Bima’adoobatoo
s/he runs along a trail

The chilly weather did nothing to dampen the energy and the spirits of Shawanoswe Staff, students and participating schools in anticipation of the return of the Shawanoswe School Annual Bobcat Cross-Country Run. Nearly 400 students from 10 invited schools travelled to WRFN on October 12, 2022 for the first interschool cross-country meet organized since 2019. This year’s run was organized slightly different as it was held strictly for fun, with all participants going home with a “Running Wild with the Bobcats” t-shirt and participating school banner! Miigwech to the Whitefish River First Nation Staff, who contributed to the day’s events. Chi-miigwech to our affiliate organizations: UCCM Police for their help with leading our runners and traffic control, and to Mnaamodzawin Health Services for their assistance in the First Aid tent!

Chi-miigwech to the entire community for the continued support, encouragement and guidance in all areas of health for our youth!
Gwetaankamik! Way to go!

“Please note that the deadline for submissions for the next issue is Wednesday, November 30th, 2022 at 4:30 pm. Miigwetch!
rezounceditor@whitefishriver.ca

“A Place of Visions and Dreams”
Health Manager - Kim Armstrong

Aanii,

In October we had a busy month at the Health Centre. We hosted a Traditional Healer and a number of ceremonies that were led by him. Community turnout was amazing and we thank everyone that supported these events. As far as other programming goes, we had a beaded brimmed hat workshop, a World Food Day workshop and our staff all received Naloxone Training.

October was a very busy time with planning for National Addictions Awareness week for November 20-26. Stay tuned for many more details on this robust program. In addition, you can look forward to many more programs and services being planned by the staff.

Looking for volunteer hours? The Health Centre is looking for volunteers to help with NAAW but also for other events that we have ongoing. Interested community members can call Cathy at the Health Centre at 705-285-4354.

We have secured dates for a COVID vaccination clinic to be held on November 10th at the Community Centre as well as flu shot clinic dates (November 8 from 10am – 3pm and November 9 from 4pm to 7pm) at the Health Centre. Please call the Health Centre and Cathy will book your time slot for any of these clinics.

We are actively recruiting for a Community Wellness Worker. Should you be interested and have questions, please reach out and I can chat with you. On the staffing note, I’m very excited to share with you that Crystal Mokohonuk was the successful applicant for our permanent Mental Health and Addictions worker position. Welcome to the team (permanently) Crystal! On Halloween, the staff was visited by the Daycare trick or treaters and our staff delivered treats to the school. It was a fun day!

As a reminder, the Health Centre will be closed between December 17th and January 2nd. Regular hours before and after that.

Regards,
Kim Armstrong (she/her/hers)
Health Manager
Whitefish River First Nation
(705) 285-4354 ext. 211
healthmanager@whitefishriver.ca

November

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>All Soul’s Day</td>
<td>1 Diabetes Conference in Little Current Bjo am Nogominowin Teg Mobile Wellness - 11 am &amp; 5pm</td>
<td>2 1pm – Seniors Health Workshop</td>
<td>3 1pm – Dr. Cooper</td>
<td>4 1pm – Seniors Craft Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am – 3pm – Flu Shot Clinic – Health Centre</td>
<td>8 4pm-7pm Flu Shot Clinic – Health Centre</td>
<td>9 10am – 2pm Covid Vaccine Clinic – Community Centre</td>
<td>10 1pm – Seniors Health Workshop</td>
<td>5 FASD Beaded Ornament Workshop – 10am</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>1pm – Dr. Meikleham</td>
<td>14 1pm – Seniors Social</td>
<td>15 1pm – Seniors Social</td>
<td>16 15pm – Seniors Health Workshop</td>
<td>17 10am – 2pm Diabetes Awareness Event Community Centre</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>1pm – Seniors Social</td>
<td>21 1pm – Seniors Social</td>
<td>22 1pm – Seniors Health Workshop</td>
<td>23 1pm – Seniors Health Workshop</td>
<td>18 9am NAAW Closing Community Healing Circle</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>5pm – 8 pm NAAW Family Paint Social</td>
<td>22 5pm – NAAW - Deadly Aunties Comedy Night</td>
<td>23 5pm – Guest Speaker and Community Meeting</td>
<td>24 5pm – NAAW Service Providers Showcase</td>
<td>19 5pm – NAAW Craft Day</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>1pm – Dr. Cooper</td>
<td>29 All Day Food Handler’s Training 5pm – November Wellness</td>
<td>30 December 1 World AIDS Day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sundays at 2pm

The Birch Island Group of Alcoholics Anonymous

“The only requirement is a desire to stop drinking”

Whitefish River First Nation
Health Centre
17 B Rainbow Ridge Road
Birch Island
Mental Health and Addictions Worker
Crystal Mokohonuk

Aanii Community,
This past month we were busy with programming! We had 10 community members join us at the Community Centre in collaboration with UCCMM Justice FASD Program, creating beaded brimmed hats. I’m hoping to schedule a future date to gather and continue to work on their hats.

We had our World Food Day workshop on October 17th, where we created some delicious traditional wild rice dishes. Brittany Lauzon with the Espanola Family Health team joined us to speak about nutrition and the relationships we have with food and self. In October, the Community Health Team participated in updating our Naloxone training and provisions for distribution. On November 2nd, we collaborated with Noojimowin-Teg at the Community Centre, to share information with the community about the Mobile Wellness Program, and to ask questions, voice concerns and have a meet and greet with the team. Our Beaded Christmas Ornament workshop was held on November 5th, with the UCCMM Justice FASD Program at the Community Centre from 10:00 am – 5:00 pm. I am looking forward to participating in the upcoming training on November 15-17th, First Nations Mental Wellness Continuum Framework and December 6-8th Community Crisis Response Training with Thunderbird Partnership Foundation.

In addition to training and programming, the Health Team has been very busy creating and preparing for NAAW (National Alcohol and Addiction Week), held November 20th – 26th. Please look for the flyers in your mailbox, online or in The Rezound!

We continue to learn, share and remember the knowledge, teachings, language, traditions and culture working together in creating balance and harmony while improving our well-being. Know that we are here to help and support you along your journey.

Should you have any questions or concerns about the information presented in this article, please do not hesitate to call me 705-285-4354 or via email at mental-health@whitefishriver.ca.

Chi-Miigwetch
November 23, 2022 | 5-8 PM
At the Community Centre

- 5-6 PM, TALK & SHARE WITH DAUGHNESS MIGWANS
- 6-6:30 PM, NALOXONE TRAINING
- 6:30-8 PM, LIVING A BEAUTIFUL LIFE - COMMUNITY MEETING, SAFE STRATEGIES FOR THE COMMUNITY

The training covers recognizing signs of an opioid overdose and how to respond using naloxone.

KINA MAAMWI GANAWENI "We will all take care of each other."

For more information please contact Crystal Mokohinuk at the Health Centre, 705-285-4354 ext 208

Kina Maamwi Ganawanmi
"We will all take care of each other."

To Register, Contact Edward Paibomsai at 705-285-1941 or edwardp@whitefishriver.ca

Comedy Hypnosis

Friday November 25th
DOORS OPEN 5:00PM

Come Join the discussions around suicide. Following the discussion we will have a dinner and a show by Haiden.

Closing day of National Alcohol & Addiction Week

Healing Circle

November 26, 2022
Circle held beside the Memorial by the Community Centre

9 am
Grab n’ go breakfast bag

Kina Maamwi Ganawanmi
"We will all take care of each other."

The UCCMM Justice FASO Program partnered with WRFN Health to host a Beaded Hat Workshop facilitated by Nevada Anwhatin.

The Health Centre hosted Wreath Making and Birch Bark Feast Bowl making in preparation of Tasewang.
Youth Worker - Crystal Clark-McGregor

Hello everyone,
These past couple of months have been speeding by so quickly that it is almost that time for our Annual Youth and Elders Christmas dinner!

However, before we move on to the next month I would like to acknowledge the activities of the past month. With a flood of requests from the community the Family Well-Being Centre was able to once again, bring in Julie Casson of J.Casson photos for the weekend on October 15 & 16, 2022. As usual her photos were stunning, and did not disappoint the many families! Thank you to the participants who shared their special moments with us. The Halloween Boo-naanza and the Drive-In movie night was a huge success, with an overwhelming amount of participation from the community. Thank you to all who came out and showed your community spirit.

Youth Drop-Ins have returned to the 7 Fires Youth and Elders Centre every Friday evening from 6:30 pm to 10:00 pm. On the last Friday of each month, Youth Drop-Ins will take place at the school gym (November 28th & December 9th), as a recreational night. We will be partnering with Noojmowin-Teg Healthy Living Children and Youth program during those evenings.

This past weekend a group of youth and parent chaperones got to attend a home-on-home exchange program with the Greater Toronto Hockey League (GTHL).

Our plan began over a year ago and we joined forces with the GTHL team to arrange a full weekend of on-ice sessions. Along with the ice time the group got the opportunity to watch the Toronto Maple Leafs practice, tour Scotiabank Arena, visited the Hockey Hall of Fame, learned about nutrition and met former NHL Coach of the Year Ted Nolan and co-founder of the 3Nolans, and his sons Brandon and Jordan. The participants were able to create life-long memories through this partnership with the GTHL. “Following the visit to Toronto, on February 3-5, the U11 Select team from the Scarborough Hockey Association will visit Whitefish River. The team will participate in on-ice sessions, while being immersed in First Nation culture.”

Other events coming up in November. We will be hosting an internet safety workshop with UCCM Police Daughness Migwans, Social Navigator/Director of Community Mobilization. We will be discussing safety tips on the various internet platforms, and learning about support apps for parents. Keep an eye out for more information coming your way.

For more information I can be reached at 705-285-1941 or through email at ccmgregor@whitefishriver.ca.

Miigwech
FASD Program Coordinator, Michelle Irvine & Community Health Programs Coordinator Stephanie Peplinskie of the Anishinabek Nation made Feast Bundles with Shawanoswe students.

The Birch Island Fire Department coordinated an Outreach information session for Shawanoswe students during Fire Prevention Week.

Hosted by the UCCMM Justice FASD Program

Making Fish Pie
A cooking class

Thursday
Nov 17/22
5-7 pm
WRFN
Seven Fires youth and Elders Centre

*8 spaces*
Please contact Karen to register

705 377 5307 ext 216
kgenereux@uccmm.ca

This event is open to adults 18+ who have FASD or possibly have FASD; anyone in their support circle or individuals wanting to enhance their awareness of Fetal Alcohol Spectrum Disorder.

CHARCUTERIE BOARD
Woodworking Pyrography Event

December 10th
10-2pm @ the Community Centre

18+

More info: Crystal Mokohanuk
Mental Health & Addictions
705-285-4354 Ext. 208

Scan to Register
Education Department

Aani.
Fall is upon us, and we at the Education Department have been busy these past few months ensuring that all student’s needs are being met to the best of our ability.

The Education Department took part in the Jii Gitzhag Festival by preparing and serving up some delicious Apple Crisp, made with freshly picked apples from Education Assistant, Bonnie Beattie’s apple orchard on her farm. The recipe is also posted for those who did not get a copy.

APPLE CRISP RECIPE
6 Medium Apples
2 tbsp. sugar
1/2 cup quick oats
1/2 cup flour
3/4 cup brown sugar
packed
1 tsp cinnamon
1-1/3 cup of margarine or butter

Slice apples into a greased 9”x9” pan
Sprinkle with sugar.
Combine oats, flour, brown sugar and cinnamon.
Cut in butter until mixture resembles coarse crumbs.
Mix and spread over apples.
Bake at 350°F for 35-40 minutes.

Education Dept.
WRFN

Turtle Concepts joined us back in September for a two-part presentation for Youth Confidence building as well as a parent/caregiver engagement event.

Both sessions were well attended and received great reviews. We are hoping to be able to have them back again sometime to spread their message of being Proud to be Anishinabek.

This past month, we hosted the long-awaited return of the “BOBCAT RUN”. We would like to thank all of the staff, teachers, support workers and community members for their help in making this year’s event an epic success, despite the rain and winds, all participants gave it their all and proved what it is to have school spirit. Congratulations to all participants for a “Job well done”.

On another note, just a reminder that the Resource Center/Library is open during weekdays for those needing to use these services. The Resource Center is open Monday, Tuesday, & Friday 12:00-2:00 PM for the Re-Engagement Program and the Library is currently open Tuesdays & Thursdays from 12:30-4:00 PM.

Soon enough, winter will be here, and with this comes inclement weather. Please make sure that your contact information is up to date with both the school and the Education Department in order to be notified of any school bus cancellations.

We hope that your academic year thus far has been a positive experience, and we wish each and every one of you great success!

You can reach us by email or by telephone. Stephen Nahwegahbow, Education Manager 705-285-4335 education@whitefishriver.ca Bonnie Beattie, Education Assistant 705-285-4335 educationasst@whitefishriver.ca

WHITEFISH RIVER FIRST NATION BUS CANCELLATION PROCESS

1) Notification Received
- Email notification received from Sudbury Student Services Consortium
- Education Manager acknowledges receipt of email

2) Review Sudbury Student Services Consortium Announcement at www.businfo.ca
- If Espanola Buses are cancelled - Espanola School bus is cancelled
- If Manitoulin Buses are cancelled - Shawanese School bus is cancelled

3) Send Notification
- Send notification to Band Manager, Shawanese School Principal and Bus Drivers

4) Notify Community Members (to be done by 7:00am)
- Post on authorized Social Media ensuring to identify between Espanola Bus and Shawanese Bus
- Notify parents who provided contact information

Please contact the Education Department if you have any questions or if you wish to be notified via text, email or phone call at 705-285-4335 or 705-873-6555 education@whitefishriver.ca

nongwa maajitaan wii anishaabeminyin gegwa baabiiItooke baamaa waabang, gnimaa zaam weykaa adaa’wan.
Start speaking Anishinaabemowin today. Don’t wait till tomorrow, it might be too late.
Maamwe Kendaasing Early Learning & Innovation Centre

Aanii, Parents & Guardians!
This month has been a fun-filled month. We have been busy, we opened our school age program and have welcomed a new staff member on board. We are excited to have Selena Wahsqpounaikzhik join our team, and she is one of the lead educators in our after-school program.

The children at the centre enjoyed having some of our community helpers come in for a visit this month. We had a few of the Firefighters come in and UCCM Police, who brought their new vehicle in for the children to explore.

Maamwe Kendaasing Early Learning and Innovation Centre will be closed on November 11, 2022 for Remembrance Day and will resume regular programming on November 14, 2022. Professional Development is also an important aspect to our roles as Educators as we need to focus on our well-being and extending our learning and knowledge. In the upcoming month we will be having some Professional Development days for us to engage in.

Currently we have openings in our Infant and Toddler programs. If you would like to enrol you child(ren) with the Early Learning Centre, we have enrolment packages here at the centre for pick up. Alternatively, I can be reached by email at courtney@whitefishriver.ca or by phone at (705) 285-7777.

Migwetch,
Courtney Laundrie, Early Learning Supervisor

Aanii, Boozhoo from the Infant Program! October went by so fast, this month we welcome Baashkaakodin Giizis (Freezing Moon – November). We have been keeping busy in the infant room by spending most of our time outdoors pending weather. With my supervision Laura loves looking at and holding onto different colored leaves, pinecones and sticks when we go for our walks or when we are visiting our outdoor learning space. She’s always curious and listens to all the different sounds we hear. She raises her hand, opens and closes her hand towards the big tall trees or the birds passing over us. I like to name the colors, textures and what we see during our walks to encourage verbal interaction. This month we will be exploring water play, edible finger painting and will continue to try different exercises to encourage balance and walking.

Last but not least Laura will be turning 1 year old this month! 😊 Mino-Dishkhaa Laura!

Migwetch, until next time...

Cyndil Nahwegahbow, RECE.

Our Time in Our Space—Spending time with the Land

On Friday mornings, our Early Learning Centre Educators and children have been spending time at our outdoor learning space, connecting with the land and appreciating the abundance of beauty and unlimited learning opportunities that Shkagamik-kwe provides.

On Friday, October 21st we had our morning Anishinaabemowin circle with Ms. Cyndil. Our Infant, Toddlers and Preschoolers smudged, drummed and sang our songs together. Afterwards, we explored our area. We investigated leaves (colours/ sizes/shapes), balanced and stacked a variety of smooth stones, and wrapped up our time with a walk through the trails.

Our time on the trails provided another opportunity for meaningful learning and connection. Ms. Candace found a salamander under an old, decomposing log. She pointed it out to the children who were excited and curious to catch a glimpse of the amphibian. She shared about why we don’t pick up the salamander because they breathe through their skin and whatever we have on our hands (lotions/ sanitizer) can be harmful to them. After observing the creature from a safe distance for a couple of minutes, the children said ‘baamaapii!’ and Ms. Candace carefully put the log back. We continued on our way, where we encountered some fungi (chicken of the woods & witches butter) and a beautiful sweeping blanket of yellow leaves.

The following Friday, October 28th, we had a special visitor to our space—a huge, hairy Esbiken (spider) that we named Harry Harrison. Harry had been busy! He left a couple of webs throughout the trees, and the children spent time climbing and navigating their way through his tricky webs. We then played a couple of rounds of Hide and Seek with Harry! Ms. Candace counted with the children while Ms. Cait hid Harry in different spots throughout our area. The children had fun searching high and low for Harry and eventually had a chance to play with Harry themselves and to build some of their own ‘webs’ within the trees. It was nice to see the children settle into the space and freely explore. Some children begin using the tree cookie logs as a part of a bigger obstacle course; walking along our main bench logs, before leaping from stone to stone, to the tree cookie circles. The plan for the upcoming Friday is to give back to our Waawaashkeek friends. We will be putting out some of our untouched pumpkins in different locations throughout the trail and within other spots that we’ve seen the deer’s gathering.

Until next time, Migwetch and Baamaapii
The Maamwe Kendaasing Early Learning Educators

Tuesday, October, 18 was Child Care Worker and Early Childhood Educator Appreciation Day!

UCCM Police brought their new vehicle in for the children to explore.

Early Learning Centre Educators and children have been spending time at their outdoor learning space.

Baashkaakodin Giizis 2022
Early Learning Coordinator - Caitlin Pitawanakwat

Aani, Boozhoo Kina wiiya! I hope everyone had a great month of October. It was a beautiful month filled with visits, laughter, and making new memories with family, friends and community. Reflecting on some of last month’s programming, October was quite busy!

Playgroup was well attended with many mothers and little ones coming to join Donna Gammie and I. We shared some resources about Tummy time and parents had the chance to make their own tummy time blankets for their baby. Mid-month the second session of the L’il Bookworms Book Club took place, and I think the highlight of the evening was the spooky treats- Frankenstein Cups & Jack-O-Lantern Clementines! The Moccasin Making workshop with Sophie Pheasant is well underway and our group is close to completing their moccasins! Over the next couple of weeks’ participants have been tasked with completing their beadwork on the moccasins and at the final session, they will be finishing by putting on the sole and edging the top and vamp with bias tape. The final session is scheduled for Monday, November 14th 2022 at 6:00 p.m, just in time for ROCK YOUR MOCCS week which runs from November 13th-November 19th.

I’d like to take the time to say Chi-migwech to the Family Well-Being Team who co-hosted the Halloween Boo-nza on October 29th! It was a fun filled day, and it was so nice to see so many families, children and community members visiting, enjoying a sweet treat, and getting into the Halloween spirit. I hope everyone who attended had a blast, and the day couldn’t have been possible without their help, so Chi-migwech Edward, Nala and Crystal! Also, Miigwech to Louanne Megawane for the delicious meal of chili and baked scone!

Looking ahead to November, L’il Bookworm book club (session 3) continues, as well as playgroup. There will also be an Infant Massage workshop with Lisa Corbiere from Manitoulin Physio, and a walk hosted during National Addictions Awareness Week (NAAW) in support of FASD Awareness with Priscilla Southwind from Noojimin Teg. Keep on the lookout for upcoming flyers to be posted on the WRFN socials and around the community departments.

Upcoming dates to remember:
November 14th- Moccasin Making (Final session)
November 17th- Playgroup
November 18th- Infant Massage
November 22nd- L’il Bookworms Book Club
November 23rd- FASD Awareness Walk

As always, I’m only a phone call or email away! I can be reached at caitlin@whitefishriver.ca or at (705) 285-7777. Miigwech

Infant Massage
With Lisa Corbiere, RMT, from Manitoulin Physio

Lunch Provided

10 Spots Available

Friday, November 18th
From 10:00- 12:00
at the Early Learning Nest
(Family Wellbeing Basement)

To register or for more information, please contact Caitlin Pitawanakw at (705) 285-7777 or at caitlinp@whitefishriver.ca

Playgroup
For Parents & Caregivers of Children 0-6

NEW DATE!
Nov. 24th 10-12
Downstairs at the Family Wellbeing Building

November 24th Session:
Safe Sensory Play for Infants & Toddlers

Light snacks & refreshments provided

For more information contact Caitlin Pitawanakwat at (705)285-7777 or at caitlinp@whitefishriver.ca
The Bobcat

Aanii kina wiya traditional life (Freezing Moon) is upon us, and while we did receive some snow a couple of weeks ago (!) the weather lately has been beautiful! Dwaagi (Fall) is one of my favorite times of the year.

There have been many goings on at the school to report on.

Here are some highlights:
The annual BOBCAT RUN returned on October 12th, with close to 400 runners and a great many helpers and spectators. Chi-miigwech for all those who came out and supported the event and/or assisted with logistics and planning. Miigwech to the entire Whitefish River First Nation team, for coming together in all capacities to support this amazing event! It was clearly a whole community effort! UCCM Police marshalling assistance was also greatly appreciated.

Halloween and Tahswewaang/All Souls Day were commemorated with Halloween games and activities in the gym, including some music and dancing in costume! Miigwech Ms. Dani for taking the lead in organizing this. All Souls Day was recognized by an all-school visit to ancestors in the community cemeteries. The students had many questions about all their family relations. Miigwech to all the community members who came along and shared stories. We will definitely have to hear more! Miigwech also to Ms. Bonnie for organizing. On the morning of this day Ms. Danelle also arranged a feast of the drums with Mr. Tim McGregor. This will lead into our first hand-drumming club session on November 8th with Carri-anne Agawa. We are very much looking forward to this!

Our Community Energy Champion, Ryan McGregor, also ran the first of what we hope are many robotics sessions with the 5/6 class. One of many activities Ryan has planned for the group this year is to help monitor wind speeds around the school, with the goal of collecting data that could eventually help decide where best to put a wind turbine to generate energy for the building. This is an exciting real-life project! Noah did a great job of holding the wind sensor aloft to catch maximum drift.

Finally, the weekend of November 4-6 represents the start of what we hope will be a lasting partnership with the Greater Toronto Hockey League. A group of excited 9-13 year olds accompanied by high school seniors and parent chaperones are headed to Toronto to play hockey and tour some hockey-related sites in the city along with a group of Scarborough select players. In February, the Scarborough team will be headed up to Whitefish River First Nation where it will be our turn to host them as we take them for some hockey on the bay and related activities. We will be calling on the community to welcome our southern friends in this fun and important cultural exchange!

Miigwech gii giinmaan maanda (Thank you for reading this!).
Steve Whitaker
Principal

CALL FOR TENDER

Beaded Medallions

SHAWANOSOWE SCHOOL

Delivery/Due: Wednesday, May 31, 2023

Required:
- Two inch Logo Cap Medallions X 26
- Three inch Logo Cap Medallions X 29
- Necktie Length: 60 cm
- Necktie Style Beads (not Peyote Stitch)

Please include the following information:
Name, phone number, email.

Cost breakdown and final total

Submit TENDER by Wednesday, November 30, 2022, to the attention of:
Leslie Kozachanko, Administrative Assistant.
Email: admin@shawanosowe.school.ca
Mail to: Shawanosowe School
PO Box 2013, 321 Maple Heights Rd.
Birch Island, Ontario, P0P 1A0

For more information please call Leslie at 705-285-1311.

Please Note: The lowest tenderer may not be necessarily accepted. All submissions under this tender remain the property of Shawanosowe School.

Kina Maamwi Ganawenmi
“We will all take care of each other”

Service Providers Fair

November 24, 2022 at the Community Centre

Information booths, give aways & more

COME ROAST A HOTDOG, SNACK ON POPCORN & BEVERAGES WILL BE PROVIDED

For more information please contact Crystal Mokohonuk at the Health Centre, 705-285-4354. ext 208
The Grade 1/2 class warms up for their run!

Running Wild with the Bobcats!

The mighty, mighty Bobcats!

The Bobkittens Roar!

Peer support in sport.

Teamwork makes the dream work.

Go Shawanoswe Bobcats!
Carter McGregor completed the four week Financial Literacy series for Youth offered by Sudbury Community Service Centre & WRFN.

Moccasin making & visiting!

Mario & Luigi power-up with cotton candy!

The spooky photo booth was a family favourite!

Lee & Haisley create an artistic monsterpiece!

Getting their hands dirty at the Halloween Boo-nanza Pumpkin Carving station!

The Kindergarten class had a spook-tacular Halloween!
Gizaagin!

Shanny & Averi carve out a gourd-geous creation!

Mina Tasenhwan (Happy Halloween) from Kiki & Kieston!

Waagoshens. (Small fox)

Mother Nature, Father Time-Out & family at the Halloween Boo-nanza.

The Family Madrigal made an appearance at the Shawanosowe Halloween party!

Emily & Mateo as Stitch!

Did you say lunch would be late?
Band Manager - Sandy Jacko

Aaniin, Boozhoo

BOBCAT RUN
Congratulations to Shawanosowe School Staff for hosting another well planned Bobcat Run. The Bobcat Run is becoming the premier Cross-Country Event to attend. This year’s event had 10 schools sign up and attracted nearly 400 students. Even with the wind and the rain, it was the place to be. It was great to see so many participants happy to be there. Chi-miigwech to all the staff, volunteers and affiliate organizations who came together to help make this day a success. Can hardly wait until next year.

HALLOWEEN BOO-NANZA
Another awesome October event that was great fun and well attended was the Halloween Boo-nanza. WRFN staff put in amazing effort to host such a fun Halloween family friendly event for all to enjoy. There was a number of activities that families could enjoy such as face painting, pumpkin carving, a bounce castle, and a scavenger hunt to name a few.

ALL SOULS DAY
The month of November, also known as Baashkaaadini Giiizis (Freezing Moon) starts off with Tasewong (All Souls Day), a day we set aside to honour those who have passed on to the spirit world. This year the Health Team hosted a couple of sessions of wreath making and birch bark feast bowl making that led up to All Souls Day. On the 1st, the wreaths were blessed and placed on the graves. Later that day, we held a feast for all our family, friends and ancestors who have gone on to the Spirit World. This year’s feast was the first time we had gathered together as a community to celebrate Tasewong since the start of Covid.

2022 HOLIDAY GIFT CARD
A letter went out to the community on November 4th announcing the process for applying for the 2022 Holiday Gift Card. This year, all Registered Band Members are eligible to receive a 2022 Holiday Gift Card. In order to receive the 2022 Gift Card, you must be complete and submit the 2022 Whitefish River First Nation Holiday Gift Card Application. Hard copies of the application can be picked up at the Band Administration office or it can be emailed to those who request one. This year’s gift cards will be a PC gift card valued at $500.00. It’s important to note, the value of the Holiday Gift Cards will vary year to year based on available funds. Deadline to apply for the 2022 Gift Card is December 31, 2022. Any applications received after that date will not be processed. The gift cards will be mailed out starting December 1, 2022.

TREATY RECOGNITION WEEK
November 7th to the 10th is Treaty Recognition Week. This is an annual event that is intended to increase awareness about the treaties, promote the understanding of the treaties and why treaties matter. The Robinson Huron Waawidiamaagewin is hosting online and in-person events all week in recognition of Treaty Week. To find out more information go to https://waawidiamaagewin.com/treatyweek2022/

GET YOUR VACCINATIONS
If you are looking to get the flu vaccine or your Covid Booster, call the Health Centre and book your appointment. Flu vaccination clinics are on November 8th and 9th and the Covid vaccination clinic is on November 10th.

WE REMEMBER
Remembrance Day is a day to for everyone to take the time to reflect on the sacrifices made by all Veterans. As we have done for many years, Whitefish River First Nation plans to honour our community’s Veterans with a ceremony at the Cenotaph starting at 10:45 a.m. on November 11th. A light lunch will follow the event in the Community Centre. Everyone is welcome to attend.

COMMUNITY CELEBRATION
Your invited to join us as we celebrate Former Chief Shining Turtle’s 20 years of service. The community celebration is scheduled to take place on November 18th at the Community Centre. Doors open at 5:30 pm.

NATIONAL ADDICTIONS AWARENESS WEEK
This year, National Addictions Awareness Week runs from November 20th to 26th. This year’s theme is Kina Maamwi Ganawenmi – “We will all take care of each other”. It provides an opportunity for people to learn more about prevention, harm reduction, treatment and recovery. The Whitefish River First Nation Health Team and the Family Well Being Team is working together to put on some events and activities to start the conversation about addictions and recovery. Keep an eye out for the event flyers.

COMMUNITY COMMUNICATION
Whether it is about programs, public works or upcoming community meeting, we strive to keep community members informed. Information goes out through the mail, on the WRFN Facebook site, the WRFN App, the WRFN Website, the monthly newsletter and through our Constant Contact list (email). If you are looking for specific information about a program or event, please do not hesitate to contact the department hosting the activity.

KEEP YOUR ADDRESS UP-TO-DATE
As we prepare for an 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.

Miigwech

---

Join us as we celebrate former Chief Shining Turtle!

Everyone welcome!

WRFN Community Centre
November 18, 2022
6:00 pm
Doors open at 5:30 pm
Fish Fry Dinner

For more information please contact Executive Assistant, Jennifer Davidson at 705-285-4335, ext. 219.
November 4, 2022

Dear Community Members,

The Holiday Season is quickly approaching and we are preparing to send out the 2022 Holiday Gift Card. Please note, that this year all Registered Band Members are eligible to receive a 2022 Holiday Gift Card. In order to receive the 2022 Gift Card, you must be complete and submit the following application form. This year’s gift cards will be a PC gift card valued at $500.00.

For Registered Band Members under the age of 18, only one parent or guardian can include them on their application. For everyone 18 years and older you must complete and submit your own application. This includes adults living in the same household. Deadline to apply is December 31, 2022.

The gift cards will be mailed out starting December 1, 2022. If you have questions about the Gift Card distribution, please contact me at (705) 285-4335 or via my email bandmanager@whitefishriver.ca

Be safe, be well, be kind.

Sandy Jacko
Band Manager
Interim Chief - Leona Nahwegahbow

Boozhoo! Miinwaa:
Greetings! Again:

Over the past month I have attended many meetings to collect information on what could prove to be beneficial to our community.

Protecting Anishinaabek Knowledge
I attended a gathering to hear and have input in the discussions on the questions that would provide the protection of Anishinaabek knowledge. It was a one day gathering that identified protocols for sharing Anishinaabek knowledge and what are the concerns around the protection of Anishinaabek knowledge. One day of these discussions wasn’t enough to get to the next steps, on the protection of who we are as Anishinaabek people. Another day or so would be required to further the discussion. We’ll keep you posted.

Residential Schools/ Day Schools
The House of Commons has voted unanimously to describe Residential Schools as genocide. It was an NDP member of Parliament’s motion, which called on the federal government to recognize what unfolded from these schools, as genocide.

Taasewong
On November 1st, Anishinaabek communities commemorate those loved ones who have gone. Feasting and gathering during Taasewong keeps us connected to our ancestors. Miigwech for doing your part for the families and community.

Treaty Pipe
Director & CEO Josh Bassieches from the Royal Ontario Museum is inviting Chiefs from Manitoulin and the Ojibwe Cultural Foundation to an event happening November 7th, 2022 at the ROM. A ceremony of smudging beginning at 3 pm and remarks to commemorate the transfer of the Treaty Pipe to the Ojibwe Cultural Foundation. From there, invitations will be given to have a ceremony at OCF once the pipe has returned back home.

Governance Report
Community members are reminded that the process for getting on the Chief and Council Agenda was identified in the Policy for Correspondence with WRFN Chief and Council issued earlier this year. To sum up the policy, when a Whitefish River First Nation Citizen submits written correspondence to the attention of the Chief and Council, it is reviewed and added to next Regular Council Meeting. All correspondence must have valid Citizen contact information.

Whitefish River First Nation is hosting a community celebration on November 18, 2022 to recognize Former Chief Shining Turtle and his 20 years of service. The celebration will take place at the Community Centre. It is an opportunity for community members to come together, share a meal and thank Shining Turtle for all that he contributed to the community for the past 20 years.

We are pleased to announce that One Feather has been contracted to be the Electoral Officer for the upcoming Whitefish River First Nation Election. The date set for the Whitefish River First Nation Election is February 11, 2023 and the Nomination meeting is December 15, 2022 at the Community Centre from 6 pm to 9 pm.

Treaty Recognition Week
We recognize that the Treaty helps protects our inherent rights and can build on the strength of this collective to enhance and foster health and wellness for our people. The week was established in 2016 and came out of the Truth and Reconciliation Commission’s Calls to Action. Developing a stronger understanding and awareness of the treaty relationships will help move us towards reconciliation. The 7th Annual Treaties Week in Ontario, will explore Treaties and highlight the new online secondary school resource, “Gdoos-Sastamoo Kii Mi – This is our Understanding”. Find it here at: https://www.anishinabek.ca/education-resources/gdoos-sastamoo-kii-mi/.

Baaammi pi Miinwaa!
Leona Nahwegahbow
Ogimaa kwe

Council Secretary - Brianna McGregor

Yes, it is me, Brianna! I have rejoined the WRFN team as Council Secretary on October 31, 2022. It is so nice to be back once again. You may remember me as the Tenant Relations Worker for WRFN from 2019-2021.

For those unfamiliar with me, I am a band member of WRFN and reside in the community. I have a seven-year-old daughter with my common-law spouse of 11 years. We also have two adorable rescue pets in our home: Siren and Samurai. On the weekends, you can find me in the kitchen baking something tasty or exploring our lands behind the lens of my DSLR camera.

I’m so looking forward to working for the community once again! If you have any questions, you can reach me at councilsecretary@whitefishriver.ca or 705-285-4335.

Whitefish River First Nation
REMEMBRANCE DAY
Friday, November 11, 2022
10:45 am Veteran's Monument
Whitefish River First Nation
Opening and Welcoming Remarks
Opening Prayer
WRFN Roll Call
Two Minutes Moment of Silence
Raising of the Flag
Veteran’s Song
Flander’s Fields
Closing Remarks with Act of Remembrance
Sacred Fire Lighting at 7am
Logistics Manager - Kim Laundrie

Happy November!!
The weather has been absolutely
beautiful these past few weeks.
It was so nice to see all the little
goblins out on Halloween, not
having to wear their winter or rain
gear. We had double the children
this year, compared to last year,
so it was a great turn out!

Just a little FYI, as the Logistics
Manager, I am responsible for
scheduling all bookings for the
Community Centre and the 7
Fires Youth and Elder’s building.
(It should be noted that program-
ning will take priority for both
buildings)

The rental fees have increased
this year to help offset the op-
erating costs of the buildings. A
10% deposit fee will be required
at the time of booking. If you are
interested in renting either of the
buildings, please contact me for
availability and pricing.

If you have any questions or
would like a rental application,
you can reach me at laundrie@
whitefishriver.ca or by calling the
Administration Office at 705-285-
4335.

Happy Halloween from the WRFN Administration Staff.

In Flanders Field

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

by John McCrae

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, (i.e. 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.

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

CONTACT:
Kathleen Migwanabi
Land Manager/IRA
kathleenm@whitefishriver.ca

Kim Laundrie
Council Clerk/IRA/Band Rep Clerk
laundrie@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.

• (2.2) 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 any person.

• (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 1-800-856-6661, to report dogs running at large.

Miigwech
Aani, This month marks an end to Bnaakwii Giizis or “Falling Leaves Moon” and the beginning of Baashkaakodin Giizis the “Freezing Moon”. In September I attended the 23rd Annual Canadian Coast Guard Annual General Meeting (Central & Arctic). The Canadian Coast Guard (CCG) invites group leaders from each Search and Rescue unit to attend the meeting in order to vote on policy and budget changes while providing an opportunity to share knowledge and expertise with other members. This was the first time anyone from this area has attended the CCG AGM and was part of the ongoing work that Search and Rescue Teams are involved in.

Another first-time experience was a collaboration with Procurement Assistance Canada (PAC) in a Diversity Expo that was designed to link Aboriginal-owned businesses with procurement opportunities with the government on a federal level. The event was hosted online on September 22, 2022 and provided an important opportunity for businesses to meet representatives from PAC and potentially benefit from the knowledge shared during the Expo. Migwetch to our Economic Development Officer for representing WRFN so well during this event.

In October, WRFN Lands hosted a community engagement session in cooperation with McMaster University. The engagement session involved the Blanding’s Turtle Study as well as a summary of the Lands Department fieldwork for the Spring/Summer season in 2022. Reta Meng’s (McMaster University) presentation was informative and included a map that members of the community could identify specific locations of turtles for database purposes. The Lands team delivered a presentation about the Walleye Program, Stewardship Program (Streams, Bats, Turtles), some of the drone work that has been done and the plan moving forward in the Land Relationship Visioning Program. Community members in attendance completed a survey that will assist in the developing a Land Relationship Visioning Program.

In October, I attended a conference on Indigenous Consultation and Engagement. The conference centered around consultation with Indigenous communities, the purpose of consultation, the importance of understanding Indigenous Law and how accommodation for Indigenous people can be achieved.

The people that I met at the CCG AGM are dedicated to search and rescue and are an inspiration. I encourage community members to apply to join our Auxiliary Coast Guard Team. We have room on our CCG Auxiliary Team and welcome anyone who wishes to participate. Contact me at: stephennm@whitefishriver.ca or by phone at the office from Monday to Friday between 8:30 am to 4:30 pm (705) 285-4335

Migwetch.

McMaster student Reta Meng presented her Blanding’s Turtle study on October 5, 2022.
Hello and Happy November!

I hope everyone had a wonderful yet spooky Halloween! In October, I assisted the Lands Department along with Reta Meng from McMaster University in hosting the community presentation to share the findings from their Blanding’s Turtle study that we participated in over the summer. We enjoyed a good turnout and collected some great feedback from the community, thank you to everyone who attended!

WRFN is looking to host an instructor to provide a Possession and Acquisition License (PAL) course to ensure our communities safety during this hunting season. If this is something that you are interested in, please feel free to get in touch with myself.

As always, we are looking to update our business directory and labour pool here in WRFN. Send your updated business info and we will be sure to have it updated on the website. Also, if you know anyone who has recently started their business and could benefit from this or other services, please have them reach out and I will assist in your business’s growth to the best of my ability. Lastly, if you would like to be placed on a list and notified of upcoming jobs in the area, please send in a resume and cover letter in person or to my email.

In November the Anishinabek Nation Lands & Resources and Economic Development Departments are hosting a half-day gathering on the Spirit of the Land initiative. We are seeking knowledge holders from the community, especially those with knowledge of lands-based cultural activities and rights. If you or someone you know might be able to contribute to this initiative please get in contact with myself or Brandon Manuel at brandon.manuel@anishinabek.ca

Anyone with additional ideas, questions or concerns is asked to please get in touch, I can be contacted at the administration office or by phone (705) 285-4335 or email edo@whitefishriver.ca.

Thank you and have a great month of November.

Shawanosowe School’s Grade 5/6 class was getting ready for a fa-boo-lous Halloween.

Finance Assistant - Diane Gaudette

Ahni/hello,

My name is Diane Gaudette, I am a member of Whitefish River First Nation. I have worked in many different capacities for our First Nation in the past 20 years, most recently I have held the position of Receptionist for the last 4 years. I am a mother of 2 boys, and have 3 beautiful grandchildren. I am grateful to be given the opportunity to work as Finance Assistant, and serve our wonderful community members.

Chi-migwech, if you have any further questions, I can be reached at finance-assistant-ar@whitefishriver.ca
Tenant Relations Worker - Kendra McGregor

Aanii from the Housing Department. I hope everyone has their woolly socks ready and are prepared for the cold, snowy weather! We have recently completed our CMHC Conditional Assessments. We want to give a Chi Miigwetch to all our Tenants for letting us into their homes to complete these.

November and December 2022 The Housing Department has the following:
• Sudbury Community Service Centre will be here on Thursday November 24th and December 15th, 2022 to assist Community Members in gaining ID’s, Birth Certificates, CRA Log-in information. As well as assist with Income taxes back to 10 years and Pensions. All free of charge. Times vary. Please email or call Kendra for an appointment time.
• ISEO First Nations Energy Symposium: Housing Manager Georgina Recollet and Community Energy Champion Ryan McGregor will be in Toronto during the week of November 7th, 2022 to attend the ISEO First Nations Energy Symposium. The theme of this year’s Symposium is Planning for Success: Energy Solutions for First Nation Communities. Attendees will gain valuable insights from speakers that are active in the Indigenous energy space on how to keep their energy projects and initiatives on track and moving forward.
• Housing Departments Gingerbread House Competition starts November 28th 2022 and runs until December 14th,2022. Register with Kendra to get your Gingerbread House and details!
• Community Christmas Mailbox will once again be at the Administration Office for anyone that wishes to drop off local Christmas Cards for free delivery by our Administration Elves.

If you would like to register or need more information about these programs and services, do not hesitate to reach out to Kendra at 705-285-4335 or kendra.mcgregor@whitefishriver.ca

Reminder to Tenants:
• To pay rental payments each month at the beginning of the month.
• Submit a copy of your content insurance at your soonest convenience.
• Call to book an appointment to come in and renew your Rental Agreement if you have not already done so this year.
• Book an appointment with Kendra to discuss your rental balance if needed.

Housing Maintenance Tips for the Month:
• Examine windows and doors for ice accumulation or cold air leaks.
• Examine attic for frost accumulation
• Check your furnace filter
• Ensure your porch is cleared of snow

Until next month! If you have any questions, would like more information or need a housing application contact the Housing Department at 705-285-4335, kendra.mcgregor@whitefishriver.ca, or georginar@whitefishriver.ca

Information Session
WITH
Sudbury Community Service Centre

November 24th & December 15th 2022
2:00PM - 6:00PM
Council Chambers
Contact the Housing Department at 705-285-4335 to register or more information

Company Overview
We are a non-profit organization that has been in business since 1972 helping individuals tackle debt problems and helping them find solutions to debt problems. We have been running a volunteer income tax program working with CRA since 2017 and have been helping individuals across the Greater Sudbury Area, Manitoulin, Parry Sound, Sturgeon Falls, and the North Shore file their income taxes. We also are a designated OESP service agency that can assist individuals with Manual Income Verification and regular applications.
Ahni Whitefish River
It has been an amazing experience so far in the position of Community Energy Champion. We have a wide range of ideas as a community with respect to energy conservation and renewable sources. I have been trying actively to bring forward as much funding and workshops to accommodate the information and education needs for all levels, from grade school to elders.

I will be at Shawanosowe School every Friday for the remainder of the year for an hour to talk about various forms of renewable energy and conservation methods. We will be building solar robots, learning about solar, wind, and geothermal energy as well as discussing math conversions and terminology. I will also be bringing back the Waspe Abin robotics team at a later date. My community outreach has also included, the Bobcat Run, Jiis Giiizh-gat and Every Child Matters Walk. I strongly believe the education and information we provide to the students now will lay down the groundwork for our community’s transition toward self-sustainability and energy conservation.

We also brought in Nobert Koeck from Blue Heron Consulting, and Sara Jane Souliere from Cambium Indigenous Professional Services on October 20th. Norbert did a presentation on home energy conservation, which included community feedback. Sara Jane Souliere, the Director of Energy and Climate Change at CIPS, was on hand to help launch our community energy plan survey. We are updating the current energy plan to reflect the needs and goals as a community. The survey will be available both online and in paper format. For participation in the survey, community members will be entered in a draw for an iPad. The deadline to complete the survey is Friday November 25, 2022.

I will be attending the First Nations Energy Symposium in Toronto November 7-8, 2022. This will be my first event outside of Whitefish River, and I look forward to networking and what other First Nations are doing in their communities. Along with various funding applications I have been working on, I managed to get in some training. I did a three-day prep course for the NRCan Foundation Level Exam through Canadian Institute for Energy Training. I will be learning how to properly assess residential homes, and have stepping stones to build up my portfolio to help better serve my community.

Please feel free to email me at energychampion@whitefishriver.ca, or call 705-285-4335 ext. 222. I am always open to hear what community members wish to share to help strengthen our overall understanding of renewable energies.

Nobert Koeck from Blue Heron Consulting, and CIPS Director of Energy and Climate Change, Sara Jane Souliere were in WRFN October 20th, 2022 to present a Home Energy Conservation workshop and launch our new Community Energy Plan Survey.

---

**Community Christmas Lighting Contest**

Please register with Community Energy Champion, Ryan McGregor

Deadline: December 14th 2022 at noon. Judging to take place that evening 705-285-4335 or energychampion@whitefishriver.ca

**PRIZES FOR PARTICIPATION!**

---

**Pet Care & Tips**

I begin again on a sad note. My baby girl Empress Farah is gone. It was the night of October 16th that I accidentally opened my living room door and both She-Pet Elizabeth and Empress Farah went out. I tried to call them back but they kept on going. I figured Farah would come back like she usually does, but she did not so I kept checking all night long and all the next day. A few days later, as I was sitting in the living room I noticed a cat walking by. I opened the door and in walked She-Pet Elizabeth, but sadly no Empress Farah. It was then that I knew she was gone. So now I have only two cats left, Luka and She-Pet Elizabeth. Luka and She-Pet Elizabeth are brother and sister. Luka has been looking for Farah. The house feels so empty now since I lost BJ, Francis, Webby Debby, and Empress Farah. I could not hold it any longer. I know all of my fur babies, cats and dogs I had over the years will be waiting for me by the Pearly Gates. I would also like to give my condolences to all the other people who have lost their fur babies this past summer. Some may say these are just pets, but for some of us these are our children, just like the two-legged kind.

**Some Cat Facts:**

- Tabby cats (any domestic cat that has a coat featuring distinctive stripes, dots, lines, or swirling patterns) are named for a wavy-patterned fabric originally created in Baghdad.
- A 2017 study of Australian and New Zealander cats discovered that smart, curious, or inventive felines need additional stimulation to avoid boredom.
- A mature cat may gift its humans a live mouse as a hint that they should improve their hunting skills!
- Tuxedo Stan was a Halifax cat who attracted international attention with his mayoral bid in 2012 in 2013, Stan’s brother Earl Grey ran for Premier of Nova Scotia. Earl Grey went on to run for Prime Minister in 2015.

Well that is it for another month. I’d like to wish all the people celebrating this month the happiest of birthdays and anniversaries! Remember to check in on our elderly and sick and shut-ins. I am sure they will like it when you call, just to say hi! Remember also to watch out for your pets since we have been losing so many lately. Try not to let them outside if you can or watch for them if you do. Remember to get your pets tuned to help keep our pet population down in our community.

’Till then take care. The Cats - She-Pet Elizabeth and Luka. And Me:- The Big Cat - Dennis L. McGregor
Infrastructure and Emergency Services Manager
Richard Shawanda

November is here already and with it the preparations for the fall and winter months. The Water Plant Operators are busy making sure that the Water Plant and the other distribution assets are running as they should be in order to provide the community with clean, potable water.

Water Plant Operations

Water Plant Operators, Andy Recollet & Amy Waboose and Infrastructure and Emergency Services Manager, Richard Shawanda

A huge congratulations goes out to Amy Waboose, Water Plant Operator in obtaining her Level 1 Water Treatment Licence. A lot of time and energy is spent making sure our plant operators have the tools and resources they need in order to effectively and efficiently run the Water Plant and distribution system. The pressure of operating a water treatment system is huge, considering that they are responsible for ensuring that our community has the water it needs for every day community use and consumption. They are also responsible for the provision of adequate flow for our Fire Department, should they ever have to use it. The plant operators are on call seven days a week, 24 hours a day, rain or shine. Working with the operators I have seen the dedication in which they perform their daily duties and also the genuine concern they show for the water system.

Water Delivery

There have been a few changes to the water delivery system. Andy Recollet will now be delivering water for the water operations while Amy will be in the plant doing the daily testing and logs and maintenance associated with disinfecting equipment and all other equipment in the plant. Also, with respect to water delivery, should you run out of water or need an emergency call out other then water delivery days please call us at the Water Plant (705)285-0007 to set up a delivery with the operators. If this is an after-hours emergency call please call Richard Shawanda (705)562-3583. Any water related issues will be taken care of by my office at the Water Treatment Plant. On a final note, with winter months coming please make sure that the water delivery truck can make it to the tank by keeping objects away from the tank and to have your driveway plowed before scheduled delivery.

Holding Tanks

Water Plant operations will be conducting regular Bacteriological testing of holding tanks for turbidity and chlorine residual. We will be looking at doing this monthly. Amy Waboose will be taking over this task and should you have any questions or concerns please call the Water Treatment Plant to discuss. A detailed schedule to follow.

Fire Protection/Emergency Services

On October 20th there was a Fire Prevention in the Home presentation at the community centre. This presentation was an in-depth and informative session. Fire extinguishers, smoke/CO alarms and window ladders given to those in attendance.

I will be preparing a handout of what was presented at this session and should anyone want a copy or have questions please do not hesitate to contact my office. On a side note which I found interesting, is that power bars, extension cords, and fuses are all labelled “certified for use”. There should be a “C” on them for certified for use in Canada. There are a lot of knock offs out there for sale so please be diligent and check these items before you buy or use them. Extension cords are not meant to be used as an alternative power source for prolonged use of time as they can overheat and cause electrical fires. Should you need a permanent source please contact a licenced technician to schedule an install in your home.

Emergency Response Plans/911

I am currently going through the Emergency Response Plan with hopes of updating it later this winter/spring. This is a time-consuming subject and we need to be sure that we look at all possible scenarios that may happen in our community and that we are fully prepared. I am currently updating the 911 addressing system and adding any buildings, houses or roads that need to be inputted.

These are just a few of the items that I will be undertaking in the near future. Should you have any questions please feel free to contact me at lesmanager@whitefishriv-er.ca or call the Water Plant at 705-285-0007 or my cell at (705)562-3583.

Join the Birch Island Fire Department!

Water Plant Operators, Amy & Andy perform hydrant flushing as part of annual maintenance.

The Shawanosowe School Grade 1/2 class learn about firefighter gear from volunteer firefighter, Ryan McGregor.
**COMMUNITY NOTICE**

Transfer Station & Curbside Pick-up Schedule

November 2, 2022

Curbside pick-up will resume to once-weekly service, starting the week of November 16th, 2022. The Transfer Station hours of operation will NOT be affected.

Curbside Pick-Up: Wednesdays
Starting at 8:00 am

Transfer Station Hours: Wednesdays
8:00 am – 6:00 pm.
Saturdays
8:00 am – 3:00 pm.

Until further notice.

Whitefish River First Nation
Public Works Department
We love you so much Delilah!!
big sister & daughter and all that you do.
I wish you nothing but best wishes Who turns 12 on November 20th!
Wishing you lots of love to my nephew Lance on your special day!
You are so humorous, bold and genuine.
Enjoy your day! From Kenj You earned it.
Love Aurora
Happy Birthday to my nephew Lance on November 19!
Love Auntie Diane
Happy Birthday to my nephew Memphis on November 20th. And to my niece Autumn on November 7th, Wishing you lots of love on your special day!
Love you bunches, Auntie Diane
Happy Birthday to Luna on November 6! Love Auntie Diane
Happy Birthday to all those that celebrate this month, I wish you nothing but best wishes all through the year. Diane
Happy Birthday to my little princess, Autumn Shawanda, who turns 11 on November 7th! Have a wonderful day and be awesome! Love Dad, Hunter, Raven & Noodlin Murphy & Pablo
Happy Birthday Mensdawgg! Who turns 11 on November 20th! Have a great day. My little big blueniner. Love Dad, Hunter, Raven & Noodlin Murphy & Pablo
Happy Birthday on November 6th to our home girl Delilah 🙂 Never stop being you! You make the world shine Delilah! Love Kendra and Brayson
Happy Golden Birthday to my Son Brayson who is turning 11 on 11-11 😍 You are so humorous, bold and genuine. You make me endlessly proud. Get ready to party Brayson, because this is going to be one for the books!!! Love Forever and Always, Mom.
Happy Golden Birthday to my Golden Birthday Buddy Danikah! #11 From Brayson
Happy Birthday to our favourite Uncle/Bro Carter Enjoy your day and spend that cash! You earned it. Love you! Kenj and Bray
Happy Birthday to my cousin Zach AKA Beijing on November 23rd Enjoy your day! From Kenj Mino-Dibishkaan Mom and Luke Love Keith and Cyndi
Happy Birthday and Happy Anniversary to my husband Keith. 👏 Gizaagin Love, Cyn
Happy Birthday to the Ojibway twins Memphis & Autumn Lots of Love Auntie Nala
Happy Birthday my Papa! Love Aurora
Happy Birthday Dad On November 6th! We love you so much! Can’t wait to go sliding with you ( & wait for you to pull us up the hill lol) Love Dryden, Mason & Xavier (can help pull us too)
Happy Birthday to my fishing partner Allen! I still need to show you some hot spots... Love Louanne the “fishing guide”
Happy Birthday to: Bev on November 7th Luke on November 7th Keet on November 17th From, Kuty, Tosh & the boys
Happy 5th birthday to our Beautiful Princess Haisley. We love you always. Mom, Dad, Nico, & Deacon
Happy Birthday Deacon. here’s to 10 Years 120 Months 3652 Days 87660 hours 5259600 minutes 3157760000 seconds Of being awesome! We love you always. Mom, Dad, Nico & Haisley
Happy Birthday to my niece Kahsenniio (Gussy) on November 7th Lots of Love Uncle Ed

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 Rezcot!
Email me at: rezoundeditor@whitefishriver.ca

Gichi-Nendam Dabishkayek miinwaa Mnaa’jaa 🎉🎉🎉

November’s Pet Profiles 🐾

Pablo Shawanda

We love you so much Delilah!!
big sister & daughter and all that you do.
I wish you nothing but best wishes Who turns 12 on November 20th!
Wishing you lots of love to my nephew Lance on your special day!
You are so humorous, bold and genuine.
Enjoy your day! From Kenj You earned it.
Love Aurora
Happy Golden Birthday to my Son Brayson who is turning 11 on 11-11 😍 You are so humorous, bold and genuine. You make me endlessly proud. Get ready to party Brayson, because this is going to be one for the books!!! Love Forever and Always, Mom.
Happy Golden Birthday to my Golden Birthday Buddy Danikah! #11 From Brayson
Happy Birthday to our favourite Uncle/Bro Carter Enjoy your day and spend that cash! You earned it. Love you! Kenj and Bray
Happy Birthday to my cousin Zach AKA Beijing on November 23rd Enjoy your day! From Kenj Mino-Dibishkaan Mom and Luke Love Keith and Cyndi
Happy Birthday and Happy Anniversary to my husband Keith. 👏 Gizaagin Love, Cyn
Happy Birthday to the Ojibway twins Memphis & Autumn Lots of Love Auntie Nala
Happy Birthday my Papa! Love Aurora
Happy Birthday Dad On November 6th! We love you so much! Can’t wait to go sliding with you ( & wait for you to pull us up the hill lol) Love Dryden, Mason & Xavier (can help pull us too)
Happy Birthday to my fishing partner Allen! I still need to show you some hot spots... Love Louanne the “fishing guide”
Happy Birthday to: Bev on November 7th Luke on November 7th Keet on November 17th From, Kuty, Tosh & the boys
Happy 5th birthday to our Beautiful Princess Haisley. We love you always. Mom, Dad, Nico, & Deacon
Happy Birthday Deacon. here’s to 10 Years 120 Months 3652 Days 87660 hours 5259600 minutes 3157760000 seconds Of being awesome! We love you always. Mom, Dad, Nico & Haisley
Happy Birthday to my niece Kahsenniio (Gussy) on November 7th Lots of Love Uncle Ed

Murphy Shawanda

Heey everyone! Wow, I’ve lived here for about 7 years and am just getting my debut in the rez hound... super cool. My name is Pablo, but sometimes humans call me Pabs, Pablo or Pebble. I am a black, polydactyl barn cat turned rez cat. I love to nap and build burrows out of blankets and submerge myself in them. I like snuggles, hugs, playing out-side, rolling in the grass and hanging with my best pal Murphy the Doberman.
My main human, is my momma Hunter. She rescued me in 2015 when I was no longer needed by my previous owner. But do not fret, Hunter and my other humans (The Shawanda’s) have shown me so much love and warmth over the years that just make my heart purrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrr...