



THE REZOUND

Miigwech gii-naadmoyin.
Thanks for all your help.



Sudbury RHT Community Discussions, held January 15, 2025.

The discussions on the balance of the RHT Settlement took place in mid-January, and we were thrilled to see such active participation from community members! The sessions kicked off in Whitefish River First Nation on January 13, in-person and through an online Zoom session, ensuring those who couldn't attend in person still had the opportunity to participate. Sessions followed in Sault Ste. Marie on January 14, Sudbury on January 15, and Toronto on January 16.

Invaluable feedback was shared from community members, which will help

guide the next steps. Chi-miigwech to everyone who took the time to join us and share their thoughts. Community input is vital to move forward, and we look forward to continuing the conversation in upcoming sessions. Stay tuned for more details!

**Please note that the deadline for submissions for the next issue is:
Monday, March 17, 2025 at 4:30.
Miigwech!**

rezoundeditor@whitefishriver.ca

Community Wellness Worker - Arianna Pitawanakwat

Marching Forward: Supporting Wellness in Whitefish River First Nation

Aanii, Boozhoo,
As we welcome the beautiful month of March, we also step forward into new opportunities for growth, learning, and community support. With the changing seasons, I look forward to continuing to provide services, offer support, and assist in areas where help is needed.

As the Community Wellness Worker at the Whitefish River First Nation Health Centre, my role is to support individuals and families by offering referrals, educational resources, and advocacy in key areas of health and well-being. Some of the services available include:

- Referrals & Support Services - Connecting community members with essential health and wellness programs.
- Education on Neurodivergence - Raising awareness and understanding about neurodivergent individuals, including those with ADHD, autism, and other cognitive differences.
- Gender-Based Violence Support - Providing information, resources, and advocacy to help individuals facing violence and supporting healing.
- HIV/AIDS Awareness & Education - Promot-

ing prevention strategies, reducing stigma, and offering support to those affected.

- Diabetes Awareness & Education - Sharing knowledge about diabetes prevention, management, and resources available to the community.

With spring on the horizon, we are also preparing for upcoming sessions and programs designed to empower our community. Keep an eye out for announcements on wellness initiatives, workshops, and events happening this month and, in the months, ahead.

I encourage everyone to reach out, ask questions, and take part in these important conversations. Together, we can build a stronger, healthier community.

Miigwetch, and I look forward to seeing you all throughout the month!

Arianna Pitawanakwat, RSSW
Community Wellness Worker
ariannap@whitefishriver.ca
Office Phone: 705-285-4354 ext 2307
Cell Phone: 705-863-1718

Traditional Practitioner Community Visit



March 18th, 19th & 20th, 2025
Visits with Elder Abraham Bearskin

As a traditional healer, Abraham helps by working with traditional ways of healing through ceremony and one on ones. He conducts workshops, speaks at conferences, and is heavily involved in land-based healing, always putting his heart into his work. Abraham is a husband, father and grandfather. A survivor of intergenerational trauma, he is well into his healing journey and has spent decades reconnecting to the traditional way of life that he was raised with as a child. He is passionate and dedicated in helping others work through their trauma and provides guidance for healing.

For more information or to book a visit, please contact Candice Jacko, Anishinabe Aadziwin Coordinator at 705-285-4335 ext. 2211 or via email at candicej@whitefishriver.ca

Whitefish River First Nation Community Members have priority.



2025 Winter Carnival Deadly Uncle is Keith Price!



Youth Support Worker, Mariah Abotossaway hosted a Winter Carnival Fun Day Station which included an all-ages fish pond!



Families coming together at the Winter Carnival Prize Bingo.

STRONGER TOGETHER: AFTER-SCHOOL PROGRAM

Monday, March 3 - Friday, March 7, 2025
2:00 - 4:00 pm


Join Fast and Female and Spirit North for this free 5-session after school program for girls in sport. Each session will include a snack, 30+ minutes of sport (basketball, volleyball, or skiing), a 30 minute workshop on safe sport, and dinner. Prizes to be included! Older youth will also receive volunteer hours.

Espanola High School
147 Spruce Ave, Espanola, ON P5E 1R7

Girls, ages 12 - 18 (grade 7-12)

REGISTER BY EMAILING ARIANNA OR COURTNEY
ariannap@whitefishriver.ca
courtneyj@whitefishriver.ca

This program is funded by the Government of Canada, based on the "It's Not Just" Campaign



The Birch Island Group of Alcoholics Anonymous



Sundays at 2pm
WRFN
Health Centre
17 B Rainbow
Ridge Rd.
Birch Island

*The only
requirement
is a desire to
stop drinking.*



Nutrition Bingo with Mnaamodzawin Diabetes Health Promotion Coordinator, Denise Graham and Seniors Navigation Worker, Gail Pelletier.



Carnival Snow Nokimis Diane Gaudette & Snow Mshomis Leonard Cywink.



Council Secretary Brianna guiding a smooth Zoom session for RHT Community Discussions.



The first rule of cribbage club.

Senior's Navigation Worker - Gail Pelletier

Last year was a busy and exciting one for the Seniors 55+ group! We made some great changes, including expanding the program to include people aged 55 to 64. Last year we had several successful outings: we went to Sudbury a few times for shopping and self care; we had a few Manitoulin excursions and attended the Annual Anishinabeteq Language Conference. Beyond that, we had plenty of community events such as regular Lunch and Learns, crafting, workshops and social outings.

This year I hope to change up a few action items to align with the WRFN strategic Plan, so I will be welcoming input from Seniors and community members. Please email your ideas and suggestions to gpelletier@whitefishriver.ca or give me a call at the Health Center or we can set up a home visit.

We had a wonderful Breakfast Brunch on February 9th at the Seven Fires. Next month it will be a luncheon on Sunday, March 2nd with doors open from 10am for coffee.

I also applied for a grant and we received that funding to host events around a program initiated with Sudbury and District Public Health Unit. I will be hosting four events called **Stay**

on Your Feet which is a mobility program for seniors. It should be a lot of fun with many games and activities that create movement and laughter.

On March 8th, which happens to be International Women's Day, I will be hosting an event alongside Cara Nahwegahbow. She will be teaching us to make beautiful floral arrangements. There are only 20 spots available, so give me a call or message me to book your spot! Thursdays are lined up to have guest speakers come in to cover topics that are of interest to our Senior population. Contact me if you have any suggestions!

On February 7th, we crafted alongside Mariah Abotossaway (our WRFN youth worker) and she taught us a simple method to make beautiful beaded earrings. Our next few crafting sessions will include moccasin making and birch-bark crafting.

If you have any questions, or would like to volunteer to assist in activities or suggest an activity, you can reach me at 705-285-4354, extension 2313 or by email to gpelletier@whitefishriver.ca.

Senior's Navigation Worker
Gail Kiki Pelletier

MARCH 8

10:00am

Deluxe Nails

Sudbury

LUNCH PROVIDED
Boston Pizza

2025

8 Manicure spots
7 Pedicure spots
Choose one

Limited Space **18+**

To book contact:
Crystal Mokohonuk
705-285-4354 Ext. 2308
mentalhealth@whitefishriver.ca

First Come First Serve

Transportation Available
Meet at Health Centre

Child & Youth Mental Health & Addictions Counsellor Terry Willemsvandyk

Parents and Caregivers provide structure and make the big choices. This keeps kids safe.

Giving children the choice between two things, more is overwhelming, helps develop ownership. The caregiver is in charge of the selection such as "it's time to eat do you want cooked carrots or raw carrots? You know the budget, nutrition needs, meal times. The children feel they have choice or control over decisions, in a world where they often

have little control these days.

Giving kids a say can strengthen their sense of community, builds respect, invites cooperation and ownership in the decision, can help develop their problem-solving skills.

Terry Willemsvandyk,
RSW/HBISW, RECE, RT.EI, RBT
Child & Youth Mental Health & Addictions Counsellor
terryw@whitefishriver.ca
Cell: 705-863-3461



Snow Mshomis Leonard, takes a break from his official duties for a leisurely lunch with wife, Lisa, courtesy of the LNHL fundraising canteen.



Winter Carnival Jr. Brave Liam, tries his hand at the free Prize Bingo hosted on February 16, 2025 at the Community Centre.




It was Winner-Take-All, for Champion Ryan McGregor at the WRFN Winter Carnival Cribbage Tournament.

NOOJMOWIN TEG HEALTH CENTRE
KNOWLEDGE KEEPER

MONTHLY VISITS
WHITEFISH RIVER FIRST NATION

Date: Last Wednesday of each month
Time: Afternoons
Location: Whitefish River First Nation (Health Centre)
17 Rainbow Ridge Rd, Unit B
Birch Island, ON POP 1A0





KNOWLEDGE KEEPER
JOSH ESHKAWKOGAN

Elder Josh Eshkawkogan is a Traditional Healer, Knowledge Keeper, Pipe Carrier, Sweat Lodge Conductor, Anishinaabe Language speaker, orator and cultural teachings provider. He is a member of the Wikwemikong Unceded Indian Reserve, home of the Three Fires Confederacy. He specializes in providing spiritual guidance, emotional balance, grounding and well-being in helping people learn from life experiences. He conducts talking, sharing and healing sessions in both Anishinaabe and English languages. Josh is available by appointment to assist clients with:

- Prescriptions for Traditional Medicines
- Ceremonies & teachings
- Help with anxiety, depression, mental health and addictions

To book an appointment, contact:

Renee Kozachanko
Traditional Intake Care Coordinator
Noojmowin Teg Health Centre
email: renee.kozachanko@noojmowin-teg.ca
Mobile: (705) 968-0809
Tel: (705) 368-0083

Noojmowin Teg Health Centre
A place of healing

For more information, visit Noojmowin-teg.ca or call (705) 368-0083



Noojmowin Teg Health Centre
A place of healing



KNOWLEDGE KEEPER VISITS
with Daniel Garcia

Wednesday, January 8, 2025 & March 12, 2025
**by appointment*

Location: Whitefish River First Nation Health Centre
17 Rainbow Ridge Rd, Unit B -
Birch Island, ON POP 1A0

To book an appointment, contact:

Renee Kozachanko
Traditional Intake Care Coordinator
renee.kozachanko@noojmowin-teg.ca
Tel: (705) 368-0083
Mobile: (705) 968-0809

DANIEL GARCIA M.S.W., R.S.W., his Anishinaabe noozawin is Ozow Mukwa Nidoo which translates to Yellow Spirit Bear. He is Turtle Clan and is originally from Walpole Island First Nation, Bkejwanong. Daniel currently resides in Whitefish River First Nation with his family.

Daniel is a bundle carrier and has been attaining cultural knowledge for over 31 years by participating in singing on the big drum, hand drumming, various teachings, fasting, helping with and conducting various ceremonies.

Dan will be offering services with Sweat Lodge ceremony, fanning off, foot soaks, various teachings, individual, couple or family counselling.



For more information, visit Noojmowin-teg.ca or call (705) 368-0083

Housing Navigator - Tee Rowe

Supporting Our Community with Care Kits

At Whitefish River First Nation, we recognize the importance of extending care and compassion to those facing housing insecurity. Whether you're currently experiencing homelessness, at risk of losing housing, or know someone who could use extra support, we're here to help.

Our Care Kits are thoughtfully prepared to provide essential items for comfort and well-being. These kits are a small but meaningful way to show that no one is forgotten and every member of our community matters.

♥ How to Get a Care Kit:

- In the community: Stop by and connect with the Housing Navigator to pick up a Care Kit.
- Outside the community: Call or email the Housing Navigator. We can arrange delivery or mailing options to ensure support reaches where needed.

Let's come together to share care, compassion, and dignity. If you or someone you know could benefit from a Care Kit, don't hesitate to reach out.

*Together, we thrive.
Together, we care.*

Housing Navigator
Tee Rowe
trowe@whitefishriver.ca
705-285-1941 ext.2422

Let's
GANAWENDAAGOZI
S/HE IS TAKEN CARE OF, PROTECTED (3S IND)
TAKE CARE OF
BIINJAYA'II (INSIDE)
THE "CARE KIT"
MASHKIMOD (BAG)

HYGIENE
BIINIMAAGOZID (S/HE SMELLS CLEAN)

BIITOOSHKIGANAN UNDERWEAR

WAABOYYAAN BLANKET

OSHKIWII WAKWAANE NEW HAT
MINJIKAAWANAG GLOVES

HOUSING NAVIGATOR: TINA "T" ROWE
(705) 285-1941 EXT. 2422 OR TROWE@WHITEFISHRIVER.CA
212 RAINBOW RIDGE, BIRCH ISLAND

Nongwa maajitaan wii anishinaabemyin gegwa baabii-tooke baamaa waabang, gnimaa zaam weykaa adaa'wan.

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



Morningstar Catering provided the delicious feast for the Winter Carnival Gala. Contact Nala & Leon Morningstar at 249-878-4670 for all your catering needs!



Celebrating the rich history of Winter Carnival through the years – a tribute to athleticism, hockey skills, and shared laughter!

Education Manager - Cheryl Osawabine-Peltier

Aanii from the Education Department.

As we move into the second month of the year, the Education Department continues to support students of all ages in their learning journeys. Whether it's our youngest learners in daycare or those preparing for post-secondary education, March is a month filled with opportunities for growth and achievement.

Fall Semester Wrap-up for Post-Secondary Students

Your winter semester is well on its way, and we wish you the best. We want to remind those who are continuing with your studies in the Fall of 2025, they must fill out their application no later than May 30, 2025. For those wishing to attend the Spring/Summer semester, they must complete their application prior to April 1, 2025. Please refer to the poster or visit our Facebook page for additional information.

Mass Texting for Important Updates

We are excited to announce that we will be using mass texting to improve communication with parents and keep them informed about important updates, including, but not limited to:

- Bus Delays/Cancellations
- School Closures
- Important Deadlines
- Special Events

We have tested the systems with the Espanola parents/guardians. If you have not received this test text and would like to be included, please reach out to education@whitefishriver.ca. We hope this new method of communication helps keep you more connected and informed about your child's education and any necessary updates.

Important Dates & Reminders for Post-Secondary Students

February - new funding application becomes available online
 March - Mid-term marks for Winter semester required by mid-March

Winter Semester Sponsorship Payments

For post-secondary students, sponsorship payments for the Winter Semester will be issued

on the following cheque dates. While payments will be processed on these dates, please note that they may not appear in your account immediately. Rest assured; funds will be available by the end of the day:

- February 28, 2025 – Pay Period: March 2025
- March 28, 2025 – Pay Period: April 2025

We appreciate your patience and encourage you to plan accordingly for these payment dates.

Library Survey

To improve our library services and better meet the needs of our community, we recently conducted a library survey. The purpose of this survey was to gather feedback on the types of resources, programs and services that would best support our students and families. Your responses will help us tailor our offerings and ensure that our library remains a valuable resource for everyone. We appreciate the time and effort many of you have taken to complete the survey. The results will be analyzed and shared in the next newsletter, where we'll outline how we plan to incorporate your feedback and make improvements based on your suggestions. Stay tuned for more updates!

Looking Ahead

As we look ahead to spring, there are exciting initiatives coming. We are continuing our partnership with Kenjgewin Teg to offer specialized training programs for students, including the Heavy Equipment training program that will help prepare students for employment. The Education Department remains committed to providing opportunities for all students to succeed. We encourage students and parents alike to stay engaged, ask questions, and take advantage of the many resources and opportunities available.

As always if you have any questions or suggestions, please feel free to reach out!

Education Manager
 Cheryl Osawabine-Peltier
education@whitefishriver.ca
 705-285-4335, ext. 2209



**Whitefish River First Nation
Education Department**

PH: 705-285-4335 www.whitefishriver.ca

**POST SECONDARY FUNDING ON-LINE
APPLICATION NOW OPEN**

**All Students who want to be considered for
Post Secondary Education funding
MUST apply by the deadline**

April 1, 2025 deadline for SPRING & SUMMER 2025 SESSIONS

May 30, 2025 deadline for FALL 2025 & WINTER 2026 SESSIONS

NEW STUDENTS



EXISTING STUDENTS



**If you have any questions please feel free to contact
EDUCATION DEPARTMENT AT 705-285-4335
or education@whitefishriver.ca**



👑 In the presence of Royalty! Introducing our 2025 WRFN Winter Carnival Royalty. Pictured (l-r back) Jr. Brave - Liam Bowles, Family Well-Being Coordinator - Cheyanne Pitawanakwat, Jr. Princess - Lily Bowerman, Snow Queen - Kihanna Toulouse, Snow Brave - Tecumseh Paibomsai, Ogimaa Rodney Nahwegahbow. Pictured (l-r front) Little Brave - Noodin Shawanda, & Little Princess - Ruth Jacko.

The Bobcat



February flew by quickly with many engaging activities taking place!

- Spirit North continues to attend once a month enhancing physical development opportunities for the students – cross country skiing, outside learning, shelter building, etc.
- Students continue to develop and enhance their skating abilities once a week at the NEMI Rec Center with support from our Youth Workers, ABA workers, and school staff.
- The last week in January was Family Literacy Week; it was great having family members and community programs come to the school to demonstrate to the students the importance of literacy.
- Staff members participated in Anishinaabemowin learning on their Professional Development Day and will continue including Anishinaabemowin and culture in the learning environment.
- Students and staff enjoyed an eventful day at Boogie Mountain – developing skills for skiing, cooperation, and the Seven Teachings!
- Congratulations to Caitlin Pitawankwat on completing her ITEP student teacher placement in

Grade 3/4!

- Congratulations to the Shawanosowe School chess team that traveled to the Pontiac School chess tournament and did their very best!
- We are very proud of the Shawanosowe School Bobcats hockey team for developing their skills, trying their best, encouraging each other, and for representing WRFN well at the Biidaabin Hockey Classic!
- Students are now practicing for the badminton tournament that will take place in April at the AOK Four Directions Complex.
- Students are now practicing for the upcoming girls and boys basketball tournaments that take place in March. More information to come on locations.
- Students and staff are very grateful for the opportunities to learn more about anti-bullying! Miigwech to the Youth Workers, Wiidookaage Waabandan, and UCCM Police Services!
- Developing relationships with other schools will continue, providing students with more learning opportunities in a different school setting and allowing them to develop meaningful relationships with students from other schools.
- Grade 3/4 and 5/6 created some meaningful learning memories under the guidance

of Aaron Recollet regarding ice fishing – how to be safe, how to drill holes, importance of knowing the ice thickness, types of fish, ice fishing shelters and required equipment, and how to clean fish properly.

- March 7, the UCCM Police Services K-9 Unit will be visiting the school to introduce the new unit and share their knowledge regarding their unit!
- Cultural Days will continue once a monthly, providing opportunities for students to continue developing pride in who they are as Anishinaabek!

Shawanosowe School students and staff enjoy collaborating and engaging with families and community programs! Let's continue to work together to support our amazing students!

Gayle Payette, Principal



The grade 5 and 6 class would like to extend our sincerest thanks to everyone who made our Candy Gram fundraising event such a great success! Your support is much appreciated, and we are thrilled to share that \$358.50 was earned to be used for a special trip at the end of our school year.

Gichi-miigwech goes out to everyone who donated candy to the Candy Gram fundraiser. Your generosity made it possible for us to create so many sweet treats for everyone to enjoy. And, to all those who purchased Candy Grams, we are so grateful for your participation. Thanks to you, we added to our class funds, all while spreading joy and kindness throughout our school community. Gichi-miigwech miinawaa!

With gratitude, Grade 5 and 6 students



The Annual Shawanosowe School Winter Carnival Skating Party held February 14th at the WRFN outdoor rink!



Miss Cindy and Miss Leslie ensured the hot dogs and hot chocolate were fully stocked for the hungry skaters.



Zhooshkwaadeniniikwe. Skater.

ATTENDANCE MATTERS

ALL DAY. EVERY DAY.

WHEN A STUDENT MISSES JUST 2 DAYS A MONTH ...

THEY WILL MISS 20 DAYS A YEAR

THEY WILL MISS 30 HOURS OF MATH OVER THE SCHOOL YEAR

THEY WILL MISS 60 HOURS OF READING AND WRITING OVER THE SCHOOL YEAR

THEY WILL MISS OVER 1 YEAR OF SCHOOL BY GRADUATION.

IDEAL ATTENDANCE: MISSING 9 OR FEWER DAYS

CONCERNING ABSENCE: MISSING 10 -17 DAYS

FREQUENT ABSENCE: MISSING 18 OR MORE DAYS

GINIBWAAKAA. YOU ARE SMART.

GIGASHKITOON. YOU CAN DO IT.



Sault Ste. Marie RHT Community Discussions, held January 14, 2025.



Inawendiwag. They are related to each other



WRFN Member Sivrene Closs and son Alaric had a Migwanabi family reunion at the WRFN Winter Carnival! ❤️



Winners of the Accuracy and Hardest Shot competition held at the WRFN outdoor rink, hosted by Economic Development Officer, Stuart Wilson.



Student Success & Engagment Coordinator, Courtney Jacko and Ontario Works Administrator, Emma Recollet hosted a Prize Bingo.



Winter Carnival Awesome Auntie, Katheen Migwanabi and the LNHL parents and volunteers worked tirelessly to keep the hungry crowds fed at the Carnival Canteen.



Toronto RHT Community Discussions, held January 16, 2025.



Zhoomiingweni. She smiles.



Selena and baby Charlie play Prize Bingo.



Musical Chairs was fiercely competitive at the Family Dance.



Memengwenh. Butterfly.



Aapji go ngii-gchi-nendis gii-gshkitoowaanh wi. I was very proud that I was able to make that.



St. Gabriel Lalement hosted a penny raffle fundraiser at the Winter Carnival.

From the Desk of the Band Manager - Murray McGregor

Boozhoo nidaaganak, gidin-imikoo (hello my relatives, I greet you all in a good way)

March and April are going to be very busy times for our leadership and staff. Finally, we were presented with the financial audit for the 2023-2024 fiscal year. Based on the audit, WRFN is in good shape and operating properly, great job to the finance team for helping keep us on track. As part of Chief & Council's obligation regarding transparency and openness, we will be hosting the **Annual General Membership Meeting March 21st, 2025 at Shawanosowe School gym**. This will be an evening event with light supper provided and three reports presented to the community, (2023/24 Audit, Chief & Councils Strategic Plan, and update & the infrastructure review). Keep an eye out for the poster and we look forward to seeing you there!

Chief and Council also have a retreat planned for March, this will give leadership a chance to reflect on the last two years and to stay focused on the next year ahead. A review of the best governance practices will be presented, a review of the governance policy and the strategic plan to name a few of the workshops and presentations planned.

March is also an exciting month for our kids that play hockey, the Annual L'NHL, as a member of

our beautiful community I had the opportunity to play in some of the early days of this tournament, from the old ice rink in Weebjung, to Espanola and even Sault Ste. Marie. As I grew, I had the opportunity to take my kids to the tournament, helping coach and manage at various levels, now I have yet another opportunity to go watch my grandkids play. I love to see the excitement in their eyes and our fellow WRFN kids as they get to represent our community. Lots of hard work and dedication goes into preparing and attending this special tournament, great job to the parents who volunteered their time to make sure WRFN is represented well.

March is also a special month for those of us who take the time to keep one of our special traditions alive, Sugarbush Season!! Much like other families in Birch Island, my family takes great pride in preparing and attending. We all take our turn to fire keep, haul sap and cut firewood. Much laughter is heard and great stories of how it was done in the old days and short conversations of how we can improve or change operations. We almost always revert back to "this is how it was done in the ole days". This helps keep practices and traditions alive. I will be taking some time to help as usual, our family has started a new practice a few years back with a fish fry potluck feast at or near the end of the maple sugar bush season. Family & friends are always welcome to stop by to participate or for

a nice cup of maple tea.

At the beginning of April, WRFN Managers will have their opportunity to present their annual work plans and budgets to Chief & Council, this is an important practice as it ensures leadership and staff are in line with the same goals and objectives outlined in the strategic plan and the needs and growth of the community.

These are exciting times; I am very proud to be part of the team and proud of all the employees who help service and keep our community well and vibrant.

Develop success from failures. Discouragement and failure are two of the surest stepping stones to success. - Dale Carnegie

Miigwech
Nahaaw baamaa pii
M'daaswi M'kwag



Economic Development Officer - Stuart Wilson

As we move into March, the Economic Development Office is excited to share updates on recent events and upcoming opportunities for the community.

Commercial Park Feasibility Study – Community Engagement Recap

On February 19th, we hosted a community engagement session in partnership with BDO to gather input on the feasibility study for our new commercial park. Thank you to everyone who participated and shared their thoughts! Your feedback will help shape the development of this important project. If you haven't already, there's still time to share your input—be sure to complete the Tenant Interest Survey by scanning the QR code next to this article.

Winter Carnival Highlights

The annual Winter Carnival took place from February 11th – 16th, bringing the community together for a weekend of fun and friendly competition. It was great to see so many participants at the Hardest Shot and Accuracy Shooting contests at the outdoor rink, hosted in partnership with UCCM Police. Congratulations to the winners, and thank you to everyone who came out to enjoy the festivities!

H&M COFI Fibre Internet – Work Beginning Soon

Exciting news for Whitefish River First Nation—work will soon begin on the fibre installation for the H&M COFI project, a partnership with Rock Networks that will bring high-speed internet to our community. Stay tuned for the official press release, which will provide more details on the installation timeline and how to sign up for this new service.

If you have any questions about ongoing projects or future opportunities, feel free to reach out. Looking forward to a busy and productive spring!

Stuart Wilson
Economic Development Officer
705-285-4335 x2216
edo@whitefishriver.ca



New Training Program Builds Skills and Strengthens Communities!



Pictured (l-r) Harley Shawanda (student), Donald Debassige (student), Nchiawat McLeod (student), WRFN Education Manager, Cheryl Osawabine-Peltier, TTCC Trainer, Andy Gramann, Daytona Recollet (student), Kenjgewin Teg Trades, Apprenticeship and Skills Programs Coordinator, Jade Peltier, WRFN Councillor, Jeff McGregor, & Economic Development Officer, Stuart Wilson.

Kenjgewin Teg has launched the Heavy Equipment Operator Training Program in partnership with Whitefish River First Nation, Cambrian College, and Transport Training Centres of Canada. This hands-on program equips students with the skills and certifications needed for careers in high-demand industries like construction, mining, and forestry, while supporting workforce development and economic growth in the community.

Missed an
issue of
The Rezound?



Find them online at www.whitefishriver.ca

The Whitefish River First Nation Housing Department

Greetings from the Housing Department!

We hope you're all making the most of this winter season, whether you're cozying up indoors or embracing the outdoors with ice fishing or snowmobiling!

Rental Agreement Renewals

A friendly reminder that if you're currently renting a unit, your Rental Agreement must be renewed annually. Please reach out to Kendra, our Tenant Relations Worker, to schedule an appointment to renew your agreement. If your agreement is not renewed, your tenancy will automatically convert to a month-to-month arrangement.

Septic Tank Parking Reminder

For both tenants and homeowners, please be aware that parking on or over your septic tank is strictly prohibited. The weight of motorized vehicles can exert excess pressure on the pipes, potentially causing cracks or splits in the system. Should your septic bed fail due to parking, you will be liable for the full cost of repair or replacement, which can range from \$25,000 to \$30,000, depending on the system.

Winter Tip: Prevent Frozen Pipes

If you're planning to be away for three or more days during the winter months, please arrange for someone to flush or run water through your pipes regularly to avoid freezing. Frozen pipes can lead to serious damage, and prevention is key!

February Session with Sudbury Community Services

Please note that this month's session with Sudbury Community Services has been cancelled. However, John from Sudbury Community Services will return on Thursday, March 13th, 2025, to resume services. Contact Kendra to book your appointment for tax assistance!

Ontario Electricity Support Program (OESP)

Good news—more Ontarians now qualify for the Ontario Electricity Support Program (OESP). If you're a customer of an electricity utility and meet certain income and household size criteria, you may be eligible for a reduction on your electricity bill. The OESP provides a monthly credit directly to your electricity bill, based on your household size and annual income. To find out more and apply, visit the OESP website.

If you have questions about the information presented in this article, feel free to reach out to Georgina Recollet, Becky Belton, or Kendra McGregor with any questions or for assistance!

Georgina Recollet, Housing Manager
georginar@whitefishriver.ca
 Rebecca Belton, Housing Assistant
rebeccab@whitefishriver.ca
 Kendra McGregor, Tenant Relations
kendra.mcgregor@whitefishriver.ca

**Wishing the Whitefish River Warriors
 Good Luck at this year's Little NHL!
 Stay safe and have fun!**



Housing Manager, Georgina Recollet & Housing Assistant, Becky Belton at the Housing Department Winter Carnival Fishing Derby. Despite the extreme cold the fishing derby had 20 adult and 8 youth participants!



Brayson McGregor landed a 7.10 lb Rainbow, securing 1st place in the Youth division!

Tax & Consulting Services

★ Thursday
March 13, 2025

All day!

- ✓ Tax Returns
- ✓ Tax Planning
- ✓ Budgeting your finances
- ✓ Debt Consolidation
- ✓ Birth Certificates

Services Provided By:
Sudbury Community Service Centre

Call Kendra for an appointment
705-285-4335

17A Rainbow Ridge Road | Council Chambers

February 19th, 2025

Community Reminder

Safety tips for heating and exhaust from your home:

- Monitor your propane levels. Please notify supplier when you are reaching 30%.
- Keep your smoke alarm and CO2 detector on at all times.
- Ensure there is access to your tanks for the delivery person.
- Keep snow and materials away from all exhaust from your home including propane, dryer vents, HRV etc. At all times.
- Please ensure dogs are tied away from propane tank so the propane service can safely access your tank.
- Contact the Housing Department by email: georginar@whitefishriver.ca as soon as you are aware of an issue regarding propane or no heat.
We will contact our technician on your behalf for band rentals only.
- Contact the Housing Department by cell: Housing 705 863 2261. We will respond within 24-48 hours.
- Call 911 in case of emergency.

Whitefish River First Nation Housing Department

Infrastructure and Emergency Services Manager - Richard Shawanda

Infrastructure and Emergency Services Department Enhances Community Safety and Growth

The Infrastructure and Emergency Services (IES) Department has been hard at work improving community infrastructure and strengthening emergency response measures. This vital department, structured into several sub-programs, plays a key role in supporting the development and safety of the community.

The IES Department consists of several focused sub-departments:

- Water Treatment and Distribution Program
- Community Energy Program
- Indigenous Marine Liaison Officer/Fire Services Program – Auxiliary Coast Guard/Birch Island Fire Department.

Recently, the department has completed a variety of significant infrastructure projects, with others still in progress. These initiatives are improving the local community and ensuring its long-term sustainability. Notable projects include:

Completed and Ongoing Infrastructure Projects

- **Watermain Replacement Project** - The outdated Ductile Iron water system in the lower village area is being replaced with modern infrastructure to improve water quality and reliability.
- **Ozone System Replacement Project** - An old ozone treatment system is being replaced to meet current standards and improve water purification.

• **Administration Building Expansion Project** - A much-needed expansion of the administration building will provide more space for staff and services.

• **Firehall Expansion Project** - The Auxiliary Coast Guard Boat Shelter is being upgraded to support the region's emergency response capabilities.

• **Wastewater Feasibility Study** - A comprehensive study is being conducted to explore long-term wastewater solutions for the community.

• **Septic Replacement Project** - The department is replacing 13 septic units to improve waste management throughout the area.

Emergency Services:

Preparing for the Unexpected

Alongside infrastructure projects, the Emergency Services Department is dedicated to creating and updating emergency response plans. These plans are crucial to ensuring the community is prepared for any potential crisis. Several key plans are currently being revised or newly created to strengthen the existing Community Response Plan:

- COVID-19 Response Plan
- Fire Management Plan
- Water Treatment Emergency Plan
- School Lockdown Plan
- Community Building Fire Response Plans

The IES Department remains committed to both enhancing local infrastructure and ensuring a

swift and effective response during emergencies. As these projects and plans progress, they will undoubtedly contribute to a safer and more resilient community for years to come.

These are just a few of the upcoming projects I will be managing in the near future. Should you have any questions or would like more information, please feel free to contact me at iesmanager@whitefishriver.ca or call at Administration Office at 705-285-4335 ext. 2224 or my cell at 705-562-3583, or the Water Plant at 705-285-0007.

The Infrastructure and Emergency Services Team

• **Infrastructure and Emergency Services Manager**
Overall Responsible Operator (Class 2 Water Treatment, Class 2 Distribution)
Richard Shawanda

Water Operations

- **Lead Operator**
Jeff Tuerk
- **Water Deliver Operator**
Chris McGregor

Community Energy Program

- **Community Energy Champion**
Joey Nahwegahbow

Marine and Emergency Liaison Program

- **Marine and Emergency Liaison Officer**
Jordan Marsolais



Photo by: Shining Turtle

Participants braved the icy waters of McGregor Bay to take part in the two-day Ice Safety and Rescue course on January 25th & 26th, organized by Marine & Emergency Liaison Officer, Jordan Marsolais and hosted by Boreal River Rescue. **Dwaashin**. She/He goes through the ice.



Wii-gabenaaged! They won! Congratulations to our Door Prize winners from the Sudbury RHT Community Discussions held January 15th, 2025.



Membership contributed thoughtful and creative ideas for WRFN's future at the RHT Community Discussions.

Community Energy Champion - Joey Nahwegahbow

Say Goodbye to Chilly Bills and Hello to Cozy Savings. How Heat Pumps Warm Up Our Homes!

Imagine this! Cozy winter nights without shivering, and summer days where you can enjoy the cool air without breaking the bank. Sounds like a dream? It's definitely not! Heat pumps are bringing this dream to life for First Nations communities across Canada.

Think of heat pumps as magical energy transformers! Instead of burning fuel and heating the planet, they cleverly move heat around. In winter, they grab warmth from the chilly outside air (yes, even in freezing temps!) and bring it inside to toast your toes. And in summer? They work in reverse, whisking away the heat and keeping your home refreshingly cool.

Ready to Feel the Savings Flow? Here's how these wonderful devices work.

Efficiency Champions! These energy superstars are incredibly efficient. They can produce way more heat or cool air for every bit of electricity they use. It's like getting more bang for your buck! Say goodbye to those sky-high energy bills! With heat pumps, you'll see a noticeable drop in your energy costs. That means more money for fun things like a trip or new beading supplies...or extra Bingo Money. 😊

While the initial cost might seem a bit higher, the long-term savings will have you smiling all the way to the bank. Heat pumps are eco-friend-

ly champions! By ditching fossil fuels, they help reduce greenhouse gas emissions and keep our planet healthy. No more smoky fumes or indoor air pollution! Heat pumps provide clean and healthy indoor air for everyone in the community. Reliable electricity is key for heat pumps to work their magic. If you are on grid-power, perfect! No power issues installing a heat pump in your home. For homes off the grid, there are awesome options like solar-powered heat pumps or geothermal systems.

Let's work together! Community engagement is crucial to ensure a smooth and successful transition to heat pump technology. If you have a heat pump installed in your home and would like to share your experience with a heat pump, contact me anytime and let's chat!

Heat pumps are a fantastic way for First Nations homeowners to improve energy efficiency, save money, and protect our environment. It's time to embrace this exciting technology and build a brighter, warmer, and more sustainable future for generations to come.

Do you heat your home with furnace oil? There may be assistance available for you to purchase and install a heat pump in your home. For more information, feel free to contact me at joeyn@whitefishriver.ca or 705-285-4335 ext. 2222 or stop in for a visit at the Administration Building.

Let's Warm Up the Future Together!

Lisa Osawamick, MSW, RSW

Counseling Service

Nurturing Minds, Healing Hearts Available Every Wednesday!

Support Services:

- Confidential individual counseling.
- Grief & Loss Counseling
- Family counseling.
- Specialized trauma counseling.

Licensed Mental Health Counselor

Do you feel you are in need of some self care and just need someone to talk to in a confidence? Lisa Osawamick, a registered counselor will be an available support for WRFN community members from 9am to 4pm every Wednesday. For appointments, contact the Family Well Being Centre at 705-285-1941

Traditional Practitioner/Elder Visits

Gloria Oshkabewisens-McGregor

Transform Your Life with Personalized Wellness Guidance

- Personalized Wellness Coaching
- One on One guidance
- Anishinabe Way of Healing
- Help in creating healthy Lifestyle Changes
- self Empowerment
- Family Circles (available upon Request)

Available Tuesdays at the Family Well Being Centre

To make an Appointment, Please Contact the Family Wellbeing Centre at 705-285-1941 or by email at fwbadminassistant@whitefishriver.ca

Project Engagement Coordinator - Michael Jacko

Whitefish River First Nation (WRFN) alongside the Project Engagement Coordinator together are advancing employment, training, and cultural initiatives to create new opportunities for members.

• Union & Contractor Connections

WRFN recently met with labor unions and contractors to strengthen partnerships and secure job opportunities for members. Key contractor contacts have been gathered to streamline hiring.

• Community Open House & Hydro Special Projects

A recent Open House shared updates on Hydro One North East and North-shore Link Projects, allowing members to ask questions and provide input. The session is now available on the WRFN website in the Hydro Special Project Page for those who missed it.

• Training & Employment Opportunities

Upcoming training programs and job

opportunities in skilled trades and infrastructure projects will soon be available. Be on the lookout for Training Dates, important to come forward and provide resumes and work experience for myself to advocate for applicant.

• Labor Force Data Submission

To ensure members are considered for jobs, Labor Force Data must be submitted ASAP. This helps match community members with available roles and training programs.

• Cultural & Career Initiatives

WRFN is launching the Rosetta Stone Northern Ojibway Dialect program to support language revitalization. A Job & Career Fair is also being planned to connect members with employers and training resources.

For more details, contact me at Cell: 705-863-0792 or

Email: mjacko@whitefishriver.ca.
Stay informed and engaged.



Log Sawing at the WRFN Winter Carnival.



Snow Baby Ode'min Rose with her dad, Mike.



Snow Baby Zander with his dad, Keith.

TRADITIONAL HEALTH SERVICES

with Esstin Niganobe (McLeod)

Dates/Locations:

March 10th, 11th, 31st & April 1st, 2025
Noojmowin Teg Health Centre
48 Hillside Rd, Aundeck Onni Kaning

March 12th, 2025
Sheguiandah Health Centre
76 Ogemah Miikan Rd, Sheguiandah

March 13th & April 3rd, 2025
Whitefish River First Nation
17A Rainbow Ridge Rd, Birch Island

April 2nd, 2025
Sheshewaning Health Centre
Sheshewaning Rd

March 14th & April 4th, 2025
Noojmowin Teg Health Centre
407 Centre Street, Espanola

ESSTIN NIGANOBE (MCLEOD)

Esstin Niganobe (McLeod), Anishinaabe Kwe resides within the Mississauga First Nation, where she has promoted Anishinaabe alternative healing practices and Spiritual experiences for the past 35 years. As Anishinaabe Medicine Practitioner, she has provided clinical support for the past 20 years within various First Nations in Mid Northern Ontario. She has promoted personal Healing Methods, and Spiritual consultations and practices stemming from an energetic spiritual connection. Esstin has studied medicine plant remedies for 34 years and provides remedies for symptoms and provides spiritual guidance. Esstin has initiated workshops to create awareness reflective of a Wholistic practice for personal healing and wellness.

Traditional Health Services are available to the Anishinaabek population residing in the District of Manitoulin, Espanola & Area.

New Clients are welcome!

To book an appointment, contact:
Renee Kozachanko
 Traditional Intake Care Coordinator
renee.kozachanko@noojmowin-teg.ca
 Mobile: (705) 968-0809
 Tel: (705) 368-0083

For more information, visit Noojmowin-teg.ca or call (705) 968-0809

WHITEFISH RIVER FIRST NATION

WORK FORCE DATA SURVEY

We Value Your Feedback!
Win Prizes for Participation!

Help us build a stronger workforce by sharing your skills, experience, and interests.

Are you looking for job opportunities, training programs, or career growth?
We want to hear from YOU!

Your input will help connect you with future job openings and training programs in our community.

Contact: Michael Jacko
 email: mjacko@whitefishriver.ca
 Phone: 705-285-4335 ext. 2230
 Cell: 705-863-0792

Message from the Chief - Ogiamaa Rodney Nahwegahbow

Ahnii-Boozhool!
Rodney
Nahwegahbow
n'dizhnikaaz,
Mhiingan n'doodem,
Minnwa Gmiwin
'nini' n' diznikaaz,
G'Chi-Miigwech Kina
Wiiya.



Welcome to the February Moon – Mkwa Giizis/ Bear Moon and a time during which is often understood by referencing the hibernation cycle of the Mkwa/Bear. An important time of year where we can often use messages from our dreams to help our people renew the sense of purpose in life's journey.

This Mkwa Giizis was another busy month. I participated in a WRFN Robinson Huron Treaty reporting meeting to review the recent RHT Community Engagement Conversations. It is our intention to post the results of the community feedback on the WRFN Members portal. Additionally, we were also able to provide responses to additional information requests that were not readily available at the time of the engagement sessions. Looking forward to seeing you all at the next sessions.

I attended the Waasmoowin Energy Partner - Chiefs and Leads Meeting held in Sudbury on February 6th, and 7th, 2025. At this meeting we were able to help shape the procurement undertakings for partnering First Nations. I was impressed with the detailed responses to the First Nation archeological and environmental safe-guards Hydro One was compliant with, according to the partnership agreement. Art Jacko recognized by the Partnership to be the Interim Knowledge Keeper provided teachings reflective of traditional practices and respect for our local culture. There were also discussions around the impact compensation agreement for the partnership. More details will be forthcoming in future articles and community engagement sessions.

Anishinabek Nation Governance Agreement session #3 was held at the Whitefish River Community Centre February 18th, 2025. Guest speakers joined in the session to help bring perspective from their community's approval of ANGA. Gimaa-kwe Rhonda Williams-Lovett of Moose Deere Point FN was the first community to join ANGA. Lake Huron Regional Chief Scott McLeod who served for many years as the Chief of Nippising FN was also on hand to share the community's experiences into the decision and the growth and acceptance after approving the agreement. Chief and Council are looking forward to the next steps with the vote occurring March 1st, 2025.

The Business Community Session held on February 19th, 2025, encouraged aspiring

business entrepreneurs to share thoughts and ideas on potential business ideas. The information was also seen as an opportunity to advance interest and shape the future in the Whitefish River's Commercial Park.

We have been invited again this month to Narin Township concerning Agnew Lake Niobium waste site. As the government has the responsibility to consult First Nations on these matters, we will continue to monitor this activity referred to as the Narin-Agnew Lake Niobium waste site located in the WRFN Traditional Territory. Our position remains the same, we do not consent to importing this waste product into our territory. Our discussions will resume with government and the local municipality for a potential community presentation by the Ontario Mines rehabilitation Section.

Whitefish River Chief and Council are currently reviewing the process to apply to have four Open Trap lines located within our traditional Territories that are recently available. It would seem this would be consistent with our plans to resume traditional harvesting practices or explore similar options for our membership.

I would like to thank our Staff and volunteers who planned the 2025 WRFN Winter Carnival. It is always nice to know that events like this can continue and we know that we can always count on you as our community to make it a memorable family event.

I wish our community members and their families a fun-filled March break and for those travelling to the L' NHL Hockey Tournament all the best and remember to have fun. This is what community spirit is about. I look forward to seeing you in the next article.

I can be reached through WRFN Administration at 705-285-4335 ext. 2202, by cell at 705-863-0561 or via email at: chief@whitefishriver.ca
Miigwech!
Ogiamaa Rodney Nahwegahbow



ANISHINABEK NATION GOVERNANCE AGREEMENT

**Notice of:
Rescheduled Vote
Saturday, March 29, 2025**

Questions?
Email: anga@whitefishriver.ca



Gwetaankamik! Congratulations to our Door Prize winners from the Toronto RHT Community Discussions held January 16, 2025.



Congratulations to our door prize winners! Chi-Miigwech to WRFN Members in the Sault Ste. Marie area who joined us on January 14, 2025 for RHT Community Discussions.

Pet Care & Tips



Some Fun Cat Facts:

- Missi, a Maine Coon from Finland, holds the record for the world's longest cat whiskers—one whisker measures 7.5 inches (19 cm)!
- Cats have a special organ between their nose and their incisor teeth that allows them to taste the scents in the air.
- Because a cat's claws curve downward, they can't climb down trees headfirst. Instead, they have to back down a tree trunk, or wait for a fireman to come to the rescue.

Well, that's all for this month! Spring is on its way, though it's still cold outside. Make sure your pets have a safe and warm place to stay at night and are well-fed. Don't forget to visit the sick and elderly; a short visit can really brighten their day.

And a final reminder - please remember to get your pets fixed to help keep the pet population in check.

Till then, take care!
 From: Luka & She-Pet Elizabeth
 And Me: The Big Cat -
Dennis L. McGregor

Hello everyone!

I wasn't feeling my best last time, which is why I didn't have anything for the newsletter. But I've been thinking a lot lately on the things we used to do when I was growing up. As I've mentioned before, we'd go sleigh riding or skating almost every evening. There were two areas by the marina that were scraped for skating: one large and one small for the younger kids. The grown-ups would play hockey, and even the girls were out there skating every night.


We'd all head home around 11:00 pm, and sometimes we had record hops at the community center on Friday nights, lasting until almost midnight! Sometimes, we even had a band come in to play for the square dances for the adults.

CONNECT TO YOUR ANCESTRAL HISTORY, LAND AND TERRITORY

Clearing our Path Forward

WIIGWASKINIGAA ANISHINABEK AADIZOOKAN


"Sacred Stories of Birch Island Anishinabek"
 9 weekly Storytelling Sessions with our Traditional
 Story Teller, Nokamis Esther Osche



Dates? Mondays on Feb 10th; March 3rd, 10th 24th, 31st; April 7th, 14th, 21st, 28th, 2025
Time: 5:00pm to 8:00pm
Location: The 7 Fires Youth & Elders Centre
Door Prizes, Dinner Provided, for all WRFN Members & their families ages 10+

"Ancestral Knowledge is the strength of our people"
When we clear our path forward there is a discovery of our identity, connection of language and land, it is a journey of self discovery when you know our path from past to present
 ~ Nokamis Esther Osche

Children 12 and under must be accompanied by parent or guardian
 For more information & to register, Please contact
 candicej@whitefishriver.ca, Anishinabe Aadziwin Coordinator &
 ariannap@whitefishriver.ca, Community Wellness Worker
 PH: 705-285-4335.



Gichi-Nendam Dabishkayek 🎉🎂

Happy Birthday to my daughter-in-law
 Zoe Gaudette
 on February 12th
 Love Mama D

To my god-son Tyrone,
 Have a Happy Birthday
 on February 15th.
 Love you bunches,
 Auntie Diane

Happy Birthday to the man, the myth, the legend!! Jake the snake!
 Hope you have an awesome day Dad. Love your favourite son-in-law Leon



Wiidgikoondiwak
 Be sisters.
 Mino-Dbishkaan Bonnie!
 Love you. Tammy

Happy Birthday Bonnie!
 And many more!
 Love your Dad!

Happy Birthday to my brother Peter-ba, who would have turned 47 on February 24th
 Love you always, Diane

Happy Birthday to any nephews or nieces with a birthday this month, may your day be filled with wonderful memories and lots of love!
 Auntie Diane

Happy Birthday wishes to the World's Best Dad
 Jake the Snake
 Cheers to many more years dad!
 Gzaagin Nala Pie

Happy Birthday to my brother Rich,
 I hope your birthday is as awesome as you are.
 Love you sis Diane

Happy 80th Birthday Jake!
 Wishing you the best birthday ever!
 Love Diane, John, Amy, Peter, Zoe and Jax, Waylon, Charlie & Mia

Happy Birthday to my wonderful life partner Jake.
 May your day be filled with lots of love, happiness and laughter.
 Love Rose

Happy Birthday Corrina-ba,
 You are loved and missed everyday.
 Love Diane

Cheers to 80 years!!!
 Sending our Papa Jake the biggest wishes for his milestone birthday on March 10th.
 Lots of love from all your grandkids!!

Birthday wishes out to our first-born Nico!
 We are endlessly proud of you!
 Love mom & Dad

Happy Birthday to our big brother!
 Love Deacon & Haisley

Happy Birthday to our grandson Nico!
 Love Gramma Kim & Papa Shawn

Birthday wishes to our mom/ Grandma Kim!
 Hope you had the best day ever. We love you!
 Court, Lee, Nico, Deacon & Haisley

Happy Birthday to Connie on March 21!!
 Love Kim and Shawn

Birthday wishes to my cousins Rachel & Wanda, who both celebrate their birthday this month!
 Love Diane