Gidinawendimin
We are all Related

The WRFN Health Team, including Community Health Nurse, Talon McGregor and Health Promotions Specialist Kelsie McGregor, community members and the Birch island Fire Department all participated in the Movember Fire Truck pull, held Sunday, November 28, 2021.

Mishomis, Noos, Gwis, Zhishenh. Grandfather, Father, Son, Uncle.

Movember’s events in WRFN quietly highlighted the importance of starting conversations surrounding Men’s Health. Movember events focus on the three biggest health issues facing men; testicular cancer, prostate cancer and mental health and suicide prevention. Community Health Nurse, Talon McGregor challenged our Mo Brothers and Mo Sisters to submit a picture of their Movember facial hair, including a hashtag that encourages Men’s Health. A Movember fire truck pull wrapped up the planned events with the help and cooperation of the Birch Island Fire Department. A grab and go lunch and WRFN toques were distributed to all the participants. Miigwech to WRFN Health for initiating this important dialogue.

Mino-doodawididaa. Let’s treat each other well. #bekind

Please note that the deadline for submissions for the next issue is
Thursday, December 16th, 2021 at 4:30 pm.
Miigwetch!
rezoomeditor@whitefishriver.ca

“A Place of Visions and Dreams”
FOR WRFN RESIDENTS
BETWEEN 13-20 YEARS OLD

THE ANGEL TREE

Register by December 10th to receive a special gift!

MUST COMPLETE REGISTRATION FORM TO PARTICIPATE
LIMIT OF 30 REGISTRATIONS

Complete this link: https://forms.gle/yRlJ65Vmmn7jga57
or contact, Emily (Zanini) Wiseman, Community Wellness Mentor at ewiseman@whitefishriver.ca or call 705-285-4354 for more information.

The Angel Tree

WRFN remains in a state of emergency.
Download the Whitefish River First Nation App.

WRFN HEALTH CENTRE PRESENTS

Vichyssoise (potato leek) Soup Making

December 7th
5PM Via zoom

Register by December 3rd.
Contact Emily (Zanini) Wiseman, Community Wellness Mentor at ewiseman@whitefishriver.ca or call 705-285-4354.

WRFN remains in a state of emergency.
Download the Whitefish River First Nation App.

WRFN Health Centre invites you to

CREATE YOUR OWN GINGERBREAD HOUSE

Saturday, December 11th

Deadline to register for a kit is December 7th.
Limit of 20 households. First come, first served.
Email Emily (Zanini) Wiseman, Community Wellness Mentor at ewiseman@whitefishriver.ca or call the Health Centre at 705-285-4354.

WRFN remains in a state of emergency.
Download the Whitefish River First Nation App.

The WRFN Health Team, visited Miss Fairbain’s Shawanosowe School Grade 1/2 class with a presentation on anti-bullying.

Movember activities wrapped up with feats of strength, as a team of community members and volunteer firefighters worked together to pull a Fire Truck!
About the Program
The Good Food Box is a non-profit, community initiative helping individuals and families in need of assistance to put fresh produce on the table. The program offers a variety of nutritious, delicious fresh fruits and vegetables at wholesale prices.

What to Expect
Participants can expect the same high quality vegetables and fruit found at the grocery store for a lower price. The Good Food Box produce is supplied by Manitoulin Island’s local grocery stores.

Sample Large Box $18
• 10 lbs potatoes
• 3 lbs carrots
• 3 lbs onions
• 1 head of lettuce
• 1 cucumber
• 1 tomato
• 3-4 lbs apples
• 3-4 lbs oranges
• 3-4 bananas
• 4 cobs of corn
Small boxes ($9) are half of the large

Please Order by the 1st of each month. Delivery is the 3rd Tuesday of each month. Donations for Sponsored Boxes are Greatly Appreciated. Please Contact Kiki Pelletier at the WRFN Community Health Centre at 705-285-4354, ext 213 or by email at gpelletier@whitefishriver.ca to place an order or for more information.

Culture is Prevention
A combined HIV Education Session and Split Toe Moccasin Workshop hosted by the Anishinabek Nation HIV Program and WRFN Community Health Services

HIV Education Session
HIV Transmission
Viral Load
Prep
Disclosure/Confidentiality

Split Toe Moccasin Workshop
9 hours of instruction altogether
Supplies provided

Must Commit to each session
10 spots only
Up to 5 persons on site
WRFN Community Health Centre
Wednesday December 1st
Wednesday December 8th
Wednesday, December 15th
10:00 am – 1pm

If you have any additional questions or to register please contact Kiki Gail Pelletier: 705-863-2558 / 705-285-4354 or gpelletier@whitefishriver.ca

WRFN Remains In A State of Emergency: All Covid Safety Protocols will be in Place.
Shawanosowe Kinoomaagegamik

The Bobcat

Baaashaakodin Giizis

sure flew by! It feels like we were just welcoming the students on their first day back, and now we are busy as Elves preparing for the Annual Christmas Concert! Weather-wise, we went from shorts to hats and mittens within the span of a few short weeks!

At this time, we would like to extend our deepest gratitude to the parents and caregivers of our students. We know that adhering to Covid Policies and Protocols can be challenging; ranging from the daily screenings to the limited accessibility to the school. Your participation has helped keep our school safe and healthy, and your patience and understanding is much appreciated. We all are in this together and we all look forward to when we can once again celebrate and gather together!

Baaashaakodin Giizis has been a very busy month with; Treaty Week, Rock Your Mocs Week, Indigenous Veterans Day/Remembrance Day, our in-school Bobcat Run and Parent/Teacher Night!

During Treaty Week, each class participated in a variety of activities, online and in class. Thanks to Robinson Huron Waawindaamaagewin, each student was able to take home some beautiful swag and participate in some valuable learning with all of the resources provided. Miigwech! We also hope that everyone had the opportunity to watch our Shawanosowe School students in an online live Zoom/YouTube chat with Chief Paibomsai! This was also organized by Robinson Huron Waawindaamaagewin and was viewed by schools, teachers and students province-wide! If you missed it, it can be viewed by visiting the RHW website. A shout out to Laila Taibossiga, Brayson McGregor, Sophie Jacko and Deacon Jacko who did an amazing job representing Shawanosowe School Bobcats! Well done!

The students were also excited to participate in the school Bobcat Run on Friday, November 5, 2021. No outside schools were invited to the event due to Covid-19, however, that did not dampen the enthusiasm of our students! Everyone cheered on the Bob Kitten JK/5K students and all of the remaining students participated and completed the course organized by Mr. Whitaker! Miigwech to Mr. Whitaker for organizing this and developing their skills through each Fit Friday run!

On November 8, 2021, a school-wide ceremony via Google Meet commemorated Indigenous Veterans Day, which gave the staff and students an opportunity to honour the sacrifices of all Veterans and to remember and honour the Veterans of Whitefish River First Nation. In the classroom throughout the week, students learned about the challenges faced by Indigenous Veterans, in addition to their contributions, efforts, accomplishments and awards.

Miigwech to all of those who ‘put their best foot forward; during Rock Your Mocs Week. Some of our students were able to participate in Ribbon Skirt Making with Sophie Pheasant. We look forward to more cultural and arts sessions with Sophie in the months to come!

In addition, we are very excited about our next school-wide project; moose-hide tanning with Blanche Recollet! The students will be doing some hands-on learning throughout this project as we take it from scraping the hair off to smoking the hide next spring. There are so many opportunities for learning in this activity for our students, Miigwech Blanche! Please contact the school if you have a teaching or skill which you are willing to share with the students!

Also, coming up on December 13, 2021 is Picture Day! It was rescheduled from October and we look forward to once again seeing our students looking slick, stylish and studious! Please watch for reminders sent home or posted to Seesaw as the date draws closer.

As stated earlier, the Covid-19 pandemic has changed many aspects of our daily lives. We are looking forward to slowly being able to return to some of our pre-pandemic traditions in the future; however, right now it is important that we continue to follow enhanced health and safety protocols. With that, comes our Annual Christmas Concert presented to our families and community in a virtual format once again for 2021. Our staff and students have been busy preparing for this event and we can’t wait to share our performances with you all through video. The online recording will be available to watch on December 17, 2021.

In order to prepare for the Christmas Concert, the After-School Clubs are Drama Club and Art Club and students are still able to participate in Multi-Sport Club with Mr Whitaker. These will run until the Christmas Break and new ones will be announced in the new year.

Some dates to remember;
Friday, December 3: Ugly Christmas Sweater or Red/Green Spirit Day
Friday, December 13: Picture Day
Friday, December 17: Pajama Day and Classroom Christmas Parties
Last Day of School before Christmas Break
Monday, January 3, 2022: Return to School

Miigwech to Elf Tammy for ensuring that Miss Fairbairn’s Grade 1/2 Class letters were delivered to Santa safely. She also shared them in this month’s Rezound for all to read and enjoy.

In closing, we would like to congratulate Grade 5 student Violet Sutherland from Miss Gagan’s 5/6 class. Shawanosowe School students were invited to participate in a Canadian Geographic art contest depicting their hopes for the future of the Great Lakes and Violet won! As a result, Violet’s art piece will remain as a part of Canadian Geographic’s permanent collection, but not before venturing into outer space with Private Astronaut Mark Pathy on his 2022 Space Flight! In partnership with Canadian Geographic, Shawanosowe School students will also have an opportunity to participate in a live chat with Mark Pathy from the International Space Station and ask questions. Miigwech to Chief Paibomsai and Pat Madahbee for connecting Shawanosowe School to this initiative. It is obvious that there are absolutely no limits to what our students can achieve!

Please remember you can find all of this information and more on Seesaw so please ensure you have the most up to date information by checking on your child’s profile!

Happy Winter Solstice and wishing everyone a safe, healthy and happy holiday from the Students and Staff of Shawanosowe School!
Merry Christmas from Miss Fairbairn’s Grade 1/2 Class. They got their letters in to the Head Elf in plenty of time for the big day!
Aanii, Boozhoo

Leslie Budge-Kozachanko
n’dizhnikaaaz,
Wiikwemkoong n’doojibaa,
Mkwa-n’dodem,
Espanola n’doojii.

I have recently joined the Shawanosove School family as the Administrative Assistant. Much of my family has deep seeded roots in education and although I am not an educator myself, I am very excited to be able to support and participate with the staff, students and families of Shawanosove School on their educational path. I used to live in Wiigwaasingaaga as a child, n’maamaa and Nokomis both taught at the Birch Island Day School. I have wonderful memories of our time in Birch Island and have a feeling of homecoming being back in the community. I have only been in the position a short time, but I see the close connection that staff have with the children and their families and I am looking forward to being a part of the team. I am thrilled to see what the future brings!

Migwech

Blanche Recollet shared her traditional knowledge of moose-hide tanning with the Grade 3/4 class.

A school-wide Bobcat Run was held on Friday, November 5, 2021.

nongwa maajitaan wii anishaabemyin
gegwa baabiiitooke baamaa waabang,
gnimaa zaam weykaa ada’a’wan.

Start speaking Anishinaabemowin today.
Don’t wait till tomorrow,
it might be too late.

Ahnee Kiina wiiya, Maawdii Pitawanakwat.
My name is Maawdii Pitawanakwat, I am from the sturgeon clan, I am a band member of Whitefish River First Nation and I reside on reserve. My maternal great grandparents are Margaret and Moses Pitawanakwat baa, Maternal Grandparents Agnes Mishnisketewe baa and William Toulouse baa, Grandparents Angus and Norma Pitawanakwat baa. My paternal Great grandparents John and Margaret Waskonagishik (Paul) baa, Franklin Sr. and Ida Paibomai baa, my parents are Inez Pitawanakwat baa and Ferdinand Paibomai. I am family oriented and strongly believe in the wellness of self and family and community. I am a Mother to eight awesome adult children, a Nokimis (grandmother) to 12 beautiful grandchildren in which six (6) grandchildren are currently attending and one (1) who has graduated our local Shawanosove School. I have sound knowledge of our culture and traditions, I am a new speaker and believe in encouraging all to speak our first language Ojibway. I am a Woman’s Traditional dancer, while currently working on a new regalia and furthering my teachings, I love to learn new arts and crafts and listening to the oral stories and being on the land. I enjoy motivational speaking, story-telling, and telling a few good jokes. I believe in the ways of our people and the continued advancements of our visions and dreams and bringing them to light, our truths of the Anishnabe of Birch Island. I am knowledge keeper for my family and believe in our stories and our historical truths. Our community of Whitefish River First Nation also has many stories that our people retained over time with their families, history, culture and language, where we were then and where we are as a community today, through traditional oral story telling.

I am currently enrolled at Algoma University as a part-time student through on-line learning, while working towards a degree in Bachelor of Arts – CESD Community Economic Socio Development. I am a 2001 graduate of the Cambrian College Native Community Worker - Healing and Wellness program Sudbury, Ontario. I currently sit on various boards: Whitefish River Development Corporation, UCCM Anishinaabe Police – Lighting the Fire Within, Manitoulin Health Centre- Little Current- Patient Advisor, all in the capacity of a volunteer. I have worked in the social work field in different capacities which has broadened my knowledge and expertise in working with First Nation communities - mainland and remote. I bring great knowledge from lived experience and a great understanding and respect for our Anishnabe. Especially at this time when our truths are coming to light, with the 215 children that were discovered, moved our nation to our own Truth and Reconciliation. It’s a beautiful time for our community to come together at such a crucial time in history. That being said, it is our responsibility to leave our future generations with our truth in many forms as we all learn differently The Shawanosove School research project will require the involvement of community members of Whitefish River First Nation to share their knowledge and to pass it on orally with the archivist. All information gathered will be compiled and the final project in its entirety can be accessed at the Shawanosove School. The research project will be conducting interviews during the winter season, January to March 2022. If you have a story or multiple stories and would like to contribute your traditional knowledge of WRFN, I’d love to hear them. Potential topics include: Community history and stories, legends, local ceremonies and celebrations, traditional land use areas and practices (hunting, fishing, harvesting and gathering), points of interest, we will also consider any or all documentation, pictures that you may be willing to share. If you are interested in meeting with me to share your traditional knowledge or story, please don’t hesitate to contact me directly at (705) 862-4538 or by email at m.pitawanakwat@shawanosove-school.ca

I look forward to spending time with you, listening, and documenting your story of WRFN.

COVID19 Protocols to be followed as Whitefish River First Nation is in a state of emergency.
Winter is already upon us and the Christmas season is just around the corner. The children at the Centre are already in the Christmas spirit, and have been excited recreating their classrooms. We are looking forward to the upcoming weeks of Christmas festivities with the children and our annual Christmas Dinner. The Early Learning Team has been working hard on getting our Land Based Practitioner certification through the Nature Alliance of Canada. We have been working together in getting our assignments in and starting to utilize our outdoor space more. The children have been enjoying exploring our outdoor learning space and it has been a beautiful thing watching the children and staff come together and welcome Shkaakamik-kwe as a teacher. Together as a team we are working together to revitalize our Anishnaabe ways of knowing and being and becoming more grounded as we push forward in our goal.

Our program has spaces in the toddler, and preschool programs. The social program is being offered from 9am to noon. If you would like to enroll your child/ren please come to the Centre to pick up an application. If you have any questions or ideas you would like to share, I can be reached at the Centre.

Migwetch,

Courtney Laundrie, RECE
Maamwe Kendaasing Early Learning Supervisor

Aanii from the Preschool Classroom!
It feels like November is flying by!
At the beginning of this month our Toddler and Preschool groups shared a very special morning together and had our first official fire and marshmallow roast at our Outdoor Learning space. The children seemed to really enjoy spending time at our spot, and they watched attentively as the small fire was made. Throughout the morning the group spent time exploring our space, and when they were done, they would return to the sitting area to watch the fire and enjoy their golden marshmallows cooked to perfection by Miss Candace and Miss Cyndil. It was a beautiful morning spent outside and we can’t wait to do it again! Within our indoor classroom, the children have been interested in all things transportation—planes, trains, and automobiles! The interest began with our wooden train track. The group was continually gravitating towards the trains. Sometimes this would lead to squabbles and arguments over whose turn it was to play with the trains. To expand on their interest of building and movement, and to offer similar choices to reduce arguments, we added in additional trains, small pretend building structures and encouraged the children to use other items within the class to make tracks, such as the wooden blocks or the magnet tiles. We’ve also been busy with our Hot Wheels cars and had fun creating our own tape and paint tracks, having a ‘car wash’ in the sensory bin, and exploring shape and number roads. We will also be making our own paper planes and will fly them from the top of the climber to see what style is the most functional for flight!

Our preschoolers are very observant, and they immediately noticed the change in the weather over the last couple of weeks. It’s been wonderful to see their excitement while watching the big snowflakes fall from the sky and to see their surprise at the discovery of ice within our backyard play area. So over the next couple of weeks, we will be exploring all things ice, snow and what changes the cold weather and shift in seasons brings. There has also been mention of Santa, so as we notice the excitement and interest building from the children, we will add in seasonal holiday crafts and activities.

With that, we are looking forward to what adventures December brings and we are definitely hoping for some snow!

Migwetch,

Caitlin Pitawanakwat, RECE
Candace Perrault

Maamwe Kendaasing takes it outside for outdoor learning adventures and sweet treats!

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Maamwe Kendaasing Early Learning & Innovation Centre

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**REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.**

1. Wet hands with warm water
2. Apply soap
3. For at least 20 seconds, make sure to wash:
   - palm and back of each hand
   - between fingers
   - under nails
   - thumbs
4. Rinse well
5. Dry hands well with paper towel
6. Turn off tap using paper towel

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Whitefish River First Nation

Migwetch for your cooperation!
Boozhoo Kina Weya!

December is here, time sure is flying by. Christmas brings out the best version of so many people, we care a little more, give a little more and show a little more patience and empathy towards others.

The Be a Santa to a Senior initiative started in 2018 and this year we wanted to assist the High School students with getting volunteer hours that they require to graduate. It’s a win-win campaign, as students earn volunteer hours, give back to the community and we provide gifts to the seniors this Christmas.

We would like to thank Joe...

We raised $2,100 from the fish dinner and $224.00 of donations to date. GRAND TOTAL $2,324.00. You still have time to donate to this wonderful initiative.

UPDATES

There are job opportunities within our department for an Early Childhood Educator (ECE), Special Education Resource Teacher and Supply Teachers and Early Childhood Educators as well. Please share with your contacts and join our team.

A big warm welcome to our two new additions to the Shawanosowe School team.

- School Administrative Assistant – Leslie Kozachanko
- Community Education Archivist – Marti Pitawanakwat

I will be leaving the Education Manager role in the middle of January to start a new challenge within the First Nation as the Trust Secretariat.

I thoroughly enjoyed my couple of years in Educa...

The Education department has one of the largest departments in the Organization with 26 staff. The Education umbrella consists of Maamwe Kendaising Early Learning and Innovation Centre, Shawanosowe School, Post-Secondary Education, Provincial School, Administration and Library.

Within my two years in the department here are a few things that we worked on:
- Introduced a new application process for Post-Secondary funding called Dadawan, students upload all the required documents to their own student page, information is readily available to the Administration staff.
- We worked on our outreach with the Post-Secondary students and improved our communication. We utilize Constant Contact (email platform) to regularly communicate with the Post-Secondary Students.
- Started a work instruction manual for the department.
- Held a back to school session to encourage the students.
- Had summer school for the Shawanosowe Students
- Analyzed our student population to planning purposes.

FEDERAL INDIAN DAY SCHOOL CLAIM

The deadline to submit your claim is July 13, 2022. If you need claim forms, please do not hesitate to call the Administration office, we would be happy to assist you.

To be eligible for compensation in this Settlement, individuals must have attended one of the identified Federal Indian Day Schools or Federal Day Schools during specific eligible class periods listed on the List of Federal Day Schools (Schedule K) and experienced harm.

Family Members on Indian Day School Survivors While family members are not eligible to receive direct compensation, the representative of the estate (executor, administrator, or trustee) of a late Claimant who died on or after July 31, 2007 can file a claim on behalf of the deceased. If the deceased Claimant had no will (naming an executor), then a representative will need to be appointed.

Books for Loan Residential School

If you are interested in reading more on Indian Residential School we have books available for loan in the Education Office.

I am not a number, Fatty Legs, Orange Shirt Story, Phyllis Orange Shirt, Five Little Indians, The reason you walk, Dear Canada these are my words, Final Report of Trust and Reconciliation, Knock on the door, Stolen Words, In Search of April Raintree, Number one, Not my girl, Secret Path, When we were alone, Indian Horse & Seven Fallen Feathers.

ELEMENTARY SCHOOL & SECONDARY SCHOOL

BUS CANCELLATION

Due to inclement weather conditions, road conditions, and/or other unforeseen emergency situations, we will take every precaution necessary for the safe arrival of our children/students and staff. The following procedures will apply for the winter season. Parents and/or Guardians must ensure that up-to-date contact information is provided to the Education Department and the school.

Please contact the Education Department if you have any questions or if you wish to be notified via text, email or phone call at 705-285-4335 or 705-863-0555 education@whitefishriver.ca

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**Ryan McGregor and Joey Bowerman cleaning fish in support of the “Be a Santa to a Senior” initiative.**

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**Education Manager - Leslie Manitowabi-Recollet**

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**Mniidooh Giisoonhs 2021**
Late Bus
We provide the late bus for students involved in school clubs and sports teams. A minimum of 3 students at the Española schools are required to sign up for the late bus in order to be dispatched.
1. Please let Ed (Bus Driver) know in the morning if you need a late bus.
2. Sign up with the School as usual.
3. School notifies the Education Department via email.
4. Education Department confirms with bus driver availability
5. If we have no bus driver the school is notified that there is no late bus.
6. School will notify students if there is no late bus.

ATTENDANCE
Española High School and A.B.Ellis
We have a monthly attendance incentive for students who attend A.B. Ellis, Sacred Heart and Española High School. We are happy to report that 7 WRFN students had perfect attendance in OCTOBER! HIP HIP HOORAY! Quintin, Lucy, Tecumseh, Aurora, Christopher, Marcus Jr. and Cole.

Why Attendance is Important in Helping Every Student Succeed
One of the most important things your child can do to reach the goal of success is also one of the most basic: attend school every day on time!
By attending class regularly, your child is more likely to keep up with daily lessons and assignments and take quizzes and tests on time. Research has shown that your child’s regular attendance may be the greatest factor influencing his/her academic success.

Some of the greatest benefits for attending school regularly are:
• Achievement: Students who attend school regularly are more likely to feel accomplished when they understand the material.
• Opportunity: For older students, being in school every day gives them a chance to learn more about college and scholarship opportunities and to learn the important information to build a successful academic record. This is an excellent way to build professional relationships and references.
• Being part of the school community: Just by being present at school, your child is learning how to be a good citizen by participating in the school community, learning valuable social skills, and developing a broader world view.
• What Parents can do!
• Follow the school’s guidelines and attendance policy and report excused absences immediately. At the beginning of the school year, review the school’s rules and make sure you understand who you need to contact if your child is going to be absent.
• Check homework. Check each night to see that your child understands and completes the day’s homework assignments.
• Take an active role. Stay involved with your child’s daily experiences at school by asking how the school day went, and then listening carefully to what your child shares with you — both the successes and struggles. Make it a point to meet your child’s teacher(s) and friends.
• Locate potential sources of anxiety. If your child frequently appears upset or reluctant to go to school and cannot tell you why, schedule an appointment with his or her teacher or a member of your child’s student support team.
• Plan ahead. Encourage your child to prepare for the next school day by laying out clothes the night before and preparing their lunches.
• Promote good health. Make sure that your child eats a balanced diet with plenty of fruits and vegetables.
• Ensure that your child gets enough quality sleep. Getting enough sleep will help him/her get up on time, be refreshed in the morning, and feel ready for a full day of learning ahead!
• Promote the importance of education: Teach your child how important education is to their future success by stressing the importance of regular school attendance. Let your child know that attending school regularly will assist him/her in developing good habits they need for college and/or the work force.
• Reinforce other important behavior patterns: Establishing a regular attendance pattern encourages the development of other important patterns of behavior like reliability, being on time and good time management skills.

POST-SECONDARY STUDENTS
Financial Assistance for Covid-19
We received additional Covid-19 funding to assist you with your studies this year, if you are experiencing difficulties with your living expenses such as hydro, rent, food, internet or assistance with technology, please call our office to discuss. Our goal is to make sure that you are successful with your studies, we are here for you.

Post-Secondary Reminders
1. If there are any changes during the 2021-2022 Academic Year with regards to your schooling, you must reach out to the Education Department as soon as possible. These changes could be going from full-time to part-time, banking information, and changes in contact numbers or current address.
2. Reporting and Compliance Conditions of Sponsorship –

All sponsored students must report their progress, within 14 calendar days after the completion of each semester of sponsorship. You must request your transcript from your school and forward to our office.
3. Student withdrawal or Sponsorship termination — If a student withdraws from their selected program of study indicated on their relevant 2021/2022 sponsorship application, or has their sponsorship terminated, the student will not be considered for sponsorship until April 1, 2024. The student will be informed in writing by registered mail of this decision.
4. You MUST apply for Post-Secondary Sponsorship every year. The deadline will be May 31 of every year. We will start accepting applications in February 2022.

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<thead>
<tr>
<th>Whitefish River First Nation Post-Secondary Education 2021/2022 Monthly Allowance Calendar</th>
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<tr>
<td><strong>Direct Deposits</strong></td>
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<tr>
<td><strong>WINTER 2022 SEMESTER</strong></td>
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<tr>
<td>Tuesday December 28, 2021</td>
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<td>Friday January 28, 2022</td>
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<td>Monday February 28, 2022</td>
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<td>Monday March 28, 2022</td>
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<td><strong>SPRING 2022 SEMESTER</strong></td>
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<td>Thursday April 28, 2022</td>
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<td><strong>SUMMER 2022 SEMESTER</strong></td>
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<td>Tuesday June 28, 2022</td>
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<td>Thursday July 28, 2022</td>
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If you have concerns, questions, ideas, or require assistance please contact the Education Department.

Education Manager, Leslie Recollet, call 705-285-4335 or via email: recollet@whitefishriver.ca.

Education Assistant, Keisha McGregor via email: keisham@whitefishriver.ca

Mligwech to everyone who contributed to the success of the Fish Fry fundraiser!
WRFN Post Secondary Student Challenge

This month, we are fortunate to feature some news from our future leaders. The WRFN Education Department put forth a challenge to our post-secondary students to share their personal learning journeys. The response was both incredible and inspiring. We are all family, we all are connected and together with the help of these hardworking youth we will be building our future.

TINA FRANCIS

Aani! My name is Tina Francis, I am in my second and final year of “Social Services Indigenous Specialization” at Cambrian College. I am a very proud member of WRFN. I moved here the year I became a mom and have been here since. The sense of community and culture we are surrounded with is a gift. I am far from perfect, but continue to strive to make my community proud.

WRFN’s sponsorship helped me finish my first year with a 4.0 GPA and to be named on the President’s Honor Roll at Cambrian College. Being sponsored is so much more than money, I know Leslie and Keisha genuinely want to support me in my educational journey. Their work is done in a professional, timely manner. I feel very blessed to have this sponsorship.

I plan to attend University for my Bachelors of Education when my youngest daughter reaches school age. Until then, I am hoping stars align for me to work on reserve at Shawanosowe. I am in awe of how much incorporation continues to happen at this school in terms of cultural education. My daughter Daisy associates Ojibway with her previous language teacher, she once told me “When I grow up, I wanna talk like Mrs. Danette”. It is so enriching to have my daughter be so interested in our language, compliments of the learning environment at Shawanosowe School.

ALLYSON GRIFFIN

Hey! I’m Allyson! Being a part of the WRFN band means a lot to me. I grew up in a non-reserve home and didn’t get much information on my background or immersion into native culture. Being a part of the band allows me to learn more about my background and stay involved with the community from which my background comes from. Being able to hear about the events and the culture is really important to me.

Being sponsored by WRFN has meant the world to me. Without it I may not have been able to gain as much education as I have thus far! They helped sponsor me through my Bachelor’s degree, and now through a secondary diploma in which I am almost complete. I really do not think I would have the education I have without being sponsored by WRFN!

I am hoping that with the education I have received with the help of WRFN I will be able to pursue a job in Web Development (full or part time ugh) and also hopefully take my education with me to a Police force. I am excited to continue to be a part of the WRFN community and I hope I can continue to learn about my background.

JESSICA NAHWEAGAHBOW

It’s a good day to be Indigenous.

I’m finishing up my last year and can’t believe how fast it has gone by. I’m thinking about my first day on campus and wondering how it was all going to go. Will I be able to finish? What might be some obstacles? Where are my classes because this school is massive?!

The support from WRFN has only improved over the course of my degree. I am so proud to belong to such a progressive community that is breaking past social barriers and creating such an impactful culture of our own.

All I can say is THANK YOU. Thank you for giving me the support I needed, not just financially, but as a community. Thank you for regularly reaching out via email and newsletters to many of us in post-secondary. Thank you for your support and encouragement, giving us the confidence in our abilities and the motivation to keep perfecting our skills. Thank you for being an example for us who are learning about what it means to be indigenous and to stand for it.

WRFN is taking a seat at the economic table and we can support this. Being in a vastly populated city, I tend to be the only indigenous person that my peers know, whether it’s my neighbors or my classmates (I actually have yet to take a course with another person who is indigenous). I do my best to make my people proud and encourage everyone to start sharing the resilience and success indigenous people have. We are not only the youngest and fastest growing population in Canada, but also outgrowing Canada on an economic level. According to thefutureeconomy.ca, the Indigenous economy currently represents 32 billion and is slowly becoming the next economic powerhouse.

HANNAH BUTTERWORTH

What being a band member from WRFN means to me is belonging to something bigger and meaningful such as a collective community. Being sponsored by WRFN has alleviated financial stress during my undergrad, and has allowed me to get the tools I need to succeed. Growing up I always had a passion for science, and helping people which inspired me to pursue further education in health sciences. I am currently in my second year of university at McMaster pursuing this path in their bachelors of health sciences program. I am currently living off campus which has been an adjustment but has been manageable and a great experience to become more independent. After I complete my undergrad I hope to pursue a career in medicine, and Indigenous health to help improve the health outcomes in people’s lives. I encourage anyone interested in this similar path to apply to health science, science or life sciences programs as they are great entryway paths to a medical profession. Next year or the following year I am thinking of taking my MCAT to be able to apply to medical schools in Canada.
Throughout my life I have never felt like I fit in. I was excluded from countless school activities, friend groups, extra-curricula’s, and so much more. It was difficult growing up like that, especially once I started struggling with my mental health. At that point, my journey to fitting in seemed unattainable, and something that I could never have. I was depressed, and often found myself questioning whether my life was worth continuing. I can’t pinpoint when exactly it was when I was told where my ancestors came from, and what I was a part of, but I remember feeling like I finally belonged. Finally fit in and had a group that I knew I could be included in for the rest of my life. Not only that, but I was now even more connected to my late grandfather - who passed in 2017. Being a part of Whitefish River has made me feel included, appreciated, and welcomed.

As I previously mentioned, I have struggled with my mental health. All throughout school I fought my demons, and when it came down to figuring out what I wanted to study in Post-Secondary - I was lost. I wasn’t even sure I would make it to my high School graduation, let alone to college or university. Then, in 2017, my grandfather passed away from a car accident. I felt stronger than ever, and decided I needed to make him proud by surviving. Surviving my internal battles and demons was not easy, but I fought to get myself to a place where things started to look up. I applied for sponsorship as my sister had done, graduated high school, and got accepted into college - all things I never thought I’d be alive to see or accomplish. Being sponsored by WRFN has helped me in many aspects of life, more importantly my post-secondary education. I feel heard, seen, welcomed, supported, and so much more. Not only can I solely focus on my studies, but I’m not worried about paying my rent, buying groceries, or even how I will pay for additional expenses like my laptop, iPad, and printer. Being sponsored by Whitefish River has been incredibly helpful in my post-secondary education and I could not be more blessed to have such an amazing community behind me, supporting my journey.

Currently I am enrolled in the Correctional Studies diploma, meaning one day I can achieve my dream of working in a Correctional Institution, helping and rehabilitating offenders from all over Canada. I am 19 years old, and in my final year - meaning I graduate in April! I plan to work in a Correctional Institution for a few years once I graduate, and then move to probation or parole for the years following. Since I live in Alberta, I’m hoping to eventually make my way out east to see the amazing group I am a part of - and hopefully share some waves with all of you! I can’t wait to be able to tell my future employers and children where I come from, and where I received the majority of my support during my 2 years of education. I owe it all to Whitefish River - more specifically the education department - for helping me achieve my dreams.

**Post-secondary is meant to challenge you in more ways than just the course material, it also challenges you mentally, physically, and emotionally so to get the support from your community really motivates you to not give up.**

My grandmother always taught me to always have a five-year plan, she said "realistically you can achieve what you want in five years until the next five-year.” For me I plan to have my degree, masters and already working in the helping field. After some experience and development, my main goal is to come back to my community and give back to my people and work for my people to build a strong resilient community. Specifically, I want to work with our young leaders and mental health.

**KEEGAN STEVENSON**

Hello, my name is Keegan Stevenson. I am 20 years old and grew up in Sault Ste. Marie, Ontario. I am currently in my first year at Acadia University in Nova Scotia and enrolled in Business Administration majoring in accounting. I am very proud to be from Whitefish River First Nation. I have a high interest in learning the history of my people and the land. I have noticed that the community is very supportive to each other and seems like it is one big family. I talk about my family history and take pride in saying that I’m a citizen of Whitefish River First Nation.

I cannot express my gratitude enough with the sponsorship I have received. This sponsorship has allowed me to focus solely on my schoolwork instead of worrying about my finances. I am currently playing for my school’s University Sports men’s hockey team, the Acadia Axemen. Without this sponsorship it would have been tough to be able to play hockey.

This sponsorship has given me the opportunity to continue playing hockey after finishing up my hockey journey in the Ontario Hockey League. It has given me a jump start into my schooling and life. After school I am hoping to be playing on a professional hockey team while being able to start an accounting career.
DEVELOPMENT SUBJECT TO FUTURE ENVIRONMENTAL ASSESSMENT

BASE MAP DATA PROVIDED BY THE MINISTRY OF NATURAL RESOURCES, LAND INFORMATION ONTARIO, © QUEEN'S PRINTER FOR ONTARIO, 2013.
Proposed Work

**Phase I 2014 to 2018**

1. Water: Water Tower Feasibility Study, Construction and Decommission Standpipe
3. Transportation: Old Village Road North - Drainage Improvements East End
4. Transportation: Traffic Impact Study: Maple Heights Rd and Hwy No. 6/Village Road Intersection
5. Residential Subdivision: Old Village Road North - Area C (17 Lots)
8. Solid Waste: Waste Management Planning Study & Implement Recommendations of Study

**Phase II 2019 to 2023**

9. Solid Waste: Continue Implementing Recommendations of Study
10. Residential Subdivision: Maple Heights (15 Lots) plus services for 2 CP lots
11. Institutional: Elders Independent Unit Construction (4 units)
12. Transportation: Old Village Road North - Upgrade/Widen and Drainage Improvements (3.5 km)
13. Transportation: Paving Maple Heights Subdivision South Road
14. Utilities: Hydro One Load Study for Old Village Road North (Area B) development

**Phase III 2024 to 2028**

15. Residential Subdivision: Old Village Road North (Area B - 20 Lots)
17. Transportation: Double Surface Treatment of Old Village Road North (3.5 km)
18. Water: Water Treatment/Capacity Assessment Study

**Phase IV 2029 to 2034**

19. Residential Subdivision: Old Village Road North (Area B - 15 Lots)
Band Manager - Sandy Jacko

Aanii. Boozhoot.  
Season Greetings. Please help us keep you and your family stay safe from COVID-19 this holiday season. Here are some ideas that can help you and yours have a safe holiday. 1) Consider hosting a virtual gathering. 2) Connect with loved ones through phone and video calls. 3) Create your own newsletter that can be sent to family and friends. You can wish them season greetings, share fun pics and news about you and yours. 4) Finally, if you are sick, even if your symptoms are mild please stay home.

The Shawanosowe School Christmas Concert will again go on as virtual event. The concert will be recorded and made available to the family and friends to view at a later time.

Whitefish River First Nation COVID-19 protocols includes reducing gatherings, maintaining your physical distance, wearing masks, ensuring hand sanitizer is available and requiring all staff, elected officials and service providers to be double vaccinated or have proof of a recent negative COVID-19 test.

Miigwech to all the staff and volunteers for doing a fantastic job fund-raising for the Be a Santa to a Senior Campaign. Miigwech to everyone who supported this campaign. They managed to raise $2,300.00 for the senior’s gifts. Winston Churchill once said “We make a living by what we get, but we make a life by what we give.”

It is well known that volunteers give their time and their heart to help those in need and Whitefish River First Nation are looking for volunteers. Our Birch Island Fire Department and WRFN Auxiliary Canadian Coast Guard need members. Both roles involve helping others in emergency situations. If you are willing and able to volunteer your time, applications for the Fire Department and Auxiliary Canadian Coast Guard can be picked up and turned in at the Band Office.

I can be reached at bandmanager@whitefishriver.ca or via my cell 705-863-3294. I wish you and yours a very safe Christmas and Happy New Year.

Be Safe, Be Well, Be Kind
Miigwech

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Be Safe, Be Well, Be Kind
Miigwech

WRFN Elves helped Stuff the Cruiser for UCCM’s Annual Toy & Food Drive!

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**WHITEFISH RIVER FIRST NATION HOLIDAY HOURS**

**CLOSED** - Tuesday December 21, 2021 at 4:30 pm  
**REOPENING** - Tuesday January 4, 2022 at 8:30 am

Happy Holidays from Whitefish River First Nation  
Chief, Council & Staff.
All My Relations - Nii’kinaaganaa

Whitefish River First Nation Band member Aaliya Corbiere has been dancing since she learned to walk.

At the tender age of not quite two years old, she began taking dance classes, and for the last 3 years has been dancing competitively. This year at her first ever dance competition, her dedication and training paid off as she received both a high gold and platinum medals for her jazz solos!

Aaliya and her mother Suzie Stevens wish to acknowledge and thank Whitefish River for the financial contributions toward the sponsorship of her dancing dreams! Migwetch WRFN!

Our stories are important. Did you have a favourite apple tree growing up? Who remembers travelling by train? When was the first school concert? What were our local smelting hotspots?

If you want to share positive or historical information with our community, email rezoundeditor@whitefishriver.ca or call me at Administration at 705-285-4335.

Migwetch, Tammy Nahwegahbow

Smoke Signals - Birch Island Fire Hall

Aanii Kina Wiya, I’m Richard Shawanda, Deputy Fire Chief with the Birch Island Volunteer Fire Department, and I’ve volunteered with our department on and off for over 16 years. We currently meet on the 1st and 3rd Thursday of each month and are recruiting for new applicants for our Fire Department. Volunteering is a time-honoured tradition here in WRFN, and joining the fire department, is a way to keep in shape, while giving back to your community. We are now accepting applications for new recruits, and I can be reached at 705-348-1480 or via email at richardshawanda@hotmail.com, if you have any questions. Applications can also be picked up at the Whitefish River First Nation Administration office.

With the Holiday Season just around the corner, please take this into consideration:
• Even though real trees seem to pose the most threats in the home, artificial trees are equally as vulnerable to Christmas tree light risks. It’s easy for any tree, real or artificial, to catch fire when decorators overload electrical sockets with Christmas tree lights. Even flame retardant or flame resistant artificial trees can eventually succumb to a fire as their resistance wears off when completely consumed in flames. So make sure to follow the instructions on Christmas tree light packaging determine how many light strings you can safely connect.

Electrical safety leads to fire safety.

Have a safe Christmas Holiday from the Birch Island Fire Department.

Missed an issue of The Rezound? Find them online at www.whitefishriver.ca
As fall arrived, we all have the feeling that Christmas is not that far away, and if you’re like me I am not a start early shopping type of person. So, when Thanksgiving is over I start having the feeling deep within the pit of my stomach. How am I going to afford Christmas this year? Well if this sounds like you, let me tell you you’re not alone.

**TOP 10 Holiday Spending Statistics for 2021**

- Canadian shoppers spent an estimated $1276.00 per person in 2020
- Despite the pandemic, 37% of Canadians set money aside for Christmas
- In 2020, 29% of Canadian consumers planned on spending less money in 2021
- Only 30% of Canadians intend to do their shopping in stores
- Holiday statistics show that 1 in 3 Canadians will shop online
- In 2020, 47% OF Canadians claimed to have set a holiday budget
- 55% of Canadian millennials exceed their holiday spending budget
- Survey results from 2020 revealed 70% of Canadians did their Christmas shopping online

**HOLIDAY SHOPPING, ITS IMPACT ON MENTAL HEALTH**

TV Commercials, Store Billboards, are all designed to get us to spend money. We are attracted to things, and then the unconscious drivers kick in. The mass marketing through social media like Black Friday and half-price sales means that we all get to know about them, for those who are vulnerable to emotional purchasing, it is very difficult to resist. “In terms of limiting these influences, and how shopping in general has on people’s thinking. It all about education.” Mental health effects of falling into debt can be extensive, many doctors see an increasing number of patients suffering from some form of mental health problems, like stress, where debt is a significant component.

Debt can arise through problems with “impulse control” - the most obvious being gambling - but in our consumer driven society we increasingly see shopping online as a manifestation of mental illness. Debt in turn is the stress that cannot be avoided, and, for many people, it is the point which they have to confront their distress and dysfunctions.

**TRIGGER SIGNS OF STRESS**

- Depression and Anxiety- Creditors are involved, the stress is not going away
- Headache and Exhaustion - Nearly 1 of 3 adults aged 25-34 state they have regular headaches, while a quarter feel constantly exhausted. Nearly 60% of working adults said their emotional health has deteriorated since 2005, mostly as a result of financial pressures.
- Fear in Children - Even children feel the effect of debt, according to research the strain placed on a family relationship by financial difficulties associated with debt, whether it’s an argument between parents or children, can have a huge impact on children.
- Shame and Embarrassment - Failure and self-blame. People with debt issues often feel all of these. They suffer very low self-esteem and have lost confidence that they can never get back on track.
- Alcoholism and Drug Misuse- Debt often means working more hours than is healthy for us, leading to an imbalance of stress. If we respond to these signals with bad coping strategies, such as alcohol to unwind or drugs to stimulate, we risk getting stuck in a vicious spiral that will end in addiction or depression.
- Physical Health – More overtime, means more work, means less physical activity even if you have an active job. We need to keep in balance with exercise and sleep, if we increase the levels of stress hormones in our bodies we increase the risk of cardiovascular disease

**RESTORING YOUR INNER CALM**

Reducing debt will have a strong effect on your ability to remain calm, and in emotional and physical balance, it will reduce your reasons to worry, thereby reducing your fear, and the stress that come with that fear.

Your halls are decked with tinsel and ornaments your fridge is stocked with eggnog, and with all the excitement, you haven’t looked at your bank account in weeks. You’re not alone. It’s easy to get caught up in the holidays and forget all about budgeting. But make a few smart money moves, and you might not get caught off guard.

We all tend to get excited and go over budget amid holiday festivities, but if you make a few smart moves now, you won’t get caught off guard this holiday season.

**8 TIPS TO HELP YOU CONTROL HOLIDAY SPENDING**

- Set Holiday Spending Limits. Give your credit card a break, by limiting what you buy to what you can come safely out of your bank account. Holiday budgeting is a way to set limits and still enjoy the season with out racking up credit card bills
- Make your Own “Naughty or Nice List” Santa has to buy gifts for the whole world, but you don’t have to. If your shopping list includes more than five (5) people outside your immediate family, cut down on the number on your present list. Then bake some cookies to give to the people you snipped from your original gift list. This will ensure that you are spreading the holidays cheer, and keep you looking like Scrooge.
- Be Realistic About your Budget Let’s say, your older brother paid off his student loan five years ago, and he always gets you nice fancy presents, if you are in a different place financially, you shouldn’t follow suit.
- Become a Coupon and Coupon Code collector Sales aren’t the only way to get great deals. Before shopping online, preform a quick online search for your favorite stores.
- Give the Gift of Time Mom and Dad or other friends and relatives might love nothing more than a visit from you, or make up gift cards for, a free babysitting night, or one for good for one home cooked meal. Use your imagination
- Build a Better Spending Habits Go over how you are going to pay off your credit cards. For example, for every dollar you spend on gifts, find that dollar from your regular spending (ie) Tim Horton’s coffee.

- Provide Personalized Gifts A small thoughtful gift is worth more than an expensive gift that someone may never use. Avoid impulse to shop at trendy stores and start the holidays by taking a moment to think about what those on your list could really use.
• Organize Group Volunteering vs Holiday Parties

Growing up, you probably thought the holiday season was the most beautiful time of the year, whether you were enjoying delicious food with your family, or eagerly waiting for the arrival of Santa, the holidays were a magical time. However, as an adult you most likely look at the holidays from a different point of view – spending too much money on frivolous gifts, hosting lavish parties, trying to meet the expectations of family and friends. We all have different emotions/feelings when it comes to the holidays, whatever your story is just remember, it’s not about how much money you spend its about how much time you give.

ENJOY, AND BE HAPPY FOR THE HOLIDAYS

After a year full of changes and uncertainty, I am more excited about the upcoming holiday season than ever before. Of course, the pandemic is far from over, and its been a trying year for many, so my “Not So Classic Holiday Celebrations” might look a little different this year, and that’s ok. Rather than trying to carry on as normal, this Christmas, it is a great time to mix things up and try new holiday activities, they may become your new holiday traditions.

If you Christmas table is going to seat less guests this year, why not skip the whole traditional Turkey dinner and try a new menu. Sent out menu ideas and options to the guest that will be joining you, see what everyone would like to try. If your holiday budget it tight, don’t stress the gifts. Turn gifts into fun games by drawing names so that each person only has to buy one gift. This year, try to focus on less buying the latest and greatest décor and gifts and turn your focus to spending more quality time with your friends and family. You might just find out these new celebrations become a yearly tradition.

START A NEW FAMILY TRADITION.

After this crazy and unexpected year, we all could use some extra quality time with the family. This season, start a new Christmas tradition and get the whole family involved. Order matching Pajama sets, start an Advent Calendar, or fill a gratitude jar. Traditions don’t have to be expensive or elaborate, all you have to is carve out a few hours and spend the time doing fun things together

SERVE a NON-TRADITIONAL DINNER

It’s Ok, Yes, I said it’s OK to skip the traditional Turkey and Ham dinner this year, especially if you are expecting fewer guests at the table. Instead, opt for something totally different, like a fancy dinner from a local restaurant, or ask each guest to bring something nontraditional for dinner. No matter what you eat for Christmas Dinner, what matters most is who is around the table.

WRAP GIFTS IN FABRIC

Wrapping gifts is one of my most favorite pre-Christmas traditions, wrapping paper is expensive and is horrible for the environment because we use so much of it, and it can’t be recycled. A few years ago, my family started wrapping gifts in fabric instead of paper, some use fabric bags, tea towels, regular towels, scarves (etc.) use your imagination its limitless. Plus, you will save a small fortune not buying new rolls of wrapping paper each year

GIVE BACK

Giving back into the community is one of my favorite ways to celebrate the season. There is so many ways to help out around the holidays, whether it’s volunteering at a food bank, participating in an adopt-a-family program and helping to buy or wrap gifts for others, If your family already does one of these traditions, consider adding a second or third. You’ll never regret helping people.

DECORATE LIKE GRANDMA

Your grandma’s favorite vintage décor trends are back in style, and you should totally be decorating with them this year. Ceramic Christmas Trees (I know you all have one someplace) have made a huge comeback get it out, dust it off and plug it in, it will work they always work. If your grandma had a tiny Christmas village, put it out and feel all your childhood memories come back. It will probably smell like your childhood too but just give it a quick wash.

PLAY A NEW CHRISTMAS GAME

When the weather outside is frightful, and we’re still practicing social distancing, it can be difficult to find enough indoor activities to keep the family entertained. You all have heard of party games, one of my favorites is Pass the present. Everyone brings a small gift and wraps it however they want (paper or fabric) and sets it in front of them as a poem or a story is read out loud. Every time the word “Right” is read we pass to the Right. When the word “Left” is read we pass the gift left. At the end of the Poem or story you open the gift you have in front of you. At the end of the game, you unwrap the gift and try to guess who bought the gift. There are many types of fun silly games you can play with gifts just google and find one you like. Big or Small I find that this seem to make everyone laugh

SING CHRISTMAS CAROLS

Last year we had to skip church, my mother has been playing the organ in church for about 40 years, and my Grandmother 60 years before her, so needless to say going to church Christmas Eve and Christmas day was a big deal in our family. So last year I made hymn books full of Christmas Carols. I tried to remember everyone’s favorite one and made sure they were in the book. We sang (not very good I might add) and my mother played the piano. It was like I was sitting in my Grandparents house at 5 years old. My heart was full that night.

So this year, consider switching things up. Rather than guessing what people want or will use, ask your family members to make a Christmas list of practical gifts instead think a meal kit subscription service to cut down on grocery bills, household tools or kitchen appliances that need to be replaced, or gift cards to save money at most frequented stores.

If you have any questions I can be reached at the Administration Office at 705-285-4335 or via email at susans@whitefishriver.ca.
Ice Safety: With the upcoming ice fishing season I would like to remind people of the ice thickness safety chart (below). Please exercise extreme caution when accessing the ice.

Snow Mobiles: PLEASE Do Not sled on Private Property! Stick to the roads and trails, or obtain permission from the land owner. Always have a safety plan in place - Check the weather before heading out on your trip, ride with a buddy or ride with others, ALWAYS make sure you tell someone of where you’re going and when you will be back, wear appropriate clothing and safety gear. Never drive your snowmobile over your septic field bed.

If you are interested in collecting trail data, please check in with our Lands Department to find out how to contribute. Stay safe and happy sledding!

During the winter months, the Ontario Federation of Snowmobile Clubs (OFSC) maintains over 30,000 kilometers of trails that extend to all parts of the province. In some cases, the most direct and/or safest route to fishing, hunting and trapping areas may include travel on OFSC trails. While recreational snowmobile riders must purchase a trail permit to use OFSC trails, the Anishnabek Nation citizens are exempt according to the Snowmobile Act, Ontario Regulation 185/01. Trail permit fees also help assist OFSC with trail maintenance, so if you ride their trails frequently, please consider purchasing a trail permit.

Sugar Bush: In the Spring, we conducted a sugar bush assessment with Dean Assineiwali, Registered Forestry Professional. Interviews with sugar bush operators and a walk-through assessment were completed in April. There were many recommendations on the silviculture and maintenance of the sugar bush. A community presentation of the results will be arranged in the upcoming months. For more information please contact the Lands department.

Walleye Program: In 2021, the Lands Department continue to work with the Upper Great Lakes Management Unit (UGLMU) on a new proposal to change the current Walleye regulation in the Whitefish River (SEE MAP). We have studied and put together conservation efforts for the past 20 years, yet the Walleye population continues to decline. We proposed these changes to further protect the Walleye, and as part of this proposal we need community support. So look forward to providing input on this process while we collect “Community Observations on changes in the Fishery.” Coming soon.

Also, in 2021 the Lands Department added Wall-e-eye Culture to its existing Walleye program. In “Wall-e-eye Culture”, we captured our own Walleye from Whitefish River to populate our Micro-Hatcheries. In 2021, we were successful in growing and releasing approximately 200,000 Walleye fry, as well as securing two more micro-hatcheries. In 2022, our goal is to grow and release 8x this amount. If successful, we could potentially release 1.5 million Walleye annually.

We also continue to partner with the Whitefish Falls Fish and Game Club with the Walleye rearing pond. At the Walleye Rearing pond, the walleye fry are raised to fingerlings and then released into the Bay of Islands.

These collective stewardship efforts combined with the proposed Walleye Regulation change can make a significant improvement to the local Walleye population, and make a difference in the long term management strategy of this important resource.

We are looking for volunteers to get involved with the Walleye program. If you’re interested in lending a hand to the Whitefish River Walleye Project please contact the WRFN Lands Department.

Whitefish Project: We were asked to contribute information to the Whitefish GALTS project. This is a province wide project to track the movements of Whitefish in Lake Huron. All the tracking devices are in place in Georgian Bay. If you have any information on local Lake Whitefish spawning areas, please contact the Lands Department and share your knowledge.

Turtles: Did you know WRFN is home to 5 different Turtles species that are on the Species at Risk List? In 2021 we also started a Blanding’s Turtle Project. We partnered with McMaster University to learn how to track Blanding’s Turtles in McGregor Bay. A total of 6 turtles were tagged and tracked. This is the beginning of a new partnership with McMaster University. In 2022 we look to bring our turtle tracking to the mainland in Birch Island. I am looking forward to providing turtle crossing signs and raising awareness on the variety of turtles and turtle habitats found here in WRFN.

Land Allocations: 2021 was a record year for land allocation Requests. A total of 16 new land allocations requested were requested this year. Land Allocation Requests are publicly posted at the Administration Office, Post office and members can also view the request on-line by visiting the Whitefish River First Nation Website, and logging into the membership portal – the public postings are on the Lands Department page. Members have 60 days to provide any comments on a land allotment request.

At this time, we would like thank community members who have been granted a land allotment for their patience and understanding while waiting for their Certificate of Possessions to be processed during the global COVID-19 pandemic. Once our office receives the Certificates of Possessions, we will be sure to contact you.

Land Allotment Policy: We are currently working on updating our Land Allotment policy, and will be drafting the policy into two separate policies: one for recreational use and one for residential use. Look forward to an update to our land allotment policy in 2022.

FIREWOOD/TIMBER PERMITS - Community members please be advised that permission must be obtained from the Lands Department prior to gathering and collecting firewood for personal use. If you are requiring to cut timber for sale, you are required to submit a written request to Chief and Council, requesting permission to harvest and sell fuelwood, and identify the proposed area(s) to be cut.

Recreational Lease Occupancy Monitoring: As cottage season ends, we will continue with our Lease Monitoring and compliance efforts. Leasing Tenants have been advised of the procedures to follow to request access to their cottage while WRFN remains in a State of emergency, and they will be permitted to visit their cottage during the winter months for insurance purposes.

And finally, we say a Thousand Miligwetches to our community members for providing much needed assistance with monitoring our lands and reporting suspicious land use activity. It is greatly appreciated. If you have any questions or ideas on how to increase monitoring of activities on our lands, please don’t hesitate to contact the Lands Department.

Wishing you all a Safe and Happy Holidays!
Keith Nahwegahbow, Lands Assistant
Kathleen Migwanabi, Lands Manager

Lands and Order: 2021 Year End Review
Aanii,
We are approaching a significant event that marks the shortest day of the year (December 21 @ 8 hours 38 minutes and 17 seconds) which is a major event that effects people around the world. In anishinabemowin the upcoming month is known as *Mni Giisoons* which loosely translates to "Little Spirit Moon". This is an important month because as the earth resets itself and begins to lengthen the days we are reminded to take time to rest and revitalize our energy. This is also the season that Anishinabek would begin the 'story telling' or *Maajtamigat dibajimo’ling* portion of our lifecycle. The long nights and short days would be an ideal time to sit down and reflect on the stories and events that shaped our lives. Besides being one the most pivotal transitions of the year celestially, this month is an event in itself as it is a time for family gatherings and acknowledgments. It is important to acknowledge the earth's transition and how we relate to this occasion.

I have recently been in contact with Georgian Bay Forever Communications Director Heather Sargeant to discuss water levels in the Georgian Bay area. One of the issues that Georgian Bay Forever deal with is the impact of waves on *‘Living shorelines’*. Living shorelines absorb energy through the use of softer materials and live vegetation to help buffer wave energy before it reaches shore. This issue can be of great interest to us in terms of how we manage our shoreline use moving forward. There are many examples of how communities and municipalities engage in their shoreline environment and I believe that our relationship with Georgian Bay Forever can help us to manage our resources.

Another great partnership that we are involved in is the Canadian Coast Guard Auxiliary program. This project involves securing the acquisition of a Search and Rescue boat, and involvement from community volunteers interested in Search and Rescue activity. We are seeking new members to our own Coast Guard Auxiliary team and I believe this to be a fantastic opportunity to have our own search and rescue capability (on the water) and also gain some valuable training and experience for community members. The program allows for up to 50 crew members (we currently have 3) and up to 10 administrative members (we currently have 2). If anyone is interested in joining our auxiliary team please contact me at the Administration building (705) 285-4335 or email me at: stephenn@whitefish-river.ca

Migwetch

Consultation Coordinator - Stephen McGregor

Our crackerjack WRFN Lands Field Crew takes to both land and water!

Housing Manager - Georgina Recollet

As we prepare for the season festivities I would like to take this opportunity to wish all family and friends a Merry Christmas and Happy New Year.

We welcome Kendra McGregor as our new Tenant Relations Worker. Kendra comes to the housing department with experience in energy efficiency and community programming. She has worked with the local school and youth. Kendra has completed training in home assessments and property maintenance management. Her knowledge and skills will assist with tenants of Whitefish River First Nation. You may contact her at kendra.mcgregor@whitefishriver.ca.

Rental Payments:
All rental payments are due on the 1st day of each month. Rental payments are accepted as follows:
(i) Direct payments in cash or debit in office – reception area
(ii) Cheque or money order
(iii) Automatic wage deductions
(iv) E-transfers – payments@whitefishriver.ca

Housing Maintenance:
Just a reminder that we will be doing snowplowing of driveways for elder’s residence, shared driveways at triplexes and duplex; and multi-purpose units after the main roads are cleared. Please make sure your vehicle is moved when the driver is on site. Please note that the garbage bins at the elder’s residence and triplex units are for the tenants of the building only. All others can contact WRFN Public Works for pick-up of garbage on Wednesdays.

For any housing maintenance emergencies during the Christmas Holidays, December 21st, 2021 to January 4th, 2022, please send an email to georginar@whitefishriver.ca and I will have on-call personnel respond. Please note that contractors may take 24 to 48 hours to respond.

Housing Policy:
(i) Reminder that you must keep your housing application up to date annually to remain on the housing waiting list.
(ii) Reminder that there is “NO SMOKING” allowed in any of the rental units. Please NOTE that this is for the protection and value of band investments of all rental units, insurance benefits and the health of other tenants or occupants.

Upcoming Christmas activities:
(i) Community Mail Box – “You Have Mail” – Bring your local Christmas cards to our office. Our Volunteers will deliver them on Wednesday, December 8, 2021.

Tenant Relations - Kendra McGregor

It is exciting to be in a new role and to continue to do work for my home community.

If you still would like to participate in the Christmas light contest, we have extended the date until December 8th 2021. We would like to thank those Community Members who participated, and lit up our community for the Holiday Season!

This month I would like to send out a few reminders:
• Heating
As the cold weather has returned we would like to remind all Tenants and Community Members to make sure they have adequate heating oil and propane.
As per WRFN Rental Agreement:
• 4. Tenants Covenants
d) To pay hydro, heating, telephone, service fees, and/or any other personal utility service. In addition, the tenant is responsible to maintain the rental unit by setting up and paying for regular septic service, furnace and ductwork cleaning, Heat Recovery Ventilator (HRV) cleaning, snow removal, water and garbage service. As per WRFN Housing Policy:
• Rental Unit Application Requirements:
All Housing Applications must be completed in full. Housing Applications must be updated annually by the applicant. Housing Applications that have not been updated for one (1) year or more will be considered inactive and will be removed from the Waiting list.

Reference Requirement
Applicants must provide at least 3 written references which could include an employer, social service worker, present or previous landlord, or a person who is not an immediate family member of the applicant.

If you would like an application, or any other questions in regards to housing, rental payments, etc. do not hesitate to contact me at the Administration Office at 705-285-4335 ext. 213 or email me at kendra.mcgregor@whitefishriver.ca.

Baamaa until 2022!
Aanii, boozhoo,

With winter here, the Public Works team is busy finishing up projects, preventive maintenance tasks, making sure all furnaces in public buildings have been serviced and ready for winter.

Public Works will be starting their on-call schedule for winter control and continuing with the water plant daily checks and recordings. As a community member I would like to remind motorists to obey all traffic laws that include the posted speed limit of 30 km/hr and all posted stop signs. As a friendly reminder, winter is here and snow banks will form and obstruct line of sight, as well rain has been occurring more in our winters which creates ice on the road ways. There have been numerous concerns of motorists rolling thru stop signs, which in the winter, poses a real risk, not only to pedestrian, but other drivers as well.

The Public Works crew currently has a schedule of the snowplow route for emergency access purposes, snowplowing priority will be given to the main roads within the community. (Check Master Road Plan below.) When 5cm to 10cm of snow accumulates the public works, crew is out opening up the main roads and public buildings for usage. If a major storm hits with more than normal snowfalls the main roads are kept open and the public buildings and driveways will be done once the storm passes or snowfall lets up.

Transfer Station Operations
The challenge we are having is garbage being dumped on unscheduled days. With the Christmas Holidays coming, the will be a change of scheduled Transfer Station days. It will rescheduled to the following day of Sunday, December 26, and Sunday, January, 2. Public Works asks that public respect the hours of operation of the Transfer Station, and if you notice any unauthorized persons on sight to respectfully ask them to leave and not to leave their garbage behind.

The Holiday Transfer Station hours are Wednesday 8am – 6pm and Sunday 8am – 3pm. Curbside pickup collections with continue on its normal schedule Wednesdays starting at 8 am. Water Delivery will resume on he same scheduled Tuesday, Wednesday, and Friday with family coming home we understand that water usage is greater during this time we ask you contact Public Works before hand so we can arrange for top ups during the Holidays. Reminder, residents with water holding tanks to keep access clear if you want to keep on your regular schedule for winter delivery. It is the home owner’s responsibility not public works to clear a path (driveway clear of snow and vehicles).

Salted sand is available to the public under a tarp at the public works garage, and also up across from the ballfield.

If you can any questions or concerns regarding this report don’t hesitate to contact me at the office (705) 285-4335 or by email at curtis@whitefish-river.ca

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**Public Works Holiday Schedule 2021/2022**

**Water Delivery Schedule will remain the same (Tuesday, Wednesday & Friday)**

**Curbside collection of garbage will begin at 8:00 am**

**Landfill (Holiday) Hours:**
**Wednesday 8:00 am to 6:00 pm**
Sundays 8:00 am to 3:00 pm

The Public Works Holiday Hours will be rescheduled as per the listing on the calendar below, regular schedule and hours of service will resume Tuesday January 4, 2022.

<table>
<thead>
<tr>
<th>December 20 – December 26, 2021</th>
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<tbody>
<tr>
<td><strong>Service</strong></td>
</tr>
<tr>
<td>Water Delivery</td>
</tr>
<tr>
<td>Curbside Pickup</td>
</tr>
<tr>
<td>Transfer Station</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>December 27, 2021 – January 2, 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Service</strong></td>
</tr>
<tr>
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Message from Ogimaa Shining Turtle
Sturgeon Clan, Anishinabek Nation

Whitefish River started the capital planning process in 1990 and it was finalized in 1991 by R.J. Burnside and Associates Ltd. In 2005 the Capital Planning Study was update by Henderson Paddon and Associates Ltd and the latest update was completed in 2014 by WSP Consulting Engineers.

What is the purpose of a Capital Planning Study? In the 1980 and 90’s Capital Planning Studies were required by the Department of Indian and Northern Development for bands to have access to major capital projects like residential subdivisions, water/wastewater treatment, and other types of infrastructure exceeding $1.5 Million dollars in Value at that time. Apart from the requirement of the then DIAND, the capital planning process provides recommendations regarding future land use requirements in the territory and provides an outline of the infrastructure services required to meet the minimum level of service standards and the anticipated community growth.

The Capital Planning Study is a long range (typically 20 years or more) and a broad based document that deals with the existing and future use of lands in the territory. The Study contains, historical population data, maps, figures (like water flow rates), land use options, life cycle costing and class D estimates of cost as the core of the documents.

The primary purpose of a Capital Planning Study is to provide guidance for making land use decisions. Instead of resolving land issues on an “ad hoc” and reactionary basis, decisions can be made to:

i) Move forward with confidence that the information is sound for making informed decisions.

ii) Understand the effect that a land use decision may have on a related issue; and

iii) Make decisions consistent with the aspirations and needs of the community.

The purpose of the Capital Plan is to identify the longer term infrastructure servicing needs of the community to facilitate timely and efficient planning of capital works. The identified capital works and associated costs will allow the community to work with ISC to budget and finance our capital needs over a 20 year period.

The following information highlights our growth since 1991.

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
<th>Total Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>306*</td>
<td>728</td>
</tr>
<tr>
<td>2008</td>
<td>344*</td>
<td>1113</td>
</tr>
<tr>
<td>2014</td>
<td>376*</td>
<td>1259</td>
</tr>
<tr>
<td>2021</td>
<td>484*</td>
<td>1433</td>
</tr>
</tbody>
</table>

*Population in village (band and non-band members)

As you can see, our population is growing and in the last 30 years our total population has almost doubled!!

How do we manage this growth, by planning the community needs into a community development plan for our facilities, water, wastewater, hydro, roads, and serviced lots and ultimately housing for our growing population? Right now, we have 3 remaining lots in the Maple Heights subdivision. It may appear that there are other serviced lots available, but the information from our Lands Departments indicates those lots are held in Estates.

We utilized our 2014 Capital Planning Study to secure design money from ISC to prepare the construction drawings and Class ‘B’ estimate of cost for the new 15 lot subdivision. We expect the design drawing and estimate to be finalized in January/ February 2022. From there, ISC will determine whether our proposed subdivision will receive Project Approval in April or May 2022.

So our Capital Planning Study is integral to the long term growth and development of beautiful community. It has been that way since 1991/92.

If you have any questions please phone Administration at 705-285-4335 or email me at chief@whitefishriver.ca.

Chi Migwech

During Treaty Week, four Shawanoswe School students had the opportunity to participate in an online live Zoom/YouTube chat with Chief Paibomsai! This was organized by Robinson Huron Waawindaamaagwin and was viewed by schools, teachers and students province-wide! If you missed it, it can be viewed by visiting the Robinson Huron Waawindaamaagwin website. A shout out to students (l-r) Sophie Jacko, Laila Tai-bossigai, Deacon Jacko and Brayson McGregor, pictured here with Chief Shining Turtle, who did an amazing job representing Shawanoswe School. Nishin!
WHITEFISH RIVER FIRST NATION
Remains Under a State of Emergency

BY-LAW 2020.04

of the Whitefish River First Nation Band Council
A By-law respecting the mandatory wearing of masks to prevent
the spread of Covid 19 and protect the health, safety and well
being of persons in enclosed spaces.

Has been enacted on July 7, 2020.

Wearing a mask or face covering will be required in indoor public
spaces beginning July 17, 2020. The mask or facecovering
should cover your nose, mouth and chin without gaping.
Wearing a mask covering is an additional measure we can take
to reduce the spread of Covid 19 and keep each other safe.

This means, with some exceptions, all customers or visitors
entering an indoor premise are required to wear a mask or face
covering while inside.

Learn how to wear a mask or face covering safely.

How to properly wear a face mask

1. Ensure the proper side of the mask faces outwards
2. Secure the strings behind your head or over your ears
3. Press the metallic strip to fit the shape of the nose
4. Cover mouth and nose fully, making sure there are no gaps
5. Wear mask
6. Do not touch the mask while using it, if you do wash your hands
7. Remove the mask from behind by holding the strings with clear hands

FACTS. OVER FEAR
Pet Care & Tips

Hello everyone,
I hope everyone is doing well, getting ready for Christmas now or starting to. I used to do my Christmas decorating a week before Christmas day. In our home my mother did not put up the tree until a day or two before Christmas and would leave it up till the 8th of January, what they called, The Little Christmas or King’s Day. I am already listening to Christmas music, as I am writing this, on the satellite TV music channel. I can’t celebrate or go Christmas shopping like I used to because of my medical condition, so lately I give the people on my list money and they can buy what they want. I remember my late Queen Khafa used to get excited when I started decorating and she would kind of help string up my garland by grabbing on to it. I like to think of it as her way of helping me. Those were the days.

Well, my cats are doing fine and have not yet started putting on their winter weight. They are still quite active outside, running around and chasing each other. My boys Luka and Francis still pile onto my bed in the afternoons and evenings for their nap and Empress Farrah will sneak in some times to lay with them. I have to change a bulb and plug in the heating pads for my cats to keep warm in their outdoor cat shelters. Although, Bj is the only one who still likes to go outside. I want to thank Tammy and Dan for the two cat beds they gave me, they look like little houses! I also want to thank Jean McGregor Andrews and family for the cat food they gave me and to Naomi McGregor who donated dog cookies. Every little bit helps to feed my family. We are certainly getting spoiled!

Some Cat Facts
- Songbirds are endangered due to feral cats and house cats in North America, with some 100 million killed each year. Conservationists recommend that a collar with a bell should be worn by cats.
- The Savannah is a fairly recent American crossbreeding of a domestic cat and a wild serval of Africa. It is now one of the most popular cat breeds.
- King Charles I of England owned a black cat who he treasured so much that he had his guards watch over it 24 hours a day. The day after the cat died from an illness, the king was arrested.
- The Peterbald is a Russian hairless cat whose skin has the appearance of gray tannel and a texture that is often compared to a horse’s muzzle.

Well, that is it for now, make sure to have your pets fixed to help keep our pet population down in our community. Make sure your pets are well cared for and fed and that those of you that have dogs take them for a walk now and then, and provide a nice warm shelter for them for the winter.

Remember to call our elderly and sick to see how they are doing, even a quick call will brighten up their day. I know that everyone is always asking how or where my cats are. I was not planning on having 6 cats, but they keep me company and make me laugh sometimes with their antics. They provide me with their unconditional love and I think my house would feel empty if I did not have them. The cats and I want to wish a Happy Birthday and Happy Anniversary to all who celebrated for the month of December and November! ‘Till then take care!

Empress Farrah, She-Pet Elizabeth and Web by Debby, (the girl cats)
Luka, Francis and Bj, (the boy cats)
And Me, The Big Cat - Denis L. McGregor

Pet Care & Tips

Gichi-Nendam Dabishkayek

Belated Birthday wishes
to Arlene who celebrated in November &
Happy Birthday to:
Bird on December 8th
Carmen December 9th
Gary on December 8th
Love Caroline, AJ, Danielle, Jermaine, Sasha & Alanna

Mna Dabishkaan
my sonny boy Tecumseh!
You’re a teenager today but my baby you will always be!!
Happy 13th Birthday
Love Mom, Dan, Edward and William & Leo.

Happy Birthday Courtney on December 25th!
Love, Lee

Happy Birthday Mom!  
Love Nico, Deacon & Haisley

Happy Birthday Mom!  
Love Nico, Deacon & Haisley

Happy Birthday Victoria on December 25th
Love Mom, Dad & Riley

Happy Birthday to our Miss Pheobe Fox on December 4.
From Nokimi Maawdii and Family

Happy 13th Birthday to my Grandson Nakia
Love Shodi

Happy Birthday to our Brother Marcus on December 5.
From your Sibling Fan Club

Happy Birthday to our famous NAYNAY on December 12!
I hope you have an awesome day!
Love Nokimi Maawdii and Family

Happy Birthday to our granddaughter Raven who celebrates
on December 24th.
Love Grandma & Grandpa

Happy Birthday Mom & John on December 2nd!
Love, your Family

Happy Birthday to my sister Debbie on December 3rd!
Love Rose

Happy Birthday Selena on December 9th
We love you!
Love Jeremiah and Zachariah

Mino Dabishkaan
Aahgaahwaahtaahsiid-Migizi!
Wishing Our Eagle Shadow a Happy 13th Birthday on December 10th!
We love you so much Nakia. With forever love from your Mom, Lila, Dad, Diego and Ash.

December’s Pet Profiles

This is Sophie’s best friend who she named Buttons, a classic American Shorthair. He patiently waits in the window for her to get home from school everyday!
Buttons resides with Melissa, Steve, Paul & Sophie Jacko

This is Cricket, a 4 year old beagle rescue dog.
I took her in a few months ago and it has been interesting! She has anxiety and is currently on medication for it, however I can’t leave her for any length of time or she will work herself up.
This presents a few challenges but I am working on it with her.
She loves children, cookies, and fresh snow. She is a loud snorer, so it’s a good thing she is cute! We walk 4 times a day; she keeps me moving, and if you see us out and about she will try to go up to you and get a free smile or pet.
Cricket is the rescue pet of Carrianne Agawa.

Would you like to see your beloved furbaby featured in the monthly Pet Profile section of The Rezound? Email me a picture and information of your family pet, and they may be our featured Rezhound or Rezcat!
Email me at: rezoundeditor@whitefishriver.ca

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