Honouring and Protecting Our Water

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,

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 Assinewa 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: lmcgregor@whitefishriver.ca.

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**September 2018**

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Suicide Awareness & Prevention Day

Opening the Dialogue

Life promotion

What are the signs?

My Story

Teaching & Candlelight Walk

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

Community Wellness Worker - Candice Assinewe

Aani/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 Carolyln 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.

I would like to thank everyone who came out to the Fitness Centre Open House that took place on August 4, 2018. I would also like to thank you all for your patience while we fine tune the Fitness Centre program so community members can have easy access. Once the security system is up and running with the key cards, access and use of the gym can begin for everyone. The proposed time frame to be up and running is set tentatively for mid-September. In the meantime, we will have Gym Orientations taking place throughout the month of September. All first-time members who have paid their fee must take part in a one-hour gym orientation session with professional trainer Matthew Assinewe. Matthew is a registered Kinesiologist and Certified Exercise Physiologist with Exercise is Medicine Canada. He will be teaching proper use of equipment and can provide expert advice and support in achieving your personal fitness goals. Also, if you are an Ontario Works (OW) or Ontario Disability Support (ODSP) Client, please contact Emma Recollet, Ontario Works Administrator at the WRFN Administration building to see if you qualify for subsidized membership for the Fitness Centre.

This month we have some upcoming 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 email at candicea@whitefishriver.ca.

September 19th to 23rd, 2018

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

Professional Training

Fitness

Gym & Fitness Orientation with Matt Assinewe - R.KIN, CSEP-CEP, EIMC lvi 2

Register for a One Hour Session TODAY!

Matthew Assinewe

Anini, my name is Matthew Assinewe. 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 disease. I also specialize in prescribng 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:
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.

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 candicea@whitefishriver.ca.

Reasons for going on a Fast

When you choose to go on a fast, it is a personal spiritual act. It may take you to seek direction in your life or you may go out to learn more about our way of life and about Creation. You may fast for a year on your spiritual duties. You may fast for many other reasons. Whatever the reason, your fast, you should carry it forward through prayer and reflection.

For More Information on Fall Fasting please contact Candice Jacko-Assinewe, Community Wellness Worker at the Whitefish River First Nation Health Centre at (705) 285-4354 or email candicea@whitefishriver.ca.

In partnership with Whitefish River First Nation Health Centre and Child Welfare Services.

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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 57 certified babysitters out there in the community!

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

Science Camp was a success, all the participants 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 27th, 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 & FiresYouth & Elders Centre

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!
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 programing 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.

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.

QUALIFICATIONS:
- Native Child & Family Worker, Child & Youth Worker Diploma, Sports and Recreation College Diploma or 3 years related experience.
- 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:

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.
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 choices 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.

Food Security Assistant - Winnie Paibomsai

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

Nutrition for Athletes with Callen McGibbon

FOOD AS MEDICINE

Talk with Callen about how to support your child’s sport performance and development with nutrition. Learn about choosing the right type, timing and amount of foods and the importance of keeping hydrated. Callen has helped professional and Olympian athletes stay at the top of their game!

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

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

Mdaam Gizis 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. 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 4th
Cheryl – September 28th

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

Baamaa piii

Whitefish River First Nation would 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 & Corbiere
• 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
• Noojimowin 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

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

### School Year Calendar 2018-2019

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Calendar is Subject to Change

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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

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**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.


Whitefish River First Nation
Education Department
Office: 705-585-4325
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.

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

Montana McGregor dances Men’s Fancy.
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.

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

Carter dances up a storm at the Pow Wow.

Chief Shining Turtle and our Youth Exhibition Dancers.

Dawn Madahbee Leach dances Women’s Traditional.
Annual event with our partners at Lafarge.

It 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 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 Pelletter 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 Wahsquoainkezhik and Darnell Prentiss in stepping up and taking on the responsibility for the sacred fire.

School is beginning for another year which is always and 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 Kakakagumik 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 Mkade Misikodisimin Naaboo (coffee) on us. You can also email me at ajacko@whitefishriver.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.

Nahaw, Baamaapii Miimwaa Kawaabmin
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.

Greetings!

**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, is 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 P0P 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.

Miigwech to all who participated.

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Miigwech to all who participated.
“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 Bellegueule, 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 encourage 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 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.

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 3.9 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 3.2 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 rent became 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.

Tenant Counsellor - Kim Laundrie
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 the Natural Resources Canada Website at https://www.nrcan.gc.ca/home 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!

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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.
- If there is someone in the household who is hard of hearing, purchase special smoke alarms equipped with visual aids (flashing lights).
- Smoke detectors are a key feature in a home fire escape emergency so make sure to replace all smoke alarms over 10 years old or if you notice them malfunctioning.
- Get in the habit of changing the batteries and cleaning your smoke alarms of dust and dirt every time you change the clocks for Daylight Saving.

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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

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MONTHLY EARTH HOUR

Waabagaa Giizis 2018

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 SHKAMIK KWE

FOR MORE INFORMATION CONTACT: TANIA JACKO, COMMUNITY ENERGY ADVISOR
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

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**Key Activities**

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

- New Elevated Storage Reservoir Construction
- Work on the Land Claim Trust Reservoir Construction
- New Elevated Storage
- Work on Landfill Project
- Annual Traditional Pow Wow
- New Daycare plans for Shawanosowe School
- Our Community Wellbeing work - healing ceremonies
- Attending the Chiefs gatherings on Ottawa
- Traditional Canoe Journey for our community
- Ottawa
- Science Camp for our kids with U of Ottawa
- Painted Turtle Camp
- Lafarge Fish Fry
- Election Code is ready for a vote process

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

Where does this leave us as Whitefish River Anishinhae 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 that we can all be confident in. This is 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

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**Message from Ogimaa Shining Turtle**

**Sturgeon Clan, Anishinabek Nation**

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**Chief and Council Meeting Schedule**

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<td>Shawanosowe School 1st day of School</td>
<td>Child Welfare-Sudbury Morning</td>
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<td>Minister of Community Safety Community Dinner WRFN Community Centre</td>
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<td>Traditional Ceremony – Dreamers Rock</td>
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<td>Regular Chief and Council Meeting 6:00 pm</td>
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<td>Child Welfare</td>
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<td>Working Chief and Council Meeting 6:00 pm</td>
<td>Chiefs of Ontario Housing and Infrastructure meeting</td>
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<tr>
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<td>To be determined</td>
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<td>Arlene Pitawanakwat</td>
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**HEALTH CENTRE: (705)-285-4354**

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<tr>
<th>NAME</th>
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</tr>
<tr>
<td>Winnie Paibomsai</td>
<td>Food Security Assistant</td>
<td><a href="mailto:wp@whitefishriver.ca">wp@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Cliff Jacko</td>
<td>Medical Transportation Driver</td>
<td><a href="mailto:medtrans@whitefishriver.ca">medtrans@whitefishriver.ca</a></td>
</tr>
</tbody>
</table>

**SHAWANOSOWE SCHOOL: (705)-285-1311**

<table>
<thead>
<tr>
<th>NAME</th>
<th>JOB TITLE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel Stargratt</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>
</tr>
<tr>
<td>Paula Kakekagumik</td>
<td>Grade 5-6 Teacher</td>
<td><a href="mailto:pkakekagumik@shawanosowe.ca">pkakekagumik@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Rick Legrow</td>
<td>Grade 3-4 Teacher</td>
<td><a href="mailto:rlegrow@shawanosowe.ca">rlegrow@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Tiffany Gagan</td>
<td>Grade 1-2 Teacher</td>
<td><a href="mailto:tfgagan@shawanosowe.ca">tfgagan@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Victoria Meuleman</td>
<td>JK/SK Teacher</td>
<td><a href="mailto:vmeuleman@shawanosowe.ca">vmeuleman@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Sarah Oliver</td>
<td>Special Education Resource Teacher</td>
<td><a href="mailto:soliver@shawanosowe.ca">soliver@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Cindy Pitawanakwat</td>
<td>Education Assistant</td>
<td><a href="mailto:educationassistant@lshawanosowe.ca">educationassistant@lshawanosowe.ca</a></td>
</tr>
<tr>
<td>Bonnie Nahwegahbow</td>
<td>Education Assistant</td>
<td>兵团<a href="mailto:n@shawanosowe.ca">n@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Tracey Megwanabe</td>
<td>Education Assistant</td>
<td><a href="mailto:educationassistant2@shawanosowe.ca">educationassistant2@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Jessica Reynish</td>
<td>Education Assistant</td>
<td><a href="mailto:jreynish@shawanosowe.ca">jreynish@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Danielle Caccio</td>
<td>Education Assistant</td>
<td><a href="mailto:dccaccio@shawanosowe.ca">dccaccio@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Nicholas Francis</td>
<td>Education Assistant</td>
<td><a href="mailto:nicholas@shawanosowe.ca">nicholas@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Georgie Eccleston</td>
<td>Education Assistant</td>
<td><a href="mailto:geeccl@shawanosowe.ca">geeccl@shawanosowe.ca</a></td>
</tr>
<tr>
<td>Danette McGregor</td>
<td>Native Language Teacher</td>
<td><a href="mailto:dmcgregor@shawanosowe.ca">dmcgregor@shawanosowe.ca</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>NAME</th>
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<th>EMAIL</th>
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</thead>
<tbody>
<tr>
<td>Cheryl Shawanda</td>
<td>Supervisor/Educator</td>
<td><a href="mailto:daycare@whitefishriver.ca">daycare@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Dolores Pitawanakwat</td>
<td>Pre-school Educator</td>
<td><a href="mailto:dolores@whitefishriver.ca">dolores@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Jo-Ann Recollet</td>
<td>School/Cultural Educator</td>
<td><a href="mailto:joanner@whitefishriver.ca">joanner@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Cindy Tar</td>
<td>Toddler Educator</td>
<td><a href="mailto:cindy@whitefishriver.ca">cindy@whitefishriver.ca</a></td>
</tr>
<tr>
<td>George Eccleston</td>
<td>Educator</td>
<td><a href="mailto:george@whitefishriver.ca">george@whitefishriver.ca</a></td>
</tr>
<tr>
<td>Blanch Recollet</td>
<td>Cook</td>
<td><a href="mailto:Blancher@whitefishriver.ca">Blancher@whitefishriver.ca</a></td>
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**LIBRARY: (705)-285-1888**

<table>
<thead>
<tr>
<th>NAME</th>
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</thead>
<tbody>
<tr>
<td>Evelyn Jacko</td>
<td>Librarian</td>
<td><a href="mailto:evelynj@whitefishriver.ca">evelynj@whitefishriver.ca</a></td>
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## September 2018

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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### Community Calendar

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<tr>
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</thead>
<tbody>
<tr>
<td>AA Meeting</td>
<td>WRFN Offices Closed</td>
<td>Elders Centre Soup &amp; Sandwich Fall Crafts-1-3pm</td>
<td>AA Meeting</td>
<td>Elders Centre Soup &amp; Sandwich Fall Crafts-1-3pm</td>
<td>Elders Centre Soup &amp; Sandwich Fall Crafts-1-3pm</td>
<td>Back to School Carnival 12pm-8pm</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
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<tr>
<td>AA Meeting</td>
<td>Elders Centre Games Day - (1-3)</td>
<td>Elders Centre Soup &amp; Sandwich Baking -1-3pm</td>
<td>Elders Centre Baking -1-3pm</td>
<td>Elders Centre Soup &amp; Sandwich Fall Crafts-1-3pm</td>
<td>Elders Centre Drop-In Tea &amp; Coffee Fall Crafts-1-3pm</td>
<td>Nightingales Annual Mixed Slo-Pitch Tournament</td>
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<tr>
<td>16</td>
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<tr>
<td>AA Meeting</td>
<td>Elders Centre Drop-In Tea &amp; Coffee</td>
<td>Elders Centre Soup &amp; Sandwich Prize Bingo - 1-3pm</td>
<td>Elders Centre Card Games-1-3pm</td>
<td>Food as Medicine Comm. Centre - 4pm</td>
<td>Elders Centre Fall Crafts-1-3pm</td>
<td>Fall Fasting Dreamer's Rock</td>
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<tr>
<td>23/30</td>
<td>24</td>
<td>25</td>
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<tr>
<td>Fall Fasting Dreamer's Rock</td>
<td>AA Meeting</td>
<td>Elders Centre Soup &amp; Sandwich Card Games-1-3pm</td>
<td>Elders Centre Painting -1-3pm</td>
<td>Elders Centre MOY's Painting -1-3pm</td>
<td>Elders Centre Drop-In Tea &amp; Coffee Falling C &amp; C Meeting</td>
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</tr>
</tbody>
</table>

### Birthday & Anniversary Wishes!

- **Happy Birthday to my Gramma Tigger on September 5th!**
  - From Junebug

- **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 my son, Brixton on September 3rd**
  - I’m so proud of the person you’re becoming.
  - Love you to the moon & back Sunshine
  - Xoxo Mommy

- **Happy Birthday Auntie Lynn on September 14th.**
  - Love Cal, Tracy, Quintin, Aurora and Baby

- **Happy Birthday to my Mom on September 3rd.**
  - We love you lots!!
  - Xavier, Dryden and Mason

- **Happy Birthday to my Dad on September 3rd.**
  - We can never repay all the life lessons, love, kindness, guidance and everything else you have given us and continue to give us.

- **Happy Birthday to my Mom on September 3rd.**
  - Love Cal, Tracy, Quintin, Aurora and Leo

- **Happy Birthday Grandma Priscilla on September 7th.**
  - Love Quintin, Aurora, Leo, Alexis and Dakota.
  - Xoxoxxo

- **Happy Birthday to my sister Rora.**
  - Love Quintin & Leo

- **Happy Birthday to our daughter Aurora.**
  - Double digits already.
  - Have a wonderful day.
  - Love Dad & Mom.

- **Happy Birthday to our sister Rora.**
  - Love Quintin & Leo

- **Happy Birthday to my Mom on September 14th.**
  - 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 Birthday to our Grandma on September 11th.**
  - Every B-snak, 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 the best big brother a girl can ask for!**
  - Xoxo Braelyn

- **Happy Birthday Papa Jim on September 3rd.**
  - Love Quintin, Aurora, Austin and Leo.

- **Happy Birthday Dad on September 3rd.**
  - XOXO Pat, Matt, Dan & Tracy

- **Happy Birthday Poppa Jim on September 3rd.**
  - XOXO Sydney, K.C., Mikey, Quintin, Aurora, Leo, Damon & Austin

- **Happy Birthday to my Godmother Theresa.**
  - XOXO Sydney

- **Happy Birthday to our sister Rora.**
  - Love Quintin & Leo

- **Happy Birthday to our daughter Aurora.**
  - Double digits already.
  - Have a wonderful day.
  - Love Dad & Mom.

- **Happy Birthday to my Godmother Theresa.**
  - XOXO Sydney

- **Happy Birthday to my “son-in-law” on September 24th.**
  - Hope its fab!
  - Karen & Brian

- **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
  - My daughter Christina Recollet on September 22nd
  - My sister Joann Recollet on September 24th
  - Love, Ya, Steve, Kiara & Chico

- **Happy Birthday to my sister Rora.**
  - Love Quintin & Leo

- **Happy Birthday to our sister Rora.**
  - Love Quintin & Leo

- **Happy Birthday to my “son-in-law” on September 24th.**
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  - My nephew Tyler Recollet on September 14th
  - My daughter Christina Recollet on September 22nd
  - My sister Joann Recollet on September 24th
  - Love, Ya, Steve, Kiara & Chico

- **Wishing the most important woman we know a very Happy Birthday on September 31st.**
  - We love you so much!
  - Tammy/Mommy