



*Mlikmeg Giizis*  
Whitefish Moon



**NIPISSING**  
**FIRST NATION**

A-Kii, Bemaadzjik, E-Niigaanwang  
The Land, the People, the Future

**ENKAMGAK**

*November 2019*

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

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**Monday,  
November 11<sup>th</sup>**  
Remembrance Day

## Council Meetings

**Tuesday, Nov. 5<sup>th</sup>**  
7pm - Garden Village

**Tuesday, Nov. 19<sup>th</sup>**  
7pm - Garden Village

Submit agenda items by 4pm on the Thursday prior to the Council meeting to: Freda Martel, Director of Administration, by email to [fredam@nfn.ca](mailto:fredam@nfn.ca).

## Construction Nearing Completion

### New Daycare & Community Centre to Open Soon

Last November, the article in this spot announced that construction was getting underway on the new daycare and community centre in Duchesnay. One year later, the daycare is complete and staff are awaiting a successful inspection from the ministry to begin moving.

Meanwhile, the community hall, with a capacity of 100 people, is expected to be finished in in December and to be available for private rentals starting in the new year. The hall will also be used to host community events and to deliver programming for east end residents.

This \$2.1 million project benefited NFN members through employment opportunities, and six NFN businesses were contracted to provide services amounting to \$450K, which is approximately 22% of the total project value.



## Duchesnay Creek Bridge Replacement

### Nipissing Miller Partnership officially underway

Construction of the new \$12-million Duchesnay Creek bridge got underway October 15<sup>th</sup>, and the bridge is expected to be open to traffic by October 2020. Recruitment is almost complete with the hiring of seven positions, and there will be opportunities for off-reserve members over the winter as framing work will be done in St. Thomas and New Liskeard. The project will create 15 to 20 local jobs, both directly and indirectly tied to the project.

Nipissing First Nation is also providing the shuttle service between Duchesnay and the Oak Street bus terminal in North Bay during construction. Service details are as follows:

- 18-hour dedicated complimentary service from 6:00am to midnight.
- On the hour, starting at 6:00am, the shuttle leaves North Shore Convenience and travels to the Duchesnay Store and Nbisiiing School to pick up passengers. The shuttle then travels to the Oak St. bus terminal in North Bay to drop off passengers.
- On the half hour, starting at 6:30am, the shuttle leaves the Oak St. bus terminal and travels to North Shore convenience in Duchesnay to drop off passengers. The shuttle will drop off at the Duchesnay Store and/or Nbisiiing School if necessary.
- After-hours service, between midnight and 6:00am, is available on demand by calling 705-471-2602. This service is provided by U-Need-A Cab and the pick-up and drop-off locations are the same as the regular shuttle service.





# Zhimaagnishii Giizhgak

**Remembrance Day - Sunday, November 11<sup>th</sup>**

***Ga-bi-zhaam Wii- Mikwendmaanaanik Zhimaagnishii Giizhgak***

**Please join us as we remember and honour our veterans**

***Shki-nokii giizhgak, Mtikmeg Giizis 11<sup>th</sup>, 2019 Ktigaaning***

**Monday, November 11<sup>th</sup>, 2019 in Garden Village**

***Wiisning mina e-mnikweng wedi te NFN Gimaagamgong***

**Lunch and refreshments at the NFN Complex Gym following the ceremony**

***Gchi-miigwechwinim Kina Ga- nishnaabe zhiknayem***

**Everyone Welcome!**

We encourage our members to wear their regalia for this day and be part of the parade to the cenotaph. Also, if you plan on laying a wreath on behalf of a family member, please advise our office no later than November 6<sup>th</sup>.

For more information, please contact Freda Martel at 705-753-2050 ext. 1223.

## Veterans' Appreciation Dinner at Sturgeon Falls Legion

A special invitation to anyone who has served to attend this appreciation dinner on **Saturday, November 9<sup>th</sup> at 5:30 p.m.** at no cost (along with their spouse or caregiver and any dependent children). You may enter your service number for a chance to win a draw prize! Contact Gloria at 705-753-1765 for details.

## Anishnaabemwin Words of Remembrance

Bravery  
Hope  
Let's remember  
Love  
Pride  
Reflect  
Remembrance Day  
Remembrance Day Procession  
Respect  
Procession  
Soldier  
Strength  
Thankful  
Veteran  
World War  
Wreath

zoongde'dewin  
bgosenddiwin  
Mikwendmaadaa  
zaagidwin  
gchi-piitendmowin  
mikwendaamin  
Zhimaagnishii Giizhgak  
Zhimaagnishii Maawnidin  
piitendim  
maawnidwin  
Zhimaagnish  
mshkaawziwin  
miigwechwimin  
zhimaagnak  
Gchi-miigaadin  
waabogwaniin

*Brought to you by our Culture & Heritage Centre*

## Remembrance Day Agenda

***Ceremony Location:***

*Garden Village Cenotaph*

**10:45 am** - Form Up  
& Parade to Cenotaph  
*Maawnidin wedi Zhimaa-nishii Nishnaabekaan*

**11:00 am** - Ceremony  
at Cenotaph  
*Gchi-Twaawendaagziwaad  
waa Wiinjgaadeg*

*Refreshments & light  
lunch to follow at the  
NFN Complex Gym,  
Garden Village*

Miigwech to the 22 Wing  
Canadian Forces Base  
North Bay for being part  
of our ceremony again  
this year.



Transportation is  
available by request -  
call 705-753-2050 by  
4pm on November 6<sup>th</sup>  
to request a ride to  
and/or from the  
ceremony and  
luncheon.



## Highlights from the Chief's Calendar

**October 29-30:**  
National Aboriginal Strategic Advantages Conference - Speaking Engagement (Richmond, BC)

**November 5-6:**  
AFN Inland Working Group Meeting (Yellowknife, NT)

**November 13-14:**  
Special Chiefs Assembly (Thunder Bay)

**November 23:**  
Annual Community Meeting (Garden Village)

## Chief's Video Update Series

Watch the latest video in the series on our YouTube channel: **June 2019**

Follow Chief McLeod on Facebook: **Giima Zoongawbwi Chief Scott McLeod**



**Cannabis Law Update:** On October 22, 2019, Chief McLeod received a letter from the Alcohol and Gaming Commission of Ontario (AGCO) advising that they are notifying 26 additional applicants to apply for a cannabis retail store authorization, including five (5) applicants from NFN.

When the AGCO's application process for cannabis stores on First Nations reserves opened on July 31<sup>st</sup>, applications were accepted on a "first come, first served" basis. At that time, only eight (8) applicants were notified to apply (including one (1) applicant from NFN), while five (5) other NFN applicants were waitlisted.

As was detailed in the July issue of *Enkamgak*, NFN Council supported eight (8) individuals who wanted to pursue a provincial licence, and made it clear that any successful applicant would still need to be licensed by NFN and follow the NFN Cannabis Law.

We are preparing a response to Ontario and will keep the community informed about how NFN intends to manage this unexpected announcement, which was made without any consultation with NFN or other First Nations that we are aware of.

Our actions will reflect our commitment to serving the best interests of the community and upholding community safety, while balancing economic development opportunities for the NFN member applicants concerned.

More details, including the letter sent by the AGCO, are available under the [News & Notices > Cannabis](#) section of our website at [www.nfn.ca](http://www.nfn.ca), or view the [Results of the Allocation Process for Cannabis Stores on First Nations Reserves](#) on the AGCO's website.



On October 25<sup>th</sup>, Chief McLeod spoke with students at Franco Cité about his role as a leader and Indigenous relations in general.



Chief & Council Strategic Planning Session

## Robinson Huron and Superior Treaty Trial Enter Phase 2

By Catherine Murton Stoehr for the *Anishinabek News*



October 22, 2019 (SUDBURY)— Phase 2 of the Robinson Huron Treaty Trial began this week in Sudbury. Phase 1 began in June of 2018 and concluded days before Christmas with a decisive victory for the Robinson Huron and Robinson Superior plaintiffs who successfully argued that Canada and Ontario have not paid annuities in keeping with the terms of the treaty. This phase will focus on technical legal objections that the Crown is making to increasing or back paying any inadequate annuities.

The sticking point in the first trial had been a triad of clauses in the text of the treaty that Canada and Ontario have interpreted to justify uncoupling the annuity payments from increases in revenue from the land, and limiting the annuity to \$4. It was this Crown interpretation that the Robinson Huron and Superior communities defeated at the first phase of the trial.

Phase 2 will only last for two weeks and is expected to have a very different tone from the first stage which featured rich storytelling and history sharing as the lawyers described the words, actions, and intentions of the Anishinabek and British people who negotiated and signed the Robinson Huron Treaty.

Joe Arvay, counsel for the Robinson Huron communities, explained the points of contention this time around. “The Crown claims it is “immune” from being sued for breach of fiduciary duty for any acts or omissions prior to 1963. The Crown is also claiming that it can not be sued for breach of the treaty for any acts prior to 1994.” These assertions rest on technical legal restrictions on the length of time a plaintiff can delay in bringing a complaint to the court, and limits on past liability.

Members of the Robinson Huron and Superior communities have pursued annuity increases tied to income from the land since mining had an uptick one year after the treaty was made. Residential schools, the pass system, and a law against First Nations people accessing lawyers in Canada, were all government instigated limitations that impeded the nations from bringing their claims forward. That those same governments are now asking a judge to dismiss the Anishinabek’s claim because of conditions they themselves caused may be hard for some to contemplate.

As Mike Restoule, Nipissing First Nation member and Chair of the Robinson Huron Litigation Trust, put it: “The agreement reached in 1850 was to share the revenue gained. We have been fighting for our fair share of that revenue since the mid 1800s. It’s time that the Crown governments honour their end of the bargain.”

Why is this trial in phases? Basically, because it’s really complicated. Two parties on each side, myriad historical and legal issues to be adjudicated one at a time, a 169+ year timeline, and money and interest and inflation. To corral the process into a logical structure so-called “case management meetings” were held. There, the issues were divided into three phases. The first to determine if the Crown was right to limit the payments to \$4, a second, happening now to consider technical legal objections to the claim, and a third, should it be necessary, to determine amounts owing, and payments going forward.

Arvay noted some unique elements of the Robinson Huron and Superior treaty trial, “the augmentation provision which ties increases in the annuity payments to the development of wealth over a territory larger than France” and the fact that it is being brought “on behalf of tens of thousands of Anishinabek beneficiaries.” Arvay also referenced the sacred fire, feasts, and other ceremonies that court officials have shared in with Anishinabek community members throughout the proceedings noting that this trial could set precedents “because of its recognition of the Indigenous law and custom in a way not before recognized in courts.”

In a statement released, members of the Robinson Huron Litigation Fund and the Robinson Huron Chiefs expressed frustration that Canada and Ontario are leaving this matter to an expensive and adversarial court process rather than negotiating a settlement. They singled out provincial actions that have delayed the court proceedings noting that Ontario,

“Is appealing the decision of Madam Justice Hennessy and advanced a motion to re-open phase one of the case on the basis that they had fresh evidence to support their defence against the claim. The motion was denied. We, as Chiefs believe that Ontario has chosen the path of litigation. It represents an adherence to the adversarial relationship and is consistent with their approach to abandon reconciliation even in the name of the Ministry.”

Restoule summed up the situation. “Our people have been subsidizing Canada since it became a country and the British Crown long before that. The British and French monarchies grew rich from the extraction of resources from our territories, from the fur trade to modern mining and forestry industries of today. Untold trillions of dollars have been gained from our lands. We continue to subsidize Canada today while our communities suffer in poverty.”

## Committee Members Needed

We are still seeking NFN members to serve on the following committees:

- **Anishinaabemwin**  
3 members needed
- **Culture & Pow Wow**  
1 member needed

Committee participation is a great opportunity to lend your voice to the issue(s) that matter to you, and help provide valuable context to our leadership for decision-making.

Committee meetings are held once per month and members are paid an honorarium of \$100 for each meeting they attend.

For more information, please visit the [Committees](#) section of our website, or contact Freda Martel at 705-753-2050 x1223 or [fredam@nfn.ca](mailto:fredam@nfn.ca).



# ANNUAL MEETING

*Mkweshkodaadang Nji-Wiidoocktaadyang*

**Saturday, November 23<sup>rd</sup> in Garden Village**

Join us from **9:00 a.m. until noon** on Saturday, November 23<sup>rd</sup> for our annual community meeting. Our leadership will provide updates on major community projects and plans while you enjoy a hot breakfast and have a chance to visit with staff and ask questions.

We will have a presentation about the **Anishinabek Nation Governance Agreement** to help citizens learn more about the benefits for Nipissing ahead of the ratification vote that will take place **February 1-29, 2020**.

More information is available at [www.governancevote.ca](http://www.governancevote.ca) or visit our website, which has a section dedicated to this topic under [News & Notices](#).

Hydro One will also be hosting an information booth and offering one-on-one customer care visits for anyone wanting to discuss their bill or enroll for programs and incentives.



## WE'RE HERE TO HELP!

In order to serve you better, we're dropping by for a visit. We know that you want a partner who listens, but we're also following that up with action. We have lots of great information to share about your bill and exciting new programs that may help you save.

**We're on location to:**

- Help you save on your next bill
- Share the programs and incentives you may be eligible for
- Provide tips for reducing your usage
- Answer your questions

In order to help you in a timely manner, please bring your bill and status card.

November 23, 2019  
9am – 12pm  
NFN Community Complex,  
Garden Village





# Federal Indian Day Schools

## Class Action Settlement

On August 19, 2019, the Federal Court approved the Settlement Agreement to compensate survivors for harms suffered while attending Federal Indian Day Schools and Federal Day Schools. These schools were funded, managed and controlled by the Federal Government of Canada starting in 1920.

The settlement includes compensation for eligible Survivor Class Members ranging from \$10,000 to \$200,000 based on the level of harm experienced as well as the creation of a \$200 million Legacy Fund to support commemoration projects, health and wellness projects, and language and culture initiatives.

To be eligible for compensation, Survivor Class Members must have attended one of the identified Day Schools listed on [Schedule K](#).

### Compensation and Claims Process

In order to receive compensation, claimants must complete and submit a **Claims Form** to the Claims Administrator. Please note that the Claims Form is *not the same* as the Gowling WLG registration form.

**The Claims Process is not available yet.** The [Draft Claims Form](#) can be reviewed and documents prepared pending the Claims Administrator opening up the Claims process after November 19, 2019. Once the claims process has started, Class Members will have two and a half years to complete the Claims Form.

Compensation payments will begin sometime after the **Implementation Date**, defined as 30 days after the Opt Out Period, subject to the final determination of an appeal of the Settlement Approval Order. Any such appeal may delay the payment of compensation.

### Opt Out Process

If a person does not wish to participate in this class action, they must submit an [Opt Out Form](#) by **November 18, 2019**. Please note that if they choose to opt out, they will not receive compensation under this settlement.

### Contact & Register

Gowling WLG is a national law firm which is consistently recognized for its representative work on behalf of First Nations and Aboriginal organizations across Canada. We're here to help answer any questions you may have about the proposed settlement and the process – and our support is free. Registering to be a part of the Class will help ensure that you get information about the settlement on a timely basis. There are various ways to register:

Complete our [online registration form](#)

Call our toll-free number [1 \(844\) 539-3815](tel:18445393815)

Email Vanessa Lessard at [vanessa.lessard@gowlingwlg.com](mailto:vanessa.lessard@gowlingwlg.com)

**Note: Registering for the Class is not the same as making a claim for compensation. You will need to complete an additional form to apply for compensation that will become available on this website in the coming months.**

Please visit <https://indiandayschools.com/en/> for more information.

## Helpful Links

[Federal Indian Day School Class Action website](#)

[Draft Claims Form](#) – The Draft Claim Form is available for review. Claims for compensation will be accepted 120 days from August 19<sup>th</sup>, 2019, subject to appeals. Information about how to make a claim will become available in the coming weeks.

[Notice of Settlement Approval](#) (short form)

[Notice of Settlement Approval](#) (long form)

[Schedule K: List of Federal Indian Day Schools](#) (as of August 8, 2019)

[Consolidated Settlement Agreement](#)

[Opt Out Form](#)

[Frequently Asked Questions](#)

## Santa Fund

Chief & Council provides **low income families** with the benefit of the Santa Fund. Income needs to be verified against the 2018 Low Income Cut-Off Chart.

All eligible families are encouraged to apply for this benefit no later than Friday, November 29<sup>th</sup>.

In your letter of request, please include:

- Parent/guardian name
- Name, age & gender of each child
- Address & phone #
- Proof of low income (OW, ODSP, income tax)

Please mail or drop off your requests at the main reception desk at the Band Office, or to the Social Services Dept. in an envelope clearly marked "Santa Fund".

If you have questions or need more information, please contact:

Debbie McLeod  
705-753-2050 ext. 1230

Ginger Penasse  
705-753-2050 ext. 1324

### Mailing Address:

NFN Social Services  
36 Semo Road  
Garden Village ON  
P2B 3K2



## Christmas Distribution 2019



**Funds can be picked up at annual meeting on November 23<sup>rd</sup> or during Distribution Dates on December 5<sup>th</sup> & 6<sup>th</sup>**

Christmas funds will be distributed to members starting on **December 5, 2019** until **March 31, 2020**. **Distribution dates** are scheduled as follows for those wishing to pick up funds in person:

<b>Thursday, December 5<sup>th</sup></b> <b>10:00 a.m. to 3:00 p.m.</b> <b>NFN Complex, Garden Village</b>	<b>Friday, December 6<sup>th</sup></b> <b>10:00 a.m. to 3:00 p.m.</b> <b>Nbisiing School, Duchesnay</b>
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Third party pick-ups are no longer permitted; however one can collect for a spouse and a parent may collect for children under the age of 16 who are still living at home.

**To request a cheque or direct deposit** instead of picking up, please complete and return the Request Form available at [www.nfn.ca](http://www.nfn.ca). The form was also mailed to all member households in mid-October.

Completed forms must be returned to the Finance Department by **November 8, 2019** to receive payment by cheque or direct deposit on December 5, 2019. Any requests received after November 8<sup>th</sup> will be processed within 4-6 weeks.

A reminder that Christmas Distribution will be applied to any outstanding money owing to Nipissing First Nation at the time of distribution.

Members who donate their share to a community cause will be provided with a Charitable Tax Receipt upon request.

Please contact the Finance Department at 705-753-2050 or [finance@nfn.ca](mailto:finance@nfn.ca) if you have questions or need more information.

**NFN members will have until March 31, 2020 to pick up their shares. SHARES DO NOT ACCUMULATE AND MUST BE PICKED UP OR REQUESTED EVERY YEAR.**

## Christmas Distribution Policy Update

In the best interest of children in care, the [Christmas Distribution Policy](#) was amended to hold Christmas Distribution funds "in trust" for any child in care\*. These funds will be released to the child when they reach 16 years of age.

*\* A child in care is any child who is currently not being raised by his/her birth parents.*

A reminder that parents of newborn children must complete the initial paperwork to register their child for membership with NFN in order for them to be eligible to receive Christmas Distribution funds.

Please visit the [Status Cards](#) section of our website for more information about registering as a member of Nipissing First Nation, or contact Juliette McLeod or Lee McLeod-Faubert in the Lands & Membership office at 705-753-2922.

# Natural Resources Enforcement Update

**For the months of April to September 2019**

### Fishery Enforcement

Patrols	72
Patrol Hours	562.5
Warnings	5
Charges	5

### Animal Control Enforcement

Patrols	108
Patrol Hours	423.5
Warnings	10
Animals Delivered to Humane Society	15

\*Animals delivered include feral and domesticated cats, dogs running at large and surrenders

## National Fisheries Committee Meeting

On October 1 & 2, Chief McLeod and our Natural Resources Biologist, Nikki Commanda, had the opportunity to attend the Assembly of First Nations' National Fisheries Committee meeting in Listiguj Quebec, Mi'gmaq Traditional Territory and experienced lobster fishing with the First Nation Natural Resources crew in the Gulf of Saint Lawrence.



## Employment Opportunities

**Watch our Website & Facebook for Current Postings**

The following employment opportunities are currently available with Nipissing First Nation. To view the complete job posting, click on the position titles below, visit [www.nfn.ca/jobs](http://www.nfn.ca/jobs), or call the office at 705-753-2050 to request a copy by mail, fax or email.

### NFN Jobs & Training

### Registered Practical Nurse - HCC and Withdrawal Management

Full-Time with Benefits to March 31, 2021 - Apply by Friday, November 1<sup>st</sup> at 4:30 p.m.

### Receptionist - Clerk

Permanent Full-Time with Benefits - Apply by Friday, November 1<sup>st</sup> at 4:30 p.m.

### North Bay Indigenous Hub - Nurse Practitioner (RN-EC)

Full-Time Position - Apply by Friday, November 15<sup>th</sup> at 4:30 p.m.

### Events Coordinator - Internship

Full-Time Contract Position to March 31, 2020 - Apply by Friday, November 15<sup>th</sup> at 4:30 p.m.

### Lands and Natural Resources Director

Permanent Full-Time with Benefits - Apply by Friday, November 15<sup>th</sup> at 4:30 p.m.

*Please submit a cover letter and resume before the deadline. Applications received after the deadline will not be considered.*

## LNHL 2020 Committee Members

### Freda Martel

Volunteer Coordinator  
[fredam@nfn.ca](mailto:fredam@nfn.ca)

### Tammy Saulis

Finance Coordinator  
[tammys@nfn.ca](mailto:tammys@nfn.ca)

### Gen Couchie

Sponsorship Coordinator  
[genc@nfn.ca](mailto:genc@nfn.ca)

### Michael Harney

Fundraising Coordinator  
[michaelh@nfn.ca](mailto:michaelh@nfn.ca)

### Sarah Fisher

Vendor Coordinator  
[sarahf@nbsiing.com](mailto:sarahf@nbsiing.com)

### Patrick Stevens

Design Coordinator  
[patrick@nfn.ca](mailto:patrick@nfn.ca)

### Melvin McLeod

Committee Member

### Meriza George

Committee Member

### Christina Beaucage

Committee Member

### Jennifer Beaucage

Committee Member

### Samantha Goulais

Committee Member

### Rick Stevens

Council Member



## Volunteers Needed

Nipissing First Nation will host the 49<sup>th</sup> annual Little NHL in Mississauga in March 2020, and we are seeking volunteers to assist with events leading up to the Little NHL, as well as to work 7 hour shifts per day during the tournament. Volunteers will be compensated for travel and meals, and accommodations will be covered in exchange for their assistance.

If you are interested in becoming a volunteer for the Little NHL 2020, **you must fill out a Volunteer Application Form** available on our website, from the main reception area or request a form by mail, fax or email by contacting Freda Martel at 705-753-2050 ext. 1223 or by email to [fredam@nfn.ca](mailto:fredam@nfn.ca). Miigwech!

## Call All Vendors

Hosting a vendor table or information booth at the Little NHL is a great way to promote your business/organization to over 10,000 First Nation attendees!

The **Vendor Application Form** is available on our website, or request a form by mail, fax or email by contacting Gen Couchie at 705-753-2050 ext. 1270 or by email to [genc@nfn.ca](mailto:genc@nfn.ca).

## Sponsorship Program

Our sponsorship program is well underway and seeking to raise nearly \$500K to cover the costs of hosting the tournament, including: ice & facility rentals; timekeepers & officials; entertainment & production of the opening ceremonies; participant gift bags; medals & trophies, as well as to cover travel, meals and accommodations costs for the more than 100 volunteers that will be required to successfully host the tournament in March 2020.

**We are pleased to announce that our two main presenting arena sponsors are: Hydro One and Peace Hills Trust who have each contributed \$50K to LNHL 2020!**

Our other sponsorship levels (Platinum: \$25,000, Gold: \$10,000, Silver: \$5,000 and Bronze: \$2,500) are generating solid interest among NFN's corporate and community partners.

It is worth noting that the Little NHL "Jig the Joker" fundraiser is entirely separate from this sponsorship venture. The "Jig the Joker" fundraiser was created and managed by parent volunteers of LNHL participants to cover the costs for children to attend the tournament, including: team registration fees; jerseys and equipment; and meals and accommodations during the tournament. Congratulations to all involved for your hard work and dedication!

For more information about our sponsorship program, please contact Gen Couchie at 705-753-2050 ext. 1270 or by email to [genc@nfn.ca](mailto:genc@nfn.ca). You can view the LNHL 2020 Sponsorship Package on our website under [News & Events > Little NHL 2020](#).

# Notice to Nipissing Nation Members

## 911 numbers for rental units on reserve

The Nipissing Lands office is requesting that any Nation member who has a rental unit or who is renting a part of their home (basement) make sure that the Nipissing Nation Lands office is notified.

**This is to keep our 911 listing updated in the event that you require fire, ambulance or police assistance.** The Lands office will ensure that fire and emergency services are notified for your safety and the safety of your tenants. This will also assist the Lands office in dealing with the Post Office to make sure that you can get a mail box on-reserve.

For further information, contact the Nipissing Nation Lands office at 705-753-2922.

## North Bay Indigenous Hub

### Inaugural Board of Directors



L-R: Tracey O'Donnell, Beverly Restoule, Alice Moore, Joyce Lavigne Shortt, Pamela Forest and Raymond Kratt. Photo taken at the first official board meeting on Saturday, September 21, 2019 - Source: North Bay Indigenous Hub Facebook page.

## New Cenotaph to be Unveiled in Garden Village



NFN received funds from Veterans Affairs Canada (VAC) and the NFN Trust Fund towards a new cenotaph. The cenotaph will be unveiled at a ceremony on **Wednesday, November 6<sup>th</sup> at 1pm** at the same site as the former cenotaph.

The plaque on the former cenotaph was carefully removed and will be safely stored until its new display location is decided.

For more information, please contact: Patrick Stevens, Facilities Manager at 705-753-2050 ext. 1220 | [patrick@nfn.ca](mailto:patrick@nfn.ca)



## Offices Closed

*November 11<sup>th</sup>*

All NFN offices will be closed on Monday, November 11<sup>th</sup> for Remembrance Day. Note that the Landfill will also be closed.

Regular hours for the landfill are from 9am to 5pm on Saturday, Sunday, Monday and Tuesday (closed for all holidays).



## Nipissing First Nation

36 Semo Road  
Garden Village ON P2B 3K2

Phone: 705-753-2050

Fax: 705-753-0207

Web: [www.nfn.ca](http://www.nfn.ca)

Email: [genc@nfn.ca](mailto:genc@nfn.ca)

## Twiggs founder named Northern Ontario's Entrepreneur of the Year

By Sam Laskaris for the *Anishinabek News*

SAULT STE. MARIE – A successful northern Ontario family business has captured yet another award. Jennifer Twigg, the founder of Twiggs Coffee Roasters, was presented with the Entrepreneur of the Year accolade at the Northern Ontario Business Awards (NOBA) ceremony on September 27 at the Quattro Hotel and Conference Centre in Sault Ste. Marie.

Twigg, a member of Nipissing First Nation, started her business back in 1995 with a single North Bay location. "We were actually living on the west coast of British Columbia and we discovered the coffee rage out there in the mid 90s," Twigg said. "We thought this type of thing would be a good job in northern Ontario and specifically North Bay where we wanted to settle."

These days, Twiggs Coffee Roasters consists of four stores in northern Ontario; two in North Bay, one in Sturgeon Falls, and one in Sudbury.

Seven family members are now involved in the business, including all three of Twigg's sons. Matthew Twigg, formerly a master electrician, now operates the original North Bay franchise with his wife Laura. Adam Twigg and his wife Meagan run the other North Bay store. And Brad Twigg is heavily involved with Twiggs' soon-to-be distribution centre in North Bay. He's also working on the fifth Twiggs franchise, which is expected to open at Canadore College in North Bay this coming January.

Twigg's husband Doug is also heavily involved with the business. "He does everything," she said. "He's our rock. He does a lot of the product purchasing."

Twiggs first won a NOBA in 2008 when it was the recipient of the First Nations Business Award of Excellence. Two years later, Laura Twigg was presented with a 40 Under 40 Award, recognizing leaders under the age of 40 in the North Bay and Nipissing area.

The moniker Twiggs Coffee Roasters, however, is misleading because the business is much more than just about coffee. Its stores also have a large menu, including various soups and salads, gourmet deli and fresh-baked goods; and offers catering, a catalog of gift baskets, and wholesale.

In addition to the Canadore College franchise expected to open in early 2020, the Twiggs are also eyeing further expansion. "We're searching for locations in Parry Sound and Barrie," Twigg said. And perhaps one day the business will expand outside of Ontario's boundaries. "The thought of that is just a lot of work," Twigg said. "My kids though definitely want to expand."

Twigg herself is focussed on growing Twiggs Coffee Roasters via its distribution centre. "We only roast in stores now," she said. That plan will soon change as the Twiggs distribution centre will allow the company to start selling its coffee at various grocery stores. "We're looking at getting some shelf space in grocery stores, mostly in Ontario," Twigg said.

But seeing Twiggs products across the country is also a goal. "I'm thinking big," Twigg said. Some might be surprised just how successful Twiggs Coffee Roasters has become. The business had its share of struggles early on.

"The first seven or eight years were the leanest years," Twigg said. "In year eight we saw a turn. Northern Ontario was starting to learn more about organics. And all of a sudden Twiggs became trendy."

Twigg added there was never any talk of quitting. "I never thought of giving it up," she said. "We just kept going. It was a family business and we just kept plugging along."

Twigg believes there are a couple of main reasons why the business has become hugely successful.

"I think we've stuck to our values from when we began," she said, adding Twiggs continues to serve fresh and healthy foods. "And our prices are very competitive with the bigger chains."



Learn more about Twiggs Coffee Roasters: <https://www.twiggs.ca/> or visit them in North Bay, Sturgeon Falls or Sudbury!



**Kiwanis**  
CLUB OF NIPISSING

**DOWNTOWN**  
NORTH BAY

PLEASE JOIN US FOR

# Walk of Fame Dinner

At The  
Grande Event Centre

**Friday  
November 8, 2019**



**George  
Couchie**



**Ralph  
Diegel**



**Mort  
Fellman**



**Murray  
Leatherdale**



**Jack  
Lockhart**

Cocktails  
6 p.m.

**Tickets  
\$75.00**

Dinner  
7 p.m.

Available through  
Mayne Travel 705-474-1536  
Ralph 705-474-7830  
Downtown North Bay 705-472-8480 x 233  
or online through Tangr.com  
Email: [Kiwanisnipissing@gmail.com](mailto:Kiwanisnipissing@gmail.com)  
website: [kiwanisnipissing.com](http://kiwanisnipissing.com)

Congratulations to **George Couchie** on being honoured in the *Indigenous Educator Category* at the **2019 Kiwanis Walk of Fame Induction Ceremony** on Friday, November 8<sup>th</sup> in North Bay. His "star" will be revealed on Main Street at approximately 4:45pm.

George has over 33 years of policing experience, including 12 years designing and delivering award winning Native Awareness Training Programs and Initiatives to youth, to members of the Ontario Provincial Police, as well as to other government employees and teachers. He served with the North Bay Police Service, then in his own community, Nipissing First Nation as Detachment Commander of Anishinabek Police Service and later moved over to the Ontario Provincial Police.

Through his years as an OPP trainer, several thousand officers received an intensive experiential training in First Nations history and culture to assist them in their work in Ontario's Indigenous communities. He was deployed by OPP in 1995 to act as community liaison in Ipperwash, ON and Burnt Church, New Brunswick during highly volatile circumstances.

Couchie's 'Walking the Path' ten-session program teaches about racism, stereotyping, the history of Aboriginal people and the effects of residential schools. It has been accepted by the Ontario Catholic School Board as a part of their curriculum, has been translated into French and taught across Ontario.

A popular handbook, 'Raised on an Eagle Feather', was penned by Couchie to educate on Anishinaabe ways. His multi-media educa-

tional work in collaboration with Canadore College to create film and documentary work concerning youth drugs & alcohol awareness within an Aboriginal cultural context supported with a teaching guide. A second film collaboration of the history and effects from Residential School followed by a third video, Cultural Mindfulness, offers insight into Truth and Reconciliation. View this video here: [Cultural Mindfulness](#)

George has been honoured with many awards from local, provincial and national organizations for his commitment to educating thousands of adults and working with over one thousand youth across the country:

- ⇒ Celebration Award for his work with the Special Olympics, a citation from the Commissioner of the Ontario Provincial Police, a national citation for anti-racism initiatives, an Anishinabek Lifetime Achievement Award from the Union of Ontario Indians, the Queens Jubilee Award, a Rotary Paul Harris Award, inducted into the North Bay Human Rights Hall of Fame, inducted into the North Bay Sports Hall of Fame and received the Davedi Club Order of Merit. George received an Eagle Feather from his community of Nipissing First Nation (FN) in recognition of his work with youth and received his second eagle feather from the community for his dedication to the youth.
- ⇒ Other recognition for Couchie includes: an honorary Inspector with the Ontario Provincial Police, the Order of the Police Forces from the Governor General of Canada, a Canada Senate 150th Anniversary Award, and was recently granted an Honorary Doctorate from Nipissing University in 2018.

**Congratulations George on receiving this well-deserved honour for your commitment and contributions to educating thousands of adults and youth throughout your career!**

# Open letter to the Anishinabek Citizens

By Patrick Wedaseh Madahbee as published in the *Anishinabek News*

I offered to write this letter to the people in our First Nations on behalf of the Restoration of Jurisdiction Department about the *Anishinabek Nation Governance Agreement* for the people in our First Nations.

You should know that I retired as Grand Council Chief a year ago June after working on First Nation issues for 46 years. I have been asked to participate in the community meetings explaining the Agreement. It is a process I first started hearing Chiefs and Councils talking about more than 40 years ago. Most times, they were complaining about the control the *Indian Act* has on our people from cradle to grave. Over two decades ago, the Chiefs directed the Anishinabek Nation to work on four areas as the foundation to restore governance and take back Jurisdiction. The four areas are Elections, Citizenship, Language and Culture, and the Management and Financial Operations of Government, which has to do with providing Band support services TO YOU.

I want to tell you upfront, if I did not believe in this I would not be championing this to you. I have not fought for our rights all of my adult life to take us down a treacherous path. Besides myself, I have family, fellow community members, and all of you, that I would never betray by promoting something if I did not believe would move us further down the path to taking more control of our lives.

I also say upfront that this does not have anything to do with Indian Affairs Inherent Right Framework Policy, nor does it have any impact on Aboriginal and Treaty Rights protected by Section 35 of the Constitution, Aboriginal and Treaty Rights on their own, and United Nations Declaration on the Rights of Indigenous Peoples. This was the INSPIRATION of Past and Present Leaders, the PERSPIRATION of working on this, and now the IMPLEMENTATION of the path forward.

Yes, there are those that believe this is not good for us. They are usually academics, consultants and critics—most of whom have never been on Band Council, never lived on a First Nation or ever been involved in operating anything on a First Nation. Armchair experts are everywhere, just look at social media. Yet you ask them what the alternatives or options are and they have no idea. On the other hand, it is hypocritical to criticize people that are trying to improve the way we do business, when they themselves have done nothing but maintain the status quo of *Indian Act* Bands. This Agreement does not get us totally out of the *Indian Act*. It merely lays the foundation to build on.

There has been negotiated a process called the Intergovernmental Forum, which is unique to the Anishinabek Nation. This Intergovernmental Forum will establish a new government-to-government relationship on matters of concern to our First Nations.

This Agreement does not do away with the Federal Fiduciary Obligation of the Crown, nor does it impact our taxation exemption.

What is now possible is the following:

- Election reform: We can decide what the ideal length of the term of office is for Chief and Council. We can decide, if it is felt to be necessary, guidelines for who can run for office, to eliminate the nastiness of the election process, and determine the size of your government without any Indian Affairs involvement. I ask you: What bureaucrat dreamed up this nonsense of one Councillor for every 100 people, or developed a short two-year term to create instability in our Governments? That bureaucrat has likely never stepped foot on YOUR land.
- Citizenship: If we continue to operate with the *Indian Act* registration system, we are helping the government to get rid of us. It is outright genocide to do this. Only we know who belongs to our First Nations. We need a healthy discussion of good old common sense to make the call as to who belongs. We know our people.
- Language and Culture: It goes to the heart of our identity as Anishinabek people. I heard Prime Minister Pierre Trudeau say: "If you do not know your language and culture, you are just like ordinary Canadians." Why do you think he fought so hard for the French language and culture?
- Management and Financial Transparency and Accountability: This process provides an opportunity for YOU the citizens to help Councils set the priorities relevant to YOU. YOU need to be involved in looking at the budgeting of YOUR money for those priorities and then to assess the outcomes. This will allow you to see what is being spent by whom and if it has been spent wisely on your priorities. This all means better results. ACCOUNTABILITY and TRANSPARENCY.

For the First Nations that approve the *Anishinabek Nation Fiscal Agreement*, it provides for substantially more money for governance activities, seven-times more funding than we receive now under the *Indian Act*, to support the law-making authorities that come with the Governance Agreement. It will be an annual increase and the Anishinabek Nation Government will not keep any of it.

These opportunities only come along rarely, where we can change things. If not, we can't complain about outside control for another 152 years of the Canadian Government in our face. Beware the Trump-style attitude that is seeping northward. Sadly, not all of our citizens will have a say on this Governance Agreement as their First Nations leadership have not submitted a Band Council Resolution allowing a vote on the Governance Agreement. But, for those of us who do have the opportunity to change our future, we need to act now by supporting this governance process. Do not expect outside Governments to do it for YOU. YOU make the choice.

Miigwetch,





**Stay Connected with Us** - Please visit our website [www.nbisiing.com](http://www.nbisiing.com) or [Nbisiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.



### Graduates Information Dinner

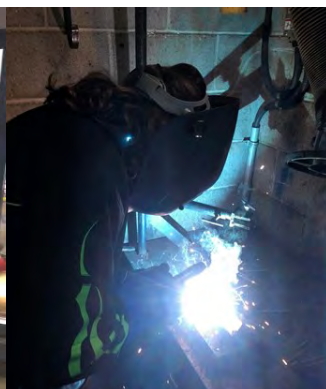
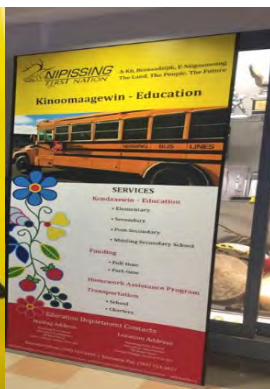
We had an excellent turnout at our Grad/Parent Dinner. Information was shared regarding the requirements for graduation in June.

Azalea Sutherland and Jessica Koostachin were the winners of the door prizes (laptops).

### Dual Credit School College Work Initiative

Another exciting semester has begun at Nbisiing Secondary School. Cole is enrolled in the Canadore College Dual Credit Program for Metal Fabrication.

We have other students in Dual Credits such as Hospitality and Early Childhood Education.



### Every Child Matters: Orange Shirt Day at Woodland

Source: NSL teacher Alysha Allaire



On Orange Shirt Day, Nbisiing Secondary School hosted 2<sup>nd</sup> year Teachers College students from Nipissing University and associate Dean Dr. Cindy Peltier, who is a member of Nipissing First Nation.



## Child, Youth & Family Programs



### Baby & Me Drop-In - Every Tuesday

9am - 12pm @ NFN Kendaaswin (Library) - Garden Village

We discuss topics such as healthy child development and parent/child attachment. For more information, please call Katie at 705-753-2050 or [katiel@nfn.ca](mailto:katiel@nfn.ca). Transportation & snacks provided.

*Hosted by the Native Child Welfare Prevention Program*



### Gym Nights in Duchesnay - Every Thursday (All Ages)

4:30pm - 6:30pm @ Nbisling Secondary School Gym - Duchesnay

Contact Richard McLeod for more information at 705-753-3312 or [richardm@nfn.ca](mailto:richardm@nfn.ca).



### Movie Night - Wednesday, November 6<sup>th</sup> (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library) - Garden Village. Snacks provided.

*Hosted in partnership by the Native Child Welfare Prevention Program & NFN Kendaaswin (Library)*



### Teen Outdoor Rink Night - Wednesday, November 6<sup>th</sup> (Ages 13-24)

6pm - 8pm @ Outdoor Rink - Garden Village

*Hosted by the Native Child Welfare Prevention Program*



### Teen Movie Night - Friday, November 8<sup>th</sup> (Ages 13-24) *Dinner & Transportation provided*

4pm - 10pm @ Galaxy Cinemas - North Bay | Registration required, max of 12 spots

Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca). *Hosted by the Native Child Welfare Prevention Program*



### Craft Night - Wednesday, November 13<sup>th</sup> (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library) - Garden Village. Snacks provided.

*Hosted by the Native Child Welfare Prevention Program*



### Survival Skills - Saturday, November 16<sup>th</sup> & Sunday, November 17<sup>th</sup> (Ages 13-24)

Saturday from 10am - 6pm & Sunday from 11am - 6pm. Meet @ Band Office - Garden Village

Meals & transportation provided. Bring survival kits from last year (if you have them) and dress according to weather.

**Registration is required**—contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca).

*Hosted by the Native Child Welfare Prevention Program*



### Art Therapy - Saturday, November 16<sup>th</sup> & Sunday, November 17<sup>th</sup> (Ages 11-18)

10am - 2:30pm @ Lawrence Commanda Health Centre - Garden Village

Lunch provided. Limited to 8 participants - please register by calling 705-753-3312. Facilitator: Emily Couchie



### Game Night - Wednesday, November 20<sup>th</sup> (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library) - Garden Village. Snacks & prizes provided.

*Hosted by the Native Child Welfare Prevention Program*

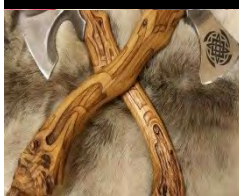
## SPECIAL EVENTS



### **Teen Cooking - Wednesday, November 20<sup>th</sup> (Ages 13-24) Dinner & Transportation provided**

6pm - 8pm @ NFN Complex Gym/Kitchen - Garden Village

Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca). *Hosted by the Native Child Welfare Prevention Program*



### **Axe Handling & Fire Safety - Friday, November 22<sup>nd</sup> (Ages 13-24)**

6pm - 10pm @ Band Office - Garden Village. Bonfire to follow lesson. Dinner & transportation provided.

**Registration is required**—contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca).

*Hosted by the Native Child Welfare Prevention Program*



### **Day Hunt - Saturday, November 23<sup>rd</sup> (Ages 13-24)**

9am - 3pm. Meet @ Band Office - Garden Village. Meals & transportation provided. Dress according to the weather.

**Registration is required**—contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca).

*Hosted by the Native Child Welfare Prevention Program*



### **Battalion Hockey Game - Sunday, November 24<sup>th</sup> (Ages 13-24)**

12:30pm - 7pm. Meet @ Band Office - Garden Village. Meals & transportation provided.

**Registration is required**—contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca).

*Hosted by the Native Child Welfare Prevention Program*



### **Movie & Trivia Night - Wednesday, November 27<sup>th</sup> (Ages 6-12)**

6pm - 8pm @ NFN Kendaaswin (Library) - Garden Village

*Hosted by the Native Child Welfare Prevention Program*



### **Game Night - Wednesday, November 27<sup>th</sup> (Ages 13-24)**

6pm - 8pm. Meet in foyer of new lobby @ NFN Complex - Garden Village. Snacks provided.

*Hosted by the Native Child Welfare Prevention Program*



### **Christmas Tea - Saturday, November 30<sup>th</sup>**

11am - 4pm @ NFN Complex Gym - Garden Village

Join us for an afternoon turkey dinner with all the fixings for only \$8 and enjoy numerous activities, including:

**Bingo ~ Penny Sale ~ Family Stocking ~ White Elephant Sale ~ 3-Prize Draw ~ Grocery Basket ~ Door Prizes**

**Everyone Welcome!! All proceeds to the Holy Spirit Church operations and maintenance.**



EVENTS

Like and Follow our Facebook Page:

**NFN Events**

to stay up-to-date about all of  
our events & programs!



## Health & Wellness Programs



Have you ever thought about taking up Downhill Skiing or Snow Boarding?

**The Recreation program will be giving away FREE gently used equipment**

**Saturday, November 2<sup>nd</sup> from 12pm to 2pm at the Outdoor Rink in Garden Village**

All you have to do is show up and check out the equipment to see if it would be suitable for you or your family members. There will be a variety of equipment, including downhill skis, snow boards, bindings and poles - all at no cost to you!

For more information, please contact: Richard McLeod, Recreation Activator at 705-753-3312 or [richardm@nfn.ca](mailto:richardm@nfn.ca).

## Influenza Clinics in November: Get Your Flu Shot, Not the Flu!

**FREE VACCINES available for Adults and Children 6 months of age and up!**

### Clinics in Garden Village

**Monday, November 4<sup>th</sup>** from 3pm - 7pm @ Lawrence Commanda Health Centre

**Thursday, November 7<sup>th</sup>** from 9am - 1pm @ Lawrence Commanda Health Centre

& from 4pm - 8pm during Bingo @ NFN Complex

**Wednesday, November 13<sup>th</sup>** from 11am - 2pm @ Diners' Club, NFN Complex

**Saturday, November 23<sup>rd</sup>** from 9am - 12pm @ NFN Complex (during Annual Meeting)

### Clinics in Duchesnay

**Wednesday, November 6<sup>th</sup>** from 11am - 7pm @ Nbsiing School

**Tuesday, November 12<sup>th</sup>** from 10:30am - 7pm @ Nbsiing School

**Tuesday, November 19<sup>th</sup>** from 4pm - 7pm @ Nbsiing School

A clinic is scheduled at the **Anishinabek Nation Union of Ontario Indians** (south boardroom) on **Tuesday, November 5<sup>th</sup>** from 9:30am - 1pm. There is also a clinic scheduled for Jocko Point (Community Centre) on **Tuesday, November 5<sup>th</sup>** from 3pm - 7pm.



## Medication Clean-Out Campaign for November

### Help us protect the environment!

Fill this bag with your expired, leftover, unlabeled or "just in case" medicines and return it to the Health Centre for safe disposal.

**Bags are available from the Lawrence Commanda Health Centre... each bag returned will have a ballot entered for a chance to win a gift card.**

### WHAT CAN BE INCLUDED IN THESE BAGS?

Pills, ointments, liquids, prescriptions, vitamins, over-the-counter, herbals, etc.

**EXPIRED MEDICATIONS ARE NOT EFFECTIVE!**

For details about this campaign, or to book a pick-up, please call or email:

Carole Lafantaisie, Community Health Nurse

705-753-3312 x 2257 or [chn@nfn.ca](mailto:chn@nfn.ca)



# World Diabetes Day



Join us to celebrate World Diabetes Day and help spread awareness of diabetes!

This year's theme is *Diabetes: Protect Your Family*

**When:** Friday November 8, 2019  
9 am - 11 am

**Where:** Band Office Gym

**Everyone Welcome!**

## Activities Include:

Breakfast  
Blood Sugar Screening  
Crafts  
Photobooth

Understand Your Risk Survey  
Dancing  
Quiz Questions  
Forming a blue human circle  
And many PRIZES!

## Preventing type 2 diabetes involves the family too:

- Many cases of type 2 diabetes can be prevented by adopting a healthy lifestyle. Reducing your family's risk starts at home.
- When a family eats healthy meals and exercises together, all family members benefit and encourage behaviours that could help prevent type 2 diabetes in the family.
- Families need to live in an environment that supports healthy lifestyles and helps them to prevent type 2 diabetes.



**LET'S EMPOWER OUR COMMUNITY WITH KNOWLEDGE AND RESOURCES  
THAT WILL STRENGTHEN OUR ABILITY TO PREVENT TYPE 2 DIABETES**

**For further info, to register or for transportation call 705-753-3312**



DOOR  
PRIZE TO  
BE WON!

**The North Bay Indigenous  
Hub's Primary Care is coming  
to Nipissing!**

# COMMUNITY ENGAGEMENT DINNER INVITATION

**NOVEMBER 19, 2019**

DINNER AT 5PM  
PRESENTATION AT 6PM  
NBISIING SECONDARY  
SCHOOL

**\*Transportation  
is available**

FOR MORE INFO, CONTACT:

**Laureen Linklater-  
Pizzale**

**705.995.0060**

**North Bay  
Indigenous Hub**

**Please sign  
up by  
calling**

**705-753-  
3312  
by  
November 13,  
2019**



Please join  
us for dinner  
for a meet &  
greet, and to  
provide your  
feedback on  
what  
medical,  
traditional  
and  
specialized  
health  
services you  
require in  
Nipissing

In partnership  
with





## Gichi-Miigwech ~ Thank You ~ Merci

We extend our sincere gratitude the following businesses and organizations for generously donating to our 31<sup>st</sup> annual pow wow:

Caisse Populaire Sturgeon Falls  
Canadian Tire Sturgeon Falls  
Dot Beaucage Kennedy Officiant  
Dreamcatcher Foundation

Eagles Nest  
Ktiganing Midwives  
Leisure Farms  
Nipissing University

Roleo Séguin Construction  
Tim's Convenience  
Young Forestry Services

Your sponsorship helped make our pow wow successful and led to the creation of many community memories.

We also want to extend our appreciation to all who contributed to our pow wow through donations of cash, prizes, fish, food, volunteer time, gifts for the giveaway ceremony, etc. It takes the efforts of many people to host our pow wow and every person's efforts collectively create beautiful memories for our community and many visitors.

## Upcoming Cultural Events

**Full Moon Ceremony – Tuesday, November 12<sup>th</sup> at 7pm** at the Culture Centre in Garden Village  
Mtikmeg Giizis, Niizhgiizh gad, Mtaaswi shi Niizh, Niizhwaaswo dibagane, Nbsiing Nishnaabe Gaabinaadziwaad Gamig.  
Contact: Evelyn McLeod at [evelynm@nfn.ca](mailto:evelynm@nfn.ca) 705-753-2050 x 1261.

To celebrate Full Moon Ceremony, we come together during the time of the whitefish spawn (Mtikmeg Giizis) to show our gratitude for the whitefish who offer their lives for sustenance of other animals and humans. Life on earth is connected to the Gookmis (grandmother moon). She stabilizes our earth's orientation and position, regulates the waters, and determines the cycle of fertility and birth. Gookmis helps us with healing and rejuvenation and she is strongly connected to human life. Please bring your yellow cloth and skirt if you choose. We use this sacred time to make our offerings for all that we have. Our reciprocal agreement for using the gifts of creation.

**Otter Fur Workshop - Saturday, November 30<sup>th</sup> from 6pm - 9pm** at the Culture Centre in Garden Village  
Mtikmeg Giizis, Niizhgiizh gad, Mtaaswi shi Ngodwaaswi, Ngodwaaso dibagane, Nbsiing Nishnaabe Gaabinaadziwaad Gamig

Workshop to learn how to make either hair ties for your regalia or a small woodland hat. First Priority to NFN members. A waiting list will be created in the event of any cancellations. Registration: contact [mindym@nfn.ca](mailto:mindym@nfn.ca) or 705-753-2050 x1260. Individual registrations only (not groups). Participant fee: \$15. When you register, please let Mindy know what you will be making (hair ties or hat), so we can prepare the fur pieces necessary.

## What are the costs and risks of misappropriation?

### *For Indigenous artists and communities:*

- Reinforcement of stereotypes that are the source of discrimination
- Misrepresentation of Indigenous peoples and their cultural expressions, undermining efforts to educate the public about the histories and cultures
- Heightened competition for artists and artisans who have been developing these cultural expressions, generation after generation
- Diminished economic resources, impacting not only individual livelihoods but also community efforts to ensure cultural perpetuation
- Diminished value, as what is considered culturally important or even sacred becomes commonplace, commercialized or cheapened as "pop culture"

# Nbisiing Anishinaabemwin

## Mtikmeg Giizis (Whitefish Moon)



**Mtikmeg Giizis ntaaswi shi-bezhik giizis egoojing gaa zhinikaazod.**

**Mtikmeg Giizis zhinikaazo.**

**Mii maa pii naangoog binaagziwaad maa Mtakmikwe ng besho bi-waaseyaazhewak.**

**Pii giizhgak noonj wa giizis mina wasa nendaagzi mina go ge niw-aankwadoon, noodin mina gimiwong pii kina aabchi nkamwaashwaad mtakmikweng ni-aazhkebzod giizhgong baabiimskwaashwaad giizhgong.**

**Mii maa i-pii kina maadziwin ni pkaanendaawak, wesiiyag maajidiwak, mina nibii'waan ni-aanjnaaziwan nwaach ni gabiiwewag**

**giigooyag noonj jiikbiik bi-yaawag naasaab bineshiyag, gii-zhiitaawaad ji-maamwi ji-zhaawaad wedi Gchi-twaa mkadekewkeng**

Whitefish moon is the eleventh moon of Creation.

This is a time when the stars in the night sky of the universe are closer to Mother Earth and brighter.

During the day the warmth of the sun is becoming more distant.

The clouds, wind and rains, are traveling across Mother Earth more frequently than any other cycle of the moons.

At this time all Creation is being transformed. The animals are gathering together. While their furs are changing color and becoming thicker. The fish are beginning to come closer to shore.

The birds are flocking together in their many formations.

All are praying for the long journeys to the sacred circle of the fasting grounds.

## Nishnaabeg Kidwenan (Words)

<b>Manise</b>	He/she is cutting wood	<b>Pkiigin</b>	Hides (moose or deer)
<b>Daashka'se</b>	He is splitting wood	<b>Jiishaadwa'ge</b>	Scrape hides
<b>Daashgasen</b>	Split the wood (command)	<b>Azeke</b>	Tan hides
<b>Paa-ndawenjgedaa</b>	Let's go hunting	<b>Boodwen</b>	Make a fire (a command)
<b>Ndawenjge</b>	He/she is hunting		

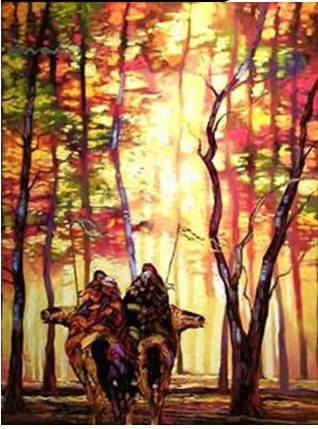
## Zhemaagnishii-Giizhgak

**Mikwenmaadaa zhimaagnag gaa-zhaawaad  
Gchi-miigaading  
Mikwenmaadaa gaa bi-giiwewaad  
Gaansindwaa, gaa bi-giiweskwaa  
Mikwenmaadaa nishnaabeg Nbisiing Gaa nji-baawaad  
Minwa ekenmangidwaa  
Ge gi ekenmaasawad  
Nwaj gogi nanwendaagnaaniig  
Gchi-mishoomsinaanig, mishoomsinaanik, Minwa ge mishoommeg,  
Kina go wiya gaa zhaad Giji gichi-miigaading  
Nitam gii miigaading 1914-1918  
Minwa eko-niishing**

## Remembrance Day

Let's remember the soldiers who went to war  
Let's remember the ones who came back  
The people that got killed in action and that  
Didn't come back  
Let's remember the people of Nbisiing  
And the one's that we know  
And the people we don't know  
And especially our relatives  
Our great-grandfathers, grandfathers, and uncles  
And all the ones who went to the world war  
The first war in 1914-1918  
and second war 1939-1945

*Created by the children of Garden Village somewhere between 1989-1991 With Evelyn McLeod.*



## The Season of Dwaagi (Fall)... Preparing for Biboon (winter) with our Natural Laws and Thirteen Moons Governance

Nishnaabe people follow(ed) the Thirteen Moons in determining how to live and maintain life. Living a balanced life is about being aligned with the natural world, adhering to ancient laws and abiding by the Natural Time (moon cycle). The thirteen moons is our government. Each season is connected to something.

Life on earth is connected to the Gookmis (grandmother moon). She stabilizes our earth's orientation and position, regulates the waters, and determines the cycle of fertility and birth. Gookmis helps us with healing and rejuvenation and she is strongly connected to human life.

**Dwagik.** The season of fall. Snow piled on top of snow. Snow putting the earth to sleep. Closing of the earth to shut down for hibernation. Preparing for **bi-boon** (for winter)

**Dwaagik** is the season of ceremony for gathering sustenance, bear hibernation, sacred whitefish spawn, and to celebrate with the ceremony of fasting. We participate in the ceremony of fasting in between seasons, to prepare our bodies, mind and spirit for the upcoming new season. Some cultures call these change of seasons, "solstice". During this season we also celebrate The Feast of the Dead and Feast of the Clans.

When Nishnaabe were created and placed upon the earth, we had nothing. We are born with nothing. Wesiingag continue to this day to give their lives so that we could live. They've always looked after us. The land was our grocery store and medicine cabinet. We would make things with the remainder of the animal that was hunted: feathers for pillows, tools from bones, sinew from the moose, waterproof bags from the stomachs, rawhide and tanned hide from the skins. Nothing was wasted. All was respected.

A new nation later came. The 7 prophecies prophesized that another being would come to our part of the world. They came on boats. Great changes would take place. They came by the thousands. They took from the land also. The animals fed everybody. The beavers almost became extinct because of the new beings that came here. They would take as much as possible from the land. Prophecies are coming true. Prophecies also said water would become so poisoned that the fish would float on the water.

Our hunting, fishing, medicines by traditional and natural law was that we took something only when we needed it. Things have changed in this new society. This wasn't referred to as "harvesting", just living from the land. Some families would come to Ktigaaning and trade maple syrup for snow shoes. People were still collecting water from the lake at that time. The people made nets. Ling was a delicacy fish at that time. They also cooked the liver and the eggs of the fish.

Times were not always plentiful, but food was available. The animals gave their lives for our survival by sacred agreement as told in the Creation story. Survival was always a struggle. Our hunters didn't have **barsigan** (gun). People had to be good hunters to get a large animal. People had to paddle most of the night and hunted with spears on birch bark canoes. You could hear the animal in the water. The canoe had to be very quiet. You had to paddle and listen. You could hear the bubbles. The animal would be under water eating plants. We would come alongside the moose, and the moose wouldn't even know. Hunters had to be very skilled. The hunting runs done on trails by groups have been here for a long time. Hunting and fishing has changed. The people didn't see themselves as poor because we had everything we needed. It was a lot of work and families were kept busy.

In the 1970s and 80's, the deer were overhunted in this area. There were no deer here for 10 years. People had been hunting in the spring time when the animals were carrying their young, also going into deer yards. If we are not careful, this could happen again. The animals will leave when they have had enough abuse. If we abuse our medicines, they will leave also. If we don't honour the spirit of our animals and medicines, they will leave. They have been keeping their part of the sacred agreement. If we break ours, they can break their part.

**Dwaagi** is the time to prepare for the winter months. Not only in taking from the earth, but most importantly, showing gratitude for the spirits of the animals and fish, medicines that we are taking. And making offerings for what we take. To creator and to the spirits of the beings whose lives we take for survival.

***\*\*We have a reciprocal sacred agreement. We are living a sacred story\*\****

# NISHNAABE NAADZIWIN



**Kina Bi-Biingeyok!**  
Everyone is Welcome

**NOV 1, 2 & 3RD**  
**WEEKEND**

**ECOLOGY CENTER IN  
MATTAWA**

## Sharing our Stories Community Gathering

Every single person is adding to the circle  
and is constantly building their bundle

### Many Cultural Activities include

Evening Sweat Lodges  
Preparing Traditional Meat  
Quilling on Birch Bark and Beading  
Pipe Ceremony and Drum Socials

## Feast Bundles are Required

**NFN Band Members First Priority**  
**Limited 40 Spots Available! Child Care is Provided**

**Register with Mindy 705 753 2050**  
**ext.1260 or Mindym@nfn.ca**

**MTIKMEG  
GIIZIS**

# STORIES *from our* ROOTS

**Manitoulin Island Hotel  
& Conference Centre  
Little Current, ON  
November 16/17, 2019**

**First Nation Youth 18-29 yrs.**

**Youth-led training, Networking  
Hands on activities, Prizes  
SafeTALK, Icebreakers**

**Our goal is to foster Life  
Promotion through  
Photography & Digital  
Storytelling to share messages  
of Hope, Belonging, Meaning  
and Purpose.**

**Contact: [Tristen.Schneider@coo.org](mailto:Tristen.Schneider@coo.org) or  
[Megan.Logan@coo.org](mailto:Megan.Logan@coo.org) for Registration  
Package.**



YOU ARE INVITED TO PARTICIPATE IN A

# SHORT SURVEY ABOUT GAMBLING BEHAVIOURS AND ATTITUDES



ONLINE: [WWW.MYHEALTHUNIT.CA/GAMBLING](http://WWW.MYHEALTHUNIT.CA/GAMBLING)

PAPER COPIES AVAILABLE IN NIPISSING FIRST NATION:  
NIPISSING FIRST NATION, 36 SEMO ROAD, GARDEN VILLAGE

RESULTS WILL INFORM SUPPORT SERVICES, POLICY, AND EDUCATION INITIATIVES

ANSWER BY DEC 6, 2019 – MUST BE 19+ – RESPONSES ARE ANONYMOUS

North Bay Parry Sound District  
**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound

This project (#19-04) has been approved by the North Bay Parry Sound District Health Unit Research Ethics Review Committee on 27/08/2019. It is led by the North Bay Parry Sound District Health Unit and the Gambling Harm Reduction Partnership, and funded by Gambling Research Exchange Ontario.

**For more information:**

Email: [tawnia.healy@healthunit.ca](mailto:tawnia.healy@healthunit.ca)

Toll-free: 1-800-563-2808 ext. 5224

# Cannabis Fire Safety

RESPONSIBILITY GROWS **HERE.**



## IMPAIRMENT INCLUDES CANNABIS



Cooking while under the influence of alcohol, prescription drugs or cannabis can result in a fire.

**Don't put yourself or your family at risk.**  
Always remain alert when cooking.

Keep a close eye on anyone attempting to cook or smoke while impaired.

## SMOKING IS SMOKING



Smoking is the **leading cause of residential fire deaths** in Ontario.

Encourage smokers to smoke outside. **Never smoke or toké in bed.**

Whether it is tobacco or cannabis, cigarettes and joints need to be properly extinguished in **large, deep ashtrays.**

## HAZARDOUS EXTRACTION OF CANNABIS OIL CAN CAUSE EXPLOSIONS AND FIRES



Extracting cannabis oil with flammable solvents is **extremely hazardous**. It can result in the uncontrolled release of flammable vapours. If ignited, these vapours lead to explosions and fires that can cause serious injury or death.

Hazardous extraction in basements is particularly dangerous because flammable vapours can accumulate in higher concentrations leading to even more powerful explosions.

Hazardous extraction using flammable materials such as butane is against the law in homes and in basements.

## TOO MANY WIRES CAN CAUSE FIRES



Extension cords should be used only as a **temporary connection**. If permanent wiring is required, have additional outlets installed by a licensed electrician. **Extension cords should not be linked together.** Instead, use an extension cord that is long enough to do the job.

**Avoid running cords under rugs**, which can damage the cord and cause a fire.

**Avoid overloading a circuit with "octopus outlets"**. If additional outlets or circuits are required, have them installed by a licensed electrician.

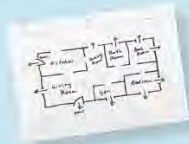
Ensure that all electrical appliances such as grow lamps are **certified by an accredited testing agency** like ULC or CSA. And make sure they are operated according to manufacturer's instructions.

**Don't put yourself or your family at risk of fire.**

## SMOKE ALARMS SAVE LIVES!



Only working smoke alarms give you the early warning you need to safely escape a fire. Install **smoke and carbon monoxide alarms** in your home. **Test them every month.**



Practice a **home fire escape plan** so everyone in your home knows what to do when the smoke and carbon monoxide alarms sound in an emergency.

**FOR MORE INFORMATION, CONTACT YOUR LOCAL FIRE DEPARTMENT**

Nipissing First Nation Fire and Emergency Services

**Office of the Fire Marshal  
and Emergency Management**  
[ontario.ca/firemarshal](http://ontario.ca/firemarshal)



Come out and enjoy a hot meal  
Thursday November 28<sup>th</sup>, 2019  
11AM - 1PM  
Garden Village Gym

4th Thursday each month  
Call Becky 705-753-6972 to book transportation  
by 4:30PM November 21<sup>st</sup>



### Miigwech from Ava

Ava Faubert would like to thank the NFN Recreation Department for providing funding for her dance season through the Recreation Reimbursement Fund.

Ava is daughter of Ellen and Marty & granddaughter to Lee and Mike.



### Congratulations to Lily George

Lily George just began her second year with the University of New Brunswick Reds Women's Hockey Team. She was named the female Athlete of the Week in early October with her coach saying she played a crucial role in helping the Reds split their 2019-20 season opening games.

"Lily generated a ton of opportunity all weekend," said Reds head coach Sarah Hilworth. "It was great to see her get rewarded with a couple of goals. She had a great pre-season and I'm excited to see how this catapults her into the rest of the season."

## 3 Bedroom House for Sale in Jocko Point



**Available to NFN members only**

Approx. 2000 sq. ft. 2 story house on large 1 acre lot (approx.)  
Bachelor apartment on lower level. Newly renovated upper floor.  
Wide gravel path to river. Bunky with separate driveway on lot.

Call 705-471-4924 or [danieliracouchie@gmail.com](mailto:danieliracouchie@gmail.com)

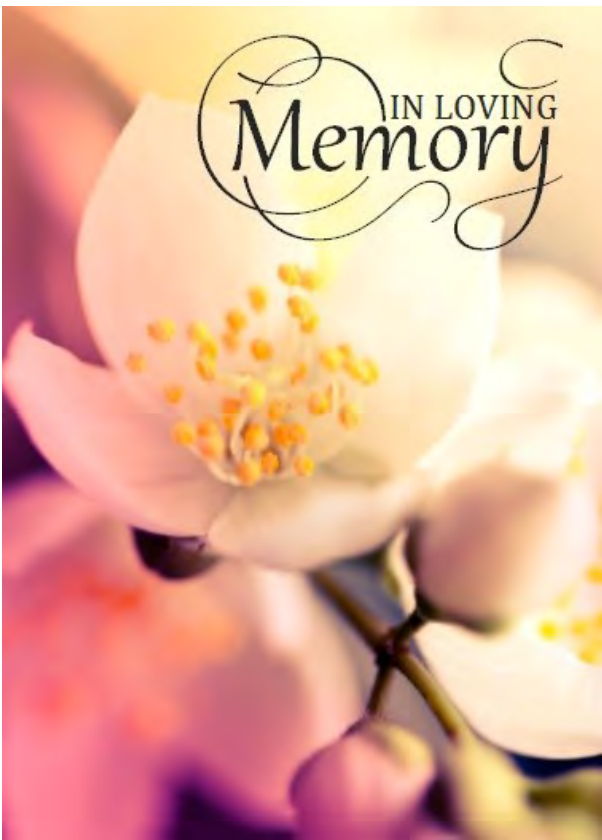


## Seniors & Homemaker's Craft Club has Moved

The Craft Club has moved from the Seniors' Building to the Nipissing First Nation Administration Building (gym). The Craft Club meets **every Tuesday from 10:00 a.m. to 2:00 p.m.**

Come on out & learn or share a craft. Potluck lunch – please bring something to share. All are welcome. For more information, please contact Lee McLeod at 705-753-2922.

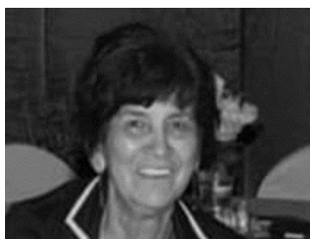
## Thank you from the Penasse Family



The Penasse family extends their gratitude to all who offered their condolences and prayers.

Thank you/Miigwech to the friends, readers, volunteers/cooks, clergy & community that shared in making lasting memories our dear sister and her daughter.

Service was held on October 5, 2019 in Garden Village



**In loving memory of**  
**Louise (Star) Parkinson**  
**Nee (Penasse)**

Nov. 21 1947 – Sept. 20, 2019  
May You Rest in Peace  
Forever our shining Star.



**In loving memory of**  
**Karen Burkett**

Sept. 3 1971 – March 17, 2009  
At the age of 38 years  
Rest in peace



**Health Food & Organic Grocery Store  
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Owner/Operator: Lana Stevens



Bow & Arrow



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North Bay, ON P1B 8G5

[couchie.george@gmail.com](mailto:couchie.george@gmail.com)  
[www.nativeawarenesstraining.com](http://www.nativeawarenesstraining.com)

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F: 705-476-2470

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[www.ktigaaningmidwives.com](http://www.ktigaaningmidwives.com)

**SUPPLIES FOR THE SOUL**

**CRAFT SUPPLIES & GIFTS**

**Now Open in the Bineshii Small Business Centre**  
**132 Osprey Miikan — 705-471-0472**

Located on highway 17 between the Eagle's Nest Gas Bar & Young Forestry Services

Leathers & Rawhides, Beads, Yarns, Fabrics, Fringe, Specialty Bead Threads & Needles  
**Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.**  
Artwork & Jewelry by First Nations Artists - Pendleton Products - Yellow Hominy Corn/Wild Rice



# November 2019

## Mtikmeg Giizis (Whitefish Moon)

SUN	MON	TUES	WED	THU	FRI	SAT
<p><i>Did you know you can also view this calendar on your mobile or desktop device? Just visit: <a href="https://www.nfn.ca/events/">https://www.nfn.ca/events/</a></i></p>	<b>Weekly Events:</b>				<b>1</b>	<b>2</b>
	Anishinaabemwin Community Class 6pm – 8pm @ Nbisiiing School <b>Every Monday</b>	Baby Group 9am – 12pm @ GV Library <b>Every Tuesday</b>	Anishinaabemwin Community Class 6pm – 8pm @ Church Hall in GV <b>Every Wednesday</b>	Gym Nights 4:30pm – 6:30pm @ Nbisiiing Gym <b>Every Thursday</b>	Nishnaabe Noodziwin Nov 1 – 3 @ Ecology Centre in Mattawa	Village Market 10am – 3pm @ GV Gym  Free Ski/Boarding gear @ ODR in GV 12pm – 2pm
<b>3</b>  Nishnaabe Noodziwin Nov 1 – 3 @ Ecology Centre in Mattawa	<b>4</b>  Flu Clinic 3pm – 7pm @ Health Centre	<b>5</b>  Flu Clinics 9:30-1pm @ UOI 3-7pm @ Jocko Pt.  Council Meeting 7:30pm in GV Council Chambers	<b>6</b>  Movie Night 6-8pm @ Library (Ages 6-12)  Teen ODR Night 6-8pm @ ODR in GV. (Ages 13-24)	<b>7</b>  Flu Clinic – Nov 6 11am – 7pm @ Nbisiiing School  Flu Clinic – Nov 7 9am – 1pm @ Health Centre 8-4-8pm @ Bingo	<b>8</b>  World Diabetes Day Breakfast 9-11am @ GV Gym  Teen Movie Night 4pm – 10pm @ Galaxy Cinemas (Ages 13-24)	<b>9</b>
<b>10</b>	<b>11</b>  REMEMBRANCE DAY Let Us Not Forget Remembrance Day Ceremony at 11am @ GV Cenotaph  All NFN Offices & Landfill Closed 	<b>12</b>  Flu Clinic 10:30am – 7pm @ Nbisiiing School  Full Moon Ceremony Mtikmeg 7pm @ Culture Centre in GV	<b>13</b>  Diners' Club + Flu Clinic 11am – 1pm @ NFN Complex Gym  Craft Night 6-8pm @ Library (Ages 6-12)	<b>14</b>	<b>15</b>	<b>16</b>  Survival Skills 10am – 6pm Meet @ NFN Complex. Meals & transp. provided. Register w/ Jayde  Art Therapy (11-18) 10am – 2:30pm @ Health Centre
<b>17</b>  Survival Skills 11am – 6pm Meet @ NFN Complex. Meals & transp. provided. Register w/ Jayde	<b>18</b>	<b>19</b>  Flu Clinic 4-7pm @ Nbisiiing  NBH Dinner 5pm @ Nbisiiing  Council Meeting 7:30pm in GV Council Chambers	<b>20</b>  Food Bank OPEN 9-4  Games Night 6-8pm @ Library (Ages 6-12)  Teen Cooking 6-8pm @ NFN Complex Kitchen (Ages 13-24)	<b>21</b>	<b>22</b>  Axe Handling & Fire Safety 6pm – 10pm Dinner provided, bonfire after lesson (Ages 13-24) Register w/ Jayde	<b>23</b>  ANNUAL MEETING 9am – Noon NFN Complex, GV  Day Hunt (NCW) 9am – 3pm. Meet @ NFN Complex (Ages 13-24) Register w/ Jayde
<b>24</b>  Battalions Game 12:30pm – 7pm Meet @ NFN Complex (Ages 13-24) Register w/ Jayde	<b>25</b>	<b>26</b>	<b>27</b>  Movie & Trivia 6-8pm @ Library (Ages 6-12)  Games Night 6-8pm @ NCW (Ages 13-24)	<b>28</b>  Soup Kitchen 11am – 1pm NFN Complex Gym, GV	<b>29</b>  Otter Fur Workshop On Nov 30 6-9pm @ Culture Ctr. \$15/person	<b>30</b>  Christmas Tea 11am – 4pm NFN Complex Gym Turkey dinner \$8 Bingo, Penny Sale, Draws & Prizes!



A-Kij, Bemaaadziik, E-Niigaanung  
The Land, the People, the Future

### Contact Us

36 Semo Road  
Garden Village ON  
P2B 3K2

TEL: (705) 753-2050  
FAX: (705) 753-0207  
WEB: [www.nfn.ca](http://www.nfn.ca)

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