Mino-Zaagidiwin Giizhigad miinwaa Mino-Enchiyaang Giizhgad!

Maamwe Kendaasing Early Learning & Innovation Centre hosted a Family Snow Sculpture Contest in January! They had a total of four entries and every family who made a snow sculpture received a prize for participating! Pictured above is the Poke-riffic creation of Kelsie, Kristen, Carter and Brayson McGregor entitled, “Snorlax asleep after eating KFC.” Miigwech to all the families who participated!

Join in the fun in February with WRFN activities that celebrate Zaagidiwin Giizhigad (Love Day) and Enchiyaang Giizhgad (Family Day.)

Please note that the deadline for submissions for the next issue is Friday, February 18th, 2022 at 4:30 pm. Miigwech!
rezoomeditor@whitefishriver.ca

“A Place of Visions and Dreams”
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
Health Manager - Angela Shawanda

Winter Season and Taking Care of your Mental Health

Did you know that sometimes our mental health can be affected by winter?
As you may have noticed, it gets darker much earlier than in the summer months and we have less day time sunlight hours.

During the winter we may often experience damp coldness and colder weather, which we may find ourselves secluded to our homes seeking warmth in a blanket in front of the television or a book next to some of our favourite comfort foods. Often, we slowly go into our own hibernated state, and we may need to remind ourselves that we need to take better care of our mental health. Here are some healthful strategies to improve your mental health during these longer colder winter days:

- Winter low light often causes the brain to prepare for sleep earlier than expected, which does in the summer months. Try going to bed earlier than your normally would and get in an extra half hour of sleep. This will allow for a more wakeful morning.
- Choose nutritious foods such as nuts, yogurt, crackers, hummus dip, and other healthy foods instead of junk foods. This will help boost your energy and motivation, and mental health.
- Get up and move, although its fun to relax and cuddle in a warm blanket to watch a movie or read a book, it is also great to get some exercise into your day-to-day routine. Our bodies need movement for well-being, set a timer every hour and when it goes off, get up and walk around, stretch, or turn on a tune and do a little dancing.
- Do things with your family, build a snowman or an ice rink in the back of them home, it is nice to get fresh air.

These helpful hints can help you and your family create a positive atmosphere and healthy emotions, and improve your overall mental health!

Tips on Indoor Planting: Herbs and Vegetables
It is almost that time of the year for planting indoors! In Ontario the last expected frost is usually around the first or second week of May, therefore, some plants need to be started at least 6-8 weeks in advance such as tomatoes and peppers. Peppers can be started indoors in early March, as long as they are kept in a bright window and kept warm.

With tomatoes, you can start them late March. Starting tomatoes too early can cause the plants to be fragile for transplanting. Tomatoes do not need to be germinated, all they need is a warm sunny spot on the window sill. Early in April, you can start to transplant your peppers and tomatoes to get them ready for late spring transplanting.

April is the best time to start your broccoli, cauliflower and celery seeds, these plants need time to mature to ensure a good fall harvest. These plants need lots of warmth and sunlight, and can be transplanted late spring after the first frost. For growing celery, poke your seeds just lightly at the top of the soil. A layer of plastic wrap can be useful to keeping the soil warm. Around mid-June, the temperature is usually perfect for transplanting outside in your garden.

Other simple gardening tips are:
- Keep your soil warm, and ensure lots of light
- Water your seedlings with a spray container
- Use a plastic lid for warmth (keep the temperature between 18-24 degrees Celsius)
- Check soil daily
- Wait for the last frost before planting outdoors.
- Use clean containers, poke some holes in the bottom to drain excess water if needed, egg cartons are also good.
- Label your containers
- Rotate your seedlings, some seedlings grow longer than others, ensure they have enough light.

Below is a list of plants ready for early indoor planting:

- Bell Peppers, Celery, Tomatoes, and Eggplant - March 17 – April 1
- Oregano, Rosemary, Sage, Thyme - March 23
- Basil, Broccoli, Cabage, Cauliflower - April 6

If you have any questions I can be reached at the Health Centre at 705-285-4354 or through email at ashawanda@whitefishriver.ca.

MINOJIIBAWE
ROASTED BUTTERNUT SQUASH SOUP
INGREDIENT KITS AND COOKING DEMO
TUESDAY, FEBRUARY 8TH
5PM VIA ZOOM

Register by Tuesday, February 1st by clicking here.
OR
Contact Emily Wiseman, Community Wellness Worker/Mentor at ewiseman@whitefishriver.ca or call 705-285-4354.

WRFN remains a State of Emergency.
Download the Whitefish River First Nation App.

Large Box $18.00
Small Box $9.00

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

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.

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.
February Book Club

February 23rd & March 9th
7pm via Zoom

Spaces are limited. Register by February 7th. Click here or contact Emily Wiseman, Community Wellness Mentor at ewisman@whitefishriver.ca or call (705)863-2642. Novels will be delivered by February 14th.

WRFN remains in a State of Emergency.
Download the Whitefish River First Nation App.

mino jiibaakwe
HOMEMADE
ROASTED RED PEPPER SOUP
February 22nd @ 5pm via Zoom

Register by February 16th. Click here to register, or contact Emily Wiseman, Community Wellness Mentor at ewisman@whitefishriver.ca or call (705)863-2642.

WRFN remains in a State of Emergency.
Download the Whitefish River First Nation App.

Youth Prevention Worker - Crystal Clark-McGregor

I hope everyone has been safe and well over these past couple of months. I wanted to take the time to acknowledge everyone’s resilience and to highlight how many challenges our children and youth continue to overcome. You all are very inspiring human beings. I am very grateful to you all.

The prevention team has been working hard to create activities for the youth and families. This month we are happy to bring back Chef on Call, this program will run until April, and we hope to share some healthy tips. We will also be creating family activity bags. The bags will have a random set of items or ideas for your household to try together. We have also added monthly teachings and storytelling with some great people across Turtle Island. This month we have Teresa and Darren McGregor, sharing some knowledge about Building Healthy Relationships on Saturday, February 12th, 2022, from 6:30 PM - 8:30 PM.

With this month being Zaagidwin Giizhigad and Enchiyaang Giizhaad, we would like to hear from you on how you overcome challenges and to take some time to write what you like/love about your spouse or family.

Friendly reminder to add Egjiitoowing Anishnabemowin every Monday from 7:00 PM-8:00 PM in your calendars!

If you have any questions I can be reached at my email at ccmcgregor@whitefishriver.ca or at my cell at 705-863-2554.

nongwa maajitaan wi anishaabemiyin
gegwa baabitooka baamaa waabanq,
ngimaa zaam weykaa adaawun.

Start speaking Anishinaabemowin today.
Don’t wait till tomorrow, it might be too late.
In the spirit of Valentine's Day

FOR OUR COUPLES:
1) WHAT DO YOU LOVE ABOUT YOUR PARTNER?
2) HOW DO YOU OVERCOME YOUR CHALLENGES TOGETHER?

Each couple will get a gift card and their name will also be entered into a draw for a larger prize.

For the couples, each participating couple will receive a $75 gift card to Elliott’s or Anchor Inn. For the big gifts, couples will have a chance to win a Hotels.com gift card for $500!

Submit your response to ccmgregor@whitefishriver.ca or if you would like to share please post on the Family Well-Being Facebook page in the comment below.

Whitefish River First Nation
Education Department


POST SECONDARY FUNDING APPLICATION
ON-LINE PROCESS

All Students who want to be considered for Post Secondary Education funding MUST apply by the deadline

DEADLINE MAY 31, 2022

FALL 2022, WINTER 2023, SPRING 2023, SUMMER 2023

NEW STUDENTS
ON-LINE APPLICATIONS available here
https://whitefishriver.dadan.com/student/pseapplication.jsp

RETURNING STUDENTS
https://whitefishriver.dadan.com/student/studentpage.jsp

If you have any questions please feel free to contact EDUCATION DEPARTMENT AT 705-285-4335 or education@whitefishriver.ca

Download the Whitefish River First Nation APP

Families!

1) What do you love about your family?

2) How do you overcome challenges in your household?

Each family household that participates would get a gift card and will be entered into a draw for a bigger prize!

Due Feb 21st on Family Day

Submit your response to ccmgregor@whitefishriver.ca or if you would like to share, please post on the Family Well-Being Facebook page in the comment below.

Download the Whitefish River First Nation app from Apple App Store or Google Play
The Bobcat

Shtaataahaa!
The school year sure is going by quickly! With online learning, it might seem like there are some long days and that it will never end, but sunnier days are ahead! We are so grateful for the support we have received from the parents and caregivers through this process of online learning. It has been instrumental in our efforts to make this an engaging experience for everyone! Speaking of experience, while teachers and students are better prepared through previous online classes, so are the parents and caregivers! We know it is not always easy to navigate virtual learning and help your child/ren online, all the while doing other caregiving or working from home. We want to acknowledge that and say Miigwech for all the efforts you have put forth! We will get through this together by supporting each other!

During the month of Manidoo Giizis, the students and staff have been busy online! Aside from their daily Google Meets and Seesaw activities, the students have had the chance to participate in some additional virtual learning. One session which occurs every Tuesday is, “All About Miigogo!” You might have seen your child/ren pulling out a brown bag of bark, twigs, acorns, sawdust, and a variety of other natural crafting materials. The students have been learning about the varieties of trees, parts of trees, and enjoying some crafting along with it! Miigwech to Mnidoo Mni Sharing & Learning Centre for All and to Sarah Early for this opportunity!

In addition, the students have once again been able to participate in Virtual Dance twice a week! Miigwech to Basketball Beginnings!

There are prizes to be won for participation and it is great fun to watch the improvements the students (and staff) make!

On “Blue Monday,” the students had a chance to let out their giggles and guffaws with Laughter Yoga! We learned all about the health benefits of laughter and how it improves our physical and mental health! Please take some time and ask your child/ren to share this activity with you! It is fun, relieves stress, soothes tension, can improve your immune system and does improve your mood! Miigwech to Emily and Kelsie for this activity and you will see, laughter really is contagious!

Also on “Blue Monday,” students received some Wellness Backpacks provided by the Anishinabek Nation Weshkiniijig Youth Program! They were provided with books to read, scarves to stay warm and sunglasses to stay cool! There were so many gifts in each bag to promote health and wellness! Miigwech!

The students and staff also celebrated Literacy Week virtually this year with some fun Seesaw activities! One activity was a virtual Storytelling Session with Niibin Pangowish.

She shared the story of how Waboos got his long ears, short tail and long feet! This also gave the students another opportunity to learn more Anishinaabemowin.

Also during Literacy Week, parents had the opportunity to learn more about Seesaw and Google Meets as a virtual Parent Information Night was held. If you were unable to attend but are still interested in the information, please feel free to contact the school!

Some dates to remember:
Wednesday, February 2 - Kakji Giizhi-gad!
Friday, February 4 - SUN DAY Spirit Day!
Monday, February 14 - Zaagidiwin Giizhi-gad!
Monday, February 21 - Enchiyaang Giizhi-gad

We have so many more exciting activities planned for Mkwa Giizis!

Please remember information is posted daily on Seesaw regarding your child/ren’s learning or school activities.


Mino-Zaagidiwin from Miss Gagan’s Grade 5/6 class!

Chii-Miigwech!
To the Anishinabek Nation Weshkiniijig Youth Program for the Wellness Backpacks!
Shawanoswe School Students!
Aanii, Boodzhoo
Whitefish River First Nation provides supports to those individuals who have COVID-19 or have to isolate as they have come into direct contact with someone who had COVID. It is for that reason that for the past month, I spoken with many of those who been affected by COVID. Aside from the physical symptoms, those I have talked with experienced to some degree fear, guilt, depression, anxiety, resentment and anger. Please remember that COVID-19 is highly contagious and it is not the fault of any one person. Our community members need your support and understanding in order to get through this. You can help protect yourself and your loved ones against all contagious diseases by washing your hands well and often, staying away from those who are sick, staying home if you are sick, making sure you’re up to date on all vaccinations, and wear a fitted mask.

The COVID-19 pandemic has changed all of our lives but we must find ways to live a healthy life and nurture the people in our lives, especially now that Valentine’s Day approaches. Let’s try to make this Valentine’s Day one to remember by having a virtual date with someone you love, mail a valentine or love letter to that someone special or send them virtual Valentine messages.

The offices will be closed on February 21, 2022 for Family Day. Family Day is a day meant to encourage people to spend time with their families. This year try some outdoor activities that the family can do together such as going snow shoeing or ice fishing, building snow forts, go sledding or roasting marshmallows over a winter campfire. Activities that involve fresh air, sunlight and physical activity helps teach healthy habits and promotes physical and mental health.

In an effort to minimize close interactions, the staff at the Administration Office, Health Centre and Family Well-being Centre will work from home, if able, and will rotate their time in the office. All staff and visitors are required to complete a screening form daily. If anyone has COVID symptoms, they are required to stay home and get tested for COVID-19. At this time, Shawanoswe School is continuing with remote learning and the Maawe Kendasing Early Learning & Innovation Centre is closed. These measures are to ensure that our children, families and community remain safe. As the situation changes, so may these measures. We strive to keep you informed. Never miss an update, download the Whitefish River First Nation App from Google Play or the App Store.

You can reach me at the Band Office 705-285-4335 or via email at bandmanager@whitefishriver.ca or via my cell at 705-863-3294.

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**STATUS CARD VALIDITY DURING COVID-19 PANDEMIC**

- Since April 2020, Indigenous Services Canada (ISC) has extended the validity date of status cards and Temporary Confirmation of Registration Documents due to the COVID-19 Pandemic. This extension will end on May 1, 2022.

- Indian status does not expire. Your registration number confirms your status and can be used to access some services and programs.

Recent changes to Indian Registration:

- As of December 10, 2020, you can select a non-binary gender identifier on the application form when applying for Indian status or a status card: M (male), F (female) or X (another gender).

- On July 31, 2020, the Quebec Superior Court issued its decision on the **Enfranchisement of unmarried women (Hele Decision).** If you were unmarried or your mother or grandmother was unmarried and enfranchised by application as an adult between September 4, 1951, and April 17, 1985, you may be affected by that decision.

- As of August 15, 2019, the 1951 cut-off date has been removed. As a result, all known sex-based inequities in the Indian Act have been eliminated. If you were affected by the 1951 cut-off date and are currently registered or are waiting for a decision on your application for registration, you don’t need to reapply as all applications will be assessed based on the amended Indian Act.

If you were affected by the 1951 cut-off date and your application for registration was denied, you need to re-apply.

**REGISTRATION AS A STATUS INDIAN IN CANADA - REQUIRED DOCUMENTS:**

- Child or Adult Application for Registration on the Indian Register and for the Secure Certificate of Indian Status (SCIS) & Guarantor Form
- Original long form Birth Certificate

If you are applying for or renewing the Secure Certificate of Indian Status Card (SCIS):

- Secure Certificate of Indian Status (SCIS) Application and Guarantor Form
- Identification, and 2 passport Style photos Identification or use the SCIS Photo app

**Marriage Reporting:** Original marriage certificate and marriage reporting form is required

**Death Reporting:** A death Certificate is required to register the death of a registered member or spouse. Forms available at the Indigenous Services Canada (ISC) website: [https://www.sac-isc.gc.ca/eng/1462806841047/1572461062751#cert-ind-stat](https://www.sac-isc.gc.ca/eng/1462806841047/1572461062751#cert-ind-stat) or available upon request from the Membership office.

**WHITEFISH RIVER FIRST NATION CITIZENSHIP**

Whitefish River is a section 10 band and determines its own Citizenship (Band Membership). Registration for Citizenship with Whitefish River First Nation is not automatic, and everyone must apply. Application forms are available in the membership from the membership office upon request.

Staff: Kim Laundrie, Council Clerk/IRA/Band Rep. Clerk & Kathleen Migwanabi, Lands Manager/IRA
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**OTHER: Not yet Registered/non-status/ Non-Indigenous**

- ON Reserve: Males (M) and Females (F)
- Total: Registered + Others (M and F)
- Deceased: Males (M) and Females (F)
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**NOTE:** These Stats includes people who are deceased and have not yet been removed from the Indian Registry System. They are included in the on-reserve population
Mr. Spanos’ class celebrates Blue Monday in style!

Learning outside the classroom took the form of a Shepherd’s Pie for Memphis’ lucky family.

Autumn displays her newfound baking skills.

Lucy snagged up a Saawe (perch) ice-fishing.

Although Nakia and Lila got skunked, they enjoyed the crisp fresh air while ice fishing.

Ira learns how to trap Amik (beaver).
Dryden composed a special birthday song for Mr. Spanos!

Tracy’s family focused on outdoor play in January.

Jeremiah’s favourite character is Ironman!

Charlotte dressed up as royalty for Character Day during Literacy Week.

Literacy week, includes numeracy for Uriah.

Delilah celebrates Literacy Week remotely!
Whitefish River First Nation currently has 21 band rental properties and 73 CMHC Section 95 rental properties.

Attached is a graph of Whitefish River First Nation CMHC Section 95 housing loans for nine projects as of March 2020 audit reports. This does not include Project #10 - Elders Residence completed in 2021 and Project #11 with four new units. These mortgages are a minimum of 25 years. Please keep in mind that this does not include any band fund contributions.

Reminder to our CMHC Section 95 tenants to please make every effort to pay your rent on time as we are responsible to make our mortgage payments the first of every month.

**Housing File Annual Update and Rental Arrears Band Rentals/CMHC Section 95 Project:**

As Kendra McGregor, Tenant Relations Worker indicated in last month’s newsletter article she will be contacting each tenant to come into the office to update their housing rental agreements. She will making appointments with each tenant via zoom or phone. If you are out of town during the day please confirm with her directly when a meeting can be set up.

**Housing Maintenance from Housing Staff TIPS Feb 2022:**

**Georgina Recollet, Housing Manager**

**Decks:** Keep both entrances clear of snow and ice for access and any emergencies, for safety reasons and to extend life of your exterior landings and investment.

**Walkways:** Keep your walkways clear of snow and ice for emergencies and safety reason. There is sand for walkways and driveways available beside the fire hall for band members. Keep all entrances accessible.

**Darcy Shawanda – Housing Maintenance**

**HRV:** Keep your HRV system clean and operating at all times to manage the air quality in your home, decrease the humidity in your home and eliminate any mould.

**Kenny Recollet, Housing Maintenance**

**Driveways:** Keep your driveways clear of snow and ice for easy access, health and safety reasons. There are several local contractors available for private homeowners. There is also sand available near the fire hall for band members. Bring your own pails and shovels or something to load sand.

**Kendra McGregor, Tenant Relations**

**Propane or fuel supply:** Check and monitor your propane and fuel supply on a regular basis. We recommend checking every week to prevent running out of fuel in winter. Most suppliers are in the community Thursdays or Fridays. Any special deliveries can run an additional $250. 00 charge and such supplies require payment in advance. Just a reminder to make sure the delivery man has access to the tanks or they may not deliver. Monitor all exhaust vents for ice build up and clear when necessary.

Clear a path for your fuel delivery supplier.

Dangerously low on propane.

Septic systems. It is the tenant or home owner’s responsibility to prevent their septic systems from freezing. If you are going to be away from your home for any length of time, please have someone run water in the unit such as flush the toilet a few times a day, run the kitchen and bathroom sink with hot water for a few minutes or even do a load of laundry (run % load) to eliminate the lines from freezing.

The “Little Free Library” is not covered under insurance should there be damages due to tenant leaving unit unattended more than three days.

If you have any helpful home maintenance tips send us a picture of yourself demonstrating your great ideas. We can share these with other community members.

**REMEMBERS**

Just a reminder that we will be doing snowplow ing of driveways for elder’s residence, shared driveways at tripleplexes and duplex; and multi-pur pose units after the main roads are cleared. Please make sure your vehicles are 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 pickup 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 or parts now. Contact our office if you have any questions.

**Eiders Residence:**

To be eligible to apply for a unit at the Elder’s Residence you must: be a band member of Whitefish River First Nation, have reached the minimum age of 60 years of age, and in receipt of a type of pension such as ODSP, Old Age Pension, or other. You must also have no rental arrears/outstanding accounts with the First Nation. All new tenants must submit three written references along with their housing application.

We will be starting a new initiative at the Elder’s Residence. We had some of the elders looking for something to read, which in turn inspired the installation of a Little Free Library. We will be installing a “Little Free Library” located near the Elder’s Residence that will be open to everyone. You can take a book or bring a book. If you would like to donate to the Little Free Library, puzzles, or craft supplies please contact the Housing Office to make arrangements.

**Any housing maintenance emergencies for the tenants 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.**

**Take Care and Stay Safe.**
Aanii Kina Wiliyaa,

Here in Public Works department we have had 3 new recruits. I would like to officially welcome Aaron Recollet, Tristan McGregor, and Riley Recollet to the WRFN team. I believe that these 3 new members will be an asset to our organization to help serve our community with the Operation & Maintenance.

With winter already half gone the maintenance team routinely inspects our public buildings to check on furnace filters, heat recovery ventilators, water tanks, fire extinguishers, lights, and smoke detectors. On the outside of the buildings we are looking at the roof for ice dams and cleaning off any accumulated snow that may cause injury if it drops. We are also checking exhaust exits to make sure they are not obstructed by snow or ice that would stop the furnace from working effectively. I would encourage our community members to do the same to ensure safety and to avoid any costly repairs.

This year’s winter control focuses on public roads, public buildings and the school bus route. The snow plows will go out when significant snow has accumulated (5 to 10cm or 2 to 4 inches) or when the snow fall has stopped. With this in mind, community members are reminded to drive with care and to slow down. The posted speed limit is 30km, however it takes longer to stop in winter conditions.

Residents with holding tanks must have clear access to the holding tank for water delivery. If Public Works cannot access the water tank, a notice will be placed on the door and water delivery will be pushed to the end of the day.

Reminder to community members to keep a watch on your propane/oil tanks.

If you have any questions please feel free to reach me at Administration at 705-285-4335 ext. 228 or email me at curtis@whitefishriver.ca.

Aanii, 

In an attempt to maintain consistency with some annual community events, we are once again hosting a Maple Syrup Workshop on February 4, 2022! Many members of our community here in Whitefish River pride themselves on their maple syrup production. Last year I was lucky enough to take a tour of the sugar camps and I was pleased to see many similarities in syrup production as well as small variations in technique. While visiting the camps I observed how each sugar camp producer had a great amount of pride in the work they do in the forests to maintain our Traditional Ecological Knowledge practices and also provide maple syrup to their families and friends.

The 2022 First Nations Maple Syrup Seminar will feature speakers who will present on maple syrup production techniques, forestry aspects of maple sugar bushes, funding opportunities for small businesses as well important information on food safety and an update on the LDD Moth. I look forward to hearing the presentations. There have been academic studies performed on the connection between maple syrup (and maple sugar) production and indigenous relationships to the land. “Tapping trees within the Arboretum demonstrated how Indigenous practices reveal ways that agriculture and food systems are deeply intertwined with land and place, a concept that is often missed when we work strictly within disciplines.” (Claire Luby, 2021). For many of us this process is something that we grew up with and I find it interesting that we can attribute long term ecological practices with something that has been a part of our own identity.

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

Miigwetch
Message from Ogimaa Shining Turtle
Sturgeon Clan, Anishinabek Nation

The month of January has come and gone for another year. The weather over the month was interesting with deep cold spells followed by mild weather or vice versa. At different times of the month, the thermometer dropped to -20°C without the wind chill.

What comes first to mind for many is COVID-19, and the cases in our community. As of January 30th, we have had 32 cases in total, with 10 remaining active and 22 which are resolved. Those that have contracted COVID-19 have been very cooperative with our administration and Public Health Services. The concern in the community and stress brought on by active cases in the community is real. We have seen a range of emotions about the growing cases. Our overall goal is to get our cases back to ZERO. So, if you have suggestions on what additional measures or ideas we can try, we are always open to those.

In the coming month, starting on January 31st, we will all learn what new plans the Province of Ontario will be implementing as part of a COVID-19 strategy. In our community, we have started a plan to issue, N95 or equivalent masks, and disinfecting wipes to each household on a bi-weekly basis. We have had 657 of our citizens get at least one dose of the vaccination. This is good news. As we go into February and March, there will be coordination with Sudbury Public Health for more vaccination clinics in the community.

As part of the efforts to support all our families during Covid-19, the consensus of Council is to issue gift cards in the month of February. As soon as the gift cards arrive, they will be mailed out to all the addresses we have. The administration will be coordinating this effort.

To add to the stress in the community, from December 1st to January 20th, we had 7 of our community members pass. It has been extremely difficult period of time for all our families. As we deal with this grief and loss, we can count on each other to help us. I have heard from families that received so much support from community members during their time of need. To all of you that quietly supported those in need, we offer you a very heartfelt “Chi Miigwetch”. To all our families, the entire community shares in your sorrow with love and friendship.


Congratulations go out to James Megwanabe and the family of the Late Theresa Recollet on being honored with Life Time Achievement Awards from the Anishinabek Nation. The Awards were from 2020, but due to COVID-19, the Zoom ceremony was held January 27th, 2022.

Congratulations to our 3 new employees that will be part of our Public Works.

Congratulations to all our High School Students completing the fall semester. Good luck as you begin the winter semester. As I understand, High School students will return to 4 classes per week starting in February, this is a departure from the 2 classes per week that the student had in the fall term.

During February, we will start the clearing for the new 15 lot subdivision. The Right of Way is 20 m wide and the length of the road is 900 m. We expect the work to be completed by the end of March.

Family Day is coming, enjoy a terrific day with your family. Happy Valentine’s Day to the entire community. Enjoy the Mkwa Giizis!!

Chi Miigwetch

“The Greatest discovery of our generation is that a person can change his/her life by altering their attitude of mind.” William James

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**February 2022**

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<td>Virtual RHT Waawinimaagewin Gathering</td>
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<td><strong>AFN – Virtual Dialogue Meeting (Accessibility &amp; accessibility Canada Act)</strong></td>
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**Chief and Council email:**

chief@whitefishriver.ca
lnahwegahbow@whitefishriver.ca
eosche@whitefishriver.ca
dshawanda@whitefishriver.ca
cmgregor@whitefishriver.ca
tmgregor@whitefishriver.ca
fmcgregor@whitefishriver.ca
brianm@whitefishriver.ca
Pet Care & Tips
Hello Everyone!

Brrrrr! It has been so cold these last few days. Even my cat BJ, who ordinarily likes to stay outside, comes in now at night to stay warm and sleep with the other cats. Empress Farah usually will sleep at the foot of my bed at night. The cats (Luka, Francis, Empress Farah and sometimes Webby Debby) usually have a midnight snack of canned food and a bit of play time before bed every night. She-Pet Elizabeth, who was disinclined to being pet, is finally warming up to getting her back scratched and letting me pet her. My cats, with the exception of Webby Debby and Empress Farah, all still disappear when someone comes into the house. I hope those of you that have pets are making sure they have a nice warm place to sleep and food in their bellies to keep them warm!

I remember weather like this never stopped us from going out to skate down at the Bay or go sleigh riding at night until late into the night. Then I would come home and stand by the box stove in the living room to thaw out. I imagine I was not the only one who did this. Well, I guess that is it for now, but first I want to make a correction on the little article about how I started the newsletter. I started work at the Band Office in 1971 and started the newsletter in 1973.

SOME CAT FACTS:
• Cats have AB blood groups just like humans.
• One of the world’s most famous feral cat colonies is that living in the ruins of the Roman Colosseum, made up of about 250 cats. Rome may have been spared the Plague, thanks to these cats.
• Cats are subject to gum disease and to various dental diseases. They should have their teeth cleaned by the veterinarian or the cat dentist once a year.
• The ‘mitted cat’ is a term for a coloured cat with white on its chin, chest, belly and feet. A black and white mitted cat may also be called a ‘tuxedo cat’.

Well, that is it for now, hope all of you are staying warm and well on these cold winter nights. We still have about a month and a half until spring, but I have noticed that the days are getting longer. From my house I have noticed the sun is going down behind the Band Office, whereas before it was going down between the ceil tower and the water tower. On the longest day of the summer the sun goes down between the church and the hill that goes up to the shrine. That is how far the sun travels during our seasons as seen through my kitchen window. Make sure to check in our elderly and the sick by giving them a call! I’m sure it would brighten their day. Make sure to keep your pets warm and fed during our cold winter months to prevent them from wandering around looking for food and getting into trouble. It’s important to get your pets spayed or neutered to help keep the pet population down in our community. Like they always say, why have a pet if you cannot look after it?

‘Till next time, take care!
She-Pet Elizabeth, Empress Farah and Webby Debby. (The girl cats).
Luka, BJ, and Francis. (The boy cats).
And Me, The Big Cat - Dennis L. McGregor

February’s Pet Profiles

This is Iggy. He’s very passionate about bags, boxes and doing zoomies all over the house! He loves birdwatching with his best pal Buttons. He was given to us by a nice lady on Facebook.

He’s still adjusting to our loud house but he definitely has accepted us as his new family. Migwetch

Iggy resides with Melissa, Steve, Paul & Sophie Jacko.

Woof (translated hello in hooman.)

My name is Ammo. I am a Rottweiler, German Shepherd mixed breed. I live at 77 Rainbow Ridge.

I work with my mom at Wolfies, where I greet the customers and other furry friends. I get tipped sometimes in treats which I love! My favorite thing to do is go for car rides. If I do happen to get loose, my mom is always quick to find me.

Ammo’s furever home is with Diane Gaudette

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 featured Rezhound or Rezcat!

Email me at: rezoundeditor@whitefishriver.ca
Happy Birthday to our Grandson Nico on February 18th.
Love Gramma Kim & Papa Shawn.

Happy Birthday to our Mommy Nicole on February 18th.
Love Dad & Mom, K.C., Sydney & Azalea.

Happy Birthday to the World’s Best Dad on February 18th.
Love you!
Hunter, Raven, Memphis, Autumn, Noodin, Murphy & Pablo.

Happy Birthday to our big brother Quintin on February 26th.
Love Aunty Diane.

Happy Birthday to my godson Tyrone on February 15th.
Love Aunty Sandy.

Happy Birthday to all our family members celebrating birthdays this month.
Love you all
Diane

Happy Birthday to the World’s Best Uncle Denny on February 9th.
Love, Ally.

Wishing you a beautiful day!
Love, Ally.

Happy Birthday to our awesome mom Corrina on February 12th.
Love Hunter, Raven, Memphis, Autumn, Noodin, Murphy & Pablo.

Happy Birthday to Paul on February 15th.
You’ll have a moustache in no time.
Love Mommy, Steve, Sophie, Spirit, Iggy and Buttons.

Happy Birthday to the World’s Best Mom on February 12th.
We love you!
Court, Lee and the kids.

Happy Birthday to our cousin Quintin on February 26th.
XOXO Braxton, Braelyn, Lincoln & Brennan.

Wishing our sister Braelyn a very happy 6th Birthday on February 27th.
XOXO Braxton, Braelyn, Lincoln & Brennan.

Wishing our sister Braelyn a very happy 6th Birthday on February 27th.
XOXO Braxton, Braelyn, Lincoln & Brennan.

Happy Birthday to our granddaughters, Braxton, Braelyn, Lincoln, Brennan and K.C. on February 26th.

Wishing our sister Braelyn a very happy 6th Birthday on February 27th.
XOXO Braxton, Braelyn, Lincoln & Brennan.

Happy Birthday to our cousin Quintin on February 26th.
XOXO K.C., Syd, Braxton, Braelyn, Lincoln & Brennan.

Happy Birthday to our awesome mom Corrina on February 12th.
Love Lian & Laura.

Happy Birthday to our favourite sister Kimmy on February 12th.
Love Connie.

Happy Birthday to our one and only favourite sister Kimmy on February 12th.
Love Connie.

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Happy Birthday to our one and only favourite sister Kimmy on February 12th.
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Happy Birthday to the World’s Best Dad on February 18th.
Love you!
Hunter, Raven, Memphis, Autumn, Noodin, Murphy & Pablo.

Happy Birthday to our awesome mom Corrina on February 12th.
Love Hunter, Raven, Memphis, Autumn, Noodin, Murphy & Pablo.

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