23	24	27	28	29	30	31					
June 2019	18	1	3	4	5	6	7	10	11	12	13	PD	17	18	19	20	BH	24	25	26	27	28										
Total	189	7	Calendar is Subject to Change																													



Ani Parents and Guardians

Welcome back to Shawanosowe School.

At Shawanosowe School, our staff of teachers, educational assistants and support staff is committed to the success and well-being of every student. As a staff we work collaboratively together and continue to strive to improve the quality of our instruction through a variety of improvement initiatives.

Shawanosowe is truly a community school. We invite our families and community to take part in as many activities as they can. Our students benefit from a wide variety of experiences and opportunities which creates an environment that is healthy, safe and caring. Students are encouraged to take part in extra-curricular activities (arts, clubs, sports) that are offered throughout the year.

The staff and I are very proud to be serving both the community and the students at Shawanosowe. We look forward to very exciting 2018/2019 school year.

Miigweetch

Daniel Stargratt

SCHOOL BUS SAFETY

- Drivers travelling in both directions must stop for a stopped school bus with its upper red lights flashing
- When you approach the bus from the front, stop at a safe distance to let children get on or off the bus and cross the road
- Don't move forward until the red lights have stopped flashing or the bus begins to move

It's important for motorists, parents, caregivers and students to know how to keep children safe when they are on and around school buses.

Drivers who are caught illegally passing school buses will be reported to the authorities.

Please visit the Ministry of Transportation for further information.

<http://www.mto.gov.on.ca/english/safety/school-bus-safety.shtml>

Whitefish River First Nation Education Department Office: 705-285-4335 Email: education@whitefishriver.ca



Chief Shining Turtle, Finian and Lynn Paibomesai were the recipients of Anishinabek Lifetime Achievement Awards at the 20th Annual Anishinabek Evening of Excellence, held August 15, 2018.



Gaston and Aaron prepare fish for the hungry crowds at the Lafarge Fish Fry.



The Annual Lafarge Fish Fry is a highlight of the summer, bringing people together.



Kathy McGregor, Marion McGregor and summer student Miles Sutherland get ready for service at the Lafarge Fish Fry on August 15, 2018.



Painted Turtle camp focuses on art, music and drama. Youth and their families look forward to the end of week showcase!



Montana McGregor dances Men's Fancy.



The Pow Wow celebrates family.



Stephen Pelletier and Kehiyew Lightning showcase their Team Dancing Skills at this year's Pow Wow.



Honouring & Protecting our Water was the theme of this year's Traditional Gathering.



Summer students Damien and Zena lend a hand at the Pow Wow.



Dawn Madahbee Leach dances Women's Traditional.



Chief Shining Turtle and our Youth Exhibition Dancers.



Carter dances up a storm at the Pow Wow.

Band Manager - Art Jacko

Aanii Bemaadizijig,

Elevated Storage Reservoir

The construction of our Water Tank is progressing well and on schedule. We can now begin to see our new tank taking shape. As we get closer to completing this project, plans will be developed for the opening ceremony for our new water tank. Look for more information to follow.

The plans for the construction of the **Maamwe Kendasing Early Learning and Innovation Centre** are being finalized. The tendering packages for the construction are expected to go out shortly and we are on target to begin construction in early fall of this year. Once construction begins, more information will be provided.

Our **Annual Lafarge Fish Fry** on August 15th was another successful event. It's always good to see so many community members come out to visit and enjoy themselves at this Annual event with our partners at Lafarge.

Our **25th Annual Traditional Pow Wow** was a huge success. We were fortunate to have good weather with a nice little breeze enjoyed by the many dancers. In total we 6 drums come out as well as a very good balance of vendors. Congratulations to Gail Pelletier and Anastasia Cywink for all their hard work. What an amazing job, well done!! I would also like to thank our summer students who came out to help make our Pow Wow a success. It was also nice to see our youth James Wahsquonaikezhik and Darnell Pregent in stepping up and taking on the responsibility for the sacred fire.

School is beginning for another year which is always an exciting time for all of our children. I would like to take this time to

welcome some new faces to Shawanosowe School. Daniel Stargratt is our new Principal, Paula Kakegumik is the Grade 5/6 teacher and Georgie Eccleston is a new Education Assistant. There is a lot of excitement at Shawanosowe School and our children benefiting from all of this.

Band Custom Election

The Whitefish River First Nation Election Code is now complete and ready for a community ratification on September 29th. Congratulations to the community and the working group members for a job well done. This is a significant accomplishment and the final stage will be the ratification vote on the Whitefish River First Nation Election Code. I encourage all WRFN citizens to come out to vote on September 29th.

Access to Fuelwood on Treaty Land

WRFN community members have access to fuel wood on our Treaty Lands, most are located by Fox Lake Road and all of the sites have easy road access. There is a mixture of wood ranging from maple, ash, poplar, birch, cedar, pine, spruce and fir. I encourage people to take advantage of this. There are no fees or permits required in accessing your wood. Maps of all the areas are available at the Administration office.

I am always available to the community, please feel free to drop by for a visit and have a Miske Miskodiiismin Naaboo (coffee) on us. You can also email me at ajacko@whitefish-river.ca or call me at 705-285-4335 or my cell at 705-863-3027.

With the beginning of the school year, let's be safe and watch for our children on our roads.

Nahaaw, Baamaapii Miimwaa Kawaabmin



WRFN's newest landmark shows progress daily.

Aanii, Boozhoo Members of Whitefish River First Nation,

Please update your mailing address and contact information with the WRFN Membership Office. Your mailing address is required for voting purposes within the band, (i.e. elections, referendums), as well as distributing important information.

Please contact Kathleen Migwanabi at the WRFN Administration Office at (705)285-4335 ext. 208, FAX: (705)285-4532 or by email at kathleenm@whitefishriver.ca

Our mailing address is:
Whitefish River First Nation Membership Office
17 A Rainbow Ridge Road,
P.O. Box 188
Birch Island, Ontario POP 1AO
Mii-gwetch



Economic Development Officer Keith Nahwegahbow

In August we completed our first Traditional Harvesting Activity with the help of Noojmowin Teg Health Centre, the Anishinabek Ontario Fisheries Resource Centre (AOFRC), and the Whitefish Falls Fish and Game Club. Noojmowin Teg led our group with proper canoeing and fishing techniques. I was able to teach the participants how to set a gill net from a canoe. We set the gill net for 2 hour intervals to minimize our catch. On Friday we used our catch for a fresh fish lunch followed by a very informative presentation from the AOFRC on the state of the Whitefish River (Falls) Walleye population. The AOFRC showed a declining trend in certain size and age classes of the Walleye population. This could be due to the fishing regulations limiting catches to certain size of Walleye. But the timing of the fishing season is a major concern for us. Due to late ice out this year the spawning season was delayed. But the start of the fishing season doesn't change. This enables the fishermen to start fishing during the walleye spawn. We will be working on providing recommendations to change the fishing regulations to help protect the spawning walleye. The Whitefish Falls Fish and Game Club release tens of thousands Walleye fingerlings every year and came to WRFN in hopes of recruiting more volunteers. Keep an eye out for this in the future as we hope the community will be involved with this important conservation effort.

This month I'll be attending the First Nations Economic Advancement Conference (FNEAC) hosted by the Ontario First Nation Economic Developers Association (OFNEDA). The goal of FNEAC is to share success stories and build relationships that will lead to improved infrastructure, wealth creation, and better overall socio-economic conditions for First Nation communities in Ontario. Some highlighted topics of discussion this year include cannabis, major infrastructure, capacity building, agriculture and aquaculture, forestry, and the environment.

And lastly I wanted to congratulate all the summer students who completed another successful year through the WRFN Summer Work Experience Program. Everyone who went through the program gained valuable work experience. This experience will help each student to improve professionally by developing a work ethic, becoming more dependable, and keeping a positive attitude in a work environment. This experience will also enhance each student's employable skills. I wish the best for our students in the upcoming academic year and good luck in your future endeavours.

For more information and if you have questions, please contact myself, Keith Nahwegahbow at the WRFN Administration Office at 705-285-4335 ext. 216 or via email at keithn@whitefishriver.ca.

Whitefish River First Nation Boundary Claim Trust Working Group

Greetings!



My name is Esther Osche. As the Trust Coordinator for the Whitefish River First Nation Boundary Claim Trust Working Group, I provide a monthly report on the activities of the Trust Working Group and our engagement with members on the development of a draft Trust Agreement. The Trust Working Group has now just completed their ***final revisions***.

Purpose of a Trust Agreement for the Whitefish River First Nation:

A **Trust Agreement** is a Rule Book that preserves and protects the settlement offer funds for today's and future members.

A **Trust Operates** as a separate legal entity and its function along with Trustees, are limited to receiving the Settlement funds, investing the Trust property and, making an annual payment to the First Nation. The decision to determine how to spend the annual payment is left up to the community and is outlined in the Trust Agreement.

The Trust Working Group's Role in the Development of a Draft Trust Agreement: The Working Group provides representation and input into a draft Trust Agreement template. They will accomplish this with input from the members at community engagement sessions.

Community Engagement Sessions Update: The community engagement sessions are now concluded for this part of the trust agreement development. The sessions have been instrumental in the development of the draft trust agreement. The document that has been created by the people for the people is our best effort to create the vehicle we will need to receive and invest settlement funds. The Trust Working Group and the Chief and Council are very grateful for the direction and support that members have provided throughout this process and for having worked together in community spirit to reach this milestone. Congratulations!

Trust Working Group Update: The Trust Working Group met on August 28, 2018 to review the report prepared on the community engagement sessions. The information submitted by members and collected over the preceding months has now been incorporated into a **final draft of the trust agreement** to be recommended to the Chief and Council for approval in September 2018. The Working Group also finished their work on the Terms of Reference for a Selection Committee. The Terms of Reference will also be recommended for approval in September 2018, and will provide the tool necessary to establish the committee that would receive and screen applications for Trustee positions. The Trustee selections would then be recommended to the Chief and Council to serve on the Board of Trustees for the Trust. Chief and Council will now receive these documents as final drafts and decide in the future when they would become effective for the vote and, for the establishment of the **Selection Committee**.

Referendum Vote for Ratification of the Trust Agreement: The Trust Working Group and the Chief and Council know this is an important consideration for members. As members are aware, it is hoped to combine the trust and settlement votes together. There are no updates to provide at this time as Chief and Council continue their discussions with Canada on the finalization of the Settlement Agreement.

IMPORTANT Collection of Member Addresses

You can send a letter addressed to:

Trust Coordinator
P.O. Box 88,
Birch Island, ON PoP 1A0

or, email at eosche@whitefishriver.ca or, telephone call at **1-800-265-4335** and request to be put on a mailing list to receive important information on future Trust developments. **Miigwech and Thank You** to everyone who has participated so far to update your mailing and contact information. **Please help spread the word to family and community acquaintances to update their contact information** by contacting our office at the number and email address provided above.

Questions: We encourage member feedback and questions at all times throughout the trust development process. Please send a letter or, email to the above-noted mail and email addresses to the attention of Esther Osche, Trust Coordinator. A response will be prepared and sent back to you. The WRFN Chief & Council has approved a Members Queries

Column for our home webpage. Please let us know when you submit your questions if you would like the questions and our responses to be shared at the website location. Miigwech and Thank You to all those members who have sent in your inquiries so far.

The WRFN Trust Process Chart: The process chart has been revised to take into account our recently completed tasks. **Please note**, the October and November Referendum Vote Timelines are placed as "tentative" at this time. Further updates will be provided and the Chart will continue to be subject to change in a future edition to accommodate the plans for the Referendum Vote to approve the Trust Agreement.

TRUST NAMING CONTEST: We have received **three submissions** for an Anishnabe name for the draft Trust Agreement. The Trust Working Group has decided to forward the name submissions to Chief and Council for the final selection. A prize will be awarded to the winner and, the winning name will be announced in the October Rezound.

Miigwetch to all who participated.



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

Housing Manager - Georgina Recollet

"Housing Is A Shared Responsibility"

The summer season has gone by fast. Our summer students were very busy with each of the programs and assisting with the coordination of the Pow Wow. I would like to thank Sterling McGregor for assisting with our Energy Program in updating the Housing Conditional Assessment-Band Rentals. Her final report was very interesting on the challenges and recommendations for the Band Rental units. We will be following up the most important issue of tenants disconnecting their Smoke/CO2 alarms.

Now that fall is upon us we have to start looking at preparing for the Winter months. We have planned for duct cleaning, furnace cleaning and septic tank pump outs. So keep an eye out for these maintenance dates. Deals are available when we book in bulk.

We welcome Carson Pitawanakwat and Nicole Migwanabi this year as Housing Maintenance Assistants. This program is sponsored by Canada Mortgage and Housing Corporation Youth Internship for a period of five months.

Housing recently hosted a "Bundle Clinic" before our Pow Wow. This session was well attended and we received positive comments for another session. Through sponsorship from Prosper Canada Financial Literacy we are able to invite Fred Bellefeuille, Barrister and Solicitor back to assist with "Will Making" and "Power of Attorney" on Tuesday, September 18, 2018 between the hours of 10:00 to 3:00 p.m. This will be held at the Administration Office. Due to the high demand for this service we en-

courage participants to make an appointment at the Housing Office for this session.

Our fall programming will include sessions on; Rent Smart, Will Making and Money Mindfulness. Keep an eye out for upcoming flyers.

Whitefish River First Nation recently received conditional approval to construct a 6-8 unit residential complex for seniors. We are currently seeking additional funding for the common areas, finalizing our blueprints and infrastructure options. Once all funding is in place we will begin work and anticipate the completion within one year.

Congratulations to the two new homeowners that recently paid their housing loans in full. This is a personal investment and milestone for these individuals/families.

If you are planning on constructing a new permanent residence on our territory please contact our office to look at options and assist to with planning. To start you will need a certificate of possession in your name and it is recommended that you contact the Operations and Maintenance Department to confirm availability of septic and water infrastructure funding.

We also offer other programs and services such LEAP, OESP applications and Income Tax preparations.

We wish all the students safe travels back to school and all the best in their studies.

If you have any questions or concerns please contact me at Administration at 705-285-4335 or via email at georginar@whitefishriver.ca.

Tenant Counsellor - Kim Laundry

Reminder....

Fire Safety

It has come to our attention that many tenants have removed their smoke detectors from within their rental units. To ensure the safety of your family, if your smoke detectors are malfunctioning, please contact the Housing Department and we will make arrangements to have them replaced as soon as possible. Should a home fire occur and tenants have removed the smoke alarms, tenants are responsible for any costs incurred that are not covered by insurance.

Section 3.10 of the Whitefish River First Nation Housing Policy states "*If the fire was the result of a deliberate or negligent act or omission of the Tenant, or their immediate family and/or guests, the Tenant will be deemed to have been Evicted.*"

Payment of Rent

Section 3.5 Payment of Rent of the Whitefish River First Nation Housing Policy states "*Rent is due on the first working day of each month. All current Tenants occupying a Rental Unit have agreed to pay rent, as stated in their signed Rental Agreements.*"

Arrears Management

Section 3.7 Arrears Management of the Whitefish River First Nation Housing Policy states "*The following applies to all Tenants: Rent is due on the first working day of the month. The following procedure will be applied immediately after one Rent Payment has been missed:*"

- First Notice of arrears will be sent to the Tenant if no payment has been received within fifteen (15) days after the rent became due reminding them to pay the outstanding rent in full or make an appointment with the Housing Department to discuss payment of Arrears;
- If no payment has been received or no Arrears Agreement has been entered into within thirty (30) days after the rent became due, a Second Notice of Arrears will be sent;
- If no payment has been received or no Arrears Agreement has been entered into within forty-five (45) days after the rent became due, a Final Notice of Arrears will be sent advising the Tenant that they now have five (5) days to submit full payment of the arrears or sign an arrears agreement to bring their account up to date;
- If fifty (50) days after the date the date the Rent came due and the Arrears have not been paid and no Arrears Agreement has been entered into, an Eviction Notice will be sent after the Council has approved the issuing of the Eviction Notice.

The Tenant and the Housing Department must agree to any Arrears Agreement in writing. If the Tenant fails to honour the Arrears Agreement, the Tenant shall be Evicted.

If a Tenant receives two (2) Second Notices within a fiscal year, the Rental Agreement will be revoked and an Eviction Notice will be issued.

If you have any questions or concerns please contact me at Administration at 705-285-4335 or via email at kiml@whitefishriver.ca.



UPCOMING EVENTS

Sept. 2018

Sept. 17

SUDBURY DUCT CLEANING SERVICES
This service is \$149.00 + \$10 per hot & cold vent.

Sept. 18

LET'S MAKE A WILL & POWER OF ATTORNEY
Fred Bellefeuille, Barrister & Solicitor 10 AM - 3 PM



Sept 19 & 20

OIL FURNACE CLEANING \$169.95 - Must pre-pay to get on the list
(Manitoulin Fuels)

Sept. 20 & 27
& Oct 4

\$80 - must pre-pay to get on the list.



JIM'S PORTABLE & SEPTIC SERVICE

Please contact the Housing Department to schedule an appointment - propane furnace cleaning notice to follow once dates and prices have been confirmed

Missed an issue of The Rezound?



Find them online at www.whitefishriver.ca

Respecting our Culture and Traditions



Whitefish River First Nation Matrimonial Real Property Law

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

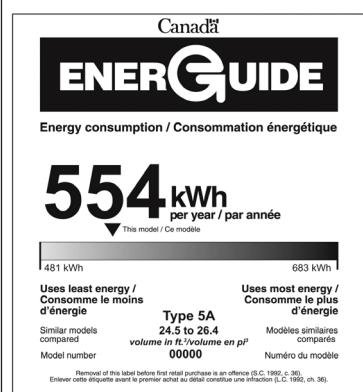
Amended June 9, 2015



Community Energy Advisor - Tania Jacko

Aanii Kina Wiya,

Wow! September already! Anyways...are you in the market to buy new appliances? If you are, look for the **EnerGuide Label**.



This label works in conjunction with Canada's Energy Efficiency Regulations and the Energy Star Label. There are four things on this label which will tell you about the efficiency of the appliance you are buying.

1. Annual energy consumption

of the model in kilowatt hours (kWh).

2. Energy consumption indicator, which positions the model compared with the most efficient and least efficient models in the same class.
3. Type and capacity of models that make up this class.
4. The model number.

The lower the number of the kWh and the further the indicator is to the left, the more efficient the appliance is in terms of energy consumption.

This label is mandatory on dryers, washers, dishwashers, freezers, stoves, refrigerators, and room air conditioners. The label is voluntary for central air conditioners, furnaces, heat pumps, gas fireplaces, and water heaters.

Perhaps, you want to ensure that the product you are buying is the most efficient. Well that is easy

enough, the **Energy Star Label** will identify the most efficient appliance available. This symbol extends to other products too, not just appliances. For instance, the symbol also applies to windows. There is also a



symbol that will mark the most efficient product for the year. For more information about the EnergyGuide and Energy Star Labels, you can go to the Natural Resources Canada Website at <https://www.nrcan.gc.ca/home> go to the website and select the Energy drop down menu.

If you are interested in receiving free energy saving devices, you can go to <https://www.affordabilityfund.org/> to sign up. Be sure to exercise patience, it may take a while before you receive your free upgrades. If you need

to, you can contact me for help to sign up.

The Community Energy Committee is still looking for a youth to serve as a member on the committee. Please feel free to contact me if you have any questions.

If you have any questions or ideas that Whitefish River may be able to pursue in the Energy Sector please feel free to contact me at (705) 285 – 4335 or by email at energyadvisor@whitefishriver.ca, or stop by the Administrative Office. You can also ask your Community Energy Committee members.

Stay Cool Whitefish River and as always, remember to turn off the lights when you leave a room that is not in use.

Gii Waabmin Miinwaa!

MONTHLY EARTH HOUR

WHITEFISH RIVER FIRST NATION IS ENCOURAGING YOU TO REDUCE YOUR ENERGY CONSUMPTION

ON THE THIRD SATURDAY OF EVERY MONTH, PARTICIPATE IN A COMMUNITY WIDE EARTH HOUR. BEGINNING AT 8:30 PM USE AS LITTLE ELECTRICITY AS POSSIBLE TO DEMONSTRATE YOUR COMMITMENT TO SHKAKAMIK KWE

FOR MORE INFORMATION CONTACT:
TANIA JACKO, COMMUNITY ENERGY ADVISOR

PosterMyWall.com

Sterling McGregor – Housing Assistant Tips for Smoke Alarm Safety

- Install smoke alarms in every bedroom, outside a cluster of bedrooms, and one on every level of a home. It's best to use interconnected smoke alarms so that if one starts to go off all of the smoke alarms in the house will go off.
- Ensure you are testing all smoke alarms once a month to confirm that they are properly working.
- A smoke alarm should be high on the wall or ceiling and at least 3 metres away from the kitchen stove to ensure that heat from that does not trigger a false alarm.

Whitefish River First Nation is seeking one Youth to serve on the Community Energy Committee!

Please send a letter of interest to: Tania Jacko,
Community Energy Advisor
Whitefish River First Nation
17A Rainbow Ridge Road,
Birch Island, ON P0P 1A0
email: energyadvisor@whitefishriver.ca



Monster Garage
Murray McGregor Jr. - Plant Manager

Whitefish River, aka Birch Island, McGregor Bay and Bay of Islands have been described as God's country for its pristine beauty, quality of life with fresh water and clean air. Protection of our environment, acknowledgement of climate change and source water protection are important and regularly affect our way of life as Aniisnabai. As keepers of the territory we must continue to protect our way of life for future generations. As part of this protection WRFN has been successful in obtaining funds from Indigenous Services Canada to prepare a Solid Waste Study and Landfill assessment for our community.

The existing landfill in Whitefish River has been in operation since the 1970's and was partially closed in the 1990's due to Health and Safety Hazards associated with the site. In 2003/04, the landfill was expanded to allow further dumping for a period of 15 to 20 years. This site has seen little ground water monitoring with only monitoring wells being accessed on occasion. Due to the long term tenure of the landfill, little data exists on current waste in the site, and no landfill studies have been completed to identify risks and closure options for the landfill.

Through this study it will identify the course of action for the community to move away

from landfill operations and possibly move toward a **Municipal Type Service Agreement (MTSA)**, eliminating the need of a landfill and introduce a more detailed recycling program.

This project will be able to assess the landfill in its current capacity, and give an indication as to how the landfill is impacting the surrounding environment. Since no recent studies have been completed on the site, the report will be valuable in planning the closure of the site with emphasis on the leachate and best path forward for long term stability in waste solutions.

It is the hope of the this study to move away

from landfill operations, and move into an MTSA agreement to have waste transferred off site thus eliminating the need for a landfill. Unfortunately, there is no clear path forward on which an MTSA agreement would be suitable (A direct-drive system, transfer station, or other options), and therefore a waste planning study would be suitable to understand what path forward would help the community meet their needs for the next 20 years.

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

Key Activities		Description (with Expected Start/End dates)
Project Orientation		Define study objectives August 2018
Data Collection		Review previous studies and collect community input (Sept to Oct.)
Data Analysis		Describe current waste issues, identify waste planning issues and develop community waste profile (September to December 2018)
Existing landfill assessment		Field investigation, hydrogeological study, landfill siting and criteria assessment (September to December 2018)
Waste management alternatives and cost analysis		Comparative evaluation of waste disposal, collection and recycling alternatives. Evaluate landfill closure options with recommendations (January 2019 to March 2019)
Identification of preferred waste management plan and cost		Complete detailed description of preferred waste alternative (April 2019)
Community Consultation program		Receive input from community on waste and determine what approach community members are looking for (Three sessions scheduled throughout project)
Completion of final report		June 2019



WRFN Public Works Department, Housing Maintenance and company were shown appreciation for their dedication to the job with a trip to Killarney for their World Famous Fish 'n Chips. Missing from photo is Todd McGregor, Landfill Attendant.

**WRFN MINOR SPORTS
CHI-BINGO**

• 3 - \$1000 JACKPOTS

SATURDAY
SEPTEMBER 29TH, 2018

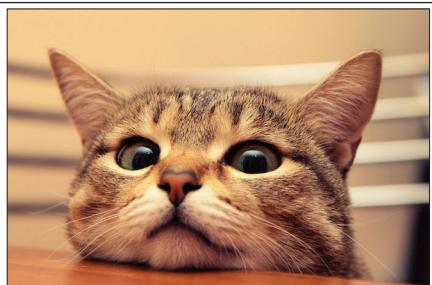
DOORS OPEN - 5:00 PM
MINI-GAMES - 6:45 PM

WHITEFISH RIVER FIRST NATION
COMMUNITY CENTRE

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

Photo by Jake Pakosigan

Pet Care & Tips



Meow everyone!

I hope everyone is still trying to stay cool. The cats and I are doing fine with this hot weather. Some stay in the house during the day with my air conditioner going and the rest as usual go outside and find a cool place to lay out under the trees.

Like I said before I have a raccoon that comes around. I felt sorry for him so now I put out some cat food for him to eat. He has started to act like my cats and will lay on my front porch after he eats just like my cats. He is starting to become friendly and will now come to the screen door in the living room in the evenings. I like to talk to him if he comes around. I could not resist his eyes when he looks at me as if to say, "Have you any food for me?" He is welcome as long as he does not destroy anything on the deck.

I was on my computer the other evening typing a message to one of my friends in Michigan and I heard a noise from the direction of my bedroom. I knew right away Webby Debby had rolled off the dresser where she was sleeping. I remember a few times she fell off the edge of my bed and when I took a look to see what happened, her big eyes looked to me as if to say, "What happened?" I tried hard not to laugh at her. I still have Tom, coming round to get his daily food. Empress Farrah and Tinker seem to think he should go some were else. My poor Fabio has been limping these days, I don't know what happened to one of his front paws, and if it gets worse I may have to take him to the Veterinarian. Finally my flowers are starting to bloom like crazy with a little help from my, "Miracle Gro". I hope everyone had a nice time at our Annual Pow Wow and other happenings around the Island. I hope we get some rain soon, although on the plus side I did not have to cut my grass that much this summer.

On a sad note, my hummingbird who I also called, "My Little Buddy," that would sit on my telephone line by my kitchen window these last three years is gone. I have not seen him sitting on his spot for the last month or so. I will miss him as I would check to see if he was sitting there every day. I always waited for him every Spring to see if he made it through the winter and always missed him when he went South for the winter. Rest in Peace my Little Buddy, I will miss you. See you at the, "Pearly Gates", someday with the rest of the gang I have made friends with through the years my little one..

SOME CAT FACTS:

- Toxoplasmosis is a disease that is transmitted through the feces of cats and, more commonly, through meat products. Pregnant women and people with weakened immune systems should not touch the cat litter box.
- Long ago, the people of some cultures believed that kittens born in the month of May would bring snakes into the house.
- Cats can get 'age spots.' These are black spots on the skin that are often seen around the lips, eyes, and nose. They usually start when the cat is three to five years of age.
- The only domestic animal not mentioned in the Bible is the cat.

I would like to wish my sister, Elaine and her husband John a **Happy Belated 50th Wedding Anniversary** on August the 24th and also **Happy Belated 80th Birthday** to my brother Jim on August 25th. Happy Birthday as well to all who celebrated birthdays in August. Remember to keep your pets cool and give them plenty of water on these hot days and watch out for other pets in our community. Remember to visit our elderly, shut-ins and who are not feeling well and have a nice chat with them I am sure they will enjoy it. Remember to get your pets fixed to help keep the pet population down in our community. 'Till next time take care.

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

And me the Big Cat - **Dennis L. McGregor**

WANTED

MINI-RAFFLE PRIZES

THE CUPBOARDS ARE BARE!

**WRFN Minor Sports
Needs Donations!**

For more information contact
Jake Pakosigan at 705-285-0671.



Message from Ogimaa Shining Turtle Sturgeon Clan, Anishinabek Nation

September is upon us and we are now moving to cooler days and evenings. During the summer solstice, our Administration completed the ceremonies to welcome summer and to appease our spirits of our lands upon the arrival of summer. In the month of August, a lot has gone on including:

- a) New Elevated Storage Reservoir Construction
- b) Work on the Land Claim Trust process
- c) Work on Land Claim
- d) Election Code is ready for a vote
- e) Lafarge Fish Fry
- f) Painted Turtle Camp
- g) Science Camp for our kids with U of Ottawa
- h) Traditional Canoe Journey for our community
- i) New Daycare plans for Shawanosowe School
- j) Our Community Wellbeing work - healing ceremonies
- k) Attending the Chiefs gatherings on Housing/Infrastructure
- l) Lifetime Achievement Awards
- m) Upgraded Fitness Centre for our adults
- n) Annual Traditional Pow Wow
- o) Work on Landfill Project

The priorities of Chief and Council continue to focus on three key areas;

- 1) Community Wellness
- 2) Education
- 3) Economic Development

We are unwavering in our efforts to move forward on Wellness. While, we are making incremental progress, much work remains to be done and no challenge is too big for our community to overcome. So, speaking of Wellness, Council has had to deal with the Federal Government Legislation on Legalization of Cannabis. After careful consideration, we feel that a **moratorium** is in order until we can all unpack the implications of this legislation.

We know there has been a lot of confusion about the legalization of cannabis for recreational use. The Canadian federal government has announced a date of October 17/2018 for lifting the criminal penalties on possession for personal use, but, importantly, that doesn't deal with how and where it can be sold. This is something Ottawa has left to the provincial governments to regulate. The provincial process is in its early stages with suggestions that there may be licensed private distri-

bution by April of 2019. Until then, any sale or distribution by private parties will remain illegal.

Where does this leave us as Whitefish River Anishinaabe Nation citizens? Unfortunately, neither our federal nor our provincial government partners have yet consulted with us on this issue to discuss how distribution might be authorized on reserve and what tools we need to make sure that this is done responsibly. But we do know that in exercising our own authority, and in making our own laws, we need to proceed cautiously and in the best interests of our citizens. We need to hear everyone's concerns and ensure that the most vulnerable in our community are not harmed. We need to know that if and when we proceed to allow cannabis to be sold in our community in the future, it happens only after we collectively have put in place safeguards that we can all be confident in. This issue concerns all of us, and is something we need to learn about and discuss together as a community.

To do this responsibly requires that we take the time to gather information from all sides before we make a collec-

tive choice. We know that some see this as an opportunity and others are deeply concerned. We need to be respectful of each other and take the time to listen and to learn. That is what this moratorium is about. In the coming months, our administration will be engaging with the community on the breadth of this matter.

So, while we start the gathering of information, *one investment that we can all make towards this issue, is to end the language or negativity and myriad of rumours and untruths, together! Let's begin by starting to repair our relationship. Let us rise as one to meet this defining challenge so that future generations, basking in the sunlit uplands of tomorrow, might thank us for that investment.*

Next week all our students will be heading back to schools across the land. We wish all our students young and old the very best start to a new school year.

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

Chief and Council Meeting Schedule

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Shawananosowe School 1 st day of School	5 Child Welfare-Sudbury Morning WRFN Project Managers meeting -afternoon	6	7	8 Minister of Community Safety Community Dinner WRFN Community Centre
9	10 Travel Day to Gatineau	11 AFN Affirming First Nation Rights and Title Framework - Gatineau	12 AFN Affirming First Nation Rights and Title Framework - Gatineau	13 Travel Day to Whitefish River First Nation	14	15 Traditional Ceremony – Dreamers Rock
16 Traditional Ceremony – Dreamers Rock	17	18 Regular Chief and Council Meeting 6:00 pm	19	20	21 Child Welfare	22 Fall Solstice
23	24	25 Working Chief and Council Meeting 6:00 pm	26 Chiefs of Ontario Housing and Infrastructure meeting	27	28	29
30						

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

NAME	JOB TITLE	EMAIL
Franklin Paibomsai	Chief	chief@whitefishriver.ca
Art Jacko	Band Manager	ajacko@whitefishriver.ca
Leslie Recollet	Executive Assistant/Council Clerk	lrecollet@whitefishriver.ca
Esther Osche	Trust Coordinator	eosche@whitefishriver.ca
To be determined	Receptionist	receptionist@whitefishriver.ca
Emma Recollet	Ontario Works Administrator	emmar@whitefishriver.ca
Jacinta Shawanda	Education Manager	jshawanda@whitefishriver.ca
David Shawanda	Finance Director	daves@whitefishriver.ca
Brian McGregor	Finance Assistant	brianm@whitefishriver.ca
Theresa Recollet	Finance Clerk	theresar@whitefishriver.ca
Zach Shawanda	Finance Assistant	zshawanda@whitefishriver.ca
Georgina Recollet	Housing Manager	georginar@whitefishriver.ca
Kim Laundrie	Tenant Counsellor	kiml@whitefishriver.ca
Kathleen Migwanabi	Lands Manager/IRA	kathleenm@whitefishriver.ca
Murray McGregor Jr	Plant Manager	murraym@whitefishriver.ca
Keith Nahwegahbow	Economic Development Officer	keithn@whitefishriver.ca
Tania Jacko	Community Energy Advisor	energyadvisor@whitefishriver.ca
Raymond Francis	Band Representative	rayf@whitefishriver.ca
Tammy Nahwegahbow	Rezound Editor	rezoundeditor@whitefishriver.ca

HEALTH CENTRE: (705)-285-4354

Leslie McGregor	Health & Social Services Manager	lmcgregor@whitefishriver.ca
Cathy McGregor	Health Centre Receptionist	healthreception@whitefishriver.ca
Doreen Jacko	Community Health Representative	doreenj@whitefishriver.ca
Genny Jacko	Mental Health & Addictions Worker - NNADAP	gennyj@whitefishriver.ca
Michael Aelick	Mental Health & Addictions Worker - NNADAP	maelick@whitefishriver.ca
Candice Assinewe	Community Wellness Worker	candicej@whitefishriver.ca
Crystal Clark-McGregor	Community Mentor (Right to Play)	righttoplay@whitefishriver.ca
Arlene Pitawanakwat	Child & Family Well Being Coordinator	arlenep@whitefishriver.ca
Gail Jacko	Food Security Coordinator	gailj@whitefishriver.ca
Winnie Paibomsai	Food Security Assistant	wpaibomsai@whitefishriver.ca
Cliff Jacko	Medical Transportation Driver	medtrans@whitefishriver.ca

SHAWANOSOWE SCHOOL: (705)-285-1311

Daniel Stargratt	School Principal	principal@shawanosowe.ca
Cara McGregor	Administrative Assistant	admin@shawanosowe.ca
Paula Kakekagumik	Grade 5-6 Teacher	pkakekagumik@shawanosowe.ca
Rick Legrow	Grade 3-4 Teacher	rlegrow@shawanosowe.ca
Tiffany Gagan	Grade 1-2 Teacher	tgagan@shawanosowe.ca
Victoria Meuleman	JK/SK Teacher	vmeuleman@shawanosowe.ca
Sarah Oliver	Special Education Resource Teacher	soliver@shawanosowe.ca
Cindy Pitawanakwat	Education Assistant	educationassistant1@shawanosowe.ca
Bonnie Nahwegahbow	Education Assistant	bnahwegahbow@shawanosowe.ca
Tracey Megwanabe	Education Assistant	educationassistant2@shawanosowe.ca
Jessica Reynish	Education Assistant	jreynish@shawanosowe.ca
Danielle Caicco	Education Assistant	dcaicco@shawanosowe.ca
Nicholas Francis	Education Assistant	nicholasf@shawanosowe.ca
Georgie Eccleston	Education Assistant	geccleston@shawanosowe.ca
Danette McGregor	Native Language Teacher	dmcggregor@shawanosowe.ca

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

Cheryl Shawanda	Supervisor/Educator	daycare@whitefishriver.ca
Dolores Pitawanakwat	Pre-school Educator	doloresp@whitefishriver.ca
Jo-Ann Recollet	School/Cultural Educator	joanner@whitefishriver.ca
Cindy Tarr	Toddler Educator	cindyt@whitefishriver.ca
George Eccleston	Educator	georgee@whitefishriver.ca
Blanch Recollet	Cook	blancher@whitefishriver.ca

LIBRARY: (705)-285-1888

Evelyn Jacko	Librarian	evelynj@whitefishriver.ca
--------------	-----------	---------------------------

September 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Community Calendar</h1>						1
2 AA Meeting	3 WRFN Offices Closed BINGO	4 Elders Centre Soup & Sandwich Fall Crafts-1- 3pm	5 Elders Centre Fall Crafts-1- 3pm	6 Elders Centre MOW's Grandparents Day Lunch & Games BINGO	7 Elders Centre Fall Crafts-1- 3pm	8 Back to School Carnival 12pm-8pm BINGO
9 AA Meeting	10 Elders Centre Games Day - (1-3) BINGO	11 Elders Centre Soup & Sandwich Baking -1- 3pm	12 Elders Centre Baking -1- 3pm	13 BINGO	14 Elders Centre Drop-In Tea & Coffee 1-3pm Nightingales Annual Mixed Slo-Pitch Tournament	15 Nightingales Annual Mixed Slo-Pitch Tournament BINGO
16 AA Meeting	17 Elders Centre Drop-In Tea & Coffee  LIVE~LAUGH~LOVE Activities TBA Health Centre BINGO	18 Elders Centre Soup & Sandwich Prize Bingo -1- 3pm Let's Make a Will & Power of Attorney 10am-3pm WRFN Administration Regular C&C Meeting	19 Elders Centre Card Games-1- 3pm Food as Medicine Comm. Centre – 6pm Fall Fasting Dreamer's Rock	20 BINGO	21 Elders Centre Fall Crafts-1- 3pm Fall Fasting Dreamer's Rock	22 Fall Fasting Dreamer's Rock BINGO
23/30 AA Meeting	24 BINGO	25 Elders Centre Soup & Sandwich Card Games-1- 3pm Working C&C Meeting	26 Elders Centre Painting -1- 3pm	27 Elders Centre MOW's Painting -1- 3pm BINGO	28 Elders Centre Drop-In Tea & Coffee 1-3pm	29 \$ CHI-BINGO \$

Birthday & Anniversary Wishes!

Happy Birthday to my Gramma Tigger on September 5th! Love you! From Junebug	Happy 4th Birthday to my son, Braxton on September 3rd I'm so proud of the person you're becoming. Love you to the Moon & Back Sonshine Xoxo Mommy 	Happy Birthday Auntie Lynn on September 14th Love Cal, Tracy, Quintin, Aurora and Baby	Happy Birthday to our Mom on September 19th We love you lots!! Xavier, Dryden and Mason	Happy Birthday to my granddaughter K.C. Drew Who turns 13 on September 24th. Love Grandma Joyce & Poppa Andy
The Happiest Birthday wish to my Poppa Jim on September 3rd! He's the rock of our family and we are all super blessed to have a man like you in our lives. I promise to be always there for you just like you have always been for me. You are my hero. Love you more than words can ever express. Nicole 	Happy Birthday to the best big brother a girl can ask for! Xoxo Braelyn	Happy Birthday KC On September 24th Love Auntie, Cal, Quintin, Aurora and Leo	Happy Anniversary to our parents (grandparents) on September 29th. We can never repay all the life lessons, love, kindness, guidance and everything else you have given us and continue to give us. Love, Liz & Family, Louanne & Family, Clarissa, Winston, Tenzing & Sierra.	Happy Birthday to our oldest and youngest children on September 22nd. Joey who celebrates his 40th year! OMG! Brianna who we will just say is forever our baby girl! Love Mom & Dad
Happy Birthday Papa Jim on September 3rd. Love Quintin, Aurora, Austin and Leo.	Happy 10th Birthday to our daughter Aurora. Double digits already. Have a wonderful day. Love Dad & Mom.	Happy Birthday to our Mom, Jean McGregor-Andrews, on September 11th. Always there for us, always willing to encourage us, to guide us & always unconditional love. Love you right back, Elizabeth, Louanne, Clarissa	Happy 4th Birthday Braxton on September 3rd XOXO Momma Katt, Papa Craig, Auntie Sydney & Auntie K.C.	Happy Birthday to Johnny our "son-in-law" on September 24th. Hope its fab! Karen & Brian
Happy Birthday Dad on September 3rd XOXO Pat, Katt, Dan & Tracy	Happy Birthday to our sister Rora. Love Quintin & Leo.	Happy Birthday to our Grandma on September 11th. Every B-snack, every puzzle we do, all the books and stories, the pancakes on demand every time, makes us feel so special. We love you so much Grandma!! Jessica, Dryden and Mason	Happy Birthday to my Godmother Louanne on September 19th XOXO K.C.	Birthday Wishes to; My niece Alyssa Recollet on September 2nd My niece Emily McGregor on September 4th My nephew Tyler Recollet on September 14th My daughter Christina Recollet on September 22nd My sister Joann Recollet on September 24th Love, Va, Steve, Kiara & Chico
Happy Birthday Poppa Jim on September 3rd XOXO Sydney, K.C., Mikey, Quintin, Aurora, Leo, Damon & Austin	Happy 4th Birthday to Braxskin on September 3rd. Love Auntie Trace, Cal, Quintin, Aurora and Leo	Happy Birthday to my Godmother Theresa XOXO Sydney	Happy 13th Birthday to our baby girl K.C. on Sept 24th Love Mom, Dad & Sydney	Wishing the most important woman we know a very Happy Birthday on September 1st. We love you so much! Tammy/Mommy
	Happy Birthday Slug on September 3rd From, Tracy & Family		Happy Birthday wishes to: Slug on Sept 3rd Tigger on Sept 5th Pean on Sept 19th Josie on Sept 24th From Katt n Craig	