Ambe, anokiidaa.
Come on, let's work.

Whitefish River First Nation community members gathered at the Community Centre on March 3, 2023 to honour outgoing Council members and to welcome the newly elected Chief and Council to their term of office. The event began with a Blanket Ceremony and honour songs, followed by acknowledgements of the service and dedication by the prior Council. Those members who would not be returning to office were presented with a gift. Following the gift presentation, the Band Manager, called upon the new Chief and Council to sign the Oath of Office. The Oath is a promise made by Chief and Council to uphold the position that they were either elected to. By signing the Oath, they agree to carry out the duties of their position conscientiously, loyally and honestly, and to the best of their abilities serve the membership of Whitefish River First Nation. Once the Oath was signed and read aloud, the members of the community welcomed the new Chief and Council with a round of applause and a celebratory community feast.

Please note that the deadline for submissions for the next issue is Friday, March 31st, 2023 at 4:30. Miigwetch!
rezoundeditor@whitefishriver.ca

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

Aani, The Family Well Being Team and Health Centre Staff have had a busy start to 2023. We are expecting our new Wheelchair accessible van to be delivered to the community in the upcoming weeks. Staff have been busy working on the Community Harm Reduction Strategy, collaborations with Health Sciences North to make cancer screening more accessible in our community, food security and an excellent offering of programming for all members.

Mnaamodzawan will be offering Rainbo\Connection training at the Community Centre on March 23rd. This opportunity will learn about gender identity, sexual orientation, gender expression and the differences between them. As well, tools will be provided to encourage allyship of 2SLGBTQIA+ people and encourage us to support the community in a safe way.

The next COVID vaccination clinic will be held on Tuesday March 21st at the Community Centre between 10am and 2pm. If you require a booster, please come during that timeframe.

March also brings the return of Little NHL. Many families will head south to participate in this tournament which was started in 1971, and thankfully has returned, post Covid interruption. The mission of the LNHL is to lead, develop and promote a fun and positive hockey experience to provide our Ontario First Nation Youth an opportunity to be educated about the values of fair play and sportsmanship, both on and off the ice, including respect for all citizens attending the Little NHL. WRFN former chief Jim McGregor, one of the founding fathers of Little NHL, reminds all participants that “It’s not if you win or lose, but how much you tried and how fairly you played.” For those families not participating in Little NHL, the Family Well Being Team and Health Centre staff have a robust week of programming planned. March Break Madness consists of: Monday – Pizza Kit delivery; Tuesday – Taco Tuesday & Games (Community Centre); Wednesday – Sudbury trip (Science North, Urban Air); Thursday – Outdoor day (Ice Fishing & Snow Shoeing); Friday – Swim and Pizza @ Espanola Rec. Complex. Please make sure you register in advance.

Last thing, I’d like to welcome the incoming Chief and Councillors. Congratulations on securing your positions. The Health Centre and Family Well Being teams will look forward to working with you over the next four years. Miigwech.

Should you wish to contact me I can be reached at 705-285-4335 or via email at healthmanager@whitefishriver.ca
Foot Clinic
with
Stephanie, D. Ch
from Aquilon
Friday, March 17, 2023
Whitefish River Health Centre
To book your appointment, please call
Robin Maltby (705) 368 2182 x230
robin.maltby@mnaamodzawin.com
Mnaamodzawin Health Services

Mental Health & Addictions Worker
Crystal Mokohonuk
Aani/Boozhoo,
January 25th was Bell Let’s Talk day. We had a great turnout, great conversations and awareness. Sometimes we just need to be heard and here at the Health Centre we are all here to support you. We know people are struggling. We are here to be part of your support team, let’s change the struggle, let us support you. Do you have a support person? How do you bring up conversations with loved ones and family about mental health? What is mental health to you? These are great questions to ask yourself and your loved ones during conversation.

Congratulations to Rob McGregor and Paisley Toulouse who won our Bell Let’s Talk Colouring contest and Chi-migwetch to all of you who participated in creating beautiful art.

During the community’s Winter Carnival weekend on February 11th, Arianna Pitawanakwat, Syrianna Mokohonuk and myself enjoyed the morning face painting and tattooing sharing in great conversations laughter and seeing smiles with our community members of all ages. On February 14th, we celebrated all Zaagidwin relations with our community with Bingo, a feast and great entertainment.

Anti-Bullying Day was recognized on February 22nd and we shared in an on-line post encouraging students to be leaders, warriors for their fellow friends and loved ones at any stage of life. Let us be reminded of the 7 Grandfather teachings to respect all living things.


I am excited to share these upcoming workshops with the community for the month of March.
• International Women’s Day Celebration - March 8th at the Community Centre from 5-9pm.
• NINI Games night (Men’s Night) - March 10th at the Community Centre from 6-8pm.
• Sound Healing Workshop with Liberty Shawana - March 11th at the Community Centre.
• Decluttering Workshop (Organize your Space) with Cori-Lynn Lemaitre - March 29th at the 7 Fires Youth & Elder’s Centre from 6-8pm.
• March Break - the Health Team and Family Well-Being have collaborated in creating some great activities. Poster to follow.

Our Men’s Nights will continue monthly with much more being offered in the community in the upcoming months in collaboration with our Partners & Community workers.

I am here to support you in your walk of life. You can reach me Crystal Mokohonuk @ 705-285-4354 ext. 2308 or mentalhealth@whitefishriver.ca.

NINI NIGHT
APRIL 5 • 6-8PM • THE ARBOUR

 Sacred Fire with Dave Ceremony Rice & WINGS

 "Building a strong community starts with building a strong you!"

Go-Live = Wednesday March 1st, 2023
Child & Community Resources (CCR) will no longer accept any referrals for ASD after March 1st, 2023.
All new referrals for assessment and diagnosis must be sent through OCEAN to NEO Kids Autism Hub.

Find out what role you play in the ASD diagnostic pathway!
Did you know that many professionals in our community can diagnose autism?
Find out how the NEO Kids Hub is supporting community diagnostics to speed up access to treatment services.

Check out our new website!
Look for our own recordings to learn more about the pathway and how to access an a-Routine through OCEAN.
We also have many helpful resources for both families and clinicians.

Become a NEO Kids ASD Champion!
Do you represent an organization that actively submits outside assessment/diagnostic service referrals? Support the improvement and implementation of the new ASD pathway.
E-mail tessa.smith@hansfildub.ca to find out how you can join the ASD Advisory group to help us access to services in our area.

ENFANTS NEO KIDS Autism Diagnostic Hub
The Official Ontario Autism Diagnostic Hub for the Sudbury-Manitoulin District
Assessment and Diagnostic Services for Children / Youth 0 - 18 Years Who Screen Positive
for Autism Spectrum Disorder (ASD)

766-832-7120
neochildren@gmail.com
hansfildub.ca/autism
Mnaamodzawin Health Services Inc. presents

THE
RAINBOW
CONNECTION®

With special guest
Bobby Hudon

Thursday, March 23
Whitefish River Community Hall
10:00am - 12:00pm
Lunch included
max. 25 participants

To register, contact Kim Armstrong at 705-285-4354
or email healthmanager@whitefishriver.ca

Come to the clinic on March 23rd and learn about food allergies and how to deal with them.

Join us,
Sign up today!

Decluttering Workshop
Together, we will work through
your stuff and create tidy spaces

Presented by:
Ceri Lynn

Organize Your Space
https://organizeyourspace.ca/

7 Fires Youth & Elder’s Centre

Wednesday March 29, 2023
6-8pm
* Dinner included
* Workshop

Contact: Crystal Mokohonuk
Mental Health & Addictions worker
705-285-4354 x 2308 or
mentalhealth@whitefishriver.ca

Face painting and Temporary Tattoos, courtesy of WRFN Health and co. were a Winter Carnival hot ticket!

Helen and George Bolduc were among the many in attendance at the Valentine’s Community Celebration hosted by WRFN Health.

Mnaamodzawin Health Services Inc presents

2Spirit Youth Gathering
Comin’ In: Claiming Your Space in the Circle
SATURDAY
MARCH 25
Manitoulin Hotel and Conference Center
10:00am - 4:00pm
Lunch included
Everyone Welcome

Chances to win iPad & Beats headphones
Teaching with Josh Esikawkagan
Talking Stick teaching and making with Roberto Oshkabwisens
Creative Expression with Mark Seabrook

Please register with Ken Lander at 705-368-2182 ext.239
or email kenneth.lander@mnaamodzawin.com
Big Drum Socials

Wednesday Evenings
6:00 pm - 8:00 pm

Instructors: Craig Fox & Gregor Jacko

Located at
Shawanosowe School Gym
(Please enter at side door)

Everyone welcome!
Dinner is provided

Drumming session dates:
March 1st, 8th, & 29th.

For more information please contact Nala Toulouse at 705-285-1941.

FULL MOON CEREMONY

Honouring Ziisbaakdoke Giizis

April 6, 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

EGIJITOOWIING ANISHNABEMOWIN
LEARNING THE LANGUAGE

Join us in person or virtually!

Sessions will be held
Monday evenings
7:00 pm - 8:00pm at the
WRFN Health Centre.

Instructors: Lissa & Marion McGregor

For more information or to register, please contact:
Nala Toulouse, Cultural Coordinator at 705-285-1941 or via email at nalat@whitefishriver.ca

Aniishnabemowin Crafting Circle

Each session participants will learn a new style of crafting in Anishnabemowin.
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
Jean & Lawrence were the lucky winners of a $200 gift card from the Winter Carnival Selfie with a Senior Contest.

Jim & Mary Grace also won a top prize from Selfie with a Senior!

GYM HOURS

MONDAY  8AM – 10PM
TUESDAY  8AM – 10PM
WEDNESDAY  8AM – 10PM
THURSDAY  8AM – 10PM
FRIDAY  8AM – 10PM
SATURDAY  8AM – 10PM
SUNDAY  8AM – 10PM

For more information contact Nala Toulouse, Cultural Coordinator at 705-285-1941. Miigwech.

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 ccmcggregor@whitefishriver.ca or 705-285-1941
Education Department

Aanii, Hello;
Spring is in the air, as we head into Naabdin Giiizis, Snowcrust Moon, March.

The days are getting longer, and the sun is so rejuvenating. Take the time to get outdoors and enjoy all that this time of year has to offer, and don’t forget to “spring ahead” on March 12, 2023. The clocks go ahead one hour.

The Education Department would like to remind all who are planning to enroll or continue with Post-Secondary Education, the deadline to apply for funding is May 31, 2023, so make sure to get your applications submitted before this date.

HOW TO APPLY FOR PSE FUNDING?
1. Please click on the link provided: https://whitefishriver.dadavan.com/login.jsp.
2. On the top of the homepage, please click on the link to PSE FUNDING APPLICATION.
3. Please ensure you fill out the application completely as missing information can delay the process. When you have completed the application, hit SUBMIT APPLICATION.
4. When you submit your application, it will automatically be sent to us. You will be able to see your application status as pending, approved, or declined when you access your student portal. Instructions on the student portal will follow the application.

We also would like to announce that we have a new Librarian, Lindsey Auge, who brings a vast amount of knowledge and experience to our team. Please be sure to check out this issue of The Rezound for her article and be sure to welcome her to the community.

In addition to the Librarian, we would like for you to welcome Aimee Tremblay in her new role as Student Wellness Worker.

If you have any comments, concerns, or questions, we are always here to help, so do not hesitate to contact us.

Stephen Nahwegahbow, Education Manager, education@whitefishriver.ca 705-285-4339 ext.2209

Bonnie Beattie, Education Assistant, educationasst@whitefishriver.ca 705-285-4335 ext.2226
Early Learning Coordinator - Caitlin Pitawanakwat

Aanii Boozhoo!
Naabdin Giziis is here, and with that we are seeing a slow shift in the seasons and the welcome return of Spring! This past month has been very busy here within the Early Learning Centre as I’ve been spending more time assisting within the classrooms. Its been great getting to spend time with each age group of children while helping cover staff breaks and lunches, as well as assisting with programming as needed. One of the highlights of this has been our time spent outdoors. On Wednesdays we’ve been spending time at our outdoor learning space and within the trails. The children have had fun climbing snow banks (mountains), navigating through deep snow, and exploring the wonderful woods. During this time, we made some rough shelters using bungee cords and tarps, and talked about Mukwa Giziis. Then the children pretended to be bear cubs, waking up and exploring outside the bear cave for the first time. The children were crawling through the snow, sniffing around ‘looking for food’, and practicing little bear grows! During another outdoor time, we brought the classroom focus outside. The Preschoolers have been learning about Dinosaurs, and for one of our walks each child got to pick a dinosaur to take along on our walk. Once outside, we showed our dinosaurs the trees, the snow, and spent time building snow caves and mountains for the dinosaurs. Some children preferred to hide their dinosaurs under a mound of snow, while others enjoyed excavating out little holes where their dinosaur could fit snugly inside. We are definitely looking forward to having more outdoor adventures over the next couple of weeks and months leading into spring!

Some February events that happened were our Playgroup & the Infant Food Making Workshop. This March there will be playgroup on the 9th, some Science North Family Memberships or Movie and Dinner Gift Card Packs for families who are staying close to home for the March Break, Northern Sprinkles Cookie Kits for St. Patrick’s Day and a Book Giveaway to celebrate World Water Day on March 22nd. Keep your eyes peeled for the flyers as they roll out!

I hope everyone has a great March Break and safe travels to those going down to the Big Smoke to participate in the LNHL! As always, I’m only a phone call or email away. I can be reached at (705) 285-7777 or caitlinp@whitefishriver.ca. Baamaapii!

Wednesday evenings are for all-ages Big Drum Socials at Shawa’snowe School with Craig Fox & Gregor Jacko! Everyone welcome.

nongwa maajitaan wii anishinaabeminyin gegwa baabiitokee baamaa waabang, gnimaaz zaam weykaa adda’wan.

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

WORLD WATER DAY
MARCH 22ND

TO CELEBRATE THE GIFT OF NIBI,
WE HAVE BOOKS TO GIVE AWAY TO FAMILIES
WITH CHILDREN AGED 0-6

20 BOOKS AVAILABLE
PICK UP AT THE MAAMWE
KENDAASING EARLY LEARNING CENTRE
DURING THE MONTH OF MARCH

FOR WRFN COMMUNITY MEMBERS ONLY

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

OPENING UPCOMING

WRFN
March Break Activities

Families must pre register
by 4:30 on March 09, 2023

MAR 13 Pizza & Movie Kits
Pick up at the Health Centre between 2:00PM to 4:30PM

MAR 14 Taco Tuesday & Games
All the Community Center from 2:00PM to 4:30PM

MAR 15 Sudbury Trip
Departing from the Community Center at 8:00AM & returning back to the community for 5:00PM

MAR 16 Outdoors Activity
Meeting at the Health Centre for 1:00PM. Please dress according to the weather

MAR 17 Family Swim
At the Esapeni Complex only between the hours of 5:30PM to 7:30PM (Swim test is required)

For more information regarding the events, please contact Arianna Pitawanakwat at 705-285-4344 or email arianna@whitefishriver.ca

Open to WRFN Community Members only.
**WISHING ALL WRFN STUDENTS & FAMILIES A SAFE, FUN-FILLED MARCH BREAK!**

**GOOD LUCK TO ALL WRFN WARRIORS AND SAFE TRAVELS TO THOSE ATTENDING THE LNHL!**

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**Maamwe Kendaasing Early Learning & Innovation Centre**

**Aani from the Toddler Room.**
This past month the toddlers have been busy little guys; they’ve been continuing to learn to count in Anishinaabemowin, and are learning their colors and shapes in the language. They really enjoy arts and crafts, and this past month they had a week-long Polar Bear theme. We made Polar Bear Masks and Polar Bear Treats! What great fun!

With the month of March upon us we will continue with learning Ojibway words and hopefully try to introduce a few new ones. Our special theme for the month of March is Spring. We wish everyone a safe and happy March Break from the Maamwe Kendaasing Toddlers Room!

**Aani Kina Waya from the Infant Classroom!**
To start we would like to introduce one of our new little friends, his name is Wren. Some of Wren’s favorite activities to do are using the walker to practice walking, hand drumming and singing, and playing with his new friend Laura.

We have been planning sensory, gross and fine motor activities within the last few weeks. We had fun with sensory play. Sensory play includes any activity that stimulates our sense of touch, smell, taste, sight and hearing, as well as anything which engages movement and balance. One activity we made were sensory bags. The sensory bags included a mess free finger painting (heart – Deh), glitter and baby oil/water, and pompons! Wren enjoyed the glitter and paint sensory bags. He was trying to squish them with the palm of his hand and would continuously raise his hand up and down against the glitter bag watching it splatter inside the bag.

Laura was strengthening her leg muscles these past couple weeks. She was pretending to pick up objects from the floor while bending down using her legs and passing them into Ms. Candace’s hand. Ms. Candace expanded on this activity by placing little balls of paper onto the floor. Laura noticed Ms. Candace from where she was sitting and crawled towards her and continued to do this activity. Laura and Wren will soon be walking as they both are motivated to get moving!

This month we are hoping to get outdoors for some sleigh rides and fresh air! Until next time,

*Cynidl Nahwegahbow, RECE & Candace Perrault*
WRFN Housing Department dished out a delicious and free pancake breakfast during Carnival weekend.

Who’s with the Band?

Generations of Community members came out to enjoy Winter Carnival.

Everyone was a winner at the Scrabble Tournament.

Gotta Catch ’em All App contest!

Marcus and Waas enjoy family fun time at the Winter Carnival.

Log Sawing is a Carnival Favourite.
Shawanoswe students gave handmade Valentine’s bouquets to the Seniors in the Community.

The Aunty and Uncle Pageant had very enthusiastic competitors.

Toss the Frying pan like a Champ!

Vicky lost at Rock, Paper, Scissors, Flour!

Jake and Hope compete in Plank races, cheered on by their dad, Jeff.

Valentine’s Community Celebration.

Rock, Paper, Scissors, Flour was a popular addition to this year’s schedule.

Public Works ran the Slapshot and Accuracy contests at the ODR.
Band Manager - Sandy Jacko

Aanii, Boozhoo

March is Naabdin Giziiz ~ Snowcrust Moon. With March Break right around the corner there will be a lot of activities and events to keep the little ones busy, make sure to keep an eye out for more information.

ACKNOWLEDGEMENTS
The outgoing Chief and Council have earned an acknowledgement for being the very first Chief and Council under Whitefish River First Nation’s own Election Code and holding the very first 4-year term from 2019 to 2023. They came into office at the start of the COVID Pandemic and were tasked with navigating and upholding the health and safety of the community throughout. There were many challenges along the way, but they stayed the course. Chi-Migwech for your service and dedication.

OATH OF OFFICE
Whitefish River First Nation welcomes the newly elected Chief and Council with an Oath of Office Ceremony. The ceremony will take place on March 3rd at the WRFN Community Centre. The Oath of Office will include a Blanket Ceremony for the newly elected Chief with honor songs for the new Chief and Council. After the ceremony, the Oath of Office will be signed and a community dinner will follow.

49TH ANNUAL LITTLE NHL
The Little NHL tournament makes its return this March break, after being cancelled since the beginning of the COVID pandemic. Whitefish River has four teams entering this year’s tournament. They are in the Under 7, Under 11, Under 15 and Under 18 divisions. This year’s LNHL is hosted by Nipissing First Nation and is being held in the City of Mississauga with 184 teams registered. Let’s wish our players and families a safe trip and enjoy the tournament. Remember the words of the former Chief Jim McGregor and LHNL Co-Founding Father “It’s not if you win or lose, but how much you tried and how fairly you played.”

15-LOT SUBDIVISION BLASTING OPERATIONS
Please note, that the blasting for the 15-lot subdivision is scheduled to resume during the month of March. A 48 hours’ notice will go out via social media and the WRFN App before blasting resumes.

Prior to any blast, a warning siren will be sounded prior to initiation, and following the completion of each blast. The warning siren procedure for this project will be as follows:
• Following completion of loading, matting, blasting area clearance, and positioning of guards, 3 short sirens will be sounded;
• One-minute wait, blaster-in-charge completes final check with guards, and a long siren is sounded;
• Blast imminent;
• Following the blast, the blaster-in-charge will inspect the blast site to ensure complete detonation of charges has taken place;
• All clear siren is sounded.

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.


Go Warriors Go!

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

Logistics Manager - Kim Laundrie

Spring is just around the corner!! I can’t wait for the warmer weather.

If you are interested in renting the Community Centre or the 7 Fires Youth and Elder’s building, please contact me for a rental form or to check availability. (It should be noted that programming will take priority for both buildings).

If you have any questions or would like a rental application, you can reach me at laundrik@whitefishriver.ca or by calling the Administration office.

2023 Whitefish River Warriors
LNHL March 12 – 16, 2023 Hosted by Nipissing First Nation

U7
Waylon Waboose
Mattina Esquimaux
Caleb Matthews-Laudrie
Braelyn Eshkawkogan
Kieston Pelletier
Liam Recollet
Breah McGregor
Alanna Jacko
Rory Shawanda
Alessa Littlechild
Reese Basawa – U9
Carter Maltais - U9

U11
Arlo Owl-McGregor
Leonidas McGregor
Delilah McGregor
Deacon Jacko
Lila Garcia
Derrance Kitchemokamon
Hudson Shawano-Embrey
Brody Abrams-Cech
Tayler Waindubence
Dominic Cowace
Xavier Panamick
Eshkawkogan

U15
Tecumseh Paibomsai
Landon Pickersgill
Jake Dieroff
Greyson Brewer-Case
Lucy Paibomsai
June Recollet
Niomi Tomaselli
Memphis McGraw Hill
Jaykob Corbiere
Christian Beasley
Gauge Wesley

U18
Raidyn McGregor
Brandon Visitor
Carter McGregor
Ira Paibomsai
KC Miwanaabi
Marik Maltais
Carson McGregor
Gavin Darlow
Kalli Jones-Pheasant
Cameron Dooley
Rylee Carter
Beau Naponse

Brayson McGregor – U13
Laila Taibossigai – U13
Memphis Shawanda – U13
Boozhoo Kina Weya!
Spring is just around the corner and Winter will soon be gone. My husband and I definitely enjoyed Winter fun this year. The beauty is absolutely amazing, seeing the areas we see during the summer is different in the winter with the snow on the trees, everything glistens, colours are brighter against the white blanket of snow and the rare occasion of wolves howling. Was an absolute fun time making memories with family and friends. We enjoyed the scenery so much we rarely did any ice fishing.

Congratulations to those who participated in the Little Native Hockey League tournament this March Break, I am sure it was nice to get back to making memories and connecting with family and friends.

I am wishing you all a wonderful Easter Weekend on April 7-9, 2023! Hope Easter blooms with happiness for you!

Niigaan Naabidaa Trust Logo Contest
We held a logo contest poll from February 13 to February 24, 2023. Thank you to the 121 voters who assisted with picking the winning logo. Congratulations to Michael Cywink from WRFN for the winning logo design.

The 7 sun rays represent us thinking 7 generations ahead. The importance of walking the red road and how that should help our decision making. Our connection to the land and water and how those elements should be at the forefront when making decisions. The medicine wheel orbs in the sky, our original ways of being. Mind, body, spirit and heart. All so per important.
Chi-migwetch to those who submitted their designs for the contest.

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

The Trustee Selection committee has been established and will be conducting the recruitment and interviews for the Member Trustee position for Niigaan Naabidaa Trust next month. The deadline for the Member Trustee is March 24, 2023 and is a 2-year term.

Niigaan Naabidaa Trustees
There are two member trustees that are appointed to the Trust. Mr. Jordi Jacko’s two (2) year term expires in April. Recruitment for a member trustee is underway. The new trustee will be joining the following Trustees. 
Corporate Trustee – Peace Hills Trust
Member Trustee – Michael Dennis McGregor
Youth Ex-Officio – Julianne Pires
Council Ex-Officio – Leslie McGregor

Financial Statements for Trust
The financial statements are scheduled to be completed by the end of March and a presentation to Chief and Council will be planned. The Audit to the community will happen before end of June.

Per Capita Distribution (PCD)
The PCD is a one-time payment, if you are a qualified member and have NOT APPLIED, please contact me at 705-285-4335 ext. 2201 or by email at PCD@whitefishriver.ca
Eligibility criteria is outlined in the Niigaan Naabidaa Trust Agreement.

Rainbow Lodge
If you are interested in booking please contact me at rainbowlodge@whitefishriver.ca. The main lodge has the following dates available June 26-29, July 17-20, August 14-17, September 5-7, September 25-28, October 3-4 and October 10-12, 2023. If you plan on booking in 2024, I suggest you call and book your dates soon. Visit our website at www.therainbowlodge.ca

If you should have any questions or suggestions please feel free to contact me at trecollet@whitefishriver.ca or 705-285-4335 or Cell 705-863-0255. Miigwetch
TO THE OFFICE OF CHIEF

NAHWEGAHBOW, RODNEY

TO THE OFFICE OF COUNCILLOR

CHIN-MCGREGOR, TALON

MCGREGOR, BRIAN A

MCGREGOR, JEFFREY

MCGREGOR, LESLIE

NAHWEGAHBOW, LEONA

OSCHE, ESTHER

SHAWANDA, RICHARD

The term of office for the chief and councillors shall commence two (2) days after the election date (February 23, 2023).

LAWRENCE LEWIS, CHIEF ELECTION OFFICER
250-384-8200 (ph) / 250-384-5416 (fx)
In 2023-24 Whitefish River First Nation was a successful applicant of the 
Lands Revisioning (LRV) Program brought to you by the 
Ontario Aboriginal Lands Association (OALA). This will begin on 
March 24th, 2023 with a presenta-
tion and workshop aimed to-
wards gathering feedback on the 
significant spaces and species. We 
will take time to examine our cur-
rent “land use plan” and revision 
some proposed land-use activities. 
Based on community feedback the 
WRFN Lands Department will 
work towards documenting signifi-
cant species, protecting significant 
areas, and “revision” our current 
land use plan.

Land use planning on a First Nation is 
particularly important due to the 
unique relationship that Indig-
enous peoples have with the land. 
For many First Nations, the land is 
not just a physical space, but it is 
also tied to their cultural, spiritual, 
and economic well-being. As such, 
land use planning on a First Nation 
should be done in consultation 
with the community and should 
respect their traditional knowl-
edge, cultural practices, and val-
ues. Overall, land use planning is 
essential for achieving develop-
ment by balancing eco-

March 24th, 2023 will be the 
first of a series of engagements 
planned for the upcoming year. In 
April 2023 we will host a Zoom 
meeting to present the results of the 
March 24th, 2023 meeting. Based on the results, the next 
meeting will present ways we can 
monitor and protect the most sig-
ificant species and spaces within 
our community. Dinner and Door 
Prizes will be available at this ses-
sion!

If you have any more questions 
please contact Keith Nahwegah-
bow, Lands Officer, Whitefish River 
First Nation at 705-285-4335 or 
via email at keithn@whitefishriv-
er.ca.

Whitefish River First Nation 
Land Re- visioning Program 
Presentation / Workshop

March 24, 2023 
6-9 PM

Did you know? 
Land use planning is essential for achieving 
sustainable development by balancing 
economic, social, and environmental needs.

Dinner, Snacks and Door Prizes Available! 
For more information please read the Rezound Article 
‘Lands and Order’ or contact: Keith Nahwegahbow, Lands Officer, WRFN keithn@whitefishriver.ca or 705-285-4335 ext 2220

Economic Development Officer - Stuart Wilson

Hello and Happy March from the 
Economic Development Office.

February was an exciting month 
for me as I was able to travel to 
North Bay for the Annual Eco-

I would like to give a big thank 
you to all of you who came out 
and participated in the events.

I would like to take this time to 
Wish everyone a safe journey as 
they travel to take part in the 
49th Annual LNHL Tournament! 
Let’s go Warriors!

Anyone with additional ideas, 
questions or concerns is asked to 
please get in touch, I can be con-
tacted at the Administration of-

I also was able to attend the 
annual general meeting in 
Sheshegwaning for Minidoo Min-
ing Employment & Training, we 
looked over the past year and all 
of the great programs that we are 
able to offer to our community. 
Anybody looking for funding for 
training related to employment 
can contact myself or Marilyn Ste-

Vens at 705-285-5555 to inquire 
about the program offerings.

Peace Hills Trust, Fierra Capital, Leigh and Wheeler, 
Lignum Builders, Cecchetti & Sons, Fisher Wavy, 
Pioneer Construction, Hydro One, Lairdley’s Stationary, 
Wolfies, Cortina, Anchor Inn, Orr’s Valu-Mart, 
Manitoulin Hotel & Conference Center, OKT Law, 
Espanola Home Hardware, WRFN Health Center, 
First Nations Engineering, Perry & Perry, 
Tanner’s Independent Grocer, Canadian Tire Espanola 
Debbie Shawanda

Special thanks to the many folks who 
contributed to the success of this 
Annual Event! Chi-Miigwech!

WARRIORS
Tenant Relations Worker - Kendra McGregor

Spring is around the corner and LNHL is upon us! This is a reminder to tenants that as things melt, to please do an exterior inspection of your unit. The harsh winter weather and freezing temperatures may damage parts of your property, including the roof, chimney, windows, walls, foundation, gutters, and decks. Please report any of these to the Housing Department. Reminder

Sudbury Community Service Centre is scheduled to be here on the last Thursday of each month. They provide free income tax services, support with obtaining Birth Certificates, assistance getting a CRA account and more. Contact Kendra McGregor to sign up or for more information.

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

Housing Maintenance:
Our Housing Maintenance Crew made up of Larry Nahwegahbow and Kenny Recollet, have been very busy with snow maintenance, repairing vacant units and maintaining our Elders Residence. Shout out to them for continuing to do a great job!

Housing Policy:
i. Reminder that you must keep your housing application up to date annually to remain on the housing waiting list.
ii. All Rental Agreements need to be renewed Annually.

If you need a Housing Application, or just have questions or concerns- contact Kendra McGregor, Tenant Relations at 705-285-4335 or kendra.mcgregor@whitefishriver.ca

Community Energy Champion - Ryan McGregor

With the current funding to date, upgrades have begun on the lights and fixtures to reduce our overall operating costs in the buildings that were identified through benchmark processing. The current retrofits have started already, with contractors from Steel Control Solutions carrying out the work order. The Water Treatment Plant and Band Administration Office were scheduled for retrofits during the first and second week of February with the School and Daycare scheduled for March 13th-15th. Upgrading our lighting fixtures will improve the overall operating costs as well as more providing energy efficient lighting. We were approved for four upgrades, the fourth of which will be our Community Street Lights. There is not a set date as of yet, however there will be notices going out once the project gets underway.

Keep an eye out for various community engagements over the course of the year, where we collectively work on the visions and goals for Whitefish River with respect to community energy so that we may upgrade our current energy plan. The application process for the Community Energy Plan is now complete with funding approval, which brings us to the implementation of activities to garner data and ideas to round out the current energy plan. The energy program will also be conducting a Solar photovoltaic (PV) technology feasibility study. This process will begin the framework to have Solar PV in our community. As some may know that these processes take time, and having a feasibility study will provide a framework for the Solar PV.

An Energy Efficiency event is also in the works which would bring in various organizations to help offset costs in energy and help to fill out various funding forms to become energy efficient throughout the community.

If you have any questions I can be reached at 705-285-4335 ext. 2222 or via email at energychampion@whitefishriver.ca.

Honouring the LNHL pillars of Education, Citizenship, Sportsmanship and Respect; Tenant Relations Worker, Kendra McGregor played her last year in LNHL for Nipissing FN.

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

Call for Kendra for an appointment
705-285-4335

Services Provided By:
Sudbury Community Service Centre
17A Rainbow Ridge Road | Council Chambers

Alanna and family crafted an impressive Snow Fort for the WRFN Winter Carnival Snow Sculpture Contest.

Shawanoswe School’s Grade 5/6 class chose the Very Hungry Caterpillar as their inspiration in the WRFN Winter Carnival Snow Sculpture Contest.
Infrastructure and Emergency Services Manager - Richard Shawanda

Water Plant Operations
WRFN Water Treatment Plant Operators, Andy Recollet – Operator-in Charge (OIC) and Amy Waboose – Water Plant Operator, are on call 7 days a week, 24 hours a day, rain or shine to make sure the Water Treatment Plant is running as designed and the distribution system is functioning properly getting water to our community members. Included in the Water Plant Operations is Trainee Darin Prince who brings with him a strong work ethic and prior knowledge of Water Plant Operations. Should you have any questions or concerns with regard to your water supply, please call the Water Plant at 705-285-0007 or after hours or emergency situations call Richard Shawanda at 705-562-3583.

Treatment Process
Exciting times are ahead in the world of water as we will be starting the Ozone upgrades in the near future. This is a much-needed upgrade to the treatment process which will allow water operations to continue to produce clean potable water to the community. There will be a lot of work to add this unit to the process and as such community members will not have to worry about any interruptions to their potable water supply. There are other minor fixes or upgrades to the plant that the operators do on a scheduled basis as per manufacturers specifications. Following these specifications, it will increase the life cycle of the components to ensure that they function as designed and for as long as possible.

Elevated Storage Reservoir
Repairs and upgrades are complete at the ESR and it is functioning as designed. With any part of equipment, there is always the need to upgrade or repair.

Water Delivery Truck
Quotes are in and now the process begins to find exactly what is needed in terms of operations and functionality for the new truck. Once complete there will be more steps to undertake such as the preparation of a Minor Capital Application to Indigenous Services Canada with the final cost for the new purchase. With today’s change in delivery dates and availability the new truck, if approved would not be here until late fall early winter.

Emergency Services
From February 27 - March 2, 2023, I had the opportunity to attend the Inaugural Focus First: Emergency Preparedness Forum. It was a full three-day schedule filled with panels, workshops, tabletop exercises and a full-day trade show to help us learn, share and prepare for the upcoming flood and fire season. Also included in this training was Emergency Response Planning and emergency evacuations. There were plenty of informative information sessions as well as table top planning sessions. From that training session it opened up my perspective on initiatives and planning that we can be doing here in our community. A couple of items in particular were the evacuation processes with regard to forest fire threats and also training and employment opportunities within the Ministry of Natural Resources. The SP-100 will now be done through the MNR and from what he presented there are many opportunities for employment within the fire season. In the next little while look for more information on the above activities.

Home Safety
With the March Break coming fast upon us there will be many families travelling for a holiday or down south to attend the Little Native Hockey League Tournament in Mississauga. With that being said we should make sure that our homes will be safe and precautions taken while away. A few things we can do are as follows:
1. Check batteries in smoke and carbon monoxide alarms. Change if necessary.
2. Unplug any electrical device that does not need to be plugged in when gone such as the toaster, microwave and entertainment centres.
3. Make sure power surge protectors are on units that need to be plugged in.
   These are just a few items you may want to check before leaving.

Have a safe and happy March Break and good luck to our Whitefish River Warriors teams competing at the LNHL.

Should you have any questions please feel free to contact me at iessmanager@whitefishriver.ca or call at 705-285-0007 or my cell at 705-562-3583.

GO WARRIORS GO!

The family of Gregor Jacko and Linda Roy placed in the WRFN Winter Carnival Snow Sculpture contest with a whimsical prehistoric creature.

IES Manager, Richard Shawanda played for the Champion Birch Island Midgets Team at the 1987 LNHL hosted by Walspole Island.
Public Works Manager - Francis McGregor

Aanni,
It sure looks like spring is coming, the crew is working hard to keep up with the grind, water delivery, curb-side pick-up, snowplowing, building checks and other tasks assigned. We have one employee on training, we wish him luck on achieving this course. The 15 lot subdivision is still on course and we will let you know when the blasting will resume. It has been a quiet February for us since the carnival weekend. A couple of the maintenance crew members are also to start small engine training, which is scheduled for mid-March. Just a reminder that the Hours of Operation for the Transfer Station are Wednesdays 8am to 6pm and Saturdays 8am to 3pm. Curb side Pick-up remains on Wednesdays starting at 8am.

If you have any questions you can contact me at office 705-285-4335 or cell 705-330-2760 or email me at publicworksmanager@whitefishriver.ca. Migweetch

The Birch Island Midget team represented our FN proudly at the LNHL hosted by Walpole Island in 1987 where they won the Championship Game! Pictured here is Team Captain and current Public Works Manager, Francis McGregor.

COMMUNITY NOTICE
BLASTING OPERATIONS

Starting on January 4, 2023, blasting for the new subdivision will begin. Prior to a blast and following the completion of each blast, a warning siren will be sounded. The warning siren procedure for this project will be as follows:

- Guards to be sent to guarding locations with communication available to Blaster-in-charge;
- A Pre-Blast check list will be completed;
- The Blaster-in-charge will do a final sweep of the area and confirm with guards’ that the site is clear;
- Prior to detonation, a siren will be sounded (3 long and 1 short);
- The Blaster-in-charge will inspect the blast site to ensure that complete detonation of charges has taken place;
- Once the site is given the all clear, a siren will then be sounded (one long siren);
- Guards will then be released from their positions by Blaster-in-Charge.

Should you have any questions or concerns, please contact:
Francis McGregor, Public Works Manager
Office: 705-285-4335 ext. 228
Cell: 705-330-2760

** COMMUNITY NOTICE **
Transfer Station & Curb Side 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

WRFN MINOR SPORTS & RECREATION

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.
Message from the Chief


I am pleased to address you for the first time as the newly elected Chief of the Whitefish River First Nation.

Of course, being brand new I have spent my first few days reviewing my role, responsibilities, and organizational policies. I managed to meet with the UCMM Chiefs as well and I look forward to developing good working relationships in the future. Collaborative support is critical when dealing with the multitude of priority issues facing our First Nations.

Although there is much work to do within governance locally, I have a great team of councillors with years of experience and together we will work hard to accomplish good things as your elected leaders. I remain committed to take the effort forward to have community engagement both at the public level and at a personal level. I hope you don’t mind an occasional visit by your new Chief.

Blessing to all the parents, children and volunteers who are attending this years LNHL. I appreciate your dedication to family and the sport of hockey. To the rest of our families please stay safe and enjoy your March Break. I will make a request to the UCMM Anishnabe Police to increase patrols in our community during this period.

In closing I would like to recognize former Ogmiaa Shining Turtle for his contribution to LNHL during his tenure. I continue to hear good things about his support for this important event which continues to be enjoyed by First Nation Youth across Ontario.

If you have any questions or concerns, I can be reached at chief@whitefishriver.ca.

Baa maa pii,
Chief Rodney Nahwegahbow

Pet Care & Tips

Hello everyone!

I hope everyone is doing fine and feeling well. It sure looks like Spring is on its way. The cats are doing fine and She-Pet Elizabeth is going out more in the early evening with Luka. I usually bring her in midnight but Luka prefers to just come in, have something to eat and then wants outside again until morning. He does not go very far and usually sleeps in the shelter. We are starting to have nice sunny days again and soon the snow will start to melt. I like hearing all the little rivers running with the Spring thaw and then we begin to hear the frogs singing in the evening. Next, we’ll see all the wildflowers blooming with all the beautiful colors. The sun has moved to setting behind the Band Office now and by June it will be going down behind the Church and the hill to the shrine.

SOME CAT FACTS:
• A group of kittens is called a kindle.
• Cats can swallow and digest their food without chewing it.
• The word “cat” comes from the Latin adjective “catus” which means: (1) Clever, intelligent, sagacious, clear-thinking. (2) Cunning, crafty, sly. 3 (Archaic) Shrill, sharp, clear-sounding.
• Most kittens are born with blue eyes.
• Spoiler alert in the Disney film The Emperor’s New Groove (2000), villain Yzma is transformed into a cat. She was voiced by Eartha Kitt, who also played Catwoman in the original Batman (1966 - 1968) series.

Well, that is it for another month, so as usual the cats and I would like to wish many happy and healthy days for those celebrating birthdays and anniversaries for the month of March. Remember to stop and visit our elderly, sick and shut-ins. I am sure they would like that or give them a call to brighten up their day. Remember to feed and keep your pets warm on these cold days and get them fixed to keep the pet population down in our community. Please take a moment to pray for the people in the Ukraine that they will soon get peace. Till next time take care.

From - Luka and She-Pet Elizabeth (The cats).
And Me - The big cat - Dennis L. McGregor

Whitefish River First Nation
Dog Control By-Law

4.1 Every owner of a dog(s) in the Reserve shall register the dog and obtain an identification tag for each dog owned by that owner.

2023 Annual Licenses are now available!
Licenses may be purchased through WRFN Administration or online at www.rdshelter.ca

Regular - $30.00
Senior - $20.00
(over owner 65 years of age)

Get your best friend their ticket home!

Call Rainbow District Animal Services at 705-673-3647 or 1-800-836-5661 to report dogs at large.
Dear Bonnie
Happy Birthday to you
love you bunches,

Love Eli

Happy Birthday to my beautiful wife!!
Franklin

Happy Birthday to our beautiful big Sister
Harmony

Love Melody, Rayna & Day

Happy Birthday to my big happy Birthday on March 30th!

Love Sandy

Happy Birthday to my brother John on March 9th.

Love Dad

Happy Birthday to my granddaughter
Waylon on March 4th
Here’s to another year around the sun.
Love you bunches.

Happy Birthday to my sweet
Waylon Waboose!!

Happy Birthday to my darling big Sister
Harmony

Love Melody, Rayna & Day

Happy Birthday to our beautiful big Sister
Harmony

Love Melody, Rayna & Day

Happy Birthday to my beautiful wife!!
Gini-nendam dibishkaan
to my sister Con

Mighty Tawn on March 4th.

Happy Birthday to our beautiful big Sister
Harmony

Love Melody, Rayna & Day

Happy Birthday to my beautiful wife!!
Gini-nendam dibishkaan
to my sister Con

Mighty Tawn on March 4th.

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