



THE REZOUND

Niwii-o-bimaakoweba'ige.
I want to go play hockey.



Day 2 of the Hockey Exchange included a training session on the ODR with 3Nolans founders, Ted Nolan, Brandon Nolan and Jordan Nolan. Pictured are the WRFN participants, Principal Stephen Whitaker and Band Manager, Sandy Jacko.

On February 3-5, 2023 the Scarborough Hockey Association's Under-11 Select Team visited Whitefish River First Nation for the second leg of the Greater Toronto Hockey League and Whitefish River First Nation home-and-home exchange. The visit came following the first leg in November 2022 which featured youth from Whitefish River First Nation making the journey to Toronto. The Whitefish River participants and Scarborough Ice Raiders took part in skill development sessions over 2 days with former NHL Coach of the Year and Co-Founder of the 3 Nolans, Ted Nolan, and sons, retired NHL players and co-founders, Brandon and Jordan Nolan. Before heading home, the visiting

team got to share in our outdoor winter past times, which included ice fishing, snow shoeing and a bonfire. A Pow Wow at the Manitoulin Hotel and Conference wrapped up Saturday's planned events. Congratulations to all participants! Nishin.

CREDIT:GTHL COMMUNITY, WHITEFISH RIVER FIRST NATION EXCHANGE

**Please note that the deadline for submissions for the next issue is
Wednesday, March 1st, 2023 at 4:30.
Miigwetch!
rezoundeditor@whitefishriver.ca**

SENIORS 65+



SEVEN FIRES YOUTH AND ELDER'S CENTRE
1:00 - 3:00 EACH SESSION

UPCOMING EVENTS

Feb 7, 14, 21, 28

**TUESDAYS
SENIOR'S SOCIAL**

Feb 2, 9, 16, & 23

**THURSDAYS
HEALTH & WELLNESS
WORKSHOPS**

Feb 3, 10, 17 & 24

**FRIDAYS
CRAFT DAY**

SPECIAL EVENTS

→ Mini Prize Bingo Every Tuesday at 2pm

→ Sewing and Leatherwork on Craft Days

FOR MORE INFORMATION CONTACT:

GAIL PELLETIER, SENIOR'S NAVIGATION WORKER
705-863-2558 OR 705-285-4354, ext 213
Whitefish River Health Centre

Did you know



Prevention

Crystal Mokohonuk

Mental Health & Addictions Worker

705-285-4354 x2308

mentalhealth@whitefishriver.ca

Prevent opioid overdose/save lives:

- Avoid mixing drugs, including prescribed, over the counter, illegal drugs & alcohol.
- Use caution when switching substances: start with a lower dose than you usually would.
- If you have not used in awhile, start with a lower dose. Your tolerance may be lower.
- When using substances, consider the following options:
 - Have a trusted person with you who can provide support as needed.
 - Visit an overdose prevention site
 - Connect with the National Overdose Response Service at 1-888-688-6677 (NORS Line)
 - Access the Brave APP.
- Never use drugs alone
- Carry 2 or more Naloxone kits. Contact Health Centre. Free of charge
- Call 911 if you suspect an overdose

Overdose symptoms include:

- Fingernails & lips turn blue or purplish black
- Skin turns bluish purple, grayish or ashen depending on skin tone
- Dizziness, confusion, loss of time, distorted depth perception
- The person can't be woken up
- Choking, gurgling, snoring, slurred and erratic speech
- Slow, weak or no breathing
- Drowsiness or difficulty staying awake



Mnaamodzawin Health Services

Arrole Lawrence Traditional Healer

Arrole Lawrence is a Saulteaux healer and bandmember of the Keeseekoowenin First Nation. As a healer, Arrole specializes in finding individual solutions to problems that affect the mental, physical, spiritual and emotional being.

Mnaamodzawin Health Services - February 27

AOK Health Centre - February 28

Sheguiandah Health Centre - March 1

WRFN Health Centre - March 2

**Appointments will be IN PERSON with all COVID-19 protocols in place.

For appointments, please contact Robin Maltby at:
(705)368-2182 ext.230 or
robin.maltby@mnaamodzawin.com



From the Whitefish River First Nation Health Centre Staff...
Mno-zaagidwi Giizhgak! Happy Valentine's Day!

The Birch Island Group of Alcoholics Anonymous

Sundays at 2pm

"The only requirement is a desire to stop drinking"

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



LEARN TO SKI OR SNOWBOARD



**Equipment Provided
All Ages**

**FEBRUARY 8 & 22, 2023
March 1, 2023**

6-8pm

Meet at the Community Centre
5PM
Dress appropriately
Bring own water bottle



Scan to sign up or contact
Crystal Mokohonuk
705-285-4354 or email
mentalhealth@whitefishriver.ca

NINI MENS NIGHT



GAME NIGHT!

JOIN US

**March 10th, 2023
6-8pm
Community Centre**

Games 18+
Feast
Fun




Click to register

or contact
Crystal Mokohonuk
705-285-4354
mentalhealth@whitefishriver.ca

MARCH 11th, 2023

Community Centre
11am-3pm
16+

SOUND HEALING WORKSHOP



Max 15 people

With Liberty Shawana

Sacred Fire, Yoga Mats & Lunch provided



Scan to register

* Must register by March 1, 2023
To register please call
Crystal Mokohonuk @ 705-285-4354
mentalhealth@whitefishriver.ca




1in2 people struggling aren't getting the help they need.
Let's change this.



Bell Let's Talk
January 25


Bell Let's Talk Sessions in January included an Adult & Kids Colouring Contest, as well as a luncheon and Sharing Circle at the WRFN Health Centre. Rob McGregor was our Adult Winner and Paisley Toulouse was the winner in the Kids division.


Gdoo-sastamookiimi. We are creating understanding.


To All Students 

IF YOU SEE ANY OF THE FOLLOWING:

-  a student being picked on
-  a fellow student struggling to make friends
-  a student who is new, shy, or alone
-  a student who is eating lunch alone

BE A LEADER BE A WARRIOR 






Greet them.
Smile at them.
Ask if you can sit with them.
Include them.
You never know what the person is facing inside or outside of school.




YOUR KINDNESS WILL MAKE A DIFFERENCE IN SOMEONE'S LIFE



WRFN Family Well-Being Team Presents

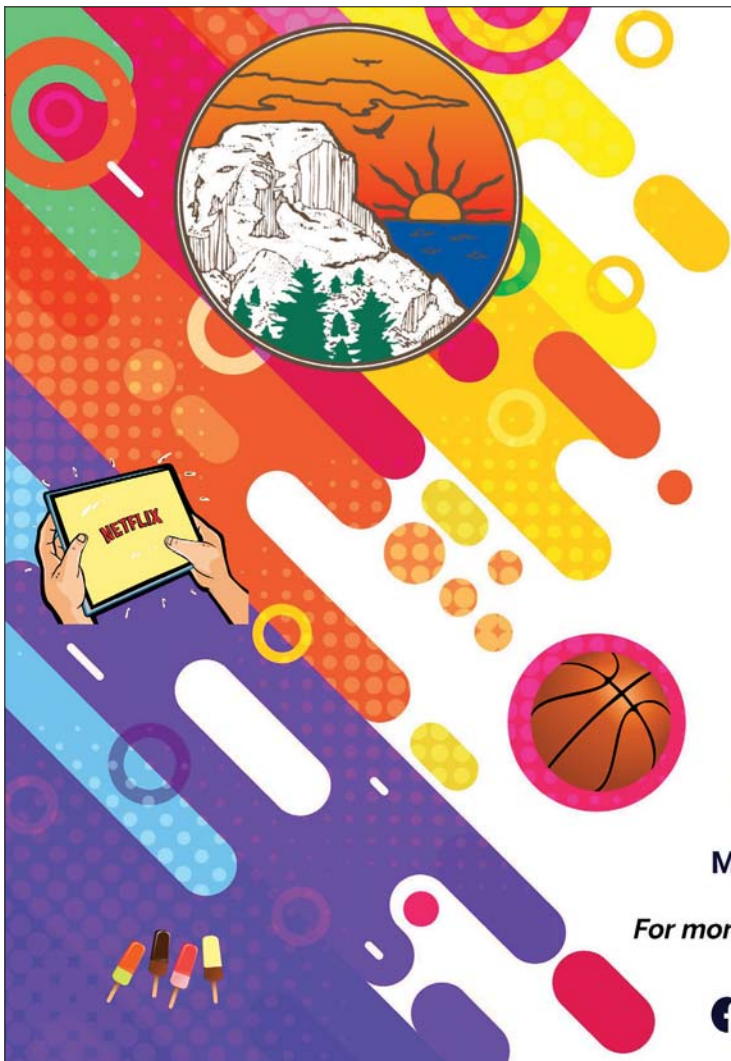




WELLNESS CIRCLE
with Knowledge Keeper
Gloria Oshkabewisens

Sunday, February 26, 2023
7 Fires
Youth & Elder's Centre
5:00 pm - 8:00 pm

Contact Nala Toulouse, Cultural Coordinator at nalat@whitefishriver.ca or 705-285-1941



YOUTH Drop-Ins


Resuming on Feb 24, 2023
For ages 13-25 years old

6:30PM - 10:00PM

Please see the following dates below

- Feb 24, 2023 - Shawanosowe School Gym
- Mar 03, 2023 - Shawanosowe School Gym
- Mar 10, 2023 - Shawanosowe School Gym
- Mar 17, 2023 - 7 Fires Youth & Elders Center

For more information please contact Crystal Clark-McGregor at ccmcgregor@whitefishriver.ca or 705-285-1941




EJIJITOOWIING ANISHNABEMOWIN (CLASSES)

Sessions will be held
Monday evenings
7pm-8pm at the
7 Fires Youth & Elders Center


Join us in-person
or virtually!

Instructor : Lissa McGregor, with monthly special guest.

For more information or to register, please contact Nala Toulouse at nalat@whitefishriver.ca or call 705-285-1941



Download the WRFN app now on the App Store or Google Play.



FULL MOON CEREMONY


HONOURING NAABDIN GIIZIS

March 7, 2023

Community Arbour
8:30 PM

EVERYONE WELCOME!

For more information contact Nala Toulouse,
Cultural Coordinator at the Family Well -Being Center
(705) 285 -1941. or by email nalat@whitefishriver.ca



Aniishinabemowin Crafting Circle

Each session participants
will learn a new style of crafting
in Anishinabemowin.
Led by Cynthia Wemigwans.
All skill levels are welcome to join.

Supplies and snacks provided.

Participants can also bring their
own crafting supplies to work on
unfinished projects.

All Ages
7 Fires Youth and Elders Center

Every Monday from
5-7 pm

For more information contact
Nala Toulouse, Cultural Coordinator at
(705) 285 - 1941 or email
nalat@whitefishriver.ca

Student Wellness Worker - Aimee Tremblay



Aanii!
My name is Aimee Tremblay. Some of you may already know me from Shawanosowe School as the Student Wellness Worker. I support students with things such as; day to day emotional needs, mental health struggles and coping strategies.
My support role has now expanded to include all Whitefish River students in attendance at A.B Ellis and Espanola High school as well. I am here to help provide full circle support as best as I can. This role will involve linking and navigating to services, resources and

programs that fall under Mental Health, Academic Success and Cultural needs. My passion is to be supportive for all students and families and to build trust with those that are looking to get more out of their school experience. My passion and purpose are to be a safe space for Indigenous Education so you can feed your fire and nurture the water within yourself that is already there.

Please feel free to reach out any time; student or family member. I can be reached through email at: aimeet@shawanosoweschool.ca.

Schedule:
A.B. Ellis - Monday, Wednesday and Fridays (AM).
EHS - Monday, Wednesday & Friday (PM - Located in the Indigenous Support Room)
Shawanosowe School - Tuesdays & Thursdays.

Chi-Miigwech

INFANT FOOD MAKING WORKSHOP

Tuesday, February 28th 2023
10:00- 12:00
Downstairs at the Family Well-being Building

Join Noojmowin Tegs' Child Nutrition Coordinator, Cody Leeson, & Registered Dietitian Crystal Morra, to learn some recipes, tips and tricks in making infant food for your little one!

PRE-REGISTRATION REQUIRED!

To register, please contact **Caitlin Pitawanakwat** at (705)285-7777 or at caitlinp@whitefishriver.ca

Early Learning Coordinator - Caitlin Pitawanakwat

Aanii everyone! Well another month has come and gone, and what a month it has been! January was a very busy month getting back into the swing of things, planning, preparing, and hosting a variety of events. At the beginning of January, we had the return of the annual **Kings Day Feast and Baby Welcoming**. There were close to 40 children to celebrate and welcome, born within 2020, 2021 and 2022! I think the size of the gathering is a testament to how large our community has grown over the years. It was heartwarming to see families and friends gathering, visiting, laughing, and sharing a delicious meal. Miigwech to community for coming out and making it a memorable evening for all!

With it being a new year, some programs have remained and others have just begun. The first being our monthly playgroup. This happens on the second Thursday of every month and is hosted in partnership with Mnaamodzawin Child and Maternal Health Program. Donna Gammie, RECE, and I usually try to have a casual learning opportunity for parents, as well as snacks and light beverages and plenty of time for caregivers to socialize and visit. Our next **Playgroup** is on Thursday, February 9th downstairs at the Family Wellbeing Centre. This month we will be making some sugar cookies together and chatting about secure attachment and bonding with your infants.

This month was also the start of our **Boys Regalia Making workshop with Sophie Pheasant**. With most hands on and creative workshops, spots filled up SO fast! In our first weekend, participants learned some of the teachings behind the regalia, the standard pieces and how they can be modified or adjusted for different

dance styles and they were able to start assembling their pieces! They have begun the process of designing and creating cuffs, side drops, and a headband. When we gather again later this month, participants will be making the aprons and yoke, as well as assembling all the pieces together. Its beautiful to see the colours, designs and visions coming to life, and the hard work and focus put in by each participant. In the upcoming months, I plan to be working out of the Early Learning Space downstairs at the Family Wellbeing more frequently. My hope is that open drop-in while I am within the space will allow more families to complete unfinished projects and pieces, and give more time to finish their children's regalia as we get closer to pow wow season within our area. Over the next couple of months at the various programs and workshops that the Early Learning program is hosting, I will be inviting participants to share in the process of brainstorming and envisioning. Community input is an important piece of the planning process and knowing what type of supports, events, and learning opportunities families, children and caregivers need and would like to see helps immensely. Ideas can also be shared through email or a phone call at (705) 285-7777 or at caitlinp@whitefishriver.ca.

Until next time,
Baamaapii!

Upcoming February Events:

- **Wednesday Feb. 8th - Storytelling with Esther**
- **Thursday Feb. 9th - Playgroup**
- **Saturday Feb. 18th & Sunday Feb. 19th - Regalia Making for Pre-registered Participants**
- **Tuesday Feb. 28th - Infant Food Making with Cody & Crystal**

Maamwe Kendaasing Early Learning & Innovation Centre

Aanii from the Toddler Room! Well January has come and gone fast for the toddlers. We had a week all about 'Penguins' and did Penguin themed crafts leading up to Friday January 20th, which was "National Penguin day".

The toddlers also have been busy learning the colors and counting 1-5, and also learning the shapes in Ojibway. For the remainder of February, I will continue working with the toddlers on different fun crafts and or activities. Also, reminder to parents to make sure to dress their children according to the weather.

- JoAnn Recollet, (RECE)

Aanii from the preschool Program January was fairly busy Miss Selena and I have been enjoying the outdoors with the children when the weather is nice. The children have been working on getting themselves dressed. We have been walking the trails, the children enjoy making their own footprints through the trails. We have also been spending time in our forest school area, the chil-

dren like to hide in the snow weighted trees. We have also been sliding on the hills around the daycare. This has been helping the children work on their gross motor skills by walking on uneven and sometimes slippery ground.

When we are indoors we have been practicing our fine motor skills by using and holding our pencils or markers while becoming familiar with their names. Also by using scissors and cutting paper for crafts increases their ability and fine motor skills. We have also been introducing easy games so the children are learning to take turns and communicate with each other in a positive way. We have been bringing the snow inside and the children use different containers and props to colour the snow, which also helps them to learn their colours. We are looking forward to seeing what the weather brings for February.

- Doris Fowler
- Selena Wahsqouaizehik



Note to self.



Cooperation!

The Bobcat



Makwa Giizis is when our students and staff will be celebrating the 100th Day of School (Feb 15th), or as we like to say at Shawanosowe, they are all 100 days brighter! However, as our school calendar shows 192 instructional days, that also means the students have crossed the halfway mark already this year! Aapji Nishin!

As a part of our 100th Day of School celebrations, students will also be striving to record 100 Random Acts of Kindness. This activity coincides with recognition of **Valentine's Day** (February 14th) and **Pink Shirt Day** (February 22nd). What is a Random Act of Kindness and what are some examples of things we can all do?

February 17th is Random Acts of Kindness Day. According to *CanadaHelps.org*, this day is to, "recognize, celebrate and encourage kind acts across the globe." For students, an act of kindness at home can be helping a parent, spending time with a sibling or doing something special for the family pet. At school, an act of kindness can be helping the teacher or a classmate, or simply including or inviting a friend to play.

We would also like to invite families and caregivers to participate in our 100 Random Acts of Kindness. As role-models, we know that children watch and repeat what they see teachers, parents, aunts, uncles or grandparents do. So, watching the adults around them promote kindness encourages them to do the same. What are some other benefits of kindness? Not only does it help those on the receiving end of a kind deed feel good, but those on the giving end will also have feelings of happiness and positivity. Some examples of kindness which we as adults can spread include: taking time to read a book with

your child/ren, visiting with an Elder to listen to their stories, writing a positive comment online or giving a compliment to those around you. Please also remember to be kind to your pets, the earth and our environment, and most importantly, be kind to yourself.

These teachings will support our students as we acknowledge "**Pink Shirt Day**" on February 22, 2023. It was started in 2007 in Nova Scotia by a group of students in support of a fellow student who was bullied for wearing a pink shirt. The pink shirt has come to symbolize a collective effort worldwide by those who take a stand against bullying. Classrooms will focus on this important topic through books, videos and activities throughout the month as well.

Other exciting activities are happening within the school and community this month. The classrooms will connect with Gail Pelletier, the Senior Navigation Worker, to craft some paper floral pots to give to the community Elders for Valentine's Day. The students will include messages of Zahgidiwin for all of our local Elders. **Miigwech to Kiki for providing us with this opportunity!**

Sophie Pheasant will once again be visiting the school as Grades 3-6 move forward on improving their sewing skills. This month, they will be making a Medicine Pillow and receiving teachings on the four medicines and how they can help others. This is just one project as the final goal is for each student to progress and sew their own ribbon skirt or vest at year's end.

Community-wise, the Whitefish River First Nation Carnival returns this year after a hiatus due to Covid. Once again, Shawanosowe School will host a skating party at the ODR on Friday, February 10, 2023.

Finally, this month, Term 1 Report Cards will be going home with the students on Monday, February 13, 2023. Teachers will be calling to schedule Parent/Teacher interviews for the evening of February 15, 2023. We look forward to meeting

with you all.

Here are some other important upcoming dates;

Thursday, February 2: "Backwards & Inside Out" Spirit & Awards Day
Kaakjiish Giizhigad - Groundhog Day
Friday, February 3: Professional Development Day - No School
Fri Feb 3 - Sun Feb 5: Hockey Exchange Weekend
Monday, February 13: Report Cards Go Home
Tuesday, February 14: Zaagidwin Giizhigad - Valentine's Day
Wednesday, February 15: 100th Day of School; Parent/Teacher interviews
Monday, February 20: Enchiyaang Giizhigad - Family Day - No School
Wednesday, February 22: Pink Shirt Day

As a final reminder, please ensure your child/ren are prepared for the snow and colder temperatures. Having proper winter wear and boots goes a long way in supporting student activity so they can enjoy the snow at recess and also the time spent in the Forest Classrooms.

Remember you can find all of this information and more on Seesaw so please ensure you have the most up to date information by checking on your child/s profile!

Some ways to speak kindness in Anishinaabemowin:

Gizhewaadizi - kind

Zaagidwin - love

Nwijkenh - my friend

Aptojiinshin miinwaa jjimshin - hugs and kisses

Gchitwaawendaagwos - You are special.

Nbazgim - Sweetheart

Nsaaktoon nwijkewenming - I treasure our friendship.

Ngodwaak - 100

Baamaa pii!

Shawanosowe School Staff

Education Department



Education Assistant, Bonnie Beattie and EHS Student Victoria Nahwegahbow. Victoria scored the highest mark at Espanola High School on the Ontario Secondary School Literacy Test with a score of 365.

Hello, Aanii; Where did January go? February is upon us and it sure is a delight to see the days getting longer. As we mentioned in last month's edition, the achievements and efforts of our student's do not go unrecognized. With that being said WRFN Education Department would like to send a big shout out to Victoria Nahwegahbow from Espanola High School. Victoria scored the highest mark at Espanola High School on the Ontario Secondary School Literacy Test with a score of 365. Way to go Victoria. We are all so very proud of your achievement.

To all Post-Secondary students, your winter semester is well

on its way and we wish you the best and want to remind those who are continuing on with their studies in the Fall of 2023, that you need to fill out and send back the application no later than May 31, 2023. This also applies to any other person who would like to apply and be considered for funding.

The Education Department will be hosting the Frozen Suncatcher activity as part of this year's Winter Carnival. Please make sure to stop by and say hello.

Miigwetch,
 Stephen Nahwegahbow
 Education Manager
 Bonnie Beattie
 Education Assistant



Deacon & Lily take part in the 3 day GTHL Hockey Exchange Program.



Whitefish River First Nation joyfully welcomes the community newest members born between 2020 - 2022.



Carson, Sydney & Baby Ben.



Ryan, Vanessa & Bentley welcome Baby Kai.



Saika & Miskwa'asin



Stephanie, Gemma & Tahness



Emily & Mateo



Justice, Shannon & Lydia



Justin & JC stand with Matthew, partner Jessica, Marin and Gramma Naomi.



Amelia & Camille



Christina & Laura



Keisha & Brayden



Linda & Greyson



Shannon & Aria



Savery & Zander



Nick, Justine & Cohen



Amber & Jasper



Maddy & Eli

Band Manager - Sandy Jacko

Aanii, Boozhoo

Makwa Giizis, Bear Moon, is shaping up to be exciting month. The beginning of February kicks off with the Hockey Exchange Program, followed by the WRFN Winter Carnival, then the WRFN Election, and later the Oath of Office Ceremony. Keep an eye out for more information regarding February Activities and Events in the mail and on social media.

Hockey Exchange Program

The Hockey Exchange Program is a Pilot Program between Greater Toronto Hockey League (GTHL) and Whitefish River First Nation. In the Fall, WRFN Staff and Parents brought youth ages 9- 13 from WRFN to Toronto for a weekend. While in Toronto they got to experience on-ice sessions, watch a Toronto Maple Leaf's practice, tour the dressing room at Scotiabank Arena, and visit the Hockey Hall of Fame. The second part of the Exchange started on February 3rd when a U11 Scarborough Hockey Association Team came to Whitefish River. WRFN staff and parents have been planning and preparing to host the Exchange Program in Whitefish River. While in WRFN the U11 Team and WRFN youth got to participate in skill development sessions with the 3Nolans, went ice fishing, snow shoeing to name a few of the exciting activities planned.

Chi-Miigwech to the WRFN staff, parents and volunteers for your hard work to provide the youth with this amazing opportunity and making the weekend a success.

Swing Bridge Study

A summary of MTO's Planning, Preliminary Design, and Class Environmental Assessment Study for the replacement of the Highway 6 Little Current Swing Bridge is available for review. You can visit the website www.swingbridgestudy.ca to see the Recommended Plan, the evaluation of the alternatives, anticipated environmental impacts, proposed mitigation measures, and consultation activities carried out as part of this study. **You have until February 24, 2023 to make comments on the study.**

Acknowledgements

The Birch Island Fire Department responded to two calls in the past month and deserve praise for their continued dedication, training and response time to all fire calls. The BIFD is a volunteer fire fighter department that provides fire protection services for the community of Whitefish River First Nation. **Chi-Miigwech to all the BIFD volunteer fire fighters for your continued commitment, acts of courage and bravery.**

Public Works, Housing, Infrastructure and Emergency Services Employees put in a lot of work to keep the community safe, running and maintained during weekends, at night, and on holidays. They are the ones that answer emergency calls to deliver water, plow a road, fix a broken water line, thaw frozen pipes, or repair a leaking roof, just to name a few. **Chi-Miigwech goes out to all the Public Works, Housing, or Infrastructure and Emergency Services employees for their commitment to the community.**

WRFN Election

The Whitefish River First Nation Election **Online voting started on January 31st, 2023. The In-person vote is scheduled to take place February 21st, 2023 from 8 am to 8 pm at the WRFN Community Centre.** The Election Code, and the official Voters List of all Eligible Electors is posted and available during regular business hours at the Whitefish River Administration Office; or can be downloaded from: <https://www.onefeather.ca/nations/whitefishriver>. An **Oath of Office Ceremony** for the new Chief and Council is scheduled to take place on **February 26th, 2023 at noon.**

Communications

Whitefish River First Nations strives to keep you informed about activities, events, opportunities and community information. The **WRFN website** www.whitefishriver.ca has a **Members Portal** where Community Members can access information about the election, the trust, get forms and applications, Chief and Council minutes, membership, etc. **For more up-to-the-minute information WRFN has an App** that can be downloaded to your phone from Google Play or the App Store or you can visit the **WRFN Official Facebook** site at <https://www.facebook.com/whitefishriver>. The Rezound keeps community members informed about recent programs and activities and what the different departments are working on a monthly basis. Additionally, **Community Members can sign up for Constant Contact**, which WRFN utilizes to **send out emails to community members** who sign up for the service. WRFN still sends out flyers through the mail, depending on the nature of the information. For further information about these methods of communication or to sign up for Constant Contact please reach out to **WRFN Communications Coordinator, Tammy Nahwegahbow at 705-285-4335, ext 218 or via email** Rezoundeditor@whitefishriver.ca.

Please note, that the blasting for the 15-lot subdivision has been paused and will resume March 2023. A 48 hours' notice will go out via social media and the WRFN App before blasting resumes.

If you have any questions or concerns you can reach me at the Band Office 705-285-4335 or via email at bandmanager@whitefishriver.ca or via my cell at 705-863-3294.

Be Well. Be Kind. Be Safe. Miigwech.

LEAFS TICKETS GIVEAWAY

Download the app and enter

Want to get up-to-the-minute notifications from the Band Administration AND enter to win a pair of Leafs tickets?

Game Date: March 13th @ 5:30PM

Just download the Whitefish River First Nation mobile app, register for an account, and enter to WIN!

DRAW TIME:
Friday March 3rd
2:00PM MST

HOW TO ENTER:

- ① Scan the QR code or visit the App Store or Google Play Store and Search: 'Whitefish River First Nation'
- ② Tap 'Register' under 'Member Login'
- ③ Fill out your information and press 'Register'
- ④ Click the verification link in your email address
- ⑤ Login to the app, navigate to the Giveaway form, and fill it out! Now you're entered!

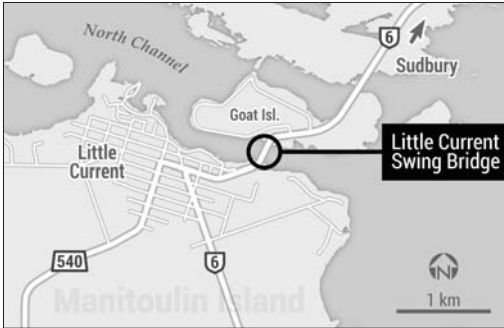


**NOTICE OF STUDY COMPLETION
PLANNING, PRELIMINARY DESIGN AND CLASS ENVIRONMENTAL
ASSESSMENT**

Highway 6 Little Current Swing Bridge Study, GWP 5268-14-00

The Ontario Ministry of Transportation (MTO) has undertaken a Planning, Preliminary Design, and Class Environmental Assessment (Class EA) Study for the replacement of the Highway 6 Little Current Swing Bridge.

A summary of the study process, including the identification and evaluation of alternatives, the Recommended Plan, anticipated environmental impacts, proposed mitigation measures, and consultation activities carried out as part of this study, has been documented within a Transportation Environmental Study Report (TESR).



A copy of the TESR is available for your review and comment.

Where: Administration/Band Office
www.swingbridgestudy.ca

When: January 25 to February 24, 2023

For assistance with this study please contact: Keith Nahwegahbow, Lands Officer, via email: keithn@whitefishriver.ca or by phone at 705-863-2590.

Or More information about the study is provided on the project website (www.swingbridgestudy.ca), where you can find project team contact information and provide comments.



**Lands, Estates and Membership Clerk
Louanne Megwanabe**



Ahnee Louanne Megwanabe dizniikaas, Wiigwaaskiniga doonjibaa. I am pleased and excited to work for Whitefish River First Nation as the Lands, Estates and Membership Clerk. I have lived in Whitefish River for most of my life, with the exception of school and employment. My partner and I are proud Ojibway parents with 3 wonderful boys and 1 granddaughter. My family and I reside here in the community and we enjoy partaking in the many community events that occur here. It is important for

our children to learn about their culture and heritage and know where they come from. As a family, we do lots of seasonal, outdoor activities like open water fishing, ice fishing, hunting, maple syrup production, smelt netting, morel and leek picking, boat cruising and exploring our land. Our children are our future and we need to preserve our culture and heritage through passing on who we are as "Proud Anishinaabe" People from Whitefish River First Nation.

I look forward to assisting our membership and providing support to Members and our Administration. I have witnessed the growth of our community over the past 40+ years and am proud of all the accomplishments along the way. In this next chapter of my life I am excited to be part of the growth and change in our beautiful home, Whitefish River First Nation.

I can be reached at the Administration Building at 705-285-4335 or via email at lands.ira@whitefishriver.ca.

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.

CONTACT:

Kathleen Migwanabi
Lands Manager/IRA
kathleenm@whitefishriver.ca

Kim Laundrie
Council Clerk/IRA/Band Rep Clerk
laundriek@whitefishriver.ca

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

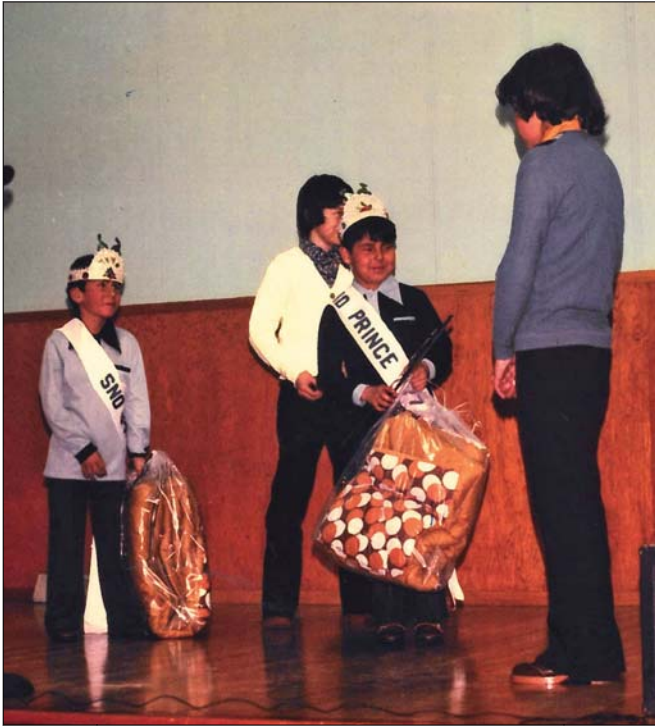
Our mailing address is:
Whitefish River First Nation Membership Office
17A Rainbow Ridge Road, P.O. Box 188
Birch Island, Ontario P0P 1A0



Councillor Esther Osche doled out delicious greens at the King's Day Feast & Baby Welcoming.

*nongwa maajitaan wii anishinaabemyin
gegwa baabiitooke baamaa waabang,
gnimaa zaam weykaa adaa'wan.*

*Start speaking Anishinaabemowin today.
Don't wait till tomorrow,
it might be too late.*



1977 WRFN Winter Carnival Royalty Memory. ❤️
Chi-Miigwech to the family of the late Kelly McGregor for sharing this photo of Kelly-baa being crowned Snow Prince.

Ice Thickness Chart

Safe Ice Depths

Ice Thickness	Safe Activities
2" OR LESS	STAY OFF!
4"	Ice Fishing and Ice Skating
5"-6"	Snowmobiles and ATVs
8"-12"	Cars and small trucks
12"-15"	Medium trucks

Note: These are rough guidelines for clear ice only.

"Ice Thickness Safety Chart," The Old Farmer's Almanac, N.p., n.d. Web. <<http://www.almanac.com>>.

❤️ Mno-Zaagidwi Giizhgak! ❤️
Happy Valentine's Day!

Happy Valentine's Day Jordan
I love you xoxo to infinity
xoxo Love Krystal

Lee,
You are my always and forever,
my happily ever after,
my soulmate, my best friend.
Our journey so far has been an amazing ride.
The best part is that you and I,
have been side by side.
Being together gives me life's best views.
I wish I could turn back time,
I would find you sooner
And love you longer.
I love you.
Courtney

Happy Valentine's to my gorgeous wife
Courtney Laundrie
...soon to be Courtney Jacko!

To Franklin
Mino Zaagidiwin Giizhgat!
Nodenhkijbdoon!
Gizaagin.
Bonnie
Xoxo

To Eli, Ira and Lucy
Mino Zaagidiwin Giizhgat!
Love Mom & Dad
Xoxo

Tax & Consulting Services

LAST THURSDAY OF THE MONTH UNTIL MARCH!

2PM-6PM

- ✓ Tax Returns up to 10 years
- ✓ Tax Planning
- ✓ Budgeting your finances
- ✓ Debt Consolidation
- ✓ Birth Certificates
- ✓ Missing or expired I.D



Services Provided By:
Sudbury Community Service Centre

Call for Kendra for an appointment
705-285-4335

17A Rainbow Ridge Road | Council Chambers

Updating our Business Directory!

If you are a member of Whitefish River First Nation and own/operate a business, we encourage you to provide the following:
Business name, address, industry, website or social media link, phone number and/or email.

To register your business, please contact Economic Development Officer, Stuart Wilson at the Administration in person or by phone at:
☎ 705-285-4335 (ext.216) or email
✉ edo@whitefishriver.ca

The Anishinabek Nation aims to promote First Nations procurement as well as nation-to-nation trade across our territories through the development of a business directory.

We hope to make this updated business directory accessible not only to our community, but other First Nation Economic Development Officers in the hopes of promoting businesses & assisting in business-to-business collaborations!

Economic Development Officer - Stuart Wilson

Aanii! What a start to the year we have had so far! In January WRFN hosted representatives from the Canadian Coast Guard (CCG) and Department of Fisheries and Oceans Canada (DFO) to raise some excitement around the new WRFN auxiliary unit. A big thank you to the Canadian Coast Guard as well as *Coast Guard Employee and WRFN Band Member Dominique Van Es* for sharing her Coast Guard experience!

We are looking forward to receiving our WRFN Coast Guard boat in the coming months! For any questions regarding the partnership with CCG, please get in touch with myself or Stephen McGregor at the WRFN Administration or via email at edo@whitefishriver.ca or stephenm@whitefishriver.ca.

In January, a **Maple Syrup Seminar** was held for local producers. We were fortunate to host some great speakers from all different aspects of the industry to come and share their knowledge. I would again like to thank Jenny Liu from OMAFRA, as well as Camden Lawrence of IAPO for all their work in organizing the event, as well as to all of our speakers for making the trip to educate our local maple syrup producers. The event was well attended and I hope that everybody was able to learn as much about syrup production as I was!

Looking ahead we are approaching the return of Whitefish River's Annual Winter Carnival! The carnival will run from February 10th & 11th and there will be lots of fun and games for the whole family. We look forward to having the community together again and hopefully some great weather!

Lastly, the **Annual General Meeting for Mnidoo Mnising Employment & Training will be taking place in Sheguiandah First Nation on February 27th starting at 10:00am**. In an effort to have community members in attendance, transportation may be provided if necessary.

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 Happy February!



Miigwech to all the participants of the First Nations Maple Syrup Seminar held on Friday January 20, 2023 at the WRFN Community Centre.



Lands Manager, Kathleen Migwanabi and Forest Management Specialist, Dean Assinewe at the Maple Syrup Seminar.

Consultation Coordinator - Stephen McGregor

Aanii,
WRFN is very close to having its own Search and Rescue Vessel delivered to the community! The purchase of this vessel is funded through the Canadian Coast Guard (CCG) partnership and its intent is to help build capacity in Search and Rescue operations. Whitefish River First Nation is still accepting applications for the Coast Guard Auxiliary and welcome anyone interested in joining the team!

Staying with CCG activity I participated in CCG Cultural Awareness training in Montreal. The Canadian Coast Guard wishes to recruit a diverse, skilled workforce that represents the communities that they serve. When working with government agencies its important to provide their staff with a better understanding of First Nations communities. With this in mind, our organizations, including Sara Gasparello (Senior Project Officer, Indigenous Relations and Partnerships, Canadian Coast Guard), began planning a cultural awareness session to be held in CCG's Central Regional office. Sterling McGregor and Lorilee McGregor were presenters for the same session, and provided generational perspective in how Anishinabek perceive culture. The session was a success and to hopefully be repeated with the Canadian Coast Guard team

again in the future. Miigwetch to the Canadian Coast Guard for this opportunity!

Looking ahead to March, the Lands Department is hosting a Land Relationship Visioning Community Engagement Session. The Land Relationship Visioning program seeks to identify priority spaces and species while developing ways to protect both. A Community Engagement session has been tentatively scheduled for March 24, 2023. This event will involve a review of our current Land Use Plan and what the next steps forward should be.

The Lands Department has multiple projects on the horizon (the Walleye restocking program, LRV program, Blanding's Turtle Study and the Ontario Community Environment Fund program) and look forward to updating the community on these projects.

The CCG Auxiliary Search and Rescue team still has space available and welcomes participants to apply to join the team. If you have interest in joining the local Search and Rescue team, please feel free to contact me at: stephenm@whitefishriver.ca or by phone at (705) 285-4335 Miigwetch

WRFN MINOR SPORTS & RECREATION

04

75

BINGO NIGHTS

IN BIRCH ISLAND

WRFN COMMUNITY CENTRE

March Dates:
 2nd, 4th, 6th, 9th, 11th,
 13th, 16th, 18th, 20th,
 23rd, 25th & 27th
CHI-BINGO on the 30th!

DOORS OPEN AT 5:00 PM
 MINI-GAMES AT 6:45 PM
 \$4.00/STRIP (REGULAR BINGO)

FOR MORE INFORMATION OR TO BOOK THE CANTEEN
 CALL JAKE AT 705-862-1783.



l-r: Lorilee McGregor, Sara Gasparello (Senior Project Officer, Indigenous Relations and Partnerships, Canadian Coast Guard), Stephen McGregor, Consultation Coordinator, & Sterling McGregor

Missed an issue
of The Rezound?



Find them online at www.whitefishriver.ca



Whitefish River
First Nation

Dog Control By-Law #4

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

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

- (1.2) **At Large** - shall mean that an animal shall be deemed at large when it is found in any place other than the premises of the owner of the dog and not under the control of 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 1-800-836-6661, to report dogs running at large.

Miigwetch



Infrastructure and Emergency Services Manager - Richard Shawanda

February Activities:

The month of February will be pretty busy in the Water Department and Emergency Services.

The following is a list of activities that the department will be undertaking:

WATER:

UV Servicing

Trojan Industries was on site to perform a Health Check/MTCE on the UV reactors. PLC had to be reset in order to get unit 1 back online. The Unit is now up and running as required.

Water Truck

A new water truck will be purchased in the new fiscal year. With parts and equipment still having issues of availability we will be transferring the old tank from the water truck to the new truck. The new truck has an arrival date of 6-8 months and then work will have to be performed to get it ready for water delivery operations. Funding for this purchase will be **100% through ISC**.

WTP Trainee

The successful candidate for the Water Treatment Plant Trainee position is Darin Prince. His start date is February 6 for 26 weeks with the possibility of extension afterwards.

ESR

Repairs are underway for fixing the heat trace issues for the recirculation pump as well as the issues with the in-floor heating. Work should be completed in the next couple of weeks.

ERP WTP

Updating the Emergency Response Plan for the Water Treatment Plant.

Ozone Upgrades

We have finally gotten written approval for the Ozone upgrade at the Water Plant. The next steps will be to have the start up meeting and going over the scheduling for work to proceed. This was a big step for operations as the old ozone unit was becoming worn and replacement parts were obsolete for this unit. **The price tag for the upgrade came in at over 1 million dollars which was 100% funded through ISC.**

Spring Maintenance (Distribution)

Repair/replace gate valve chambers and curb stops and some watermain gate valves. Planning is underway for

early spring to repair and replace

EMERGENCY SERVICES:

ERP/Pandemic Plan

Working on updating the current plans for the new fiscal year and having them approved and put in place by Chief and Council.

Emergency Training/Info Sessions: I am currently researching and putting a plan together to have programming for the Daycare Staff and Students as well as the Shawanosowe Staff and Students. This will be done in early spring and also will be putting in place fire drills for all band owned buildings and making sure emergency escape plans are current and in all buildings.

Fire Hall

The new Rapid Attack vehicle for the Birch Island Fire Department is still looking at a delivery date of later this year. The Department is also looking at donating all old bunker gear and MSA to other communities or dispose of if necessary. Replacing the old 19732 pumper truck with a Water Hauler to help with fire calls in rural areas that are not located near water body. I have reached out to an organization in southern Ontario that takes old bunker gear and equipment for free. Firefighters Without Borders takes unwanted fire equipment and repurposes them and donates them to other countries that are in need of emergency fire gear. We are currently waiting for a meeting to discuss further.

Wilderness Advanced First Aid

Getting information and pricing on a possible course in our community that will give participants the know-how of addressing accidents in the wilderness where there is no immediate access to emergency services. This course would be a great course to have as we do have a lot of hunters and gatherers in our community.

If you have any questions about the information presented in this article, don't hesitate to call me at the Water Treatment Plant at 705-285-0007 or via email at ies@whitefishriver.ca.

Miigwech



The Water Treatment Plant got an Energy Efficient Facelift through Save On Energy's First Nation Community Building Retrofit Program! Pictured here are IES Manager, Richard Shawanda, Community Energy Champion, Ryan McGregor and the talented gentlemen of Steel Control Services. Shawanosowe School and WRFN Administration will also be receiving upgrades. Nishin!



Four Generations of the Ziegler Family! Susie, Marilyn, Aaliya & Geraldine (seated). ❤️

Pet Care & Tips



Hello everyone, I hope everyone is keeping warm on some of these very cold winter days and keeping your fur babies warm and fed too. This weather reminds me of when I used to live in the old log house, which was heated with a stove in the kitchen and a box stove in the living room. There wasn't all-night constant heating like we have now. I remember the logs making crackling noises during the night and my Dad would get up throughout the night and early morning to put more wood in the stoves. We would stand around the box stove to get warm and there would be ice in the wash basin in the kitchen when you went to wash your face. We also got our water from the lake and would have to cut a hole in the ice to get our water. I used to hate laundry day because it would mean that I would have to go down to the lake to get the water so my sister could do our laundry. We also had no electricity, only coal oil lamps or the brighter Coleman lamps. People nowadays do not know how lucky they are with all the modern conveniences.

Now about my cats, the cats are doing fine and Luka likes to go out at night to sleep in the large cat shelter, the colder the better. I told you he would be what they would consider a Russian Blue and they originated from Siberia where it is

really cold there in the winter. He is like a walking hot water bottle. She-Pet Elizabeth likes to stay in the house with me to keep warm. She will go to my glass doors and look outside to see what is going on. I got a nice plaque in the mail the other day with the Queen II's picture on it, signed Elizabeth (1926 - 2022). The picture shows her wearing one of her many crowns. Now I have to find a place to put it up on my wall.

Some Cat Facts:

The World Cat Congress, an organization committed to matters of cat fancy, was established in 1999.

Leave the cats alone! Virginia dogcatchers are legally prohibited from bothering cats while they look for dogs.

A female cat is a queen or a molly.

Tibs the Great was the British Post Office's "number one cat" and kept the post office headquarters completely mouse-free during his 14 years of service

Well that is it for another month, the cats and I would like to wish everyone a Happy Valentine's Day! We also would like to wish all those celebrating either a birthday or anniversary in the month of February much happiness, health and peace. Remember to visit our elderly and the shut-ins and the ones not feeling well and maybe have a short visit with them, I am sure they would like it. Being a responsible pet owner means keeping your pets warm and fed on these cold days of winter and also getting them fixed to help keep the pet population down in our community. Please keep the people of Ukraine in your thoughts and prayers that they will get peace.

Bye for now from:

Luka and She-Pet Elizabeth (the cats)

And me the big cat - Dennis L. McGregor

February's Pet Profiles 🐾



My name is Rufus, and I am 8 ½ years old. Originally from Birch Island, I moved to Orillia where I live with my family. My breed has been questioned by many, but I believe I am part shih tzu and part bull mastiff. I look like a very large shih tzu and am strong for my size. I was gifted to my family by their cousins, Mark (baa) and Debbie. I have always looked like an old 'man' even when I was a wee pup. I can do some tricks and am always eager to learn and obey when there is an opportunity for treats. I can sit, lie down and if you command 'bang', I'll roll over onto my back and play dead. I am a very good watch dog and always alert my fam-

ily when there is someone at the door – in case they did not hear the knock. I'm not very good at playing fetch – I like to get the ball but have difficulty letting go and giving it back to you to throw again. In the summer, my family and I head to camp. I love jumping off the dock to fetch sticks floating in the water. I get to go fishing and always try to help when a big one is on the line. Like most of my species, loud noises scare me, so I ask that you don't set off any fireworks if I am close by. I am friendly and love meeting new people.

Rufus has his furever home with Ruth and Richard Pires.

Would you like to see your beloved furbaby featured in the monthly Pet Profile section of The Rebound? Email me a picture and information of your family pet, and they may be our featured Rezhound or Rezzcat!

Email me at: reboundeditor@whitefishriver.ca

Gichi-Nendam Dabishkayek 🎂🎁🎊

Happy Birthday to my brother Richard, who celebrates his Birthday on February 18th. Love, your sis Diane.

Happy Birthday to my daughter-in-law Zoe on February 11th. Love you, Diane.

Happy Birthday Uncle Rich from John, Amy, Peter, Zoe and the kids.

Happy Birthday to my cousins, Rachel and Wanda who celebrate their Birthdays in February! Love, Diane

Happy Heavenly Birthday Peter-ba, on February 24th. We love you always.

To my godson Tyrone Pakosigan, Happy Birthday to you. I hope it's a great day on February 15th! Love Auntie Diane

Happy Heavenly Birthday to Corrina-ba, on February 12th. Forever in our hearts.

Wishing everyone that celebrates a Birthday this month, May your days be filled with happy memories. Diane

Happy 6th Birthday to Emerald on February 1st! We love you! From Auntie April, Auntie Paige & Uncle Byron.

Happy Birthday Emerald on February 1st! From Grandma and Grandpa We love you sweet girl!

Happy Birthday Mom on February 15th. We love you and hope you have a good one! From your lovely kids, April, Paige, Darcy, & Byron.

Happy Birthday Grandma Rachel From your Sweet Bebes Emerald, Ezra, Bellamy, and lil Miss Isabella

Happy Birthday Auntie Wanda on February 16th I love yah long time and hope u have a good one. Love April

Birthday wishes for Peter-baa up in the spirit world on February 24. Hope your having celebrations up there bro....

Happy B-day to Weeb on Feb 14. Mr. Valentine have a great day! Rich

Happy Birthday to our grandson, Nico on February 18!! Hope you have an awesome day. Love Papa Shawn and Gramma Kim xoxo

Happy birthday to my Beautiful wife Kim on February 12. Love you always, Shawn

Happy Birthday Momma February 4th Love Krystal & Jordan

Happy 85th Birthday to the GOAT (greatest of all time) dad & papa-Lawrence/Muzz on February 5th! Have the best of days and an awesome year to come!

No words can express how important you are and how much we love you. Elizabeth, Louanne, Clarissa, Jessica, Xavier, Dryden, Mason & Darius

Happy 85th to my husband, lifelong partner and best friend Lawrence. Love always Jean

Happy Birthday Noki on February 4th Love all your Grandcubs near and far ❤️❤️

Happy Birthday to my grandson Paul on February 15th Love you to the moon & back! Love Grandma Louise

Happy 15th Birthday to Nico on February 18th Love, Mom, Dad, Deacon & Haisley Roxy & Georgie

Happy Birthday to my mother-in-law Kim On February 12th! From your favourite son-in-law .. ever! Lee

Happy 13th Birthday, to Paul on February 15th!! Love Mom, Sophie, Buttons, Spirit, and Sunshine.