A 37.75 lb mj-gnoozhe (muskellunge) was the star of the show, when participants of the Zhee-Bhaa-Skwii-Ghii-Zhii-Ghaak (Jig Board Creation Workshop), learned the process of checking the net in the waters just off Sandy Beach. The 3 day workshop hosted by the WRFN Lands Department and sponsored by the WRDN Cannabis Advisory, had 11 participants who made a total of nine jig boards. The lucky participants received as well, a custom made gill net, net bucket, ice scraper, fillet knife and 500 feet of nylon rope. Miigwech to all the participants who supported each other in sharing their Indigenous knowledge.

Please note that the deadline for submissions for the next issue is Monday, April 25th, 2022 at 4:30 pm. Miigwetch!
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
An infection caused by the fungus Blastomyces Dermatitidis. This fungus lives in moist soil, decaying wood and leaves.

**WHAT IS IT?**

An infection caused by the fungus Blastomyces Dermatitidis. This fungus lives in moist soil, decaying wood and leaves.

**HOW DO YOU GET IT?**

When soil or decaying leaves are disturbed, the fungi become airborne. They are then inhaled and travel to the lungs. In the lungs, the fungi cause infection and may travel to other parts of the body.

**TREATMENT**

Please see a doctor as soon as possible if you have any symptoms of blastomycosis.

It is not transmitted from person to person and can be treated with medication.

**Prevention**

Tell your doctor if you have pneumonia and may have been exposed to fungi.

**Common Symptoms**

- Dry Cough
- Chest Pain Sometimes
- Pneumonia
- Fever
- Weight Loss
- Shortness of Breath
- Joint Pain
- Unusual Skin Sores
- Body aches

**Who is at risk?**

These things can put you at higher risk:

- Farming/Harvesting
- Camping
- Landscaping
- Digging/Gardening
- Hunting/Fishing
- Wooded areas
- Weakened Immunity
- Smoker
- Lung Disease

**Symptom Development**

Symptoms develop 3 to 15 weeks after infection occurs.

**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.
**WRFN PRE & POST NATAL PROGRAM**

**CONTACT THE WRFN COMMUNITY HEALTH NURSE**

JAMIE DUNCANSON  705-285-4354  EXT. 215

During the Pre and Post Natal period, together, we can ensure the well-being of you and your baby.
A key element is communication with your medical professional.

- monthly wellness clinics
- nutrition support
- physical activity during pregnancy

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**INVEST IN OUR PLANET**

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**EARTH DAY 2022**

Earth Day 2022 is focused on accelerating solutions to combat our greatest threat, climate change and to activate everyone - governments, citizens and businesses to do their part.
Everyone accounted for, and everyone accountable.

Get Involved in WRFN
- Community ceremony
- Community cleanup
- Gardening program
- Adopt a ditch

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**ZIGWAN COLORING CONTEST**

OPEN TO ALL YOUTH 30 AND UNDER: 6 CATEGORIES

PICK UP COLORING PAGE AT THE WRFN HEALTH CENTRE

All entries due by April 14, 2022

Win! Win! Win! Prizes! Prizes! Prizes!

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

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**Dedicated Native Awareness**

**LIVE EVENT**

April 13-14th, 2022

**DAY 1**: April 13th, 2022

Presentations by Beedahwin Peltier, Sarain Fox, and Nimkii Osawamick.
Topics include “Mental Health and Wellness”, “Coping and Healing” & “Indigenous Resiliency”. To be held at the Seven Fires Youth and Elders Centre

**DAY 2**: April 14th, 2022

Live Outdoor Dance & Drum Performance & Closing Song, Health Centre Parking Lot

**DOORS OPEN AT 4:00 P.M. / FREE ENTRY**

LIMITED SEATING AVAILABLE

(25 PERSONS - INDOORS AND 50 PERSONS OUTDOORS).

PLEASE DRESS APPROPRIATELY ACCORDING TO WEATHER.
TO REGISTER CALL TALON MCGREGOR AT (705) 285-4354.

As a precaution, we will continue to protect the health, wellbeing, and safety of our community members.
Staff, Community Members and Patrons are required to wear a mask at all of our events that are held indoors. Covid-19 Screening and Contact Tracing will remain in effect until further notice.
Sensory Play with Sawyer

What is Jello Dig?! Fun! Fun! Fun! Sawyer really enjoyed this sensory activity. He was very curious at first when I put the container of jello in front of him, he leaned over to see what was inside he then sat back with a confused look. He then picked up the container, turned it over and out fell the jello onto the table! He then quickly placed both of his hands into the jello. He removed them right away and was staring at the green jello on his hands, he continued to do this for quite some time. The best part of this activity for Sawyer was when he finally tasted the jello. He then started to get a little frustrated as he was trying to grab big scoops of the jello with both of his hands, but wasn’t able to grab a handful as it was squishing through his little fists and fingers.

To celebrate the St. Patrick holiday before March Break, Sawyer enjoyed a few sensory activities; Sensory bags (Glitter and baby oil, pom-poms, and rainbow paint), Green and Yellow Water Play and we painted using the color green! When I first showed Sawyer the bubbles he was super excited! He stood in one spot watching them fall towards him, he squeezed his fists together and his eyes got big with excitement. As I continued, Sawyer was screaming and laughing when the bubbles would fall towards him. He would jump up and down and try to pop them with his finger.

Sawyer likes to watch his big friends play outside in the playground. One afternoon one our big friends noticed Sawyer standing in window.

He walked over and through the window you can hear Noodin say, “Hiil!” while waving to Sawyer. Sawyer started laughing and began to move side to side, you can hear Noodin say, “noo0o”… Sawyer stopped and shook his head side to side (expressing the word “No”) Sawyer started laughing again. Noodin then covered his face then uncovered it yelling, “PEEK-A-BOO!” Sawyer would shake his side to side, again they would laugh. They continued to play their game for a few minutes after that.

Early Learning Coordinator - Caitlin Pitawanakwat

Aanii kina waya, Laxtin Pitawanakwat nàtsìnikoos, Wingwask-ìnngaa doonjìboh. I am excited and honored to be transitioning to the Early Learning Child & Family Coordinator position with Maamwe Kendaasig Early Learning Centre. I graduated from Algonquin in 2018 with my Diploma in Early Childhood Education and worked in Anúndik Omni Kaning for a few years. In 2020 I began my employment with Maamwe Kendaasig as the Preschool Educator. I have really cherished my time spent in the classroom with the children and truly believe our children are some of our greatest teachers.

In this new role I bring my education, experience, knowledge, and belief of holistic child development and the importance of supporting and uplifting our families and caregivers. I am very excited to be in this role as it allows me to continue to work directly in supporting the children and families of our community, but in a different way, through partnerships, relationship building, and program and event planning. My goal is to continue to plan activities and programs that enrich the lives of our families in all aspects. Over the next couple of months some of the things I will be working towards are resuming our Family Gardening Group, beginning regularly scheduled playgroups for children 0-2 (including prenatal and postnatal workshops), cultural teaching and crafting sessions with Elders and knowledge keepers, and planning fun, seasonal, outdoor activities. Keep an eye out for upcoming flyers, including the April sign up of the Gardening Program and the rescheduled Paint Night for pre-registered participants.

If you have any questions, ideas, comments or suggestions that you’d like to share, don’t hesitate to reach out! I can be contacted at the Early Learning Centre, (705) 285-7777 or by email at caitlinp@ whitefishriver.ca.
Whitefish River First Nation Education Department


POST SECONDARY FUNDING APPLICATION NEW 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 SESSIONS

NEW STUDENTS

ON-LINE APPLICATIONS available here
https://whitefishriver.dadavan.com/student/pseapplication.jsp

RETURNING STUDENTS

https://whitefishriver.dadavan.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
Boozhoo, from the Education Department. I have now been in this role for just over one month now and have been learning a lot about the community, membership, students, and administration. Programs and services within the Education Department are crucial to student success and well-being. Within the month of April 2022, the Education Department will be distributing surveys and questionnaires, in order to assess and gain input from the community. Please participate as your feedback is important.

LIBRARY AND RESOURCE CENTRE
The WRFN Public Library and Resource Centre is now open. Be on the lookout for programming and services that are coming up.

POST-SECONDARY STUDENTS
Please note that all sponsored students must report their progress within 14 calendar days after each semester. You must request your transcript from your school and forward to our office. Post-Secondary School Funding Application – DEADLINE MAY 31, 2021
You must apply every year.

High School and Post-Secondary graduates of the 2021-2022 Academic Year please contact the Education Department 705-285-4335 or education@whitefishriver.ca to request a Graduation Application to receive recognition for your achievement.

Whitefish River First Nation Public Library/Resource Centre
Librarian - Evelyn Jacko
Come to expand your mind or just relax it.

Aanii fellow Community members! Now that the library is now open, Tech & Tea will continue. What is Tech and Tea you may ask? It’s where Adults and Elders bring their technology to the library and I can try to guide you with using your device. Adults and Elders can also use the computers we have and I help you with basic usage. I also help you to navigate either forms of social media or emails.

Another project I would like to start is a WRFN Family Tree project! I will put out a family tree where everyone tries to fill it out as much as possible. With luck, hopefully we will have all the Whitefish River First Nation’s families in a tree and their roots, put together in a website and/or book for all to access. If it works perhaps it can be shared with other First Nation Communities!

If you have any input, ideas or need help with your tech, I can be reached at the Library, Monday through Friday from 12pm - 6pm, by phone at 705-285-1888 or via email at evelynj@whitefishriver.ca.
While it is technically mnikimi, it still feels like b’boon outside with the wind chill and all of the freezing rain, snow and ice pellets we have had! With this kind of weather, it is hard to imagine warmer days and plan for the growing season, but really, it will be upon us in no time! What will you be planting this year?

Speaking of the growing season, one of the first local signs of mnikimi is the sap run! For many families in the community, this is the time of maple syrup and sap tea! The Grade 5/6 students were lucky enough to enjoy this activity during the brief period of warmer weather! Migwech to Derek McGregor for hosting the 5/6 students on Friday, March 25 at the McGregor Family sugar camp! The students and staff enjoyed the beautiful weather and being out on the land! The hotdogs and sap were a treat as well! Migwech to Mr. Whitaker for organizing this trip! Please watch out for further notices sent home or on Seesaw as we do hope that each class has an opportunity to visit a local sugar camp! Please contact the school if you are interested in hosting a class within the next few weeks. Migwech!

The Grade 5/6 class visited Sugar Camp.

Another sure sign of mnikimi is Spring Cleanup! While the community cleanup usually takes place on Earth Day, this year, the Grade 3/4 and 5/6 students set an early example by picking up garbage on World Water Day on March 22! Mr. Spanos and Miss Gagan’s classes participated in a morning Water Walk down to the community swimming spot at what is known as the Station Grounds. While there is still a lot of ice, the students all had an opportunity to offer some sema and then all pitch in to clean up along the shoreline! But, they didn’t stop there! The students continued to pick up garbage along the roadway as they walked back to the school! Migwech to each class for showing us that every day is Earth Day!

The weather was beautiful on World Water Day for the Water Walk! However, the outdoors is either ice, snow, rain or mud these days! As another reminder, the weather can change a lot throughout the day so please make sure your child/ren are still properly dressed for outdoor learning and visits to the sugar camps or our Forest Classrooms. This can include warm or waterproof outerwear such as splash pants, extra mittens, proper footwear and even some extra indoor clothes, especially socks!

While the above highlights some of the activities that the students did outside of the classroom, in the classroom, students were busy learning or reading about maple syrup and nibii throughout the month! This was done through Anishinaabemowin, literacy, science, social studies or virtual teachings! In addition, each class received in-person Copper Teachings from Sophie Pheasant. She visited the classrooms and shared the story of copper, the Water Walkers, the significance and benefits of copper as a vessel to carry water and how to care for copper. The students enjoyed the science of cleaning the oxidized copper and trying on the shiny copper bracelets. Migwech Sophie!

While restrictions are lifting province-wide and we have implemented some changes within the school and community, the reality is that cases are still rising and we do want to ensure that our classrooms stay open for in-person learning to everyone. Some of the changes within Shawanosowe School are that we will no longer have cohorts and are once again able to host After-School Clubs and in-person programming. The students, staff and guests have continued to be very conscientious about temperature screening, wearing masks and hand washing. Migwech to everyone for doing their part and to the families for daily screening and submitting the daily screening forms. While we did have to return to online learning for a couple of classes, it affected fewer students and for a shorter amount of time. We ask that each household continue to be diligent in daily screening as this is instrumental in keeping our school safe and open to in-person learning for all classes.

In closing, we do hope everyone had an enjoyable March Break! With the break and b’boon past us, and with mnikimi on the horizon, this is a reminder that nibin is also not too far away!

In fact, there are only 3 months, or 12 short weeks left until the end of the school year! This time will go by quickly and we hope to make it enjoyable for our students, families and staff!

Some dates to remember:

Friday, April 1: April Fool’s Spirit Day!
Dress silly and share a Chi-Baapi (Big Laugh)!
Thursday, April 7: Picture Day!
(For those that missed, want retakes, and Graduation Photos!)
Friday, April 15: Mkadeke-Gizihigad
Good Friday - No School
Monday, April 18: Baakwang Easter – No School
Wednesday, April 27: Early Dismissal

Other dates of interest:

Month of April: World Autism Month
Saturday, April 2: World Autism Awareness Day
Saturday, April 16: Mooshkneyaakiizi Giizis (Full Moon)
Thursday, April 21: Anishinabek Gichi-Gamiin Gizihigad (Anishinabek Nation Great Lakes Day)
Friday, April 22: Aki Gizihigad Earth Day

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

More Anishinaabemowin in the spirit of learning . . .

Plant - GTIGE
Garden - GTIGAAN

Lake Huron - NAA Dowewi-Gichigami
Lake Ontario - NIGAANI-Gichigami
Lake Erie - WABISHKIGOO-Gichigami
Lake Michigan - ININWEWI-Gichigami
Lake Superior - ANISHINAABEWI-GICHIGAMI

Nahow. Baamaapi!

Shawanosowe School Staff
Miss Fairbairn’s Grade 1/2 class enjoyed Copper Teachings with Sophie Pheasant.

Introducing…
Ms. Aimee Tremblay

School Wellness Worker

Aanii
My name is Aimee and I am excited to join Shawanoswe School as the Student Wellness Worker. I will be supporting students, teachers and families with any mental, emotional and wellbeing needs.

After beginning my career at Our Children, Our future as a parent resource worker, I was reminded yet again of the importance of ‘it takes a village’. I value community and approaching life and my work by being trauma informed and meeting people where they’re at.

I enjoy hiking and being outdoors and hanging with my 2 children as often as I can. Helping people find their joy brings me joy! I look forward to connecting with everyone.

Miigwetch

Ms. Tremblay comes to us with a wealth of experience in providing mental health and wellbeing programming for both youth and adults. Having just arrived, she is currently getting to know the staff and students in each of the classrooms.

She is looking forward to offering in-class workshops and activities aimed at helping students maintain positive mental health at all times as they progress through their young lives and on into adulthood. Aimee will soon also be available to provide 1-1 counseling sessions for students upon parental request. Families are encouraged to call the school if you would like to speak with Ms. Tremblay further.

Welcome to our Shawanoswe Family, Aimee. We are so glad to have you!
Jig Board Making Workshop - Pictured (l-r): Greg Francis, Andrew Manitowabi, Jeff McGregor, WRFN Lands Assistant, Keith Nahwegahbow, Joey Bowerman, Cheyenne Kozeyah, Ryan McGregor, Lynn McGregor, Rick Jacko, Dan Garcia & Nakia Nahwegahbow

Happy International Women’s Day from all the staff of WRFN.

Alien displays the mammoth musky caught in the net, during the Jig Board Making workshop.

Tamika does her part to help clean up Shkagamik kwe on World Water Day.

Greg tests out his newly made jig board.

Anita can’t wait to try out her new ice fishing hut.
Stitch congratulates Cheyenne on a job well done.

Candice was the lucky winner of a Family sized tent in the ‘Land is our Teacher’ contest!

Migwech to the McGregor family and Derek McGregor, for opening up the family Sugar Camp to the Grade 5/6 class.

Ace and Marcus won first place respectively, in smallest fish and largest fish categories in the WRFN Ice Fishing Derby.
Band Manager - Sandy Jacko

Aanii, Boozhoo

April marks the start of a new fiscal year. While it may be the start of a new financial reporting period, it is also the beginning of new organizational goals and achievements. Each year brings us new opportunities to learn, be better and find new ways to serve the community.

FUELWOOD REQUESTS

As the project to clear the land in preparation for the 15 Lot Subdivision comes to an end, my office will be reaching out to those community members who made a request for fuelwood. Please note there is still time to get added to the list for fuelwood.

AUDIT PRESENTATION

Be safe, be well, be kind.

Summary of the Whitefish River First Nation Sugarbush and Fuelwood Assessment

In February 2021, Dean Assinewe, R.P.F. was contacted by the Lands Department staff to begin a discussion about assessing WRFN’s sugarbush area and recent complaints about excessive cutting happening around the sugarbush camps. The focus of a project would be to assess the condition of the sugarbush as part of a larger forest management strategy. Through several phone conversations with staff, Dean developed a two-stage approach to identify the condition of the Sugar bush and the activities that are adding pressure to the maple syrup traditional ways and to the environment that makes it all possible. The secondary purpose of the study was to develop a strategy for the community to address firewood supply for community residences so that conflicting interest in the area and forest resources are minimized.

In March 2021, the Lands staff introduced the Consultant Dean Assinewe to the maple syrup producers at their sugarbush operations. Following up to the initial visit with a second visit to complete information gathering to support the assessment and make recommendations for sugarbush management.

Management of forest resources is very complex and the more a community can internalize and build capacity the better it can be proactive and resolve natural resources conflict. Building capacity is not an easy task but when there is support for training and education, incremental development can be achieved.

Mr. Assinewe recommended that staff from the Whitefish River First Nation Lands Department take the Ontario Tree Marker Program https://www.cif-ifc.org/ontario-tree-marker-program. The program is very challenging, but the instruction and knowledge gained from the program will greatly enhance the trainee’s knowledge and skills which will translate into making sound technical and management decisions for the community.

The work must continue to identify firewood resources for both on and off reserve. With on reserve management over existing forests, improvements can be made over time which will revitalize the forest, making it more valuable for other uses beyond the supply of timber and firewood. The methods written in Dean Assinewe’s report are focused on maple syrup production, but the knowledge and skills from this management can be applied to any forest activity the community places priority.

When the 2022 Sugarbush Season is over, Dean Assinewe will make a presentation of his report. A copy of the full report can be obtained on the Whitefish River First Nation Members Portal or a copy can be mailed out to members upon request.

Please email receptionist@whitefishriver.ca to request a copy.

March 21, 2022

REQUESTS FOR FUELWOOD

Dear Community Members,

Please be advised, that the project to clear the lots for the 15 Lot Subdivision is underway. Once the project is complete, we will know how much fuelwood is available for community members.

Priority will be given to the following requests:

1. Community members who heat their home with a wood stove
2. Sugar Bush Operators
3. The Arbour and Pow Wow Grounds
4. Rainbow Lodge

Please note that fuelwood will only be distributed when the project is complete.

To make a request for fuelwood from the subdivision project, please submit your name and contact information to me. I can be reached at (705) 863-3294 or via email bandmanager@whitefishriver.ca

Miigwech,

Sandy Jacko
Band Manager

Whitefish River First Nation
Community Audit Presentation

To be held on April 20th, 2022 at 6 pm via Zoom
Meeting ID: 239 556 7290
Passcode: 213309
**Tenant Relations - Kendra McGregor**

Spring has finally sprung! We would like to thank Justin McGregor for completing our Housing Bingo last month! He was the only tenant to complete the bingo. Justin and family received a gift basket just in time for Easter. Way to go Justin!

**Housing Rentals and Loans Reminders:**
All rental payments are due on the 1st day of each month. Rental payments are accepted as follows:
- Direct payments in cash or debit at the administration office
- Cheque or money order
- Automatic wage deductions - WRFN Employees
- E-transfers to payments@whitefishriver.ca
- Add Whitefish River First Nation as a Payee and use your housing account # - TD Bank members

**Housing Maintenance:**
We are having issues with garbage at all the triplexes. Please note that all tenants will have to keep their garbage in their own rental units-utility room until garbage day. Tenants may also take their garbage to the dump on Wednesdays and Saturdays at their own leisure.

Please note that the garbage bins at the Elder’s Residence are for the tenants of the building only. All others can contact Public Works for garbage pick-up on Wednesdays.

**Housing Policy:**
- Reminder that you must keep your housing application up to date annually to remain on the housing waiting list.
- Reminder that there is "NO SMOKING" allowed in any of the rental units. Please NOTE that this is for the protections and value of bond investments of all rental units, insurance benefits and the overall health of all tenants and occupants.

If you have any questions or concerns, do not hesitate to contact me at kendra.mcgregor@whitefishriver.ca or by phone at 705-285-4335, ext. 213.

**Human Resources Manager - Tricia Podlats**

**A NEW WAY TO HANDLE CONFLICT**
https://www.youtube.com/watch?v=DS-Gy5yvC0H

Conflict is normal and natural, however, there are times when it can feel like it is too much to handle. We tend to react to conflict by avoidance or aggression. Instead, we should try a different approach - non-aggressive conflict resolution.

**How?**
Using the Acronym: STABEN
- **S-Source**: who is the source of the conflict?
- **T-Time & Place**: when is the best time and place to talk about the conflict?
- **A-Amicable Approach**: start with the positive
- **B-Behaviour**: identify, very specifically, the problem
- **E-Emotion**: because of this behavior I felt...
- **N-Need**: what do I need to end this conflict?

Here's an example of how this could work:
My husband and I always argue about doing the dishes. It is a chore that we both hate doing. Last week on Thursday, I had a long, difficult day at work and ended up both cooking supper and having to do the dishes. This made me feel frustrated and upset. I realized that I had done the dishes 3 times already this week, while my husband only did them once. I also realized that Thursday night before bed when I was tired and upset was not the best time to talk about this.

STABEN - Who is the source of the conflict? My husband
T-Time & Place - When is a good time and place to talk about the conflict? Saturday afternoon at home when we are both off work and neither of us is tired or upset.
A-Amicable Approach - Start with the positive. “I noticed that you did a lot of yard work yesterday and today. Thank you for that, I really appreciate it. The yard looks great!” Be genuine and specific.
B-Behaviour - Specifically, the problem is that I have to do the dishes too often.
E-Emotion - I feel like it’s not fair that I do the dishes more often than you. It makes me feel frustrated and upset.
N-Need - I need you to do the dishes close to an equal amount of times as I do them.

What if we take turns? I will do the dishes Monday, Wednesday and Friday and you can do the dishes Tuesday, Thursday and Saturday and on Sunday we will do the dishes together? Oh, right, you have paver on Tuesday. What if you take Monday, Wednesday and Friday and I’ll take Tuesday, Thursday and Saturday? That would work better for you? Oh good. I’m glad we could resolve the conflict with out fighting.

I can be reached at WRFN Administration at 705-285-4335, ext. 212 or via email at triciap@whitefishriver.ca, should you have any questions.
I am very much looking forward to sharing information from the Trust and coordinating Community consultation meetings.

**Per Capita Distribution (PCD)**

In 2019, Whitefish River First Nation voted to accept an offer of $103.18 million from the Government of Canada as a land claim settlement for errors in survey after the 1850 Robinson Huron Treaty, resulting in a smaller reserve than agreed upon.

In July 2019, Chief and Council reached out via survey to the Band members to indicate which dollar amount for the PCD. There were 620 members who responded and 83% of members indicated $25,000.00. The Per Capita Distribution (PCD) occurred in April 2020, there was 1134 band members who were to be qualified recipients on the day of the vote. **Qualified recipient is outlined in the Niigaan Naabidaa Trust Agreement.**

As of March 2022 the initial PCD that was transferred from the Trust was $28,350,000 and from that $26,250,000 has been distributed to members. That is 92.6% of members who claimed their distribution.

By the 15th of January in the second fiscal year of the operation of the trust, the trustees shall transfer to the PCD account from the capital of the Trust an amount so that WRFN may make PCD payments to all members who will become qualifying recipients in that year.

In 2021, there was 17 members who may become qualifying recipients. The PCD payment was $25,000 adjusted at the rate of Bank of Canada prime rate (as of December 31st of the previous fiscal year) plus one percent, which was $26,495.79. In 2022, the PCD for members who become qualifying recipients will receive $27,358.29.

A bit of my background, in 2010, I was tasked with coordinating Boundary Claim meetings with the negotiating team of David Nahwegahbow, Jim McGregor, and the late Violet McGregor, Murray McGregor Sr. and George Francis. I attended and coordinated meetings during 2010-2014 and in 2018-2019 when the settlement agreement was signed and voted upon. When it came time for the Per Capita Distribution I was one of the staff who mailed out and processed the applications, a crazy time during the start of the pandemic.
Trustee Selection Committee
There are two member trustees that are appointed to the Trust. In 2020, Michael Dennis McGregor and Jeff McGregor were selected as the first Member Trustees to Niigaan Naabidaa Trust. Jeff’s appointment was one (1) year and in 2021 a new appointment for a new member trustee was conducted. Jordi Jacko was named the member trustee for a two (2) year term.

In April 2022, Michael Dennis McGregor’s appointment expires. Recruitment for a member trustee is underway.

In accordance to the Trust Agreement, council shall, by council resolution establish a trustee selection committee of interested members to assist in the selection and screening of applicants for a member trustee position whenever a member trustee is appointed.

Community Development Bank Account Working Group
In Article 19 and Article 20 of the Trust Agreement it states

19.1 The WRFN shall open the Community Development Bank Account.

19.2 The Annual Income from the Trust Account as determined by the Trustees shall be due and irrevocably payable in its entirety to, or as directed by, WRFN in accordance with the terms of this Trust Agreement as at December 31st of each Fiscal Year.

19.3 If, because of the nature of the Authorized investments held immediately prior to the end of the Fiscal Year, it is not possible or it is not in WRFN’s best interests to transfer all of the Annual Income, the Trustees will issue an unrestricted demand promissory note to WRFN for the amount of the shortfall. Any amount represented by the promissory note shall be accepted by WRFN as absolute payment for the amount outstanding and must be disbursed to the Community Development Bank Account when paid.

19.4 The Trustees shall transfer the amount of the Annual Income, after deduction of all Authorized Loan Payments and Authorized Expenses, to the Community Development Bank Account within one hundred and twenty (120) days of the end of the Fiscal Year having confirmed the location and account number of the Community Development Bank Account.

19.5 Funds once paid by the Trustees into the Community Development Bank Account are no longer Trust Property.

Expenditures from the Community Development Account
20.1 The expenditure of funds in the Community Development Bank Account shall be governed by the Financial Policies and By-Laws of WRFN. The funds in the Community Development Bank Account in any given year shall be spent in accordance with guidelines established from time to time by Council whereby the funds will be spent on protecting WRFN’s aboriginal and treaty rights, education, health, housing, culture, economic and community development, the environment, new or existing initiatives that have been identified in the WRFN Capital Plan and all reasonable administration costs associated with this Trust.

20.2 Council shall conduct at least two (2) meetings with Members in the first four (4) months of every Fiscal Year in order to consult with Members regarding how the funds received from the Trust pursuant to Article 19 shall be spent in the upcoming fiscal year by WRFN. These meetings are to be open to all Members and shall be held on-reserve and off-reserve on reasonable notice.

20.3 Council shall conduct at least two (2) meetings with Members each Fiscal Year to provide them with a full accounting of how the funds received from the Trust pursuant to Article 19 were spent in the preceding Fiscal Year by WRFN and to inform Members of the community projects funded pursuant to Article 20.1. These meetings are to be open to all Members and shall be held on-reserve and off-reserve on reasonable notice.

20.4 In any given Fiscal Year, one of the meetings required by Article 20.2 may be conjoined with one of the meetings required by Article 20.3 at the discretion of Council.

Whitefish River First Nation remained in a State of Emergency since March 2020, the community meetings as stated in Article 20.2 were unable to occur. With the Province opening up and Whitefish River First Nation terminating the State of Emergency on March 28, 2022 we are focused on moving forward with Community Consultations.

There will be a posting looking for members to join the Working Group for the Community Development Bank Account. There will be required travel to Sudbury and Toronto and some weekend meetings. Keep an eye out for the poster.

Wishing you sunshine, good times and a very happy Easter! I look forward to meeting you during the Community Consultations.

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In 2019, Whitefish River First Nation voted to accept an offer of $103.18 million from the Government of Canada as a land claim settlement for errors in survey after the 1850 Robinson Huron Treaty, resulting in a smaller reserve than agreed upon.

One of the purpose of the Trust is to enable the WRFN to effect a PCD in the Amount of Twenty-five thousand dollars ($25,000 CAD) plus any adjustments required by Article 14.6 to each qualified recipient.

To date, 92.6% of eligible members from first year of operation & 41.1% of eligible members from the second year of operation of the trust received their PCD.

If you are a qualified recipient and have NOT applied, please contact the Administration Office.

Eligibility Criteria outlined in the Niigaan Naabidaa Trust Agreement.

Eligible Individuals can request the PCD Release forms from Leslie Manitowabi Recollet, Trust Secretariat at 705-285-4335 or at pcd@whitefishriver.ca
On March 18th-20th, 2022, the WRFN Lands Department hosted the jig board creation workshop. Over 3 days we had 11 participants make 9 jig boards.

On March 20th all the participants met on the ice to test out their jig boards. If they successfully operated under the ice the participants officially graduated from the jig board making workshop. Once completed the participants received a brand new custom made gill net, net bucket, fillet knife, ice scraper and 500 feet of nylon rope.

Chi-Miigwetch to the WRFN Cannabis Advisory - Growth for Knowledge Project for sponsoring this event.

Chi-Miigwetch goes to our instructor Andrew Manitowabi for sharing his knowledge with our community.

A special thanks goes out to Greg Francis who donated his time to share his carpentry knowledge and assist participants with safely operating power tools.

To volunteer or for more information please contact the WRFN Lands Department:
17A Rainbow Ridge PO Box 188
Birch Island Ontario P0P 1A0
www.whitefishriver.ca

THE LIFE STAGES OF WALLEYE

The annual Spring Walleye Spawn will soon be underway. It is our traditional fishing practice to cease harvesting of the mature adult spawning Walleye during the Full Spawn event. It is our responsibility as stewards of the land to ensure successful reproduction can take place.

The WRFN Lands department will be running a voluntary Night Watch Program. This is to discourage any illegal harvesting activity. We encourage band members to volunteer to show their support by helping monitor the Whitefish River and Swift Current sites, and to remind visitors to these sites that NO FISHING is permitted once the full spawn is underway. The full spawn occurs when the water temperature range between 6 to 12°C.

We strongly discourage the harvesting of Walleye at this specific time of the year. Although if you are to harvest during this time ask community members to have a harvest limit of 4-5 Walleye under 5 pounds per household. Please respect our ancestor’s practices and teachings in this regard.

Our collective efforts will help make a significant difference in the long-term management strategy of the fishery, so our future generations may continue to benefit from the gift of this valuable resource.

For more information about this or the Walleye program in general please contact either Kathleen Migwanabi, Lands Manager or Keith Nahwegahbow, Lands Assistant at the WRFN Lands Department, 705-285-4335 or by email; kathleen@whitefishriver.ca, keithn@whitefishriver.ca.
Public Works Manager - Curtis Nahwegahbow

Aani
Public Works has been very busy this past month with the Whitefish River First Nation Reopening Plan, while also dealing with Mother Earth’s many snow and ice storms. We’ve also been opening up frozen culverts to allow for spring runoff. The steam generator is used extensively this time of year ensuring there are no road overflows which in turn could lead to wash-outs on our roads.

As spring approaches, the wind-down minor repairs on these two roads tend to wash away under heavy rain. As spring approaches, the wind-down minor repairs on t-...pu...will help us get ready for what looks like another busy year for Public Works! The areas around the public buildings are where the maintenance crew will focus their attention with spring cleaning and minor repairs on the buildings. An annual work plan with identified projects will be developed by Whitefish River First Nation Public Works Department with a review and acceptance by Chief and Council. Some areas of interest are Bay of Islands Road, and Rainbow Valley Road as it was noticed over the summer that the gravel on these two roads tend to wash away under heavy rainfall. This could lead to costly repairs or damages to commuters using the road ways to get to and from work. Replacement of culverts and grading along the road will help with water flow.

I would like to remind community members that the Transfer Station does take in Hazardous house hold waste. As the weather warms up, spring cleaning and home projects tend to ramp up. This is a reminder that there is a construction and demolition bin on site for smaller items. Contractors must not dump at the Transfer Station but take their construction and demolition waste to a local landfill site.

What is Hazardous Waste:
Hazardous waste is primarily generated by indus trial and manufacturing processes, and includes a broad range of materials such as:
- materials from manufacturing (e.g., waste acids, contaminated sludges and chemicals)
- biomedical wastes from hospitals and other health care facilities
- waste solvents
- waste pesticides
- polychlorinated biphenyls (PCBs)
- industrial lubricants and oils containing heavy metals perchloroethylene (perc) waste from dry cleaners
- discarded batteries

Hazardous waste requires special handling with respect to how it is collected, stored, transported, treated, recovered and disposed to reduce adverse effects to human health and the environment. Common household hazardous wastes include but are not limited to:
- Drain cleaners
- Electronic Wastes (TVs, computer monitors, cell phones, etc.)
- Household cleaners
- Oven cleaners
- Batteries
- Antifreeze
- Paints
- Pesticides
- Pool Cleaners
- Solvents
- Used Oil
- Waste containing Asbestos
- Wastes containing Mercury (thermometers, fluorescent lights, etc)

If you have any these items they can be brought to the Whitefish River First Nation Transfer Station between 8 AM – 6 PM Wednesdays and 8 AM – 3 PM Saturday and the attendant will put them in proper storage for collection.

A friendly reminder:
Persons with water holding tanks must have clear access for water delivery, if the operator cannot gain access, then no water can be delivered at that time and a Notice will be left stating that we came and will come back at the end of the run. I would like to remind Home Occupants (water users), that they are responsible for protecting their drinking water cisterns from contamination and damages. Do not have ANY potential sources of contaminatio close to or around your water cistern.

Regular road maintenance items are being sched uled for this spring, which includes hard top sweeping scheduled for the week of April 11-15, as well as pothole patrol.

If you have any questions or concerns do not hes itate to contact me at 705-285-4335 or at publicworks@whitefishriver.ca.

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Rainbow Lodge

2022 SEASON - BOOK EARLY TO AVOID DISAPPOINTMENT

Main Lodge
Weekend's available
June 3-5th, July 1-2nd, September 9-10th, September 23-24th, September 30-October 1st
Cabin’s have more availability

Nestled in a quiet area just north of McIntyre Bay, Rainbow Lodge provides seasonal high quality accommodations and tranquility for tourists and business customers alike.

MAIN LODGE ACCOMMODATIONS
- Two fully furnished bedrooms; 2 queen beds and 1 king size bed.
- Fully equipped kitchen complimented by a cozy dining room
- Great room with a floor to ceiling stone fireplace

CABIN ACCOMMODATIONS – 2 Cabins Available
- Two double beds & 3 piece bathroom
- Kitchenette & Living Area
- Private Deck & BBQ

Rainbow Lodge is also a great location to host business meetings and business events, traditional ceremonies, small weddings, baby showers and family gatherings.

Rainbow Lodge is proudly owned and operated by Whitefish River First Nation.

For more information contact the Whitefish River First Nation Administration Office at:
Tel: 705-285-4335
Email: rainbowlodge@whitefishriver.ca

NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify Whitefish River First Nation members of breaking news, documents, videos, and events, instantly delivered via push notifications.

- NEWS
- EVENTS
- JOB OPPORTUNITIES

HOW TO GET THE APP

1. Download the app on Google Play or the App Store
2. Login to the app by tapping “Continue As Guest”
3. All done! Explore the app, and stay tuned for new notifications.

Application Form Released - Here is the application form you will need to hold your spot. Closing date is Nov 13.
Spring is here, and excitement in the community grows as the days lengthen. The warmer rays of the sun dry the land around us. We start opening our windows to feel the fresh spring air. What a beautiful time of the year, a time to truly be optimistic.

We are also in the period of Lent. Lent is an Old English word which means lengthening. This is because of the time of the year when lent occurs, as this is when days start to get longer. Lent is also a period of fasting and penitence in preparation for the Easter season.

We also have families that will be preparing for the Spring fasting ceremonies and the re-connection with our First Mother, the Earth or Shkakmikwe in our world view. It warms the heart to know we annual foster that sacred connection to the Earth. This year, I will be fasting to also re-connect my relationship to Shkakmikwe. I am really looking forward to that spirit time.

The vision and Mission of the community was worked on a while ago and it’s a beautiful piece of work.

Vision: The Anishinabek of Whitefish River First Nation will work in Harmony while maintaining our culture, traditions and knowledge to enrich and empower our people.

Mission: The Anishinabek of Whitefish River First Nation will strive to improve community well-being by collectively protecting, strengthening and developing our resources and culture through mutual cooperation.

Through a process of building on the values of our vision and mission we strengthen the safe and supportive environment which we know and feel at various times. Deep with in each one of us, we feel that generosity, forgiveness and love that is the glue of our families and we become mindful that this is indeed the glue of our community.

Be-kaw-de-si-win - Peace for you and your family!!

“Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone” - Louis L’Amour

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

Chi Migwech
Pet Care & Tips

Hello Everyone!

I hope all is well with you and your fur babies. I’ve noticed that there are complaints of dogs running loose around our community, especially up in the new subdivision. As you know we have a Dog By-Law in our community and it seems not very many people are abiding by it. You know what dogs do when they want to go to the bathroom. They will not do it in their own yard but will go and do it in someone else’s yard. I know because I do not have any dogs but I still find evidence of loose dogs in my yard. I would suggest if you want to leave your dog or dogs outside make sure you tie them up on a leash and maybe hook it on to a long line so your dogs can safely run around in your back yard. Better yet, take them for a walk as it is also good exercise for you. That is what I used to do with Tug when I had my dog. Hopefully if everyone in our community does their part we should not have any more problems. I know occasionally dogs can get away from us but it usually does not happen that much.

Well, on to what is happening with my cats! Francis is well on the road to recovery, happy and cheerful now that the fur on his tail is starting to grow back. However, he still looks funny with the fluffly part at the end of his tail. I was looking at my cat one day and noticed how big they are. Francis, BJ, She-Pet Elizabeth and Webby Debby are almost the size of a Toy Poodle. I guess it is from all the good food, love and care they get from their Master. In a few weeks or so I expect they will start to shed the extra weight and have saggy bellies once they start moving around more. They are starting to spend more time outside since the snow has started to melt and since my front deck is all clear of snow. Webby Debby is a whole lot happier now since I fixed some of the health issues she had. I thought I would have had to take her into the Veterinarian as well, but it seems that whatever was ailng her has cleared up. She is back to being happy and playful, zooming and chasing around the house. Luka and Empress Farah are doing fine also. When I go and take my nap in the afternoons, Luka, Francis and Empress Farah will pile on my bed to join me. It looks like the pictures you see where all the cats are in the middle of the bed and the person is sleeping at the very edge. They all have the best part of the bed.

Some Cat Facts
• Domestic cats originated in the desert where rodents, birds and insects were their main prey. Fish was not common food until cat food manufacturers needed to find a cheap source of protein.
• It is a myth that cats always land on their feet. If a cat is surprised, injured or panicked, it often cannot position itself correctly and a serious fall could injure or kill it.
• Cheddar the Cat belonged to Canadian Prime Minister Stephen Harper.
• There were three different cats who played Morris the Cat, the advertising mascot for 9 Lives' cat food.

Well, that is it for another month, the cats and I would like to wish all the people good wishes and health for those who will be celebrating birthdays and anniversaries for the month of April. Make sure to have your pets fixed to help keep the pet population down in our community. Remember to call and check up on our elderly and the ones not well, to let them know that they are being thought of. Remember to pray for the people of Ukraine that they will obtain peace soon.

‘Till then take care: Empress Farrah, She-Pet Elizabeth and Webby Debby (The Girl Cats) Luka, Francis and BJ (The Boy Cats) And Me, The Big Cat - Dennis L. McGregor

Missed an issue of The Rezound? Find them online at www.whitefishriver.ca

Whitefish River First Nation

Dog Control By-Law #4

Please be advised that provisions from the Whitefish River First Nation Dog Control By-Law #4 stipulate the following.

Whereas the Council of the Whitefish River First Nation is of the opinion that the uncontrolled ownership, breeding, and running at large of dogs may be detrimental to the health of the residents on the reserve, and a nuisance to such residents.

• (1.2) At Large, shall mean that an animal shall be deemed at large when it is found in any place other than the premises of the owner of the dog and not under the control of anyone.
• (2.4) Any dog found running at large contrary to this by-law may be seized and impounded by an Animal Control Officer.

Please ensure your dogs are tied up or penned for the safety and well-being of all Whitefish River First Nation Citizens.

Please call Rainbow District Animal Services & By-Law Enforcement at 1-800-836-6661, to report dogs running at large.

Miigwech

Whitefish River First Nation

Reduced licensing rates for the month of April!

Regular - $20.00
Senior (over 65 years of age) - $10.00

Licenses may be purchased through WRFN Administration.

Register your nimosh (dog) in April and your name will be put in a draw to win one of 3 Pet Valu gift cards! (valued at $100)

Get your best friend their ticket home!

Call Rainbow District Animal Services at 705-673-3647 or 1-800-836-6661 to report dogs at large.
Happy Birthday to William Paibomsai on April 30th!
Love Auntie Manwill & the Family

Happy Birthday Aden! We love you!
Love Noah, Kihanna, Pheeke, Paisley and Jerzy "Nico"

I would like to wish my son/ brother/dad/ nephew/cuzzin a very happy quarter of a century old Birthday!!
Mia Désirée, William John Henry Paibomsai-LeSage, 25!!
Love Mom, Edward, Temushii 'n family!!

Happy 9th Birthday To our Boy Aden!
Love Mom and Jordy

Happy Birthday Aden from all your buddies

Happy 16 Birthday to my daughter Rosa on April 10.
I am so proud of the young woman you have become and feel honoured you chose me to be your Mommy.
Keep on chasing your dreams. Love Mommy

Happy Birthday to our son Max who turns 25 on April 3rd and our daughter Savannah will be 20 on April 14th!
Mom and Dad

Happy Quarter-Century Birthday to my brother Talon on April 23rd!
Múkwekwa

Happy 18th Birthday to Lucy on April 19th
 EIFI WE LOVE you Miskemis Nokemis
Mom, Dad, Eli, Ira Ziggy & Mitty
Auntie Tammy, Uncle Dan
Naria, Lila
Ash & Diego
Auntie Gen, Uncle John
Gail, Millie
& Gunner

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