Mno Maagwad Wiingashk
“Sweetgrass smells good”

“*We’re harvesting the hair of Mother Earth, is what I was told*” is some of the teachings Family Well-Being Cultural Coordinator Cheyanne Pitawanakwat shared with the eager group who gathered to pick Sweetgrass on July 27, 2022. Participants learned the sustainable way to harvest and cure our kindness medicine, and afterwards headed back to the Family Well-Being Centre to admire the harvest over lunch.

Kaadenan iw wiingashk. Braid the sweetgrass.

![Image of a group of people harvesting sweetgrass]

Please note that the deadline for submissions for the next issue is Monday August 29th, 2022 at 4:30 pm.

Miigwetch!

rezoundeditor@whitefishriver.ca

*A Place of Visions and Dreams*
# END OVERDOSE

Join us
Mon Aug 31st between 10AM and 3PM for a Sacred Fire at the Community Centre Arbor
to heal through honouring those we have lost.

- Tobacco-Ties available
- Elder Support
- Referrals
- Overdose Prevention INFO
- Naloxone Training
- Door Prize

COME & GO EVENT
NO REGISTRATION REQUIRED

For more info:
T Rowe
(705)863-3187 or (705)285-4354
mentalhealth@whitefishriver.ca

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The Birch Island Group of Alchoholics Anonymous

“The only requirement is a desire to stop drinking”

Sundays at 2pm

Whitefish River First Nation
Health Centre
17 B Rainbow Ridge Road
Birch Island

Questions?
Call: T Rowe Mental Health and Addictions Worker 705 863-3187
or Gail R. at 705 968-0233

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## Health Centre

(705) 285-4354

<table>
<thead>
<tr>
<th>August 2022</th>
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</thead>
<tbody>
<tr>
<td>Sunday</td>
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<tr>
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</tr>
<tr>
<td>Bonanza Bingo All Month</td>
</tr>
<tr>
<td>11 am Elder Social</td>
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<tr>
<td>6 pm Zumba</td>
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<tr>
<td>7</td>
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<tr>
<td>10 am Breastplate Workshop, Health Centre</td>
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<tr>
<td>11 am Elder Social</td>
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<td>6 pm Zumba</td>
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<td>14</td>
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<tr>
<td>11 am Elder Social</td>
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<tr>
<td>6 pm Zumba</td>
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<tr>
<td>21</td>
</tr>
<tr>
<td>6-8 pm Youth Drop-In Baseball Field</td>
</tr>
<tr>
<td>28</td>
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<tr>
<td>Tentative Back to School Event Baseball Field</td>
</tr>
</tbody>
</table>
Community Wellness Worker - Emily Wiseman

This summer has been beautiful and many of us have had the opportunity to enjoy various wellness and self-care activities through the Community Wellness program.

We’ve been able to delve into Braiding Sweetgrass, a novel by Robin Wall Kimmerer that is beautifully written. Many of us from Book Club are still raving about it and revisiting some of our favourite chapters. During our in-person book club nights, we get to share our thoughts about certain themes, fill our bellies with some snacks and share lots of laughs! Keep an eye out for the dagwaigin (Fall) book club coming in October!

The Outdoor Family Movie Night was a blast, we picked berries together at Pike Lake Farms, enjoyed some family golf in Espanola, played Indian ball, and watched the little ones learn and grow at the Youth Champion Energy Camp!

Here are events for the month of August 2022.
• Shake it with some Zumba hosted by Ashley Jacko
• Express your creativity through pyrography (word burning) charcuterie board making
• Pick some fresh veggies at Pike Lake Farms
• Craft some new regalia for the August Pow wow
• Drop in to the YOUTH EVENT (ages 13-30)
• Participate in BINGO for the chance to win $100 each week in August

I can’t wait to see you all out and about! If you ever have ideas for the Community Wellness programs, please don’t hesitate to reach out. I can be reached at the Health Centre at 705-285-4354 or via email at ewise@whitefishriver.ca.

The Family Well-Being Team hosted a Family Fun Day at Sandy Beach on July 26, 2022.
**SUMMER CULTURAL CAMP**

**FOR AGES 9+**

**AUGUST 15 - 18, 2022**

WRFN TRACK AND FIELD

Come out and enjoy a week full of teachings, land based learning, crafts and more!

For more information and to register contact Cheyanne Pitawanakwat, Cultural Coordinator
(705) 285 - 1941 or by email cheyanne@whitefishriver.ca

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**Whitefish River First Nation**

**INVITES YOU TO**

**Safe Talk Training**

10 Participants, 15+ years of age

August 23, 2022
9:00 - 4:30
7 Fires Youth & Elders Centre

To register or for more information, contact Crystal Clark McGregor at (705) 285-1941

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**WHITEFISH RIVER FIRST NATION**

Family Well-Being Department

**ATTENTION:** Parents, Caregivers, Youth, & Students!

**A.S.I.S.T.**

Applied Suicide Intervention Skills Training

15 Participants, 16+ yrs of age

**AUGUST 24 & 25, 2022**

9:00 - 4:30
7 Fires Youth & Elders Centre

For more information contact Crystal Clark McGregor at (705) 285-1941

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**Whitefish River First Nation Fitness Centre**

**Re-Opening**

**August, 2022**

For more Information Contact:
Edward Paibomsei
Family Services Worker
Edwardp@whitefishriver.ca or
705-285-1941
MOBILE COVID-19 VACCINATION CLINIC

NEXT STOP

Whitefish River First Nation Community Centre, 6 Rainbow Valley Road, Birch Island  
- Tuesday, September 6 | 11:30 a.m. to 3:30 p.m.


mRNA vaccine: Pfizer-BioNTech Comirnaty (ages 12 and older), Pfizer BioNTech Comirnaty Pediatric dose (ages 5 to 11), Moderna Spikevax (ages 30 and older and ages 6 to 29 with informed consent).

Children ages 6 months to under 5 years will not be seen at this clinic.

phsd.ca/COVID-19/vaccine-clinics
@PublicHealthSD

U-TURN PROGRAM

AT THE YOUTH & ELDERS CENTRE

Facilitators are Christian Kaiser-Fox & Nina Toulouse

Program will take place every Monday from 4:30 PM to 6:30 PM  
August 8 & 15

For ages 11-15 years old
Meals & snacks will be provided  

FOR MORE INFORMATION, PLEASE CONTACT CRYSTAL CLARK-MCGREGOR AT clarkmgregor@whitefishriver.ca OR AT THE OFFICE, 705-285-1941.
Maamwe Kendaasing Early Learning & Innovation Centre


My name is Doris Fowler. I am a band member of Sheshegwanning First Nation. I make my home in Webwood. I work at Maamwe Kendaasing Early Years and Innovation Centre. I am married with two children. It has been my honour and privilege to be working in Birch Island at the daycare and school since January 2020. Working with all age groups has been great and I am happy to help my co-workers whenever they need me. I was on placement at the daycare until December 2021. I am thankful to be working alongside these amazing Biinoojijinhik (children) in your community. I am currently enrolled in the Anishinaabemowin ECE program at Kenjgewin Teg (affiliated with Canadore College). Migwech.

Maamwe Kendaasing Daycare friends had a special visitor from Northern Exotics in July.

Education Assistant - Bonnie Beattie

Hello, Aanii:

My name is Bonnie Beattie, and I am your new Education Assistant here at WRFN. Some of you may remember or recognize me from Shawanosowe School as the casual receptionist.

I live on beautiful Manitoulin Island where I enjoy spending time with my wonderful family on our 100-acre hobby farm, as well as many outdoor recreational activities. I bring with me many years of experience in the business management department, as well as several years working as a Development Support Worker, supporting and helping others succeed in reaching their highest potential. My goal in this new role is to provide support not only to the Education Manager, but to all of the valued members of this great community with your educational needs and aspirations.

Please feel free to reach out with any questions or concerns. I may be reached by contacting the Band Office or by email at: educationassistant@whitefishriver.ca

Regards,

Bonnie Beattie

Summer SACC

The month of July has brought interesting things. They enjoyed science camp. Who’s crafty, we held a teddy bear picnic, enjoyed national sour candy day. Also, we went on a field trip to 3 cows and a cone for national french fry day. The last week of July has us experience a few of our special days such as emoji day, national hoodie day, and a field trip to lazer tag in Sudbury.

We watched the Pupa hatch

Please feel free to reach out with any questions or concerns. I may be reached by contacting the Band Office or by email at: educationassistant@whitefishriver.ca

Stay tuned for the part 2 of our program.

BACK TO SCHOOL BBQ

Save the date!!

Come and meet our Teachers and staff at Shawanosowe school! see your child's classroom and enjoy some fun activities Friday, September 2nd 11-2 pm

Door prizes! Giveaways!

For more info: aimee@shawanosoweschool.ca
Aanii,

I am happy to announce that the Rainbow Lodge team has grown this season to include Danielle Pregent in Housekeeping and Jennifer Davidson as a Manager Trainee. Danielle and Jenn are both on a 12-week program at the Lodge. Tina McCurley is back as the lead housekeeper, she has worked at the lodge for over 10 years. We couldn’t let Ann McGregor retire just yet, so she is still helping out this season. All of these ladies are amazing, and we are fortunate to have such a great team!

We have just completed 3 months of operations and sales to date are $38,916. We have met and hosted guests from as far away as the Netherlands, France, and the United Kingdom. It is always interesting to see the first impression of our guests when they see the lodge and cabins for the first time. You can see the amazement in their eyes when they see the breathtaking views along with the property. We really do live in the most beautiful place.

Here are a few reviews.

～ Had an awesome experience staying at this rustic cabin on a private lake. The cabin was warm and cozy and the views are spectacular. Will definitely stay again when we are in that area.

～ You need to see this cabin to appreciate it truly. Such a beautiful and tranquil spot, perfect for relaxing and decompressing. It’s updated, well appointed, clean, and very cozy. We will be back for sure!

～ What an incredible place. We felt like staying forever. My family and I were traveling from the East Coast to the West Coast of Canada when we stumbled upon this hidden gem. Originally we planned on staying for one night, but we fell in love with the place and stayed an extra night. Photos truly don’t do it justice. You have to see it in person to understand what I mean. The scenery is absolutely breathtaking! We appreciated the peace and quiet and had such a restful stay. The cabins were very clean, comfortable and equipped with everything we needed. We would be back in a heartbeat. Thank you for the great stay! ❤️

As reported in the May Rezound issue our goal is to have 60% occupancy rate for the season. The Main lodge is exceeding and to reach our goal, we put both cabins on Airbnb for rentals and since then we have received more bookings. The guests are normally one-night stays as they are coming from or heading towards the Chi-Cheemaun and require one-night accommoda-

Some new things this year, a new dock situated in front of the cabins so that the guests at the cabins have access to the water. We purchased paddle boards and kayaks that can be rented for an additional cost to our guests.

If you are interested in booking the lodge in 2023, please call to discuss as the dates are booking steadily. Email rainbowlodge@whitefishriver.ca or call me at 705-863-0255 to discuss further.

Baamaapii

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**Rainbow Lodge, 45 th & 33 st**

Rental Statistics 2022

<table>
<thead>
<tr>
<th></th>
<th>Days Available</th>
<th>Lodge</th>
<th>Cabin #3</th>
<th>Cabin #4</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 23-31</td>
<td>28</td>
<td>5</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Jun 1-30</td>
<td>16</td>
<td>5</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Jul 1-31</td>
<td>16</td>
<td>17</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Aug 1-31</td>
<td>16</td>
<td>17</td>
<td>16</td>
<td>16</td>
</tr>
</tbody>
</table>

|                |               |       |          |          |
|----------------|---------------|-------|----------|
| Occupancy Rate for 3 months |               | Lodge | Cabins #3 | Cabins #4 |
|                |               | 74.6% | 57.3%    | 64.9%    |

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Whitefish River First Nation Library & Resource Centre

52 Bay of Islands Road, Birch Island, ON, P0P 1A0

Phone: (705) 285-1888

TUESDAY & THURSDAY - 12:30 pm - 4:00 pm

Until Further Notice.
Raidyn and Caleb are welcome additions to the Maintenance team in summer.

Kristen is locked and loaded for the summer in Lands.

Every day is an adventure for Phoenix at the Maamwe Kendaasing Early Learning and Innovation Centre.

Felicity tends to the Family Well-Being gardens.

Novalee ensures the daycare tots are ready, rain or shine!

Turtle tracking is just a small part of Sam’s Land’s Stewardship experience.

Field trips with the daycare are a perk of the job for Grace.
FIRST NATION PURCHASES OF TAX-EXEMPT GAS - Effective July 1, 2022 until December 31, 2022, the gasoline tax on unleaded gasoline will be reduced from 14.7 cents per litre to 9.0 cents per litre.

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

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 (also known as statement of Live Birth) IF YOU WERE ADOPTED:
  1. a copy of the adoption order or a letter from the social services authorities confirming the details of the adoption
  2. a consent form signed and dated by the adopted applicant, or in the case of a child or dependant adult, by the adoptive parents or legal guardians, so ISC can get information about the biological ancestry from social services authorities involved in the adoption
You can also submit a copy of the pre-adoption birth certificate listing the biological parents’ name, if available. If adopted in British Columbia, you’ll need to fill out a consent form specific to that province.

A CUSTOM ADOPTION is carried out following a First Nation’s practices. Applicants need to submit additional documents to confirm the custom adoption To find out more about what other documents you need to submit if you’re adopted and to obtain a consent form: write to:
Adoption Unit,
Indigenous Services Canada,
10 rue Wellington,
Gatineau, Quebec
K1A 0H4

STATUS CARD
If you are applying for or renewing the Secure Certificate of Indian Status Card (SCIS) the required documents are:
- Secure Certificate of Indian Status (SCIS) Application and Guarantor Form
- Identification, and 2 passport style photos Identification or use the SCIS Photo app

CERTIFICATE OF INDIAN STATUS (CIS) CARD – Paper Laminated Required Documents
- Application for Certificate of Indian Status Card (CIS)
- 2 pieces of identification
- Administration fee - $5.00 for members and $20 for non-members

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

Death Reporting: A copy of the 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.sic-isc.gc.ca/eng/1462806841047/1572461062751/cert-ind-stat or available upon request from the Membership office.

NON-INSURED HEALTH BENEFITS (NIHB)
An eligible client must be a resident of Canada and any of the following:
- A First Nations person who is registered under the Indian Act (status Indian);
- An Inuk recognized by an Inuit land claim organization;
- A child less than 18 months old whose parent is a registered First Nations person or a recognized Inuk.
To make sure that your child continues to be eligible for the program, you should apply for your child’s Indian status. This should be done as soon as possible.

For more information on Benefits and services under the Non-Insured Health Benefits program, please visit, the Indigenous Services Canada Website, select Indigenous Health, then select Non-insured Health Benefits for First Nations and Inuit.

https://www.sic-isc.gc.ca/eng/157253716086/157253723451

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 from the membership office upon request

CONTACT INFORMATION:
Kim Laundrie,
Council Clerk/IRA/Band Rep. Clerk
705-285-4335 ext. 221
laundriek@whitefishriver.ca

Kathleen Migwanabi,
Lands Manager/IRA
705-285-4334 ext. 208
kathleenm@whitefishriver.ca

321 Maple Heights,
Island, Ontario
Birch
POP 1A0

School Year Calendar 2022-2023

Legend: 5 - Statutory School Holiday  P - Professional Activity Day  MW - Mid-Winter Break  C - Christmas Break  * 1st Day of School for Students  BH - Band

Month | Number of Instructional Days | Number of Professional Activity Days | 1st Week | 2nd Week | 3rd Week | 4th Week | 5th Week
--- | --- | --- | --- | --- | --- | --- | ---
August 2022 | 20 | 3 | | | | |
September 2022 | 20 | 1 | | | | |
October 2022 | 20 | 0 | | | | |
November 2022 | 20 | 0 | | | | |
December 2022 | 20 | 0 | | | | |
January 2023 | 20 | 0 | | | | |
February 2023 | 20 | 0 | | | | |
March 2023 | 20 | 0 | | | | |
April 2023 | 20 | 0 | | | | |
May 2023 | 20 | 0 | | | | |
June 2023 | 20 | 0 | | | | |
Total | 192 | 7
Seniors Bingo resumed Tuesdays at the Seven Fires Youth and Elders Centre.

Bev is “keepin’ it reel” at Shoreline Fishing.

Cheyanne shares her wiingashk knowledge.

WRFN hosted Lafarge Canada Inc. New Lease and Railway Corridor Survey Results presentations in Toronto, Sudbury & Birch Island in July.

U-Turn program for youth at the 7 Fires Centre.

Ryan lent his filleting expertise at Shoreline Fishing.

Donut the Ball Python was a popular visitor from Northern Exotics.

Mskwoka volunteers at the Walleye release.
The success of the walleye rearing, is due in part to the collaboration between WRFN Lands, the Whitefish Fall’s Sportsman’s Club and local volunteers.

Lands Officer, Keith Nahwegahbow at the Walleye fingerling release.

Lincoln and Willow are eager to pet the soft fur of Waboos.

Gemma is gentle with Snowball the albino hedgehog.

Deacon is all smiles with a newfound friend.

The Skinny Pig (Hairless Guinea Pig) garnered mixed reviews at the daycare.

First Aid/CPR Training July 13 & 14.
Whitefish River First Nation invites you to the

27th Annual
Wawaskinaga
Traditional Pow Wow

August 20 & 21, 2022

"HONOURING OUR WARRIORS"

**SCHEDULE**
- Sunrise Ceremony All Weekend
- **Saturday**
  - Registration: 11 am
  - Grand Entry: 1 pm
  - Evening Grand Entry: 7 pm
- **Sunday**
  - Lil Miss & Miss Wawaskinaga Pageant: 11 am
  - Grand Entry: 12 pm
  - Closing: 4 pm

**FEATUREING**
- Host Drum: Chi-Geezis
- Co-Host Drum: Genaabaajing Jrz
- MC: Dan Fox
- Arena Director: Sunset Sagutch
- Head Dancer: Tim McGregor
- Head Dancer: Maretta Jones
- Dance Specials including a Warrior Special

Food and Craft Vendors Welcome. Rough Camping Available. This is a drug and alcohol free event.

For more information call 705-285-4335 or email sandyj@whitefishriver.ca
Aaniin, Boozhoo,
A word of caution as the summer months are coming to an end, bears are beginning to frequent the community looking for food. Bears are attracted to the scent from garbage, barbecue grills, pet food and bird feeders. To deter the bears from seeking out the garbage, we will be moving to pick up twice a week until late fall. A notice will go out to the community when the schedule is set.

Another round of Community Conversations will be taking place in Toronto, Sudbury, and Whitefish River on August 15th, 16th and 17th respectively. At these sessions, the community will be presented with the findings from the Niigaan Naabidaan Trust Community Development Bank Account Working Group sessions held in July. Additionally, the community will hear an update on the Land Claim Negotiations. These community conversations are where people should come together to listen, think, and generate ideas. It is important to recognize that we don’t have to agree on everything to be kind to one another.

After a two-year hiatus, we are excited and proud to say that Whitefish River First Nation is going to be hosting its 27th Annual Traditional Pow Wow on August 20th and 21st. The Annual Pow Wow is a time for us to come together to enjoy food, gather, dance and honour the traditions of those who have gone on before us. All are welcome and encouraged to attend to celebrate our culture and community. A daily Sunrise Ceremony will be taking place at the Sunshine Alley Sacred Arbour. Rough camping will be available for those who wish to camp, all are reminded that no pets, drugs or alcohol is allowed on site, in or around the pow-wow grounds. The Pow Wow Committee is seeking volunteers to assist with parking, security, and general duties. If you are willing and able to volunteer please contact Stuart Wilson at edo@whitefishriver.ca.

Just a reminder that the Whitefish River Septic Pit was decommissioned in the Spring of 2021 and as a result Whitefish River First Nation entered into an agreement with Indigenous Services Canada in order to have WRFN Septic Waste disposed of properly. Note, this Agreement does not include the Septic Waste disposal for those living on leased land and recreational lots. Those individuals are responsible for making their own pump out arrangements and paying their own fees.

Whitefish River First Nation has a service contract with Mark Visser of Rock Solid to pump out the waste of the permanent residents’ tanks and transport it to the Espanola Waste Station. Over the course of the next two years, the plan is that the residential septic pump outs will be scheduled as follows:

- Rainbow Ridge Road was done in the Spring of 2022
- Maple Heights Road will be done in the Fall of 2022
- Shawanoswe Street will be done in the Spring 2023
- The Rural Areas will be done in the Fall of 2023

One week prior to the pump out, you will be contacted to advise when the service being scheduled. For emergency septic pump out contact the Housing Office to assist with arrangements.

The Whitefish River First Nation Election is scheduled to take place February 11, 2023 and as we prepare for upcoming election, we ask that you ensure your mailing address with the Membership Department is kept up to date. It is important to note that when you update your address with one department it does not automatically update to all the departments. Community members would have to express in writing that your information can be shared amongst the different departments.

As always if you need to get a hold of me, my cell number is 705-863-3294 and my email is: bandmanager@whitefishriver.ca.

Please Be Safe, Be Well, Be Kind.

Miligwech

Mwoonmi Gizis 2022

Band Manager - Sandy Jacko

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**BEAR SAFETY TIPS**

- **BBQ**
  - burn off food residue and wash the grill right away
  - empty the grease trap every time you barbecue
  - remove all utensils, dishes and food after eating
  - be aware that cooking odours can attract bears

- **GARbage**
  - put garbage out only on garbage day, not the night before
  - put food scraps in the freezer until garbage day
  - store garbage in a bear-proof location such as your basement or a sturdy shed or bin
  - frequently wash garbage cans, bins and recycle containers with a strong-smelling disinfectant, such as bleach or Pine Sol

- **FRUIT AND BERRIES**
  - pick all ripe and fallen fruit from trees and shrubs on your property
  - plant non-fruit bearing trees and shrubs

- **PET FOOD**
  - do not leave pet food outdoors
  - keep your dogs on a leash/tied up
  - turn on yard lights at night to scan surroundings before letting your pet out after dark

- **BIRD FEEDERS**
  - fill bird feeders only through the winter months
  - put away feeders in the spring and instead offer birds natural alternatives for example, flowers, nesting boxes and fresh water

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**Request to Update Contact Information**

We are asking all members of WRFN to please update your mailing contact information with the WRFN Membership Office.

Your mailing address is required for voting purposes within the band, (ie elections, referendums), as well as distributing important information.

Members are encouraged to visit our website at: www.whitefishriver.ca and enroll in the membership portal.

Please contact the WRFN Administration at (705) 285-4335 or (705) 285-4334.

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**CONTACT:**

Kathleen Migwanabi
Lands Manager/IQA
kathleenm@whitefishriver.ca

Kim Laundrie
Council Clerk/IQA/Band Rep Clerk
klaundrie@whitefishriver.ca

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Our mailing address is:
Whitefish River First Nation Membership Office
17A Rainbow Ridge Road, P.O. Box 188
Birch Island, Ontario  P0P 1A0
Community Energy Champion - Ryan McGregor

The Nation that leads in Renewable Energy, will be the Nation that leads the World.

At the beginning of June Leftright Media came by to finish the WRFN community energy video. Adam Glehs and his assistant Stephanie traveled up to finish the shoot. The video will touch up on ways to save energy and explain tips and tricks to get your house to peak energy efficiency. It is currently in the finalization stages and will be available in the coming months.

Every Friday in June, I visited Shawanoswe School with buildable Solar Robots to teach the students about solar power. We have a 14 in 1 model and tried 2 variations but were too busy laughing and building team chemistry that an hour was not enough. In collaboration with the Housing Department, I was fortunate to be able to set up a booth at Family Fun Day, held June 13, 2022. Our booth included Laser tag, Bean Bag toss and Guess the Average wind speed for the day. It was so much fun being able to participate in this event, while passing along energy saving tips as well! Miigwech to everyone who made these events a success.

On June 17th Team 5672 Robotics team members Rakejah Wallace, Ash Recollet, Brayden Pangwosh along with Chris Mara, Wasse-Abiin’s Teacher lead came to Shawanoswe School. Students got to see first hand the competition robots. The large one named Biwabik Nimosh (iron dog) and the two smaller competition robots named Biwabik Gaazgehns (iron cat). Shawanoswe students took a turn at controlling the competition robots and participating in a simulated challenge. Students also got to try their hand at coding even smaller rover robots. Students broke out into teams of 2 and 3 and programmed the codes into a laptop that was connected to the rover robots, which based on their commands into the laptop, translated into the actions of the rover robot. I must say the aptitude of the students was amazing. With the help of the team 5672, the students had no problems getting the robots to function.

I would like to thank: Mr. Steven Whittaker for the opportunity to come to the school and deliver these activities, Mr. Chris Mara for taking the time to make time for this event, and the visiting Team 5672 members for the time and effort they put into this event. I am in awe each time I visit Shawanoswe school.

On June 16th I was able to secure training for our staff and local fire department. The Solar Electricity Safety Training for firefighters is a course delivered by the Association of Ontario Fire Chiefs. We had Mike Armstrong from the county of Brandt fire department who traveled up to present the course. Mike worked in Utilities for Brantford for 22 years and 10+ as a trainer and a firefighter. There were two sessions presented. The first was tailored for our staff and community members, the second was Fire Fighter specific training. The staff and community members that attended left with some highly valuable knowledge and training in Solar Electricity.

July brought Elephant Thoughts back to do a week-long Science camp for youth. The young participants learned Science, Technology, Engineering and Math applications in various sectors of renewable energies. We had two amazing camp leaders in Sydney and Tryphena, who did an amazing job with the youth. We were privileged to take part in a turtle presentation during the camp, thanks to our Lands department and McMaster University students working on the Blanding’s Turtle study. As this was one of the first in person camps we have had in 2 years the enthusiasm and innovation displayed at the camp was amazing.

I will be your Community Energy Champion for the upcoming year, and with that being said, I have been busy putting in applications for a Solar Feasibility Study, Updating our current Community Energy Plan, and the Community Energy Champion funding. I am planning on having a few information sessions and I encourage the community members to share their ideas and concerns regarding Community Energy. What more would you like to see? What innovative ideas do you have? Call me at the Band Office, stop me at the store, I will always make time to listen to your thoughts and ideas.

Here are some tips to help save energy and lower your electricity costs. Weather proof your windows and doors. Check your HVR system, make sure it is clean. Change your Furnace Filters. Close your shades during the day to keep heat out and coolness in.

Again I look forward to hearing from you with your ideas or concerns, Miigwech.

Don’t hesitate to contact me at 705-285-4335 ext.227 or via email at energychampion@whitefishriver.ca
July has been a busy month in the Economic Development office! The Summer Student Work Program is in full swing after we kicked off the training in the first week of July. Whitefish River was happy to welcome a total of 7 students from both secondary and post-secondary schools for the 8-week program. The students received their First Aid and CPR/AED certificates after attending a 2 day course with the Canadian Red Cross. After completing other training courses such as WHMIS, Health and Safety in the Workplace, and Customer Service Standards, the students were placed into their positions throughout the Daycare, Public Works, Lands, and Family Well-Being where they continue to learn and develop skills that will help to shape their careers moving forward.

As well as co-ordinating the summer student program, I have also been busy helping to organizing the 27th Annual Wawaskinaga Traditional Pow Wow. We are still looking for volunteers, if anybody would like to lend their time and effort to helping out at any time throughout the weekend I ask them to please get in touch with me via email, phone or at the administration office. This is a great way to engage with the community and also can provide a great opportunity for high school students to secure the volunteer hours required for graduation. With this being the first Pow Wow since 2019, we are hoping for a great turnout and I personally cannot wait to see everybody’s smiling faces on August 20th and 21st.

In recognition of the upcoming National Day for Truth and Reconciliation 2022, Procurement Assistance Canada (PAC) Ontario Region, Whitefish River First Nation and their federal government partners will host a collaborative virtual diversity expo event on September 22, 2022 to support the business growth and inclusion in federal procurement of businesses owned or led by Indigenous people. The expo will highlight information on doing business with the Government of Canada and the other small business support programs and services offered by government and Indigenous community organizations. This event will also have an expo component where businesses can virtually attend and join various online rooms hosted by the event partners that will provide a unique opportunity to meet and speak to representatives of these organizations and ask them questions about how they can help them with their business growth or development. A virtual expo! To register for this event, please contact myself through email or phone.

If you have any ideas, questions or concerns you can email me at edo@whitefishriver.ca visit me at the Administration building, or call me at 705-285-4335 ext. 216.

Migwech.

Contact Stuart Wilson, Economic Development Officer at: 705-285-4335 ext. 216 or edo@whitefishriver.ca

Looking for Work?

Let me know if you are looking for full time, part time, or casual work and attach a copy of your resume.

NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify Whitenfish 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: Have in the application form you will need to hold your spot. Closing date is Nov 13.
Lands and Order: Species at Risk Bats

There are currently eight species of bats in Ontario, four of which are endangered (Little Brown Myotis, Northern Myotis, Eastern Small-footed, and Tri-coloured bat) and three (Red-haired, Silver-haired, and Hoary bat) are under a status assessment and could be listed as endangered in the future. WRFN is in collaboration with 7 other First Nations to complete a 3-year “Georgian Bay Bat Tracking Project”. This project is led by Shawanaga First Nation and funded by the Indigenous Partner Initiative from Environment and Climate Change Canada. The three-year collaborative study will provide a much better understanding of bat populations, critical and seasonal habitat, distribution and movement patterns for bats in the Georgian Bay region; a very ecologically important area in Ontario containing 2 UNESCO designated Biosphere Reserves.

“The project will give First Nations an opportunity to learn more about bats, how bats can be studied and integrated with local and traditional knowledge. Components of the project will bring together members within each community in public events and training opportunities, also allowing important time on their land learning directly about the ecology and habitat of these species. In the long term, this will help to develop ways to conserve and protect these important species and allow communities to develop their own policies and procedures based on knowledge collected right on their land.” - Derek Morningstar, Bat Specialist, Myotistar

At the end of the project communities will come together in a Knowledge Sharing Conference to communicate and share what has been learned and the next steps that can be taken to continue bat conservation around Miid Gami. The data will also contribute to projects at the continental scale like Motus and the North American Bat Monitoring Program.

BAT FACTS
- Bats are a critically important part of part of the local ecosystems, filling a role that cannot be replaced by any other animals
- One little brown bat can catch 1,000 mosquito-sized insects in an hour, and a nursing mother eats 4,500 insects every night
- All bats that are native to Ontario are insect-eaters and typically devour at least half their weight in insects during a single night
- White nose syndrome has decimated populations of several bat species in Ontario. Caused by a fungus (Pseudogymnoascus destructans), it infects skin on the muzzle, ears and wings of bats.
- Research has shown that bats are worth billions of dollars a year in reduced crop damage and unneeded pesticide use through natural insect control
- Bats are the only mammals that can fly; their wings are folds of skin stretched between elongated finger bones, the sides of the body, the hind limbs and the tail.

For more information please contact the Lands Department at 705-285-4335.

Community Notice: Streams Work

Starting July 25, 2022 and continuing throughout the summer.

This summer the Whitefish River First Nations Lands Department is running its First Annual Stewardship Program.

Funded by the Ontario Community Environment Fund we are starting a 2-year streams Project here in WRFN.

Stream clean-up will include Sandy Beach and streams in the Sugar Bush area.

For more information about the Streams project please contact the WRFN Lands Department at 705-285-4335

Community Bat Night

August 18th at Dusk
Meet at the end of Red Eagle Road
Help the Lands Dept. track bats in the community

August 24th at 12pm
Sandy Beach #2
BBQ Lunch and Prizes

COMMUNITY APPRECIATION DAY

For more information contact Keith Nahwegahbow via email at keithn@whitefishriver.ca or call at (705) 285-4335 ext. 217
Consultation Coordinator - Stephen McGregor

Aanii, The past few months have been quite active in the Lands Department with our involvement in the Blanding’s Turtle Study, Canadian Coast Guard training, employment opportunities as well as technical training with Ontario Aboriginal Lands Association, specifically the Land Relationship Visioning Program (LRV Program). The LRV Program involves a “multi-process, community-driven exercise designed to document First Nation community’s significant spaces and to protect what is important to the community as it grows and develops”. This training is a two-year course that requires the Lands department to catalog and categorize significant species and spaces in Birch Island. This will enable Lands to develop a process to record what we have and create a sustainable program in order to continuously monitor these important features in our landscape. The LRV training will help to identify and sort through the various species (plants, birds, animals, insects, etc.) so that WRFN can begin to gain a better knowledge of our land base as it relates to biodiversity. This is an important step in building capacity in the Lands Department and the beginning of a sustainable process that stretches far into the future.

Beginning in July our summer students (Sam Jacko and Kristen McGregor) began working with the Lands Department. The Lands Department has some exciting work for these young people that include: tracking Species at Risk (McMaster University Blanding’s Turtle Study) as well as species identification (“Bio Blitz” using methods gathered from the LRV Program). The students will also be involved in the Streams restoration program in WRFN. The Streams project began last year when the Lands Department made proposals to the Ontario Community Environment Fund and McMaster University to fund two different projects that address stream restoration. The students have been involved with bridge construction over a stream on the west end of Birch Island; drone surveys to capture snapshot images of the state of stream health in Whitefish River, and stream improvements in the Sandy Beach (2nd Sandy) park.

The Coast Guard is hosting a 2-hour training session “Intro to Boating Safety” on August 30, 2022 and all community members that are interested in boater safety are welcome to attend. If you have any questions or concerns or wish to register for this training please email me at stephenn@whitefishriver.ca or contact me at the Administration Building at (705) 285-4335.

Migliwetch

Public Works

Transfer Station

Whitefish River First Nation Transfer Station is open Wednesday 8 am to 6 pm, and on Sunday 8 am to 3 pm, and is located on Geh Teh Mikun Rd. New cameras have been installed at the Transfer Station. Should dumping after hours become a recurring issue, the site will return to restrictive weekday hours. Scavenging through the active waste by public and staff is not allowed at the site and could result in injury. There are 5 active waste cells at the transfer station and these cells should be the only place garbage is dumped on a weekly basis. If you are unsure, the Transfer Station attendant will direct you to where your item should be placed.

Recycling

The Transfer Station accepts cardboard and box board, paper, Metal/aluminum cans, and plastic recyclables. The following are NOT recyclable: Styrofoam, gift wrap, grocery, milk, bread or chip bags, broken glass, window panes or dishes.

Newspapers, Magazines, Household Fine Paper, Catalogues & Telephone Books
• Includes advertising inserts and glossy flyers.
• White, brown or coloured writing and mailed papers.
• Photocopy paper and envelopes. (no carbon or tissue)
• Keep newspaper separate from cardboard.

Corrugated Cardboard
• Layered cardboard boxes with a Ripple between the layers.
• Keep newspaper separated from cardboard
• Flatten and bundle to fit in Blue Box

Boxboard
• Cereal, detergent, shoe boxes, etc.
• Remove liners, flatten and stuff into a boxboard box.

Cardboard and boxboard can be placed together
• Milk and Juice Cartons

Glass
• Glass Bottles & Jars
• Clear and coloured
• Food and beverage containers only
• Remove lids

Metal Food & Beverage Containers
• Steel and aluminum food and beverage cans.
• Aluminum foil trays
• Steel lids or jar lids can be placed with metal food products
• Rinse and remove lids or push into cans

Plastic Bottles & Jars
• Plastic pop bottles, water bottles, soap, anti-freeze, laundry detergent, bleach bottles.
• Containers marked on the side or bottom with:

Should you have any questions about the information presented in this article, do not hesitate to contact Administration at 705-285-4335.

Migliwech.

August’s Pet Profile

Hello everyone!

My name is Scout and I am 12 weeks, and live on Maple Heights Rd with my family. I love to go for vehicle rides to town to get some new treats, I’ve been on the boat a few times. It’s the perfect place to take a nap, but not on the bumpy rides. I wasn’t even scared... well, not that scared. As long as I get to spend time with my mom, dad, brothers, and sister I’m happy. I also enjoy my evening rides to the Zoo (dump) with Pat. I know a few tricks now like, sitting, paws, and down and am work-

ing on a few more tricks that I need to master before I can let you know. I also enjoy playing in my sprinkler but can’t ever seem to catch that water that comes out. I love digging for weeds in the garden, those plants come back after a few times of digging deep for them. My absolute favourite is when my big brother Quintin takes me for rides on his quad. He says when I’m older I’ll get to drive his quad.

Scout found his fur-ever home with Tracy, Cal, Quintin, Aurora & Leo.

Would you like to see your beloved furbaby featured in the monthly Pet Profile section of The Rezound? Email me a picture and information of your family pet, and they may be our featured Rezhound or Rezcat! Email me at: rezoundeditor@whitefishriver.ca
Wow, July has come and gone. The heat wave was nice, especially when we think of the long bitter winter. It’s now time to start thinking about the fall, returning to school and harvesting fruits and vegetables from our gardens. We are now preparing for our 27th Annual Traditional Pow Wow on August 20th & 21st which will be wonderful for our entire community. Our summer students are taking a hands-on approach to their work. They are helping our community complete small projects that need our attention. When you see these projects completed by our students, you should be very proud. Locally, the construction of the three housing units is moving along. The foundation work is being completed along with the backfilling of the excavation works. The HVAC work continues at Shawanoswe School. When the project is complete, there will be a centralized Air Conditioning system for the school.

The tendering process for our new 15 Lot Subdivision will be completed by August 4th. This new 15 lot subdivision includes:

General Project Overview (quantities are approximate):
1. Preliminary Site Preparation and Site Grading
2. 335m – 300mm PVC DR18 Watermain Construction
3. 365m – 200mm PVC DR18 Watermain Construction
4. 15 – Water Service Connection to the property line for Housing construction
5. 4 – Hydrant Assemblies c/w Access Drives
6. 6,500m2 – New Roadway Asphalt
7. 6,000m3 – Rock Excavation
8. 10,000m2 – New Granular Road Base Construction
9. 15 – Residential Septic Systems
10. 500m – HDPE Drainage Culverts
11. Asphalt Line Painting
12. Final Site Works, Final Grading and Terra Seeding

The Tender dates, tender closing and completion dates:

a. Pre-Tender Site Meeting – July 19, 2022 @ 10:00am
b. Deadline for Questions – July 25, 2022 @ 12:00pm
c. Tender closing digitally via bids & tenders – August 04, 2022 @ 2:00pm (local time)
d. Estimated Start Date – August 29, 2022

By the end of the August, the selected contractor will begin work on this phase of our community development. This project follows our community plan and we are very excited to see this phase of the project receive approval from Indigenous Services Canada. Three years of advocacy has gone into securing this project, so it will be very gratifying to see construction begin. What does this mean to the community. It means the opportunity for 15 new homes and that means 15 new families growing our community in a very positive way. That’s amazing!

We are pleased to see strong community support for the new speed limits signs in the community. When you drive around the village, they are very visible and serve as a fantastic reminder to observe posted speed limits in our beautiful community. In fact our community is so beautiful, it’s well worth a leisurely drive, no need to speed. Let’s all join together and be a caring community!

First Nation water issues grabbed head line news again in July. I want to say, we have the best water anywhere. This is not by chance, we have made significant investments in our community infrastructure, with the new Elevated Storage Reservoir being the capstone to our water infrastructure. However, our infrastructure needs good operators to produce good water, and without a doubt we have very dedicated staff that run our water supply system. We are very fortunate to have water for drinking, bathing, cooking and recreation. Not all communities are this fortunate. For this I am most appreciative.

We have been working with the Whitefish Falls Fish and Game club for several years and in the middle of July, our community joined forces with the club to release walleye fingerlings for another season. We are now following in the footsteps of the students at Shawanoswe School who have been doing this for over 5 years now. This is great for the Walleye population in the Whitefish River basin. Hats off to our staff in Lands that have moved this project along to its present state. We are strong when we make conservation part of our work.

Away from the community, I attended parts of the Annual Assembly of First Nations (AFN) Gathering in BC virtually. Like many other Assemblies, there were no shortages of Regional and National issues for the Chiefs to discuss.

Pope Francis is visiting Canada between July 25 - 29, making stops in Edmonton, Quebec City and Iqaluit to address the devastating legacy of Canada’s residential school system. On Monday, the Pope gave a formal apology for the abuses of residential schools. “I humbly beg forgiveness for the evil committed by so many Christians against the Indigenous peoples,” he said.

Lastly, if you get the opportunity, spend some time on the land, go fishing, berry picking or hiking. It’s a great time to be out on the land. Until next month, enjoy the month of August.

Chi Miligwetch

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**Message from Ogimaa Shining Turtle Niimaan Indoodem, Anishinabek Nation**

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**August 2022**

**Subject to Change**

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**Chief and Council Agenda Items due**

- Indigenous Services Canada Covid-19 update
- WRFN Pow Wow
- Chief and Council email: chief@whitefishriver.ca
- Lakehead@whitefishriver.ca
- eosche@whitefishriver.ca
- dshawanda@whitefishriver.ca
- cmgregor@whitefishriver.ca
- tmcgregor@whitefishriver.ca
- brianm@whitefishriver.ca
SAVE the DATE

TREATY GATHERING 2022
Restoring the Balance
from SEPTEMBER 7 to 9, 2022

Robinson Huron Waawiindamaagewin and the Robinson Huron Treaty Litigation Fund invite you to join us for the 2022 Treaty Gathering to be held in Nipissing First Nation and co-hosted by Dokis First Nation.

The hybrid event will feature guest speakers and information booths. Learn all about the Treaty, Annuities Case and the Treaty Governance.

For more information, please contact us:
jolene@waawiindamaagewin.com  |  www.waawiindamaagewin.com  |  www.robinsonhuron treaty1850.com
facebook.com/Waawiindaamaagewin  |  twitter.com/1850RHTreaty
Pet Care & Tips

Hello everyone!

I almost forgot to do my article for this month. Well half of the summer is gone now and when I look out my kitchen window the sun is now making way back to the cell tower and Water Tower. When it goes down now it sets in front of the Church right where the intersection is on the hill. I’ve noticed the days are starting to get shorter and it is getting dark by 9:30 pm now. Well, the cats are doing fine and have lost their winter weight and are slim again. Webby is starting to go out more like the others and spend the night outside on the deck where they know it is safe. They can dive into one of the cat shelters I have outside if they sense danger. One evening I was wondering why they all came flying into the house through the cat door. As it turns out it was the mama bear and her baby around. I hear that she is still wandering around the village, so make sure to watch out for your pets and children when they go out. I can’t believe that in just a month’s time the kids will be back to school again. Like I always say, the years seem to fly faster as we get older. Well, I still have not made it to riding my lawn mower as I said I would. Ah well.

Some Cat Facts:
- Cats have more than 100 sounds in their vocal repertoire, whereas Dogs have about 10.
- Mew Year’s Day (January 2nd) was created by wellcat.com so cats could have their own New Year’s celebration. Most businesses are still open.
- Cats are crepuscular, meaning they are most active at dawn and dusk.
- Cats like to stretch because it increases blood flow to their muscles after a period of inactivity.
- The cougar, puma and mountain lion are all the same animal, found in North, South and Central America, they just go by different common names, regionally. (I asked my Dad one time if there were any large cats in the mountains here in our area and he said that there were probably some. I know I read about them from the Expositor on the Island where they have been seen).
- A survey conducted four years in a row by Times Square Alliance revealed that four times more women than men intended to mark New Year’s Eve with their pet. So, break out the bubbly and pet treats! (That is what I do with Webby Debby on New Year’s Eve. I used to celebrate with my late Khafka.)

Well that is it for another month so the cats and I would like to wish all the Birthday People and Anniversary People a happy and healthy year for you. Remember to check in on our elderly and shut-ins who are not very well. I am sure they will like it if you were to call them. Remember to get your pets fixed to help keep our pet population down in our community. I still hear of dogs running loose around our community. Please make sure that your dogs are well cared for and not running loose. Less work for the Dog Catcher.

Bye for now from,
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