A new year brings with it the promise of a fresh start and new beginnings. We have seen many changes this past year, and throughout it all we have continued to build on the strength and resiliency of our community. We have relied on our connection to the land, water, families and friends to support and guide us through these times. We are reminded of times when the simplicity of a scaled back world, provided for us as Anishinaabe. Hunting, trapping, fishing, harvesting, telling stories, sharing our language, and laughter are fundamental gifts that we possess as a people. We have been afforded a unique opportunity to reconnect, with ourselves, with our ancestors and with the land. Let's put on our Biiskawaagan (Coat) miinwaa Wiikwaan (hat) and enjoy all the seasonal activities only Bboon (winter) can bring! Take this opportunity to bring in the coming year with compassion and kindness. Miigwech.

Please note that the deadline for submissions for the next issue is Friday, January 21st, 2022 at 4:30 pm. Miigwech!
rezoundeditor@whitefishriver.ca
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 face covering
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 clean hands
LETS CLEAR THE AIR ABOUT CANNABIS!

**CANNABIS MYTHS & FACTS**

**“CANNABIS IS A GATEWAY DRUG”**

Although cannabis-use has been linked to the use of other illicit drugs, this doesn't mean cannabis is the cause. Research has shown that the early use of any illicit substance increases the risk of substance use later in life, and individual factors also play a large role in the choice to use these substances.

**“CANNABIS IS SAFE FOR ANYONE TO USE”**

Cannabis use before the age for 25 years increases the risk of negative health effects, since the brain is still developing.

Early onset and chronic cannabis use is also linked an increased risk for developing psychotic symptoms and disorders, particularly among those with a family history of these disorders.

1 in 6 people who use cannabis during their teens, and 1 in 11 people who use cannabis in their lifetime will develop a Cannabis-Use Disorder.

Although cannabis-use has been linked to the use of other illicit drugs, this doesn't mean cannabis is the cause. Research has shown that the early use of any illicit substance increases the risk of substance use later in life, and individual factors also play a large role in the choice to use these substances.

**“YOU CAN’T OVERDOSE/GET ADDICTED TO CANNABIS”**

1 in 6 people who use cannabis during their teens, and 1 in 11 people who use cannabis in their lifetime will develop a Cannabis-Use Disorder.

Although Cannabis overdoses are not fatal, it can be unpleasant and potentially dangerous. Symptoms include chest pain, nausea/vomiting, mental distress, and difficulty breathing.

**“CANNABIS IMPROVES MENTAL HEALTH”**

Cannabis has shown to increase the risk of developing, or worsening of mental health disorders such as anxiety and depression.

Long-term cannabis-use has also been linked to deficits in learning and memory.

If you have any questions or concerns, please contact Kelsie McGregor, Health Promotion Educator, at (708)285-4354 or kmcgregor@whitefishriver.ca.
SHAWANOSOWE SCHOOL MOVES TO REMOTE LEARNING

Dear Parents/Guardians,

The Ontario government announced today that all schools will move to remote learning for the next two weeks. As a result, Shawanosowe School will move to remote learning for all students as of Wednesday, January 5th, 2022. This decision is being made in the interest of health and safety of our students, staff, and community.

Shawanosowe School students will be delivered their iPad or Chromebook on Tuesday, January 4th in preparation for Wednesday. Students will be participating in synchronous learning through Google Meet and we hope that they will engage and participate in these lessons daily. If your child is unable to attend these Google Meets, we want to remind parents and families, don’t stress and do what you can. Students will also be provided with paper work packages and project-based learning activities where possible. Remember that learning can take many forms. Taking a walk through the woods and exploring what nature has to offer will not only be a breath of fresh air, but it will also promote mental health and prompt questions to engage children.

We will provide more information as it becomes available. Miigwech for your ongoing flexibility and support as we continue to navigate through these unprecedented times and work together to keep our community safe. If you have any questions, please contact me at 705-968-0583 or tiffanyg@shawanosoweschool.ca

Sincerely,

Tiffany Gagan
Principal
Shawanosowe School

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SHAWANOSOWE SCHOOL SEESAW CONTEST!

Complete your Seesaw activities for a chance to win some terrific prizes!

Each completed activity will get your name entered into the draw!

One winner from each class announced Friday, January 14th.

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18 Reading Resolutions for kids

1. Read a new book from your favorite author.
2. Read one new book every week.
4. Read one book that is related to your favorite subject in school.
5. Read an autobiography or a biography.
6. Read a book that takes place in another world.
7. Read a book that your best friend recommends.
8. Read for the World Record in the Scholastic Summer Reading Challenge.
12. Read a book from an author who has the same initials as you do.
13. Read a book that is also a featured film.
14. Read a play and act out your favorite scene with your family.
15. Read a book that was published the year you were born.
17. Read a Newbery Award winner or honor book.
18. Read a Caldecott Award winner or honor book.
MAAMWE KENDAASING EARLY LEARNING & INNOVATION CENTRE CLOSURE

In light of the increase in confirmed cases of COVID-19 particularly with COVID variants of concern that are more easily transmissible, we have decided that Maamwe Kendaasing Early Learning & Innovation Centre will also be closed from January 5-January 17, 2022.

We have made this decision in the best interests of the children, families, and staff’s health and safety in our community. This will help in the effort to limit the spread of COVID-19. As we navigate through these unprecedented times, it is important that we always consider our littlest children and their well-being. Take this time to spend some time outdoors to explore, play and engage your children in what nature has to offer and teach.

We will continue to monitor cases in the area, and we will provide you with more information as it becomes available. We want to thank you all for your patience and understanding as we all navigate through the changes and work together to keep our community safe.

If you have any questions please feel free to reach out to me at (705) 863-2791 or via email at courtneyl@whitefishriver.ca

Miigwetch,
Courtney Laundrie
Early Learning Supervisor

Cultural Coordinator - Cheyanne Pitawanakwat

Aani/Boozhoo, Hello! My name is Cheyanne Pitawanakwat, and I am the new Cultural Coordinator. I am very excited to be working in my community. Being able to work here not only gives me a chance to share with everyone but to also learn from everyone. Over the next year my hope is to make strong connections with families in and out of the community. I also hope to coordinate more cultural opportunities.

You can find me at the Family Well-Being Centre at 705-285-1941 or through email at: fwbculturalcoordinator@whitefishriver.ca.

Miigwech!
Lands Assistant, Keith Nahwegahbow attends to the WRFN Brook Trout Micro-Hatchery.

Miss Gagan’s Grade 5/6 class is teeming with the holiday spirit! Nishin!

Happy Birthday Lily on January 10th! 🎂
Love Mom, Dad, and Ace 😘

Mino Niibaanaamaang minwaa Nimkoodaading from all the Staff of the Maamwe Kendaasing Early Learning & Innovation Centre.

A pajama/stuffie party wrapped up the last day of school before the holidays for Mr. Spanos’s Grade 3/4 class.

Naomi Ngi-chi-nendam. (is happy)

Naomi Ngi-chi-nendam. (is happy)
nongwa maajitaan wii anishaabemyin gegwa baabiitooke baamaa waabang, gnimaa zaam weykaa adaa’wan.

Start speaking Anishinaabemowin today. Don’t wait till tomorrow, it might be too late.
January is the beginning of a new year and brings the promise of a better year. As I reflect on 2021, this was a year of change for me. During the course of the year, I had three different roles and was employed by two different organizations. I am grateful for the opportunities I had to work with so many great people and community members along the way and look forward all that this new year brings.

For Whitefish River, 2021 was another year of Covid-19 and the limits that it placed our ability to be out and about in the community. Through it all, WRFN did what it takes to run a community while providing services and programs and ensuring the ever-evolving COVID-19 guidelines were implemented and the community stayed safe. This could not be possible without a dedicated Chief and Council and staff. I am proud of our team and the hard work that they do to keep this community running. This team works hard all year and is often working after hours and through holidays. It’s my hope that their hard work and dedication to helping our community members and finding ways to meet the needs of our community is recognized by all.

As I look ahead, it is my sincere wish for Whitefish River First Nation community members to be able to come together to celebrate our beautiful community in 2022. As always, be well, be kind, be safe and stay strong.

I can be reached at bandmanager@whitefishriver.ca or via my cell at 705-863-3294.

Miigwech and Happy New Year!

Boozhoo Kina Weya!

Here’s to a bright New Year and a fond farewell to the old; here’s to the things that are yet to come, and to the memories that we hold. Wishing you a happy, healthy New Year!

UPDATES

There are job opportunities within our department for an Educational Assistant, Special Education Resource Teacher, School Based Wellness Worker and Supply Teachers and Early Childhood Educators. Please share with your contacts and join our team.

Be a Santa to a Senior

The ‘Be a Santa to a Senior’ initiative was a success with many happy recipients enjoying their thoughtful gifts. Thank you to Georgina Recollet for volunteering her time to help wrap the 65 gifts and to Keisha McGregor for assisting with the shopping. This would not be possible without the generous donations that were received from Staff, Community members and to all those who purchased meals at our fundraiser. Chi-Miigwetch.
The last two years government has decreasing funding for any new programs and services. Most programs and services will require First Nation contributions or own source revenues. We have been submitting proposals for new housing and renovation projects. Please note that it is very hard to compete with all other agencies and First Nations nationally. Please note that we were not approved for the rapid housing initiative for the two rounds.

Our office just reviewed our housing waiting list on reserve. The majority on the housing waiting list is for larger families or for single homes. If we build three houses a year it is going to take 7 years to catch up to our current list.

New Projects
CMHC Section 95 Project:
Whitefish River First Nation received approval to construct three units with two bedrooms. This project will start in the spring of 2022 to be built in the Maple Heights Subdivision. One of the challenges we will have during this project is material resources. I contacted some suppliers and they advise that it can take anywhere 4 to 6 months just for windows and doors; 3 months for sub-contractors.

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 vehicles 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 the public works for pick up of garbage on Wednesdays.
- Another reminder please do not put any weight on any field beds such as ATV, snowmobiles, trucks, cars, or dog houses as they will damage pipes or create pressure sending frost to freeze lines.
- Please make sure you continue to maintain your furnace and HRV by cleaning regularly as it can take three months for parts now.

Contact our office at 705-285-4335 if you have any questions or email me at georginar@whitefishriver.ca

Take Care and Stay Safe.

Tenant Relations - Kendra McGregor

Aanii! Welcome 2022!

I hope everyone’s holidays were enjoyable! It always feels good to start a new year. This month I will be starting training with Scott Flamand that will continue into February. We will be covering a few different topics regarding housing. New learning opportunities are always exciting! Also beginning this month- I will be calling tenants to schedule appointments for the month of February to update their Housing Rental Agreements and to provide their annual proof of content insurance.

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) Etransfers – payments@whitefishriver.ca
(v) WRFN account code

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 rental all units, insurance benefits and the health and health of other tenants or occupants.
(iii) Reminder if you are going to be away from your home more than three days it is the tenant’s responsibility to make sure the unit is secure and maintain. Please have someone check your home and waterlines as insurance will NOT cover damages should no one maintains the unit.

Reminders to tenants
- Be sure to keep your Rental Agreement up to date- this includes the occupants who reside in your unit currently, your current phone number, etc.
- Please keep your walkway and driveway clear of snow and ice.

If you have any questions, concerns, or would like a housing application please don’t hesitate to contact me at the administration office. 705-285-4335 or kendra.mcgregor@whitefishriver.ca.

Baamaa until next time!

Barb Recollet’s Merry Grinchmas entry!

June and Gemma Recollet’s entry.

Leslie & Aaron Recollet’s Christmas light entry. The WRFN Housing department had 23 participants in this year’s Crazy Christmas lights contest, and no one went home empty handed!

Lisa & Leonard Cywink’s Christmas Light entry.
Aanii Kina wiya,

Happy New Year! I hope everyone had a safe and happy holiday.

We have had some crazy weather this past month, unusual weather has the maintenance team on its toes. Mother Nature does not know what she wants to do—snow or rain?! This is the kind of weather that is keeping us busy in the public works department with early morning plowing and sanding of our roadways and public buildings. As this needed to be done throughout the holiday, not everyone was able to get a full break. I would like to thank the crews in the public works and housing departments for teaming up to help when and where needed. Your hard work did not go unnoticed and it was greatly appreciated. Water team that includes you as well, thank you for you continuing to keep our water safe for us to drink!

Public Works Staff

Public Works Manager        Water Treatment Plant
• Curtis Nahwegahbow        • Andrew Recollet
• Amy Waboose

Maintenance                         Janitor
• Francis McGregor              • Rose Toulouse
• Lee Jacko
• Isaac Pakosigan
• Tyler Recollet

The Public Works Department is responsible for the ongoing maintenance of all band owned assets and infrastructure based on a daily, weekly, monthly and yearly schedule. This also includes delivery of services such as Garbage Pick Up and Water Delivery and seasonal maintenance of the Roads i.e.; snow plowing, grading and sweeping. The public works staff are generally called upon from time to time to carry out duties that are not assigned to any particular department to assist with duties that required attention from maintenance.

This month I would like to offer a maintenance tip for home owners and tenants, we all know that twice a year (spring & fall time change) we test our smoke alarms, but did you know that you should exercise your water valves in your house too? These are items we never think about until we need to change a tap or have problems with a leaking faucet. If the valve doesn’t work, we must then call the local plumber who has to shut down the whole house to change the valves or repair a leaky faucet. This maintenance exercise should be done at least once a year and is as simple as turning the valve closed then open. There are two valves under each sink and one under the toilet tank. Remember do not force the valve closed or open, if it does not turn you may need a plumber to get the valves working or changed. That is this month’s maintenance tip “Keeping your home moving keeps our community moving”.

The Public Works currently has a schedule of the snowplow route for emergency access purposes, snowplowing priority will be given to the main roads within the community. 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.

I would like to remind home owners to not drive their snow machines or ATV’s over their waterlines and field beds as this can drive frost deeper into the ground causing the lines to freeze which could possibly rupture the waterline and cause the back-up of sewage into your home, leading to costly repairs.

Also, I would like to remind homeowners with water holding tanks in rural areas must have clear access for water delivery (driveway clear of snow and vehicles), if the operator cannot gain safe access to the water holding tank no water can be delivered. If an extra delivery is required, it will be at the expense of the home owner.

Salted sand was made available over the holidays to the public at two locations, the public works garage and beside the fire hall.

If you have any questions or concerns, please do not hesitate to contact me at the Band Office 705-285-4335 ext.228 or by email at publicworks@whitefishriver.ca
Pet Care & Tips

Hello everyone!

I can’t believe it is that time again to write my article for the newsletter. I would first like to wish everyone a belated “Merry Christmas & Happy New Year!” I forgot to include it in the last issue. By the time you get this Christmas and New Year’s celebrations will be long over for yet another year. I hope Santa brought you everything you wanted for Christmas. I got a nice basket from Whitefish River First Nation and a few other good things, so I guess I must have been good this past year.

Can you believe this weather that we have been having? Rain one minute, then snow and cold the next and then back to another mild spell. My cats have been doing fine with the exception of Francis, who has been suffering from stomach ailments. Last year, around this time the same thing happened so either he’s eaten something peculiar or may have a cold and fever. Animals actually get sick just like humans. The cats continue to head outside in the evenings if it is not too cold and come back in around midnight. I’ve noticed that BJ is staying in more with the colder weather. He is the one that usually stays outside but I think age is catching up to him. He will stay inside until maybe about six in the morning, then he wants outside. He likes to curl up on my living room couch or on the rug by the heat register. I just found out that the cat I have been feeding is called Tommy and not Orio! He seems to go back and forth between my house and from down the road, sometimes staying in the big cat shelter and always grabbing a bite to eat. The cats still have not put on their winter weight as usual because they are still active and running around outside when they can. Only Empress Farah manages to stay slim, but I suppose since she’s an Empress she must mind her figure. I should try and see if I can get her a small crown or tiara that would fit her and take her picture. That would be something to see.

Some Cat Facts

- A popular site on the Internet is Stuff on My Cat. It's a collection of cute pictures featuring cats with, you guessed it, stuff on them.
- The Guinness Book of World Records no longer accepts entries for "heaviest cat." This category was eliminated due to ethical issues, since people were feeding their animals unhealthy amounts of food in order to beat the record.
- According to legend, Siamese cats became cross-eyed in the line of duty. While bathing, Thai princesses would hang their rings on a cat's tail. The Siamese went cross-eyed from turning to look at the rings. Today most Siamese are not cross-eyed.

All My Relations - Nii’kinaaganaa

This is the story of our local paper, The Rezound as told to me by Dennis L. McGregor, the first Editor.

Dennis was an Office Clerk for Whitefish River from 1973 – 1979. His duties back in the day included administrative tasks as well as light bookkeeping as the Band Office had a staff of just a few people back then. Occasionally, community members would come to the Band Office, asking for assistance with making posters, usually to promote a fundraiser, dinner or a Bingo. The posters were made, on an early duplication machine called a Gestetner, which did not allow for the inclusion of pictures. Dennis put forward the idea of a monthly periodical. In the beginning it was a forum for announcements, special meetings, and fundraisers.

Dennis told me, he went on to further his education, putting the paper aside, while branching out with a diploma in Band Administration as well taking a different path into the culinary arts.

The Whitefish River First Nation community newsletter has been taken up by various newsletter editors through the years, who have all contributed to what it is today, The Rezound.

Well, that is it for another month, I hope it does not get too cold, I kind of like this mild weather we have been having and no shovelling snow. Because I said that we will probably get a lot of snow now. Take the time to call our elderly and those not feeling well, a little ring to say hello and how are you doing will brighten up their day. Pet care includes not only, feeding and keeping your pets warm, but also spaying, neutering, and ensuring your pets get plenty of exercise. Exercise is not only good for the pets but also good for you!

Bye for now from:
She-Pet Elizabeth, Empress Farah and Webbby Debbby, (The girl cats).
Luka, BJ, and Francis the (The boy cats).

And me - The Big Cat - Dennis L. McGregor.

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.

Miigwetch, Tammy Nahwegahbow
Introducing Dexter!
Aani, my name is Dexter and I moved to Birch Island on Easter Monday. My parents are Aaron and Leslie Recollet. I know my parents were very lonely with the passing of Jackson and Mischa but I am grateful that they decided to open their hearts and home to me as I was just too cute to resist! I will be celebrating my 1st birthday on January 31st.

I especially like going for rides with my dad and barking at everyone I see. I am a very friendly dog and very talkative that’s why I bark at you. I am just saying “Hello”! This pandemic is also hard on a puppy as I can’t meet new friends, not sure what they mean when they say stay in our bubble but I THINK it is just the same as, stay in the yard.

One of my favourite things to do is boating and fishing, I quickly mastered standing on the bow of the boat and I am pretty good at watching the rods while we troll. I also learned to watch where I walk on the docks at J&G Marina, you see, I fell off the dock and my dad had to reach down to save me. Now I have a life jacket and am a very good swimmer too.

I also love chasing the geese at the ball field and am excited for winter time fun.

Gichi-Nendam Dabishkayek!
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 at: rezoundeditor@whitefishriver.ca