



ENKAMGAK

July 2021

Translation from Nishnaabemwin: "The Happenings" or "What is Going on?"

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Meet the Candidates



FOR CHIEF

FOR COUNCIL

Click the links above to listen to recordings of the Zoom sessions on June 16 & 17, or visit nfn.ca/election.

Election Day is on Friday, July 9th

Advance Poll is on Saturday, July 3rd

The following individuals accepted their nomination to be a candidate for the position of Chief (1) or Councillor (7) for the 2021-2024 term:

FOR CHIEF:

- Robert Commanda
- Darlene Gingras
- Scott McLeod
- David Romeo Miner
- Michael Joseph Penasse
- Jeff Stewart



FOR COUNCIL:

- Jesse Lyn Beaucage
- Yvette Bellefeuille
- Elaine Commanda
- Jane B. Commanda
- June Commanda
- Rodney Commanda
- Tyler Commanda
- Brian Couchie
- Priscilla Goulais
- JoAnne Jolicoeur Picard
- Natasha Lariviere
- Joan McLeod Shabogestic
- Joseph McLeod
- Louise Penasse
- Philip Penasse
- Ron Penasse
- Mike Sawyer
- Daniel M. Stevens
- Eric (Rick) Stevens
- Samantha Stevens

Get Informed

Two Candidates' Nights were held via Zoom on June 16th (for Chief candidates) and June 17th (for Council candidates). Recordings of both sessions are available to view at nfn.ca/election, along with the notice of vote, instructions on how to vote online, and other election information.

We encourage members listen to the candidates' platforms before casting your vote. Many candidates also have Facebook pages to share their campaign messages and to safely connect with voters, and some are delivering flyers curbside to households.

Cast Your VOTE

As of Election Day on July 9th, Nipissing First Nation will have approximately 2,467 eligible voters (on and off reserve). To be eligible to vote, you must be a member of NFN and 18 years of age by or on the day of the vote. A voters list will be available at both locations set out on the next page, or by contacting the Electoral Officer.

You may vote any one of three ways: 1) Internet / Electronic Voting; 2) Mail-in Ballots or 3) In Person Poll. We encourage everyone who can vote online to do so as this is a safe and quick way to vote that will also speed up the count once polls close.

See [page 2](#) for more information about Voting and Campaign Tips to ensure NFN members can receive information and exercise their right to vote as safely as possible during this global pandemic.

Voting in the 2021 NFN Election



Electronic Voting (recommended)

With COVID-19 remaining active in our area, we encourage everyone who can to vote online or by mail-in ballot. This will help minimize the number of voters at the polling stations for the safety of all community members.

Online voting opened on June 9th at 8:00 a.m. and ends on July 9th at 8:00 p.m. via the OneFeather platform: onefeather.ca/nations/nipissing

You will require your status number, date of birth and personal email address. Instructions on how to vote quickly and securely online, including a demonstration video are available on our website at nfn.ca/election.

Mail-In Ballots

Voting by mail-in ballot is another way to vote safely and limit interactions with others outside of your household. Voting packages were mailed in early June to all eligible electors for whom we have current mailing addresses.

If you didn't receive or misplaced your voting package, contact Fred Bellefeuille, Electoral Officer, at 705-753-6975 or email fred_bellefeuille@msn.com as soon as possible. Mail-in ballots must be received before polls close at 8:00 p.m. on July 9th.

In-Person Voting

This year, in-person voting will look a bit different. A line-up with physical distancing markers will be set up outside if the waiting area inside the voting station is full.

Everyone will be required to wear a face covering while standing in line and inside the building where the voting station is located. Everyone entering a voting station will be screened for COVID-19. Screening questions will be posted and everyone will be temperature screened.

Advance Poll - Saturday, July 3rd

9:00 a.m. to 2:00 pm.
NFN Complex, Garden Village

Regular Polls - Friday, July 9th

9:00 a.m. to 8:00 p.m.
NFN Complex, Garden Village
Nbisiiing School, Duchesnay

Campaigning Tips

Vaccinated people can still pass on COVID-19. Respecting that not everyone is comfortable with visitors knocking on their door during an election campaign is COVID kindness. Phone calls, text messages, emails or virtual options such as Zoom, Facebook and Messenger are "no risk" options to connect with candidates. [View the full Campaign Tips flyer here](#) or on our website at nfn.ca/election.

Where to Find Results

Ballots will be counted in Garden Village following the close of the polls at 8:00 p.m. Electronic voting results will be declared first, then mail-in and in-person ballots will be counted. You can watch live on our [Nipissing First Nation YouTube Channel](#).

We will broadcast until all votes have been counted. An official notice of election results will be provided by the Electoral Officer and posted to nfn.ca/election and the [@NipissingFN](#) Facebook and [@Nipissing FN](#) Twitter pages when finalized.

Address Update Reminder

The Notice of Vote and Voting Package for the 2021 Election was sent to all eligible voters at the most current address we have on file for you.

If you need to update your mailing address, call our Membership Office at 705-753-2922, send an email to randym@nfn.ca, or quickly fill out a form on our website : nfn.ca/address-update/

Treaty Annuity Payments

Indigenous Services Canada (ISC) is **postponing** all treaty annuity payment events until further notice due to the pandemic. NFN will distribute payments at the Annual Community Meeting in November.

To receive your treaty payment sooner, you can download and fill out the [Treaty Annuity Payment Request form](#) and mail it to your [ISC regional office](#). Treaty payments will be mailed to you in the form of a cheque.

For more information, please visit: [Treaty annuity payments \(sac-isc.gc.ca\)](https://sac-isc.gc.ca)



COVID-19

**Got symptoms?
Stay home and
get tested.**

You can get a test if:

- You are worried you may have COVID-19
- You have been exposed to someone with COVID-19
- You are at risk of exposure to COVID-19 through your employment
- You are experiencing **symptoms of COVID-19** (someone without symptoms or voluntarily testing is no longer a priority)
- You do not need a referral to get a test
- You do not need a health card to get a test

There are two testing centres in the area:

West Nipissing Assessment Centre
705-580-2186
Open 12pm - 4pm
Monday to Friday

North Bay Regional Health Centre
705-474-8600 ext. 4110
Open 9am - 5pm (7 days a week) - Assessment Centre in parking lot #9 – for symptomatic patients or children 8 years & under. Drive thru options near Emergency entrance are also available for asymptomatic people.

Note: public health officials do not recommend getting tested for COVID-19 if you don't have any symptoms.

Provincial Measures & Our Operations

The majority of Nipissing First Nation staff worked remotely since the winter break and until recently to minimize the potential for exposure to COVID-19 for our employees and community members. NFN has consistently aligned our operations with provincial orders and public health measures, including the most recent stay-at-home order that expired on June 2nd.

With many of our staff and community members having built immunity by receiving vaccines, and with the enhanced workplace policies, safety measures and PPE protocols that we implemented throughout the pandemic, we are confident it is safe for staff to return to their offices and work sites.

The majority of NFN staff returned to their offices and work sites on June 14th, however some staff with children learning at home and other childcare needs will continue working from home slightly longer. These situations are assessed on a case-by-case basis by each employee's manager/supervisor.

Offices remain closed to the public until further notice; however, services continue to be available by appointment, curbside and by phone or email. Drop boxes are located at the Administration Building main entrance, Finance department, Culture Centre, Education Office & Natural Resources.

Updates about NFN Operations & Businesses

- **NFN Daycares:** The Nipissing Ojibway Daycare and Couchie Memorial Daycare remain open for existing registrants, and where both parents/guardians require childcare due to work obligations.
- **Summer Children's Program CANCELLED:** Financial subsidies will be offered again this year to offset childcare costs (including in-home babysitting services). Details are available on **page 11** and on the NFN Administration and Health & Recreation Facebook pages. You can download the application at nfn.ca/scp21. For more information, please contact Brandie Fong, Manager of Children's Services, at 705-753-3312 ext. 3001 or brandief@nfn.ca.
- **Shuttle Service (Duchesnay Creek Bridge):** The shuttle resumed regular hours of operation from 6:00 a.m. to 12:00 a.m. (midnight) effective June 13th. The after-hours taxi service is available for essential trips only between 12:00 a.m. and 6:00 a.m. by calling 705-497-7777 (U-Need-A-Cab).
- **NFN Businesses:** (in accordance with Step 1 of the Provincial Roadmap)
 - ⇒ **Essential businesses** (providing gas and/or groceries) can operate at a cap of 25% capacity with COVID-19 safety precautions in place.
 - ⇒ **Non-essential businesses** can operate at a cap of 15% capacity with COVID-19 safety precautions in place.
- **Gathering Limits:** Outdoor gatherings of up to 10 people are now permitted. Indoor gatherings remain limited to people who live within your household.

Visit nfn.ca/covid19 for updates about our operations and provincial measures.

NFN COVID-19 Vaccine Rollout Stats

One of the best ways we can protect ourselves, our families, friends and community members from COVID-19 is by getting vaccinated.

As of June 24th, our team of NFN nurses had administered **over 3,000 vaccines** and 918 NFN residents had received both doses of the Moderna vaccine.

1,613 individuals have had a 1st dose of Moderna (98.78% of eligible registrants) and 1,416 individuals have received both 1st & 2nd doses (86.71% of eligible registrants).

After holding 28 mass adult immunization clinics, NFN Health Services moved to appointment-based bookings in June. After this month, adults seeking a COVID-19 vaccine may be referred to another provider. Please call 705-753-3312 to inquire.

The **Pfizer vaccine** became available for NFN community members between **12-17 years of age** in early June. As of June 24th, 92 Pfizer vaccines have been administered to youth, and by the end of the month, NFN Health Services will have held 5 youth immunization clinics. Please register by calling 705-753-3312 as we can only order vaccines for those registered.

Rapid Testing on NFN

If you are experiencing COVID-like symptoms a rapid test can give you a printed result in 15 minutes. NFN Health Services has 4 COVID-19 rapid testing units that are operated by our trained nurses.

It is important to note that these units serve as a surveillance tool and do not provide a laboratory confirmed result. Individuals who test positive for COVID-19 at one of our rapid testing units will be sent for a test at an assessment centre to confirm the result. Individuals who test negative will not need to take further action if there is no concern about possible exposure to COVID-19.

To inquire about a rapid test, please call the Health Centre at 705-753-3312.

Public Health Dashboard

Below is the Health Unit's COVID-19 status report dashboard as of Friday, June 25th for the Nipissing District only. For the entire Health Unit region (Nipissing & Parry Sound Districts), there are currently **77** active cases of COVID-19 (with **73** of those in Nipissing). These are the highest case numbers we have seen to date and should serve as a reminder to keep our guards up at all times to protect ourselves, our loved ones and community members.



*Vaccine Data Includes Nipissing and Parry Sound

Public Health Information

North Bay Parry Sound District Health Unit
(updated Monday to Friday at 3pm, and Mondays at 10am)
www.myhealthunit.ca/

Cases in Ontario
(updated daily at 10:30am)
covid-19.ontario.ca/

COVID-19 cases in schools & child care centres (updated weekdays at 10:30am)
ontario.ca/page/covid-19-cases-schools-and-child-care-centres

More info/medical advice:

- Telehealth Ontario for medical advice at **1-866-797-0000**
- Local Health Unit at **1-800-563-2808 ext. 5229**
- Your primary health care provider (i.e. Family Doctor)

Do not call 911 unless it is an emergency.

Think you have COVID-19 symptoms?

Call Telehealth Ontario: **1-866-797-0000** **OR** use this self-assessment tool to help determine how to seek further care:
covid-19.ontario.ca/self-assessment/

Roadmap to Reopen

Ontario's Roadmap to Reopen is a three-step plan to safely and cautiously reopen the province and gradually lift public health measures.

The plan is based on:

- the provincewide vaccination rate
- improvements in key public health and health care indicators

Ontario is in Step 1 of the Roadmap as of June 11th.

Our local health unit has prepared a helpful guide of what you can do to ensure a safe, healthy and fun summer. Check it out on their website: myhealthunit.ca/summer

Moving to Step 2 of the Roadmap to Reopen

On June 11th, the province [moved to Step 1](#) of the Roadmap to Reopen, based on the provincewide vaccination rate and improvements in key public health and health system indicators.

On June 30th at 12:01 a.m., Ontario will move to Step 2, which focuses on resuming more outdoor activities and limited indoor services with small numbers of people where face coverings are worn. This includes, but is not limited to:

- Outdoor social gatherings and organized public events with up to 25 people;
- Indoor social gatherings and organized public events with up to 5 people;
- Essential and other select retail permitted at 50 per cent capacity;
- Non-essential retail permitted at 25 per cent capacity;
- Personal care services where face coverings can be worn at all times, and at 25 per cent capacity and other restrictions;
- Outdoor dining with up to 6 people per table, with exceptions for larger households and other restrictions;
- Indoor religious services, rites, or ceremonies, including wedding services and funeral services permitted at up to 25 per cent capacity of the particular room;
- Outdoor fitness classes limited to the number of people who can maintain 3 metres of physical distance;
- Outdoor sports without contact or modified to avoid contact, with no specified limit on number of people or teams participating, with restrictions;
- Outdoor sport facilities with spectators permitted at 25 per cent capacity;

Learn more about [what's open in Step 2](#) or [read the regulation for full details](#).

Ontario enters Step 2 on June 30th



Over 70% of adults have one dose
Over 20% are fully vaccinated

- ✓ 76% of adults have received one dose and 29% are fully vaccinated (as of June 23)
- ✓ Declining hospitalizations
- ✓ Declining ICU admissions
- ✓ Declining weekly cases rate
- ✓ Declining per cent positivity

Continuing improvements in key public health and health care indicators



Expanding outdoor activities

- Outdoor social gatherings and organized public events for up to 25 people
- Outdoor dining with 6 people per table
- Outdoor fitness classes
- Outdoor sports games, leagues and events
- Outdoor amusement and waterparks

Larger outdoor gatherings, events and attractions, with restrictions including capacity limits



Limited indoor gatherings and services permitted

- Indoor social gatherings and organized public events for up to 5 people
- Essential and other select retail at 50% capacity
- Non-essential retail at 25% capacity
- Stores in shopping malls
- Indoor religious services, rites, or ceremonies including wedding services and funeral services at 25% capacity
- Personal care services where face coverings can be worn at all times
- Overnight camps
- And more...

With restrictions, including capacity limits, for small numbers of people where face coverings are worn

For the full plan, visit ontario.ca/reopen

COVID-19 vaccines: Get the facts

Once I receive both doses of the vaccine, can I stop wearing a mask and expand my social circle?

FACT: Even after being vaccinated, everyone must continue to follow public health measures, including minimizing in-person interactions with people from outside your immediate household, avoiding crowded places, wearing a mask, and washing your hands frequently for at least 20 seconds.

Will I develop side effects after receiving a COVID-19 vaccine?

FACT: Side effects can often be a sign of a healthy immune system building a defense to the virus. Side effects are generally non-serious and resolve on their own in a few days. Serious side effects, such as anaphylactic reactions, are rare and closely watched for. Talk to your healthcare provider if you have any concerns, or if your side effects are serious, worsen, or do not go away after a couple of days.

Is it better to wait to get the vaccine (or not get it at all) until we know for sure it's safe and effective?

FACT: All COVID-19 vaccines currently available in Canada have gone through clinical trials and been tested on tens of thousands of adult volunteers before being authorized for use. They were deemed to be safe and effective and have been licensed and authorized by Health Canada. The COVID-19 vaccines protect us against the novel coronavirus and are an important step to help us safely resume normal life.

Why are Indigenous adults among the first to be offered the vaccine in Canada?

FACT: Indigenous adults and communities are being prioritized for access to vaccines for a few reasons: they have significantly higher chances of having serious illness from COVID-19 than other Canadians; and they face higher risks for infection and serious illness, rooted in the history of colonialization and resulting systemic barriers, such as higher rates of chronic disease, reduced access to health care, and a lack of infrastructure (such as housing, water infrastructure, and medical services).

Catalogue: R5-7662021E-PDF | ISBN 978-0-660-37389-8

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19.

For more information, consult your healthcare provider, or visit Canada.ca/coronavirus



Q2 Boundary Claim Trust Newsletter

The second quarterly Trust newsletter for 2021 is now available at nfn.ca/land-claim and provides answers to frequently asked questions.

This update is also posted to our [@NipissingFN](https://www.facebook.com/NipissingFN) Facebook page.

Business Licence Applications

The Business Licence Committee received two applications to operate the following proposed businesses. Please click on the links below to view/download each notice:

Chipstand at
35 Beaucage Park Road

Plumbing Contractor at
1040 Yellek Trail

Should you have any questions or concerns, you need to submit them in writing by 4:30 p.m. on July 15, 2021 as follows:

Proposed Business:
Kenneth Hazell, Economic Development Officer
(kenh@nfn.ca)

Proposed Land Use:
Cathy McLeod, Land Manager (cathym@nfn.ca)

Or mail comments to:
36 Semo Road,
Garden Village ON
P2B 3K2

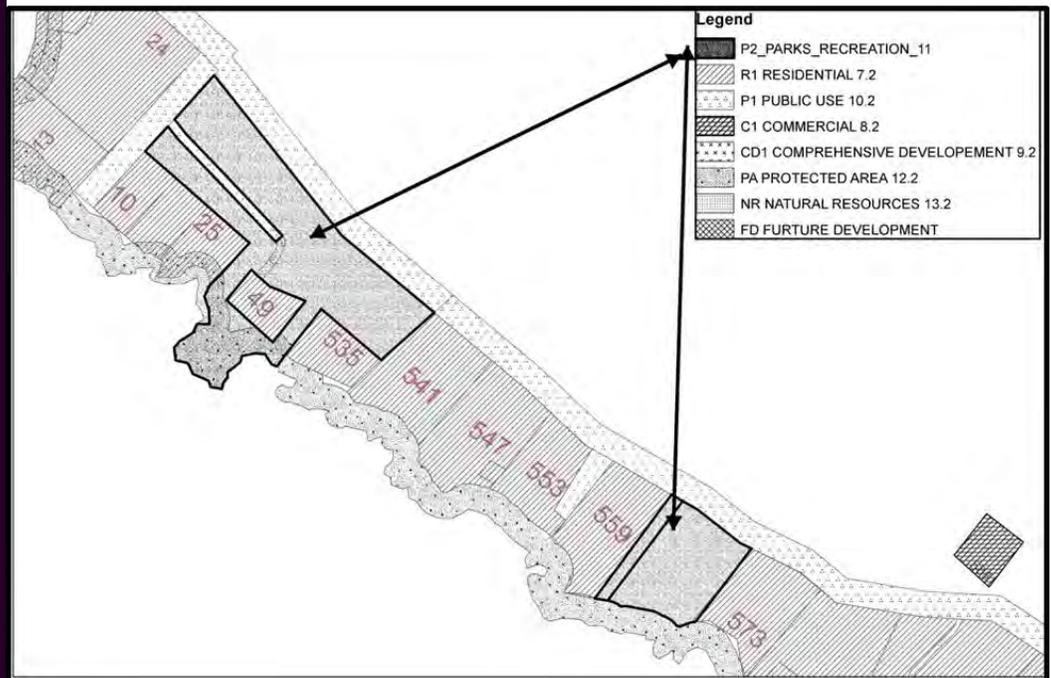
Notice of Rezoning in Garden Village

Residential Zoning Proposed for Two Lots on Ted Commanda Dr.

This notice is to inform residents that two lots on Ted Commanda Drive in Garden Village shown on the sketch below and noted in the legend as being P2 - Parks and Recreation are proposed to be rezoned from the designation of Parks and Recreation to Residential use.

Should you have any concerns about the proposed change in zoning, please send them in writing on or before Monday, July 19, 2021 to:

Cathy McLeod, Land Manager 705-753-2922 ext. 1233 or cathym@nfn.ca.



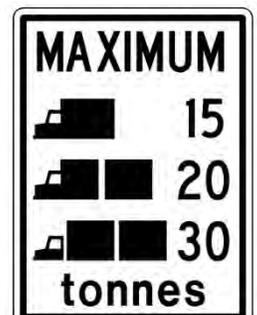
Jocko Point Bridge Load Restrictions

Signage denoting weight limitations at the Jocko Point Bridge was recently removed without approval. We have ordered replacement signage and wish to advise the community that there is still a weight limitation due to the deteriorating condition of this bridge. It is critical this limitation is observed for the safety of our community.

If you have any information related to the unauthorized removal of this signage, please notify our office at 705-753-2050 or call the Anishinabek Police Service at 1-888-310-1122. Monitoring of this area has been increased to prevent any future incidents.

The signage that is currently posted at the bridge indicates load restrictions according to the highway traffic manual. NFN has received funding to perform a detailed inspection of the bridge that will determine exact load restrictions, and to help develop a repair plan to make the bridge more useable.

Our team is working hard to develop a solution to the current issues and we appreciate your cooperation in this matter.



Hydro One Work on Mooz Miikan

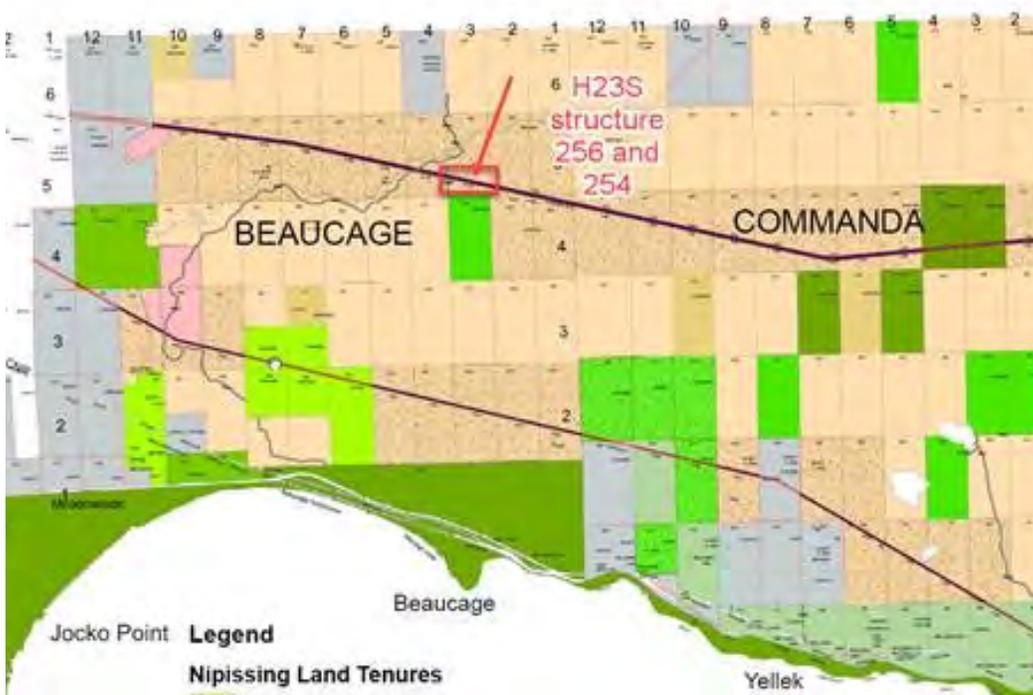
Two Insulators to be Changed between July 8 - August 18

Hydro One will need to change the insulators on two poles on the H23S circuit. The planned schedule for these repairs is between July 8th and August 18th.

The crew will need to use Mooz Miikan to get to the structures. At this time, additional contractors are not required as the crew will use tracked equipment to access the structures.

The crew will go past the NORAD towers and proceed to the parking area under the second pole line that is shown in the map below. They will then head east 1.5kms to the towers that require repair.

Any questions about this necessary Hydro One maintenance work can be directed to Cathy McLeod, Land Manager, at 705-753-2922 or cathym@nfn.ca.



FNCP Update Deliveries Scheduled for mid-July

Our last update advised that appliance deliveries were postponed until further notice due to the provincewide stay-at-home order that was lifted on June 2nd.

We have confirmed that **delivery of appliances will be scheduled for the weeks of July 12th & 19th.**

Homeowners who qualified for a fridge, freezer and/or A/C unit will be contacted soon to schedule a delivery appointment. COVID-19 safety protocols will be adhered to at all times.

If you have any questions or concerns, contact Tom Lambert at 705-753-6985 or thomasl@nfn.ca.

FNCP UPDATE

Appliance deliveries will be scheduled for the weeks of July 12 & 19 for homeowners who qualified in 2019-20. Contact Tom Lambert at 705-753-6985 or thomasl@nfn.ca for more information.

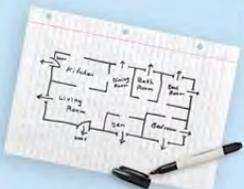
The NFN FOOD BANK

is open on **Wednesday, July 7th & 21st** (1st & 3rd Wednesday each month).

Download the order form for each month at nfn.ca/food-bank or call 753-6972 to place your order or for more information about services and eligibility.



BE A HERO IN YOUR HOME!



PLAN AND PRACTICE YOUR ESCAPE.

- 1 Practice a **home escape plan** so everyone in your home knows exactly what to do if the smoke alarms sound in an emergency.
- 2 **Install smoke alarms** on every storey of your home and outside all sleeping areas.
- 3 Test smoke alarms **every month**.

For more information contact your local fire department.



Opt-Out of Mailed Job Postings

The mid-month mail-out we send to local members (and sometimes off-reserve members as well) often only includes job postings.

This monthly mail-out is intended to capture urgent notices or political items that occur in between newsletters. However, job postings have been included for some time, and many members have asked to stop receiving these mailings as a result.

We will continue to mail important notices about community consultations, votes, business licenses, etc. However, effective **September 2021**, if you wish to continue receiving job postings by mail, **you must opt-in to the mailing list** by contacting Julie Lambert at 705-753-2050 or juliel@nfn.ca.

This new opt-in process will be communicated in the next two mid-month mail-outs in July & August.

Please watch your mail for this survey and be sure to complete it and send it in!

If you have questions about this new process, please contact: Gen Couchie at 705-498-2507 or email genc@nfn.ca.

Job postings are posted on our website at nfn.ca/jobs.

Employment Opportunities

To view the complete job posting, please click on the position titles below, visit nfn.ca/jobs, or call 705-753-2050 to request a copy by mail, fax or email.

Nishnaabemwin Teacher (Novice) – Contract Position – *2nd Round*
Apply by Friday, July 2, 2021 at 4:30 p.m.

Finance Clerk – Permanent Full-Time
Apply by Friday, July 9, 2021 at 4:30 p.m.

Early Childhood Development Worker – Permanent Full-Time
Apply by Friday, July 9, 2021 at 4:30 p.m.

Cook/Cleaner – Couchie Memorial Daycare – Permanent Part-Time
Apply by Friday, July 9, 2021 at 4:30 p.m.

2021 Bus Drivers – Route #5: Duchesnay, Yellek & Serenity Lane
Open Posting – Contact Charlene Bellefeuille at 705-753-6995 or email charleneb@nfn.ca for more information or to apply.

Personal Support Workers – Casual Employment (with paid sick days and mileage) Open to all applicants – No closing date

TO APPLY:

Please submit applications before the deadline to resumes@nfn.ca, or by fax to 705-753-0207, or mail to: Human Resources Department, Nipissing First Nation, 36 Semo Road, Garden Village ON P2B 3K2

Miigwech to all applicants for their interest; however only those who qualify for an interview will be contacted.

Broadband Internet Announcement

On June 17th, NFN hosted a virtual announcement with Minister Vic Fedeli and several representatives from the Centre of Excellence in Next Generation Networks (CENGN) and Leepfrog Telecom.

We are excited to share news about the launch of an innovative and environmentally friendly project that will bring high-performance and cost-effective broadband internet access to under-served residents in major residential areas: Garden Village, Jocko Point, Meadowside, Beaucage, and Yellek.

Supported by CENGN's Northern Ontario Residential Broadband Program funding, Leepfrog Telecom will install a new innovative non-ground penetrating towers, using both 5GHz and TVWS radio technology to distribute high quality internet services to all 5 communities to ensure the best possible internet connectivity.

Watch the announcement and read the news release here: nfn.ca/broadband



Meal Program for Seniors

Orders must be placed every month



Must be a registered NFN member aged 65 years or older
Program provides a package of frozen prepared meals once a month

Call Stella Solomon at the Health Centre at 705-753-3312 to place your order for pick up or local delivery.

Monthly Order Deadline

Order by July 7th for a meal package on July 14th

Order by August 4th for a meal package on August 11th

HARM REDUCTION SERVICES

(needle exchange and naloxone kits)

are available **Monday to Friday** from 8:30am to 4:30pm at the Right Path (316 Ted Commanda Drive, Garden Village). Knock at the door and someone will assist OR call Lisa at (705) 753-1375 to make arrangements to get your order to you. You can also email: lisal@nfn.ca.

The Suboxone Clinic is still available **Monday to Friday** from 8:30am to 4:30pm at the Health Centre (58 Semo Road, Garden Village). You can also call 705-753-1375 to make pick-up or delivery arrangements. New referrals & self-referrals are welcome. Client transportation available.

The Culturally Defined Community Withdrawal Management Program also provides land based activities and cultural supports.

Call 705-753-1375 for more information.

Mental Health Resources

FOR ADULTS

ConnexOntario: 24/7 support to help you find local mental health and addiction services at 1-866-531-2600 or ConnexOntario.ca

Talk 4 Healing: 24/7 support and resources for Indigenous women in 14 languages by phone or text to 1-855-554-HEAL (4325) or online at talk4healing.com

FOR CHILDREN & YOUTH

Hands The Family Help Network: Counselling and therapy support for children, youth, and their families 1-800-668-8555 or visit thefamilyhelpnetwork.ca

Kids Help Phone: Free, confidential professional counselling, information, and referrals for mental health and addictions services.

Call 1-800-668-6868

Text: CONNECT to 686868

Live chat counselling:

kidshelpphone.ca

CRISIS INTERVENTION

North Bay Regional Health Centre: 1-800-352-1141 Available 24/7

Sturgeon Falls Alliance Centre: 705-753-3110 x 288

4pm - 11pm — 7 days/week

Canada Suicide Prevention 1-833-456-4566 - 24/7

Overdose Prevention Line 1-888-853-8542

Leisure Farm Gift Certificate 2021

Here is your opportunity to get produce or products from Leisure Farm or Leisure Farm North Bay Market. We are giving away a limited amount of gift certificates valued at \$20.00 to NFN members.

Limit: One certificate per household for the season

Please call Stella @ 705-753-3312 Extension 2229



Can-SOLVE CKD Features NFN Member

Mary Beaucage brings undeniable leadership, passion, resilience to kidney research

Mary Beaucage serves as the Co-Chair of the Indigenous Peoples' Engagement and Research Council, and also Co-Chairs the Patient Governance Circle. She was recently featured in an article on the Can-SOLVE Chronic Kidney Disease (CKD) Kidney Quarterly June 2021 newsletter. Click the link to read the full issue.



*"I always thought that this disease was bigger than me, and if I could make some difference, I would."
Mary Beaucage*

As the recipient of a kidney transplant, she was sharing and using her lived experience to increase transplantation rates through the Nipissing Gift of Life Association, among many other volunteer efforts. In a stroke of luck for Can-SOLVE CKD, Mary became part of the network in 2016 and has contributed to many different Can-SOLVE CKD committees and projects since then.

Her exemplary leadership within the network has resulted in her receiving the **2021 Barbara Ann LeGay Award** for Patient-Oriented Research. The scope of Can-SOLVE CKD committees and projects that Mary has been involved with over the years is vast and diverse. She is a member of the Knowledge User/Knowledge Translation Committee and the Research Operations Committee. As a Nipissing First Nation woman, she also provides valuable insight and co-leadership within the Indigenous Peoples' Engagement and Research Council (IPERC).

While Mary acknowledges that a shift towards greater cultural competency in health care and research won't happen overnight, it has been rewarding to see more Indigenous ways of knowing being woven into the Can-SOLVE CKD culture. "Everything takes time, right? There is still so much more to do, but when you have an open willingness to make that change, and a way to ensure that change happens, it will happen," she says.

NFN Children's Services Bulletin

June 2021



NFN's Summer Children's Program * CANCELLED *

If you are a family with parents/guardians working,
you may be eligible for support

Options...

- ✓ If you are an NFN family & require child minding to return to work, we have limited funding to assist with your child care needs (meeting criteria). If you would like more information, please contact: brandief@nfn.ca or call 705-753-2050 ext. 3001
- ✓ If your child qualifies for the recreation reimbursement, you may be able to use that to send your child to a day camp

CONTACT: [BRANDIEF@NFN.CA](mailto:brandief@nfn.ca) OR CALL 705-753-2020 EXT 3001 FOR MORE INFORMATION

NFN Child Care Centre Info

- ✓ Nipissing First Nation Child Care Centres remain open; only to children whose parents are working, at this time

HEALTH & WELLNESS

20KM BIKE RIDE

TUESDAY JULY 6TH AND JULY 20TH AT 2PM
AGES 14 AND OVER WITH PERMISSION SLIPS

MUST HAVE OWN BIKE
REGISTER TO SHOW INTEREST!

BIKE FROM GARDEN VILLAGE AROUND
THE TOWN OF STURGEON FALLS AND
BACK TO THE VILLAGE



VICKYL@NFN.CA, 705-753-3312



INTERMEDIATE STRENGTH TRAINING FITNESS STYLE PROGRAM FOR ADULTS AND YOUTH
workouts will show modifications to reach various workout levels to be easier or to be a tougher workout

zoom WORKOUT MONDAYS 7PM
Outdoor /rink POW WOW PUMP WEDNESDAYS - 7:00PM
zoom THURSDAYS 7PM
MONTH OF JULY

CALL FOR ZOOM LINK OR FIND ON FACEBOOK/ NFNRecreation
Contact Vicky 705-753-3312, vickyl@nfn.ca

*Routines will use resistance bands, hand weights and your own body weight. POW WOW PUMP registrations to get hoops for the routine. Call for free resistance bands
Hand weights for exercises are not provided, can use bottles of water, or heavy items found in the home*

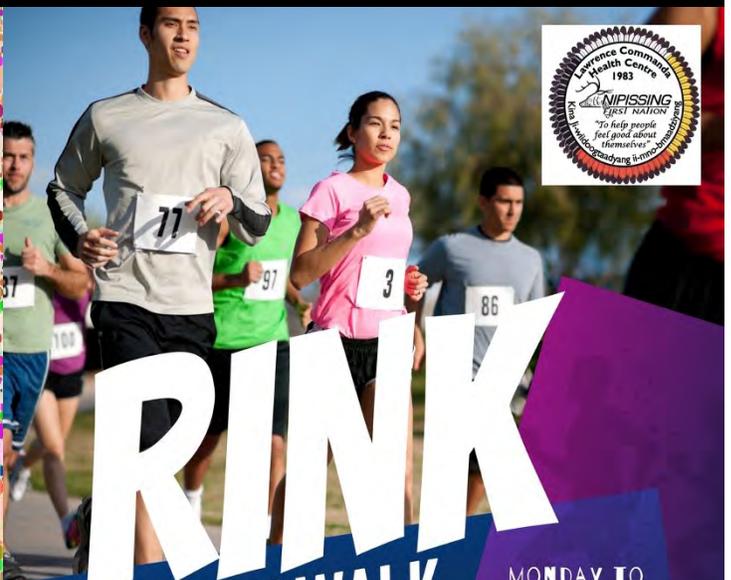
Pow Wow Pump at the rink

A cardio class that incorporates hoops for strength training, dance moves. Fun for the entire family.

See you there!!

At the rink, following covid distance regulations
Rain or Shine - WEDNESDAYS in July at 7:00 PM

VICKYL@NFN.CA



RINK LUNCH WALK

monday to Thursday
AT NOON

MONDAY TO
THURSDAY AT
NOON IN JULY
STRENGTH
STATIONS TO
BUILD MUSCLE

hiking club

hike at Duchesney Falls, meet at the parking lot
Friday July 9 and 23rd at 10am

VICKYL@NFN.CA



Please register to show interest

ALL AGES - LITTLE CHILDREN, under age 10 -
BRING YOUR PARENTS!

WEAR RUNNING SHOES, SOCKS, BUG SPRAY,
BRING A WATER BOTTLE AND YOUR OWN SNACK
or LUNCH

TRANSPORTATION NOT
PROVIDED DUE TO COVID

705-753-3312

HIKING CLUB



FRIDAY JULY 2, 16, 30

MEET AT JOE'S CLIFF
IN GARDEN VILLAGE
AT 10AM

HIKING ON THE REZ



VICKYL@NFN.CA

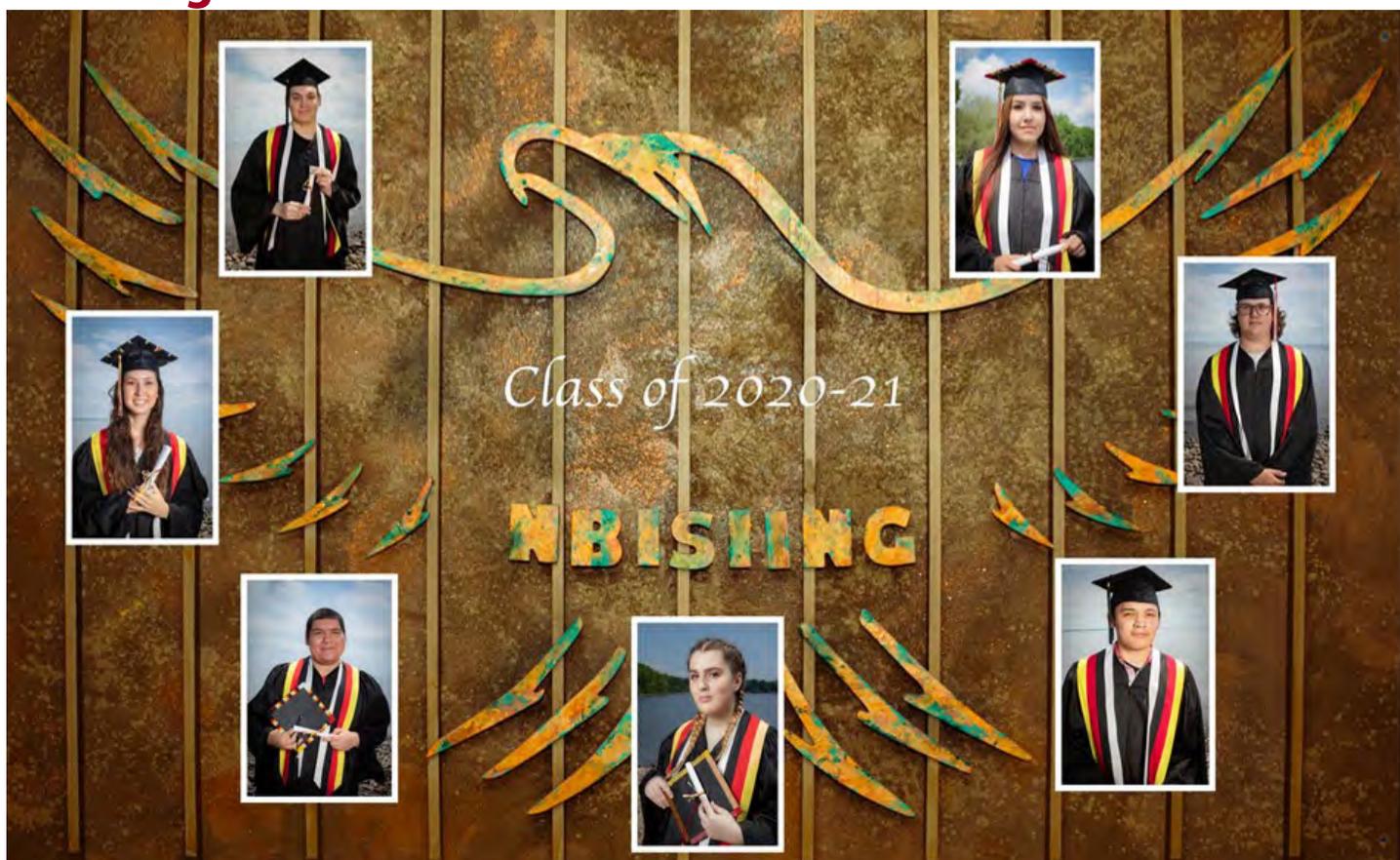
705-753-3312

HIKE 10AM, BEGINNING AT JOE'S CLIFF FOLLOWING A ROUGH ROAD LEADING TO THE CHIMNEY ALONG THE LAKE.
WEAR RUNNING SHOES, SOCKS, BUG SPRAY, BRING A WATER BOTTLE AND YOUR OWN SNACK OR LUNCH
NO SWIMMING ALLOWED, CHILDREN UNDER AGE TEN BRING THEIR PARENTS





Congratulations to our Class of 2020-2021 Graduates!



Chayme Woods

Tanika Chum

Jasmine Michel

Cole Johnson

Jadien Sago

Paige Fryer

Seth Metatawabin

Missing from photo: Adam Jaktail, Aiden Polson, Sheryl Toama

Every year we have amazing staff that support the students on their pathway.

Chi Miigwech to all staff at Nbisiiing Secondary School. Their success is your success.

Special Thanks: With the current situation, we have had to adapt and think outside of the box.

Chi-miigwech to **Jennifer O'Driscoll** who helped to make our Virtual Graduation a reality.

It would not have been possible without her technical support.

Miigwech to **Farrah Lewis** and **Kelsey Borgford** for beading our beautiful Graduation Caps.

The graduates were appreciative of these gifts from the school, and they will cherish them forever.

Miigwech to **Lily Armstrong** for sewing the gowns and sashes.

The use of the four colours makes the sashes beautiful and unique.

29th

Annual Nipissing First Nation Charity Golf Tournament



Saturday, August 21, 2021

Osprey Links Golf Club

Registration Online at Osprey Links

ospreylinksgolf.com/product/nip-first-nation-scramble/



Tee Times at Registration

- \$125 per person
- 4 Person Scramble
- 18 Holes - Golf Carts Included
- 50/50 Draw

Cost includes:

- Registration
- Gifts
- Dinner
- Prizes

Proceeds to Nipissing First
Nation LNHL Fundraising



For more information contact Melvin McLeod at melvinm@nfn.ca

Register at Osprey Links with Team Name and Players.

*Osprey Links Golf Club Dress Code requires proper golf attire.
Club is LLBO Licensed, no outside alcoholic beverages permitted.*

Register TODAY for our 29th Annual NFN Charity Golf Tournament!



Orange Shirt Design Submissions!

1 Winner from each age group (0-12) & (13-24)
will be chosen to be Printed in Preparation for Sept.



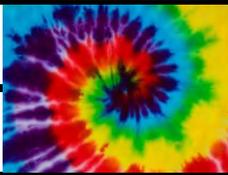
**SEND IN YOUR DESIGN BY JULY 30TH
TO RECEIVE A GIVEAWAY!**

Email: Bradyp@nfn.ca for more Details

NFN Members & Affiliates

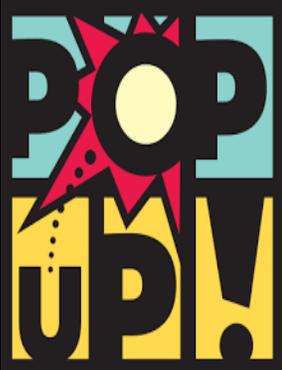
If you choose to use Words, we can help get it Translated in Nishnaabemwin.

Programs for Children Aged 12 & Under

July 9 & 23	Kids Netflix	
July 15	Baby Group Introduction	
July 19 & 23	Scavenger Hunt	
July 21	Summer 	
July 27	Tye Dye Event	
July 30	Mystery Family Food Challenge	

REGISTRATION IS REQUIRED FOR ALL EVENTS. SUPPLIES PROVIDED.

For more information or to register for Children's Programs for ages 12 & under, please contact Katie @ 705-753-2050 ext. 1323 or by email to katiel@nfn.ca.



Pop Up Events

Watch the Native Child Welfare Program's Facebook page

[@NFNNCW](https://www.facebook.com/NFNNCW) for pop up events throughout the month!



Mnodoodwaanaan Eshki-niigid
I-Mshkaziwin Nii-gaan Nake

"The Honoring of our Youth will
be the Strength of our Future"

NBISIING BINOJII NAADAWENMIND

Native Child Welfare Prevention Program

Culture & Heritage Events

July 14



Ktigaaning (in the garden) Check In

Share your food planting and gardening successes! **Send pictures** of your food gardens to gailm@nfn.ca by **July 14th** at 4:30 p.m. to be entered into a draw for prizes. The live draw will be held on July 23rd.

For NFN membership and affiliates.

July 20

7pm - 8pm

Traditional Teaching of Miinan (blueberries)



with Perry McLeod Shabogesic via Zoom. Register with mindyl@nfn.ca.

July 22

6pm - 7:30pm

Nishnaabemwin Evening - Cleaning & Cooking Giigonyag

with Girly, Tory & Blair. Register with gailm@nfn.ca by 4:30pm that day.

July 28

7pm - 8pm

Wild Tea Party

with Perry & Laurie McLeod Shabogesic via Zoom. Learn to make teas with wild plants (gifts of creation). Register with mindyl@nfn.ca.

July 29

6pm - 9pm



Beaded Strawberry Pin Workshop

with Darlene McLeod via Zoom. Limited kits available for curbside pick up. Priority for NFN membership and affiliates. Register with mindyl@nfn.ca by July 14th.

Nipissing Nation Kendaaswin Summer Giveaways

Nipissing Nation Kendaaswin will be hosting free draws for summer fun packages to promote healthy living & summer activity for our youth!

GIVEAWAYS!

DRAW DATE: FRIDAY, JULY 16

Draws will be held live on the [Nipissing Nation Kendaaswin Facebook page](#).

Follow our Facebook page for updates & additional information.

Fun packages may include (per availability): lawn games, swim accessories, sports equipment, etc.

Ages: 17 years old & younger - Priority to NFN members & affiliates

Register by July 14 via email only to randyp@nfn.ca to receive one ballot per registration.



Nbisiing Nishnaabemwin *Miini Giizis (Berry Moon)*

*Miini Giizis, nsemaa nga-bgidnaa dbasendizyaan.
Gzhe-Mnidoo gii wiinmaag, i-mno-nawenjgewin
Mina mno-zaagidwin wewena gaa mno-zhichgaadeg.
Gookmis i-naaknigewin gaa miingaasod.
Miinan wii-naagdawendang ge chi-piitendaagwak
Waawyeyaag ntam gaa-zhichgaadeg.
Mii i- ni-kinoomaagooyaan wii ntaawgigwaa niijaansag.
Mii maa pii, emkwedmaan Miinan giw- miineskaawnzhiig
Pii maa wiishpangin Miinan yaamwaad.
Maa mnoseg , pii kina gegoo gaa zhichkaadeg, mshikiing
shi-nenjigaadenoan.
Nda dbasendis mina nga-kwedwe debwewendaagziwin pii
gii waamdaswaan,
Noonziwaan ge noonjgeyaan mnaadenmoyaan nakeyiing .
Baa maa pii minwa .
Pane go Miigwechwendmin!*

Berry Moon , I offer my tobacco with respect and humbleness for what you taught me.

The Creator has instructed you to be a guardian with gentleness and kindness, keeping the balance of Creation .

Gookmis, the teachings you have given to the Berry to protect the scared circle of Creation, has become my teacher in raising my family.

Many times I have rasp of the berry bushes against my body.

Each time I have learned from this, the true meaning of becoming in tune to the gentleness and kindness that I must give to all Creation.

Now I humble myself and ask forgiveness for times I did not see, hear or speak to you in a respectful way.

Until the next time you come again, Berry Moon , I am forever grateful.

Miigwech!



KIDWINAAN (WORDS)

Baashminsige	making jam
Biiwaabik	motor
Bwii	paddle
Gnebik	snake
Gnoozhe	pike
Jiimaan	boat
Memengwaa	butterfly
Miinke	blueberry picking
Miinan	berries/ blueberry
Mkinaak	turtle
Mskobmin	raspberry
Mnis	island
Niibin	summer
Niibing	in the summer
Wiigwaas jiimaan	birchbark canoe
Zaagigan	lake
Zhaawnong	south
Zhebye	rowing

DIALOGUE

Niibing wii paa-nda-miinke mnising

In the summer I will go blueberry picking on the island.

Jiimaaning wii paamis niibing nbiing.

In the summer I go riding my boat.

Niibing wiigwaas jiimaan wii paam kwazhwe.

I go paddling in a birchbark canoe in the summer.

It is with great honour that we introduce our Head Dancers for the 2021 Virtual Pow Wow: Tory Fisher and Tamara Penasse.

Tory and Tamara's efforts to revitalize Nishnaabemwin have been amazing and crucial.

Both have stepped up and taken hold of our original language by teaching their children and community through classroom curriculum and bedtime stories.



Cultural Teachings

Cedar Bath Ceremony & Nipissing Gichi-Naaknigewin

About the Cedar Bath Ceremony

We are sharing this teaching for those who are still learning or are not yet aware. This ceremony is used to welcome new babies, when needed during life, and after someone has passed. The Nipissings still practice this ceremony often.

By Glenda Abbott:

Cedar is used for protection, purification and bringing balance into yourself. It is also known for attracting positive feelings, energy, and emotions.

The cedar bath ceremony is a personal ceremony that brings healing and comfort to the body. This gentle and relaxing ceremony provides healing from past traumas, grief, negativity, fear and toxins.

During a cedar bath ceremony, an individual dresses in comfortable clothing, and lies on a treatment/massage table, where they are made comfortable and covered with a cotton sheet. Cloths soaked in cedar water are placed over the eyes, neck and top of the head, and one is placed in each hand. In four successive turns, four cloths are placed over the heart and are pulled down the body to the feet.

After all the cloths have been pulled, the individual is covered with a blanket to keep them warm, while the Elder/Healer continues the ceremony. Eagle fans, whistles, drums or rattles are used to provide further healing as needed for the individual.

The cedar bath ceremony is both powerful and gentle at the same time. Throughout the entire process, messages and information are passed on to the Elder/Healer, which are shared with the individual to further support healing.

You can still have a cedar bath if you are pregnant, on your moon time, or have used the day before. You cannot have a cedar bath if you are under the influence at the time of the cedar bath appointment. The cedar bath ceremony is holistic, in that it works with your mind, body, emotions and spirit to do the work. If you are under the influence during the cedar bath, these elements are not working together for the ceremony.

Nipissing Gichi-Naaknigewin

Niinwin, omaa enjibaajig Nbisiing Nitam Anishinaabeg, ezhi-kenjgaazjig Nbisiing, iw zhichigan minwa maajishkaag iw Gichi-Naaknigewin niinwin ndi-gchi-gimaa- kidaagewinan bekish njie-piitendmaang geye ezhi-ginawendizyaang njanishinaabe eyaawyaang minik edko-yaayaang omaa kiing.

We, the people of the Nipissing First Nation, known as the Nipissings, ordain and establish this Gichi Naaknigewin as our supreme law in accordance with the values and principles upon which our heritage has existed.

Iw dash nji-Gichi-Naaknigewin, ndoo-dibaajmomin minwa ndoo-nsidodwinaanaan aw sa gizheminidoo kina gegoo miigwewin nji-sa mtkakmi-kwe, ezhidibendizyaang ji-ogimaakeyaang minwa nji-sa ezhianishinaabe naadziyaang.

By this Gichi-Naaknigewin, we declare and acknowledge the Creator for the gifts of Mother Earth, sovereign rights to govern ourselves and for our cultural heritage.

Chi gyat ga-bi-zhiwebak omaa Nbisiing gwekwendaagziwag omaa anishinaabeg gaa-zhiminowaadizwaad, gaa-zhi-ntaanokiiwaad minwa gaa-zhi-gizhkweziwaad penmondmowaad kina gegoo giwtaaying edigo akiing. Chi gyat ga-bizhiwebak omaa Nbisiing gwek zhibiigaademgad, e-zhimshkawziimgak dibendiziwinwaa geye ezhidebwendmowaad nji-sa iw Debendaagziwaad. Iw Gichi-Naaknigewin bekish zhi-aasgaabwitaagemgad ezhi- mshkawziimgak minwa ezhi-debwemgak.

The history of the Nipissings confirms the people as a peaceful, productive and thriving people who have relied on the abundance of natural resources. The history of the Nipissings is well documented, expressing the strong inherent values and principles cherished by its Debendaagziwaad. This Gichi-Naaknigewin reflects those strong inherent values and principles.

Jibwaa bezhaakibiigaadek iw gichi-mzinigan Robinson Huron Treaty 1850, Nbisiing ezhnikaazjig anishinaabeg aazhgo gii-yaawag minwa gii-minoyaawag kiing giwtaaying Nbisiing Zaagigning gii-ganwendizwaad geye wii-bimaadiziwaad piimoonigewaad geye nooj-gegoo wiizgakinmowaad.

Prior to the signing of the Robinson Huron Treaty of 1850, the Nipissings had occupied and enjoyed the lands surrounding the Lake Nipissing watershed for their sustenance and survival through harvesting and other means.

Continued on next page

Nipissing Gichi-Naaknigewin Continued

Pii-gii-beshaakibiigaadeg iw Robinson Huron Treaty iw-pii 1850, Ogimaa Shabogestic giikido wi-sa-nji aki ji-shkongaadeg giuwedinong nakeyiing Nbisiing Zaagining wiinwaa sa nji doo-anishinaabemwan ji-nakaazwaad geye ji-gnowendimigowaad. Niinwin dash Nb Ntam Anishinaabeg ndebwe'endaamin niinwin dibenmaang iw pane gii-biyaa'aang ezhi- debwewendaagwak pii-giibiyaamgak iw-sa Robinson Huron Treaty 1850 gaawin giingoshkaamgozinoon debendang. Ndoomshkawendmaanig giw aazhigo gaa-maajaajig gii-daapnamwaad geye gii-zigaakinaanaawaa wi aki minwa waa-bi-yaajig geyaaba anishinaabeg.

At the signing of the Robinson Huron Treaty of 1850, Chief Shabogestic agreed to set aside lands on the north shore of Lake Nipissing for his people's exclusive use and protection. We the Nipissing First Nation people affirm that we have absolute ownership of our traditional territory based on the belief that participation in the Robinson Huron Treaty of 1850 did not extinguish ownership. We assert that our ancestors simply selected and reserved designated lands and resources for their people.

Iw Gichi-Naaknigewin gyak wiindimaagemgad, ezhindow-endaagwak geye ji- gnawendizwaad Ntam Anishinaabeg Debendaagziwaad, wiinwaa ezhigimaakidaadizowaad geye gimaakewgamgong nji-sa debenjigaadeg ezhibiigaadeg omaa GichiNaaknigewin mziniganing ezhi-giizhendimong pii-omaa mina ezhi- zhaapshkamowaad Debendaagziwaad;

This Gichi-Naaknigewin confirms the rights, responsibilities and freedoms of Nipissing First Nation's Debendaagziwaad, its government and its governing institutions in relation to the jurisdictions set out in this Gichi-Naaknigewin as confirmed by ratification by its Debendaagziwaad.

Read the complete Nipissing First Nation Gichi-Naaknigewin (Constitution or Big Law) on our website: nfn.ca/constitution/



Nishnaabe Giizhgad Highlights of our Virtual Celebrations

Odemin Giizis Niizhna Shi Bezhig (June 21st)

Miigwech to our Culture & Heritage team and facilitators for hosting successful virtual events to recognize National Indigenous Peoples Day.

The day's activities included:

- Opening Ceremonies & Welcoming by Gimaa
- 'This is What I've Been Told' with Juliana Armstrong
- The Season of Niibin with Perry McLeod Shabogestic
- Stories/Legends of Nbisiing with Randy Penasse
- Toddlers Ribbon Skirt Craft
- Making Jingle Wind Chimes
- Shaker Making
- Indigenous Gardening 101 with Glenda Abbott

Miigwech to all of our coordinators, helpers and especially to our participants! We hope you enjoyed our Nishnaabe Giizhgak Celebrations!

NFN Department Contributions to Nbisiing Summer Solstice

- Administration
- Community Health
- Couchie Memorial Daycare
- Employment & Training
- Family Well Being
- Finance
- Kendaaswin Library
- Lands
- Native Child Welfare
- Natural Resources
- Nbisiing Secondary School
- Nipissing Ojibway Daycare
- Ojibway Women's Lodge
- Recreation
- Social Services

Miigwech for your donations!

in the Spotlight



NBISIING SECONDARY SCHOOL Congratulates Keisha McLeod-Penasse on Achieving 100% in Ojibwe Class!!!



We are so proud of her efforts and dedication to learning the language. She was always willing to share her knowledge and supported others in learning Nishnaabemwin. She went over and above to complete assignments and to practice speaking as often as possible.

A Man of Many Talents & Beautiful Murals

Quentin Commanda (aka Manitou Nemeen & Que Rock)



Manitou Nemeen

Yesterday at 8:04 PM · 🌐

Finished this mural today 5 days in total but really 4 . We stretched it out lol Shout out to Alex Bacon and Peru143 this mural was created in [Sault Sainte Marie, Ontario](#) Chi Miigwetch. The mural says Biindigen (welcome) in AnishnaabeMowin



Manitou Nemeen

June 5 at 7:40 PM · 🌐

Finish my mural project. Grateful for these opportunities to share my Anishnaabe culture.

The mural project on the left is located on the St. Lawrence Arts Centre in downtown Toronto at Yonge & Front Street.

Quentin (aka Que Rock) is an Anishinaabe rapper, b-boy and graffiti artist from Nipissing First Nation. His spirit name is Manitou Nemeen, which translates to Spirit Dancer.

Que Rock has earned national recognition as a member of the Mighty Zulu Kingz, DDT (Dirty Defiant Tribe), and Ready to Rock.

His murals have been exhibited across Canada as well as internationally in France, Italy and Japan. He has designed murals for Cirque du Soleil and Red Bull.





New 2 Bedroom Duplex

2 units for rent in Yellek

Apply by July 9th

Move in August 1st

Details at nfn.ca or 753-6973

NFN has a newly built rental duplex unit available for interested NFN members to apply:

- **302a and 302b Yellek Trail, North Bay ON P1B 8G5**

2 bedroom apartment unit (Duplex), ground level, a/c included, natural gas heating

Monthly Rent: \$475/month (1st month + security deposit required)

Must pay own Heat, Hydro and supply own appliances.

Move in Date: August 1, 2021

Deadline for applications: July 9, 2021 at 4:30 p.m.

Mandatory: [Complete the application](#) and submit all documentation requested before the deadline.

Please visit our website for more information or to download the application: nfn.ca/housing/vacancy

Honouring Victims and Survivors of Residential Schools

As news of more discoveries of unmarked graves at former residential school sites across the country continues to break, it triggers unpleasant feelings and memories of past trauma for survivors and their families, and for the families of the children who never came home.

We are here to support our Nipissing families and gently remind everyone to practice self-care during this difficult time.

Our staff at Giyak Moseng - The Right Path Counselling and Prevention Services are available during regular business hours (8:30am to 4:30pm) to support anyone who needs to talk or to connect you with other supports. Please call 705-753-1375 to be connected to one of our staff, or refer to the list of other supports below.

Indian Residential School Survivors and Family Hotline: 1-866-925-4419

Crisis Services Canada: 1-833-456-4566 or text 45645

First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310

Watch a short video of *June Commanda: A Survivor's Story* here:

youtube.com/watch?v=g2wCBtETL_M

#EveryChildMatters
#TruthandReconciliation



Sturgeon Falls Bridge
adorned with orange ribbons

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couchie.george@gmail.com

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Old Ideas Emporium

Dot Beaucage Kennedy, Elder
Nipissing First Nation

Wedding Officiant

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dotbeaucagekennedy@gmail.com



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