



DEC. 2014-JAN. 2015

Inside this issue:

Jobs	4-6
Updates	7-10
Clinic	11-24
Report	25
Education	26
Cultural	27-33
Library / Activities	34-36
NCW - OWE	37-39
Employ & Training	40-41
Fundraiser	42
Fire Department	43-44
Community Liaison	45
Public Works	46-47
Natural Resources	48-49

Council Meetings:

Oct. 7 - Garden Village

Oct. 21 - Garden Village

**Please submit agenda
items the Thursday
prior to meeting date,
before 4:00 p.m.**

Monday October 13

Thanksgiving



Offices Closed

Binaakwii- Giizis - Falling Leaves Moon – October

Tenth Moon of Creation

Ntaaswi Giizis egoojing gaa-zhichgaazod , Binaakwii – Giizis zhinkaazo.

Mii maa i-pii maajii-mgisin niibiishan maa Mtakmikweng aabchi nji-minwaandeg mina mii wa mooshneshing-giizis .

Kinoomaagewin Gzhemnidoos maanaad Gookmisan wewena nji-zhichiknid , mii maa pii niibwa mkidnigewnan temgag .

Kina gegoo nake nji-kenmang bekaadziwin mina wewena nji-moseng nishinaabe miikan.



This is a time when all Creation honors Mother earth by preparing the most beautiful colors imaginable .

On the Falling Leaves full moon, leaves begin to blanket Mother Earth. The spirit of each leaf is placed upon her with the gentleness and grace that only the spirits of Creation allow.

Many offerings take place from all Creation, preparing for the journey of the spirits in the teachings of the tenth moon.



**PLEASE JOIN US AS WE REMEMBER
AND HONOUR OUR VETERANS**



On Tuesday, November 11th, 2014

At Garden Village

AGENDA

10:45 am Form Up and Parade to Cenotaph

11:00 am Remembrance Day Ceremony at Cenotaph

Light lunch and refreshments at NFN Community Building Hall.

Come and view the Veterans "Wall of Fame" and visit the War of 1812 booth.

Everyone Welcome!

We encourage our members to wear their regalia for this day and be part of the parade to the cenotaph!

**** If you require transportation, please call the NFN office by 4:00 pm
Thursday, November 6th, 2014 ****

For more information, please contact :

Freda Martel at 705-753-2050 Ext 1223. miigwech!



SEEKING TENDERS FOR LUNCHEON

REMEMBRANCE DAY CEREMONY

TUESDAY, NOVEMBER 11TH, 2014

Nipissing First Nation is seeking tenders for the Remembrance Day Ceremony to be held at the Community Centre in Garden Village. The successful bidder should have coffee and tea available for arriving guests at 10:00 am. Lunch will take place following the ceremony (approximately 12 noon).

Tender to include:

- Lunch main course
- Vegetable Trays
- Deserts
- Refreshments (coffee, tea, juice, water)
- Caterer to provide cutlery and dishes

Please submit tender in a **sealed envelope marked Remembrance Day Lunch** no later than Friday, October 24, 2014 to:

Remembrance Day Committee
Nipissing First Nation
36 Semo Road
Garden Village, Ontario P2B 3K2

*** Lowest tender not necessarily accepted. ***



JOB OPPORTUNITY

CULTURAL EVENTS COORDINATOR

FULL TIME POSITION

Under the direction of the Culture and Heritage Manager, the Cultural Events Coordinator is responsible for organizing culturally base events within Nipissing First Nation.

Qualifications:

- Must be a registered member of Nipissing First Nation.
- Must have Post-Secondary Diploma in related field (ie. Social Services, Indigenous Wellness)

Required Skills

- Strong knowledge of Anishinabek culture.
- Have a valid driver's license and access to a vehicle.
- Be able to work flexible hours including evenings and weekends.
- Knowledge of Nipissing First Nation and communities.
- Have a high level of computer skills.
- An appreciation of cultural and other community beliefs.
- Anishinabek language will be considered a definite asset.
- Possess strong written and communication skills.

Duties:

- Coordinate annual NFN Pow wow and Aboriginal Day
- Coordinate Cultural Events for Community and Staff
- Attend and participate in meetings for staff, managers, and others as required.
- May participate in traditional or spiritual practices for meetings or activities as required.
- Networking with Internal and external programs
- Assist and/or complete funding applications
- Ensure all equipment and supplies are appropriately cleaned, maintained and replenished.
- Act as a Cultural Resource person for monthly Culture Committee meetings
- Assist in special cultural projects, as assigned.

Only those who qualify for an interview will be contacted. A current CPIC would be required for the successful candidate. Please submit letter of interest and resume with three (3) current references no later than **October 17, 2014** at 4:30 pm to:

Jennifer Lalonde
Human Resources Manager
Nipissing First Nation
36 Semo Rd.
Garden Village, ON P2B 3K2
Fax (705) 753-0207
Email: resumes@nfn.ca

Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1) (a) OHRC.



JOB POSTING FRONT LINE WORKER FULL-TIME- BENEFITS

Nipissing First Nation a Full-Time Front Line Workers for the Ojibway Women's Lodge, to deliver front line services to abused women and children.

This position involves shift work, hours which entail nights, weekends and holidays.

QUALIFICATIONS:

- Must be a Registered First Nation Member or a spouse of a registered Nipissing First Nation Member.
- Must Graduate of Post Secondary Diploma or Degree in the Social Services Field.
- Must have current First Aid/CPR.
- Must possess a valid Ontario Driver's license and insurance, and have clean driving record.

REQUIRED SKILLS/KNOWLEDGE:

- Must possess high level of empathy and understanding of issues of violence against aboriginal women and children.
- Must exhibit a high degree of initiative and self direction, good analytical and organizational skills, and be able to work with minimal supervision.
- Must possess excellent verbal and written communication skills, including the ability to deal with emergency services and partnering agencies.
- Must be bound by confidentiality, able to be decisive in a crisis and work effectively under pressure.
- Proven ability and willingness to work as an integral member of a team.
- Must be able to operate computer and software.

DUTIES:

- Reports directly to the Ojibway Women's Lodge Front Line Supervisor
- Provide supportive crisis phone counseling, in-person counseling, and advocacy for aboriginal women's rights relative to domestic violence, ensuring the safety and security of the families residing in the shelter
- Development and maintenance of client files, case notes, and safety plans on a computer data system for monthly statistical reports
- Administration of the Client Satisfaction Survey
- Assist with household duties and meal preparations
- Other duties as required

Only those who qualify for an interview will be contacted. The successful candidate will require a Vulnerable Person Check. Please submit letter of interest and resume with three (3) current references no later than **October 17, 2014** at 4:30 pm to:

Jennifer Lalonde
Human Resources Manager
Nipissing First Nation
36 Semo Rd.
Garden Village, ON P2B 3K2
Fax (705) 753-0207
Email: resumes@nfn.ca

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JOB OPPORTUNITY

Recreation Activity/Gym Monitor (Garden Village) PART-TIME CONTRACT POSITION

Reflecting a community wellness strategy and under the functional direction of the Recreation Program Coordinator and the administrative supervision of the Health Services Manager the Recreation Activity Monitor actively facilitates recreation activities. The Recreation Monitor will be expected to follow all policies and procedures associated with Recreation, Health Services and Nipissing First Nation. The activities will be scheduled, coordinated and promoted in advance by the Recreation Coordinator. One of the key responsibilities will be to provide monitoring for gym nights.

More than one casual part-time position is available and students over the age of 16 are eligible to apply.

Qualifications

- Must be a registered member of Nipissing First Nation
- Must be at least 16 years of age
- Current certificate in First Aid and CPR or willingness to obtain
- Valid Class G driver's license and access to a reliable vehicle an asset but not necessary for this position

Skills and Abilities

- Knowledge of community based recreational activities for all age groups
- Ability to facilitate and coordinate groups of all ages
- Ability to act professionally and work with minimal supervision very important
- Must be available to work flexible hours including evenings and weekends
- Ability to understand and implement policies and procedures
- Knowledge of Aboriginal Culture an asset

Deadline for Applications is **Friday October 17, 2014**. A CPIC check is a requirement for this position.

Please forward Letter of Application, Resume and 3 References to:

Jennifer Lalonde, Human Resources Manager
Nipissing First Nation
36 Semo Rd.
Garden Village, ON P2B 3K2
Fax (705) 753-0207
Email: resumes@nfn.ca

Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1) (a) OHRC.

Duchesnay Natural Gas Project

Update September 22, 2014

Please be advised that the Duchesnay Natural Gas project construction is complete and the gas line is now live. For those that have not connected it is not too late to do so.

For the members that have connected and have excess gas line to service their homes over and above the 30 meters in length please contact EDO Tom Lambert.

In addition a Health and Safety meeting with Union Gas Reps has been scheduled for October 8, 2014 at 7:00 pm at Nipissing Secondary. It is very important that the membership that has connected to the services attend this meeting.

Should you have any questions please do not hesitate to contact EDO Tom Lambert at 705-753-6985 or by e-mail at thomasl@nfn.ca.

FAMILY VISITATION CENTRE MEETING

Plans are underway for a Family Visitation Centre using the former daycare centre building in Garden Village. This is a community project and we are seeking your input. A meeting is being held on **Sunday, October 19th at 2:00 pm at the Holy Spirit Church Hall** to hear your ideas and suggestions on having this centre in the community. The family visitation centre will be non-denominational and will be available to community members for funeral wake and/or services. Please mark this date on your calendar. For more information, please contact Freda Martel at 705-753-0797.

Miigwech!!

Research Update

Knowledge and Decision-Making for Inland Fisheries



Nicole Latulippe has been working with the community as a student researcher with Fish-WIKS, a national research project that seeks to understand how Western and Indigenous Knowledge Systems can improve the sustainability of Canadian fisheries. Community partners span coast to coast to coast, including Nipissing First Nation for the Inland region.

Nicole is at the information-gathering phase, gaining different perspectives on the history and current state of Lake Nipissing fisheries, fishing practices, management, and governance at the community level. She has been interviewing Elders, fishermen, technicians, youth, and community members with experience in fisheries knowledge and decision-making.

In the coming months, Nicole will continue to conduct interviews, provide updates, and verify findings with research participants. Ultimately, research findings will be shared with the community and beyond to enhance education and awareness and to influence fisheries governance at policy and applied levels in Ontario.

If you would like to participate in the research, please contact Nicole at Nicole.latulippe@mail.utoronto.ca. You can also contact the Fish-WIKS Community Liaison Coordinator, Clint Couchie, at (705) 753-2050 (ext. 1224).

Project-wide updates are posted on the Fish-WIKS website: <http://www.fishwiks.ca>



CHRISTMAS DISTRIBUTION

This payment is given out on the date below. Membership will have until March 31st, 2015 to pick up their share. These shares do not accumulate and must be picked up or requested each year separately.

A form has been provided for anyone requesting a cheque or direct deposit. Please send the form by November 14th, 2014 to Finance Department in order to receive payment on Dec 11-12, 2014. Additional forms are available at www.nfn.ca

➤ Cheque

Complete and forward the form to:

Nipissing First Nation, 36 Semo Rd, Garden Village, ON P2B 3K2

➤ Direct Deposit/Electronic Fund Transfer (EFT)

Complete and forward form with a void cheque or Banking Confirmation

Please have your status card available on Christmas distribution day to ensure greater efficiency for the payment process.

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 18 still living at home.

Christmas Distribution will be given out on the following dates:

Garden Village Complex Thursday, December 11, 2014 10:00a.m. – 3:00 p.m.	Nbisiing Education Centre Friday, December 12, 2014 10:00 a.m. – 3:00 p.m.
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These shares will be available at the Nipissing First Nation Finance Department from December 15^h 2014 until March 31st 2015.

*** REMINDER ***

Christmas distribution will be applied to any outstanding money owing to the Band at the time of distribution.



CHRISTMAS DISTRIBUTION REQUEST FORM



The funds will be distributed starting from **December 11th, 2014** until **March 31st, 2015**. Please allow 4-6 weeks for processing. These shares do not accumulate and must be picked up or requested each year separately. Please send the form by Friday, November 14th, 2014 to Finance Department in order to receive payment on Dec 11-12, 2014.

Please have your status card available on Christmas distribution day to ensure greater efficiency for the payment process. **** 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 18 still living at home. ****

Mail requests to: Nipissing First Nation
36 Semo Road
Garden Village, ON P2B 3K2

or email to: finance@nfn.ca
forms are available at www.nfn.ca

Tel: (705) 753-2050 Fax: (705) 753-0207

Cheque payable to: (If you've CHANGED financial institutions, Please attach a NEW direct deposit bank confirmation)

Family Name		Given Name		Middle Name (Initial)
Registry Number (Band number 10 digits starts with 2200....)			Date of Birth (mm/dd/yyyy)	
Address				Apt/Unit
City		Province	Postal Code	
Telephone No.		Email Address		
Name of Financial Institution (for direct deposits)		Financial Institution address- if available		
Branch Number (3 digits)	Transit Number (5 digits)	Account Number (minimum 7 digits up to 12 digits)		

*** Applicants 18 yrs of age or older must complete their own application***

Please list dependants below - For the purpose of Christmas Distribution "dependant means a spouse or a minor child for whom you have custody and are band members."

Family name	Given name	Date of Birth (mm/dd/yyyy)	Registry # (10-digit) Start with 2200.....
			2200
			2200
			2200
			2200
			2200
			2200

Signature- Required

Date

SENIORS

JOIN US FOR A
MOVIE NIGHT

WED., DEC. 17, 2014



NORTH BAY MALL
BUS TIME TO BE DETERMINED
**Please call Lisa or Liz at 753-3312
to reserve your seat on the bus/ticket
at the movies**

Funded by NFN Chief and Council



Antibiotic Resistance

Antibiotic resistance is a growing problem. Many illnesses that were once easy to treat are becoming more difficult to cure. Young children, seniors, and people with already compromised immune systems are at greatest risk.

What is Antibiotic Resistance?

Resistance happens when the bacteria that cause illnesses, become resistant to the drugs that treat them. When bacteria are exposed to a drug, some bacteria are able to resist the drug and will survive. When antibiotics are not used correctly, the weak bacteria are killed, but the resistant bacteria survive and continue to spread.



The leading cause of antibiotic resistance is the overuse or inappropriate use of antibiotics

What You Can Do

- ◇ Use Antibiotics only when they are prescribed by a health care professional
- ◇ Complete the full treatment course even if you start to feel better
- ◇ NEVER share antibiotics with others or use left over antibiotics

Infections that are caused by viruses should not be treated by antibiotics such as:

- ◆ Colds
- ◆ Flu
- ◆ Most coughs and bronchitis
- ◆ Sore throats (except strep throat)
- ◆ Some ear infections

The best way to do your part is to stay healthy and avoid illness! Wash your hands frequently, keep your hands away from your face, and cough or sneeze into your elbow or a tissue.

ANTIBIOTICS KILL BACTERIA, NOT VIRUSES



10 Tips for Healthy Eating over the

Here are some ways to enjoy special occasions this holiday season, while not losing track of your healthy living goals.

1. **Enjoy your “must-have” treats.** Be choosy. What foods do you really enjoy? Promise yourself that you will have a few favourites over the holidays and aim to make healthy choices the rest of the time.
2. **Be active for 30 minutes a day.** Remember, every 10 minutes counts. Regular exercise not only will give you more energy to cope with the stress of the holiday bustle, but it can also help to make up for some of your food overindulgences!
3. **Curb your hunger before the party.** Eat a small, healthy snack an hour before a party. You'll find it easier to make healthy choices if you're not too hungry.
4. **Bring something delicious and healthy.** That way, you are sure to have at least one healthy choice.
5. **Be ready for the “food-pushing host.”** If someone is pressuring you to eat more, try saying, “Everything I ate was wonderful. I wouldn't want to spoil the great meal by overdoing it, but thanks for the offer.”
6. **Stop when you are no longer hungry.** Eat slowly, and when you've had enough, put away your plate, or if you are eating out, ask the server to pack leftovers for later.
7. **Limit the number of appetizers you eat.** Especially if you are planning to have a full meal later. Also try to avoid standing by the food table. If you go to the other side of the room, you'll be less likely to nibble!
8. **Skip the chips and creamy dips as appetizers.** Try having a fresh vegetable tray. Serve with a low fat dip or spread such as hummus, yogurt with herbs, fat-free sour cream or fresh salsa.
9. **Keep regular meal schedules over the holidays.** Continue to eat 3 meals every day, starting with breakfast. This can help prevent over eating at other meals.
10. **Be careful with buffet choices.** Look at all your options before you start filling your plate. Try taking only what you need to feel satisfied.

Try making these healthy living tips part of your routine the whole year round!

Happy Holidays!



Baby Review Calendar

Submissions



Please submit your baby photos for babies born in 2014.
Along with baby's most recent photo, please submit the following information.

Baby's Name: _____
First Name Middle Name Last Name

Date of Birth: _____ Time of Birth _____

Weight: _____ Height _____

Place of Birth: _____

Place of Birth: _____
Hospital Name City/Town born in

Parents: _____

Siblings: _____

Grandparents: _____

Great Grandparents: _____

Submissions may be dropped off or mailed to by Dec.1, 2014:

The Lawrence Commanda Health Centre,
58 Semo Road, Garden Village, ON P2B 3K2
Attention Liz Stevens
Or by email to lizs@nfn.ca



FOUR WEEKS TO A HEALTHIER LIFESTYLE



Day 1—Eat more fruit and vegetables	Day 2—Exercise 150 min/wk (Adult)	Day 3—Reduce or don't start smoking	Day 4—Attend appointments	Day 5—Eat smaller portions on your plate
Day 6—Avoid environment smoke	Day 7—Inspect your feet often	Day 8—Tomatoes contain good nutrients for heart	Day 9—Have your eyes checked annually	Day 10—Snack on veggies
Day 11—Go for a daily walk	Day 12—Help someone—Volunteer	Day 13—Find some quiet time for yourself	Day 14—Check your smoke detector	Day 15—Eat lean meats
Day 16—Join a team	Day 17—Avoid second hand smoke	Day 18—Play time	Day 19—Dance	Day 20—Check your feet often
Day 21—Help in your Community	Day 22—Play for fun	Day 23—Don't start Smoking	Day 24—Enjoy your Salads	Day 25—Enjoy the Season's activities
Day 26—Find some "you" time	Day 27—Pink lungs last a lifetime	Day 28—Organize a Family outing	Day 29—Exercise 150 minutes/week	Day 30—Ask your doctor how to quit smoking



FOUR WEEKS TO A HEALTHIER LIFESTYLE



General Information	
Day 1	Fruit and vegetables contain fiber, vitamins, minerals and anti-oxidants which help prevent chronic disease such as diabetes and/ or heart disease. Cherry tomatoes, carrots, celery sticks, dried apricots, or other fruits are the best fast food in your bag.
Day 2	Exercise plays an important role in the health, well-being and quality of life. Remember you don't have to buy an expensive gym membership to be physically active.
Day 3	Avoiding smoking is the single best thing you can do to improve your health and quality of life.
Day 4	It is very important for a person with diabetes to attend all medical appointments.
Day 5	Eating smaller portions on your plate will help reduce your risk of chronic disease such as type 2 diabetes.
Day 6	Avoid second hand smoke such as environmental and industrial smoke.
Day 7	Frequent inspection of feet for people with diabetes is a vital part of prevention.
Day 8	Tomatoes contain vitamin A, vitamin C, folic acid, and nutrients and antioxidants, including alpha-lipoic acid, lycopene, choline, folic acid, beta-carotene and lutein that lower the risk of obesity and heart disease.
Day 9	Have your eyes checked annually. Diabetes-related eye complications can be prevented through early detection.
Day 10	Snacking on veggies is like having the healthiest food in the world.
Day 11	Walking is the best known exercise.
Day 12	There are many health benefits of volunteering which include a reduced risk of cardiovascular disease (heart disease) and diabetes as well as lower cholesterol levels and improved immune functioning.
Day 13	Studies have shown that taking time to relax, meditate, read, think, or just "be" can improve mental and physical health.
Day 14	Smoke alarms are one of the best safety devices you can buy and install to protect yourself, your family, and your home.
Day 15	Lean meat is high in protein, B vitamins, vitamin E, iron, zinc and magnesium.
Day 16	The sense of community that comes from being part of a team is important for your mental and physical health.
Day 17	With planning, you can reduce or eliminate exposure to second hand smoke. Remember, it's your right to breathe clean air.
Day 18	Play is beneficial for people of all ages.
Day 19	Dancing is a great way for people of all ages to stay and get in shape. Besides being fun, dancing has many positive health benefits such as flexibility, strength, endurance, and a sense of well-being.
Day 20	Inspect your feet daily for scratches and cuts as well as changes in the shape of your feet.
Day 21	Volunteering has many surprising benefits, such as; increasing self-confidence and combating depression.
Day 23	Smoking—Each year thousands of Canadians quit smoking, so can you. It's easy, but quitting smoking is the single best thing you can do to improve your health and your quality of life.
Day 24	Salads composed from even a few ingredients make a nutrient-rich meal. The greens alone have calcium, iron, potassium and B vitamins.
Day 25	Seasonal activities. You can embrace the winter or summertime with a variety of activities or just go for a walk.
Day 26	Alone time—seeking solitude can actually be quite healthy. In fact, there are many physical and psychological benefits to spending time alone.
Day 27	Healthy lungs—The lungs are very durable if they're not attacked from the outside. Stop or reduce smoking but if you suffer from other lung distresses a few nutritional tips may be helpful.
Day 28	Family outing—"quality time" is time spent doing an activity that is meaningful to the caregiver and child. Quality time spent focusing attention on the other person and sharing thoughts and feelings.
Day 29	Exercise is good for everyone, especially if you have type 2 diabetes. It's one of the best things you can do for controlling your weight and blood sugar levels.
Day 30	For more information call the Lawrence Community Education and Resource Centre @ 705-753-3312 Talk to your doctor to find out which quit smoking method(s) and medicine(s) are right for you.
Day 31	Wishing every one in the community a Very Happy New Year!



December 2014 –January 2015

From the Desk of the Mental Health & Addiction Health Promotion Worker for The Right Path Counselling & Prevention Services.

Hello, Aannii, Boozhoo, Aniish na? How are you? Winter season is here and Christmas and New Year 2015 is just around the corner. I hope this festive season is finding everyone well and looking forward to the new year. It is so important to take care of our physical, mental, emotional and spiritual health, in order to enjoy life to the fullest.

So once again we begin preparations of the Christmas holidays. Children are making their lists and checking it twice or changing their lists for all the presents Santa will bring. While the adults are busy preparing for the holidays, baking or buying all the good stuff to eat. I'm sure everyone will enjoy the Christmas holidays and the New Year Celebrations. It was a very busy November for the LCHC staff, the events held for the month of November were: NFN World Diabetes Day breakfast, NFN Community meeting, the NFN Health Fair, National Day of the Child Pancake breakfast and our 4th annual Embrace Life--Survivors of Suicide Day (Monday, November 24th). These types of information sessions are very important not only to the speakers, but also for community members to learn about how suicide impacts everyone and how we can all help when tragedies arise in the community. It also allows the speaker time to talk openly about their loved ones. For your reading pleasure for December and January newsletter, I have included some information on a depression that many people do not realize they or someone they know is suffering from, and also some information on partying safely during the holidays. With the winter season, some people suffer from Seasonal Affective Disorder (SAD) is a type of depression that tends to occur (and recur) as the days grow shorter in the fall and winter. It is believed that affected people react negatively to the decreasing amounts of sunlight and the colder temperatures as the fall and winter progress. It

Some symptoms of SAD may consist of difficulty waking up in the morning, morning sickness, tendency to oversleep and over eat, especially a craving for carbohydrates, which leads to weight gain. Other symptoms include a lack of energy, difficulty concentrating on or completing tasks, and withdrawal from family and friends. All of this leads to depression, feelings of hopelessness, and lack of pleasure which characterize a person suffering from this disorder. People who experience spring and summer depression show symptoms of classic depression including insomnia, anxiety, irritability, decreased appetite, weight loss, social withdrawal, decreased sex drive, and suicide. There are many different treatments for classic (winter-based) seasonal affective disorder, including light therapy, counselling and medications to name a few. If you or someone you know is experiencing some of these symptoms of depression talk to your physician or nurse practitioner or call the Right Path at 705-753-1375.

The Holiday season is drawing near, and people plan on celebrating or partying during the holidays. Parties are a highlight of the holiday season; it's fun to get together with family and friends to celebrate. If you're planning a party or gathering, you know there is much preparation from food and drink to decorations and music. But there are a few safety tips for you to keep in mind while enjoying your Holiday season especially if you plan on hosting a party.

The best party is a safe party. You should always take every precaution to make sure all of your guests remain safe. This includes inviting designated drivers to the party, calling taxis for people and possibly even taking the keys away from some of your friends. A proper party host tries not to get too intoxicated. After all, it is your household and if things get out of control, you are going to be expected to take care of it. This may include talking with the police, breaking up an argument between friends, and more.

When planning your party, this checklist can help you have fun and stay safe:

- 1) Be sure your front walk, steps, driveway and sidewalk are cleared of snow and ice, to make sure your guests are safe.
- 2) Serve food throughout the party to help guests slow their alcohol absorption. Also, food can help fill people up, so they may drink less.
- 3) Have plenty of non-alcoholic beverages on hand so people have the option not to consume alcohol.

- 5) Stay sober. As the host, you are responsible for your guests, and the only way accurately assess whether a guest has had too much to drink is to avoid drinking yourself. You may also have to act as designated driver for the evening to ensure guests get home safely. Or should guests become impaired, be sure to have options available for getting them home, such as the number for a local taxi service, as well as cash on hand for the fare.
- 6) Have plenty of extra blankets and sleeping bags on hand and invite guests to stay the night. The holiday party could turn into a slumber party...but at least you'll know everyone is safe.

Remember there are consequences to impaired driving since April 2012. If you are convicted of a impaired driving, driving over 80 mg, or breath sample refusal in Ontario, you will face serious legal consequences.

Most people don't know they can be convicted of drinking and driving even if they are not driving a vehicle. That's just one indication of what you're up against if you drink and drive in Ontario.

The offence of drinking and driving is defined in the Criminal Code to occur in two situations:

1. Where your ability to operate a motor vehicle is impaired, or
2. Where the concentration of alcohol in your blood exceeds 80 milligrams of alcohol per 100 millilitres of blood.

The Criminal Code defines the offences in relation to having 'care and control' of a motor vehicle, which is a much broader concept than driving alone. The Criminal Code goes so far as to deem a person to be in care and control of a vehicle if they are found to be occupying the driver's seat, if you are retrieving something from the vehicle with the keys in your possession or sitting in the passenger's seat with the keys in the ignition or on your person.

For example, you could be convicted of drinking and driving if a police officer found you sleeping in the driver's seat of a parked car, even if you had not driven the vehicle or even placed the vehicle into the drive gear.

Some drivers often have the notion that they can “beat the charge” by not blowing into the machine, thus avoiding any reading of alcohol. What they don’t know is that a conviction for either failing or refusing to provide a breath sample carries the exact same penalties and consequences as a conviction for driving while impaired or driving “over 80 mg”. The charge of failing or refusing to provide a breath sample is much more difficult to defend at trial than one of the other two charges. If convicted, the penalties for all three offences are the same. You are saddled with a criminal record. You are prohibited from driving for a minimum of one year and you face a fine of not less than \$600.00. If it’s your second time around, you’re looking at jail. And, if someone is hurt or killed as a result of your drinking and driving, the penalties go up.

The Highway Traffic Act (a provincial statute that regulates matters related to highway traffic in Ontario) also mandates its own suspensions and other such inconveniences that can be more onerous than the sanctions under the Criminal Code. **Under the Ontario Highway Traffic Act**, upon even being charged with one of these offences, your licence is automatically suspended for 90 days. This is before you have been determined to be guilty of anything. If you’re convicted, you receive an additional suspension of one year. Plus, you do not automatically get your licence back at the end of that year. Instead, you have to complete a program called ‘Back on Track, Ontario’s Remedial Measures Program’. This program currently costs you \$580 and can take ten months to complete. What’s more, you pay an additional \$150 fee to get your licence reinstated. Your car insurance premiums skyrocket, if you can find a company willing to insure you. In addition to impaired driving, in Ontario, having a blood alcohol content between .05 and .08 is now considered a “warn range” and results in licence suspension of 72 hours and a monetary penalty of \$150.

A second offense in a five year period results in a 7 day licence suspension, a monetary penalty of \$150, and mandatory participation in the Back on Track Education Workshop. Subsequent offenses within a five year period increase the penalty to a 30 day licence suspension, \$150 monetary penalty, mandatory participation in the Back on Track Treatment Workshop, and an ignition interlock condition for 6 months.

When asked if you have had anything to drink, if you answer no, you are on your way. But if a police officer has a reasonable suspicion that you've had even one drink, you're probably in for an unpleasant experience.

If you convince the officer that you've had only one drink, he might release you. But if the officer decides to investigate further, he may ask you to get into the back seat of a police vehicle. There, you provide a breath sample into a roadside screening device. If you fail, you're off to the police station to provide further breath samples, a process that can consume many hours.

Motorists should plan ahead. If you expect to drink, make alternate travel arrangements. If you're driving and then decide to drink, leave your car where it is and take a taxi or the bus. The best way to avoid serious and costly problems is simple: either don't drink – or don't drive.

**If you need any information on Mental Health or Addiction Services
Call Giyak ~ Moseng -
The Right Path Counselling & Prevention Services @705-753-1375**

Well that's all for now,

Baamaapii, (Until Later)Giminnadan Gagiginoshiwan (It was nice talking to you)

From the Right Path Staff, Lori-Anne, Cheryl, Dr. Brenda, Lisa L, Maxine , Julie, Tyler, Janice, and Zan

Have a Safe and Wonderful Holiday Season!

NIPISSING FIRST NATION

Niwiidooktaadmin **Critical Incident Response Team**

***Nipissing First
Nation Health
Services***

**Giyak Moseng—The
Right Path
Counselling &
Prevention Services
58 Semo Road
Garden Village, ON
P2B 3K2**

**If you are interested or
want more
information please
call:**

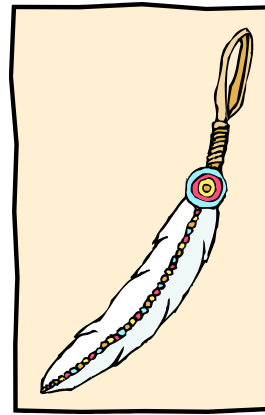
705-753-1375

**Dr. Brenda Restoule
(coordinator)**

Extension 2242 or

Email:

drbrenda@nfn.ca



CURRENTLY RECRUITING MEMBERS

We are looking for interested community members who would be interested in becoming a team member of Niwiidooktaadmin—Critical Response Team. Individuals will become part of an organized team that will be called upon to support other community members during times of critical events.

**Training will be provided for all new members!
*Email or call for an application.***

Ebola

Information on Ebola is being provided by Nipissing First Nation Health Services . Please note that at this time Ebola is not a great concern, but we still need to be aware of what is happening in other parts of the world. Presently the risk of Ebola in Canada is very low, and there are no cases of this disease in Canada to date.

The source of this information can be found on:

healthycanadians.gc.ca/diseases-conditions.../ebola/index-eng.php

About Ebola Virus Disease

The current outbreak of Ebola is in Central and West Africa. There have not been any cases of Ebola in Canada.

The Ebola virus can spread through:

- contact with infected animals
- contact with blood, body fluids or tissues of infected persons
- contact with medical equipment, such as needles, contaminated with infected body fluids
- Exposure can occur in health care settings when staff do not wear appropriate protective equipment, such as masks, gowns and gloves.
- As long as precautions are taken, there is low risk of contracting EVD in a country where the disease is present.

What causes Ebola? How is it spread?

It is not known exactly how humans first become infected with the Ebola virus. Recent evidence suggests that humans may initially get the virus through contact with infected animals. Once a person is infected, the virus can spread through person-to-person contact.

Ebola can be spread through:

- contact with infected animals (bats, monkeys, gorillas, pigs, etc.)
- contact with blood, body fluids or tissues of infected persons
- contact with medical equipment, such as needles, contaminated with infected body fluids
- Exposure can occur in health care settings when staff do not wear appropriate protective equipment, such as masks, gowns and gloves.

What are the symptoms of Ebola?

Symptoms can begin 2 to 21 days after exposure. Initial symptoms include:

- sore throat
- fever
- chills
- headache
- muscle pain and weakness

January

GYM NIGHT

Where: Garden Village Band Office Complex

Days: Mondays & Wednesdays

Date	Ages	Activity
Monday Jan 5	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Pop Up/Dodge Ball Twins Hockey
Wednesday Jan 7	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Bucket Ball, Dr Dodge ball
Monday Jan 12	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Soccer Floor Hockey
Wednesday Jan 14	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Frisbee Ball Goalie Soccer
Monday Jan 19	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Hockey Dodge Ball Capture the Foot Ball
Wednesday Jan 21	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Dodge Ball Steal the Bacon
Monday Jan 26	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Hockey Dodge ball Floor Hockey
Wednesday Jan 28	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Pop up Frisbee Ball

NEW PROGRAM



Drum Fit Program

for ADULTS

Program Begins Thursday January 8

Days: **Thursdays**

Ages: 18+

Time: **6:30-pm - 7:30pm**

Location: **Nbisiing Secondary School**



The Drum Fit Program is a great new fun way to work up a sweat by adding real drum sticks and drumming on AB Balls to music with some aerobic movements together creates full body engagement in each sessions activities.



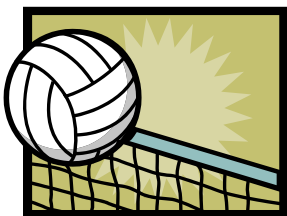
The benefits of Drum Fit include:

- Decrease in stress and anxiety
- Improves hand-eye coordination
- Improves Sleep



Drum Fit is Sponsored by: **Aboriginal Healing & Wellness Program**

To register your child please contact Ashley Couchie at 705-753-6971



Please Note:
The Gym Night Program
Will not be



Running in both Duchesnay and Garden Village
in the month of December.

**Gym Night Program returns:
Monday January 5 at 4:00pm &
Tuesday January 6 at 4:30pm**



January

GYM NIGHT

Where: Duchesnay- Nbisiing S.School

Days: Tuesdays & Thursdays

Date	Ages	Activity
Tuesday Jan 6	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Pop up/Dodge Ball Crab walk Soccer
Thursday Jan 8	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Rounder's /Big Matt Floor Hockey
Tuesday Jan 13	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Bucket Ball Twins Hockey
Thursday Jan 15	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Triangle Tag PACMAN GAME
Tuesday Jan 20	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Pop Up Dr Dodge Ball
Thursday Jan 22	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Rounder's Deer/Smash Mats
Tuesday Jan 27	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Frisbee Dunk Volleyball Baskets
Thursday Jan 29	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Badminton Dodge ball

Arnold May Councillor's Quarterly Report



Wow what a Pow Wow, congrats to the pow wow committee on another successful event. We keep getting bigger and better. Gichi-miigwech. Ahnii, this report covers July, August and September. I do not recall summer, but it certainly appears that Fall has arrived. The little one's are Back in school and it is time to prepare for the winter. Should you have any concerns or questions please do not hesitate to call me at 476-1135 or email arnoldcmay@gmail.com. Liz and I have been busy with our grandchildren and working around the yard.

Our Gichi-Naaknigewin is now in place and the work must begin. Council will be seeking your support as things progress. The Anishinabek Education System and the Governance Agreement are being negotiated by the UOI and will soon be coming your way as well for input.

Portfolios:

Economic Development/Energy Committee.

Union Gas has completed their installation work for Natural Gas to those who have expressed an interest in Duchesnay. If you have any questions regarding this please contact Tom Lambert our EDO. Tom has set up meetings to inform others across our community to have gas installed. We need a specific number to say yes, so that Tom can inform Union gas to begin proceedings. This takes time from start to finish., for example we need 49 people to commit this fall in Yellek to get gas installed by 2017.

You may have already noticed that solar panels are being installed on four roof tops (NBissing High School, Seniors Building in Garden Village, Our New Daycare Centre and the Health Centre). Five of our community members have been trained and will be doing the work with the contractor. Any questions on this please contact Michael Harney at our EDO office.

Activities: (Space is limited, but I will provide details if asked)

- Committee meetings (Lands Issues, EDO, Policies, Cultural and Finance, Community Fisheries meetings).
- Attended First Nation Finance Authority AGM in Kelowna BC as we are now a borrowing member of this group.
- Attended as proxy for our Chief the AFBN Assembly in Halifax.
- Attended UOI Lifetime Achievement Awards in Sudbury.
- Presented our Gichi Naaknigewin to Curve Lake on Sept. 15th.
- Finance and Audit Committee has just been formed by Council, I have been appointed to sit on this committee along with two other Councillors. There will be a posting for two members to sit on this committee (one off reserve locally and one on reserve). If you have any questions regarding this committee please feel free to ask and watch for the posting.

Baa Maa Pii
Arnold



From the Education Office

Now that the new school year is about to start the Education Office would like to remind parents/guardians of a few simple things that can contribute to making School a positive experience for all students.

Good **VISION** is very important! Did you know that 1 in every 6 children has a vision concern that needs some attention?!

80% of learning takes place through your child's eyes!

Have you had your child's vision checked recently? It is recommended that **all** children have their vision checked every year – starting at two and a half years! These eye exams are covered by FNIHB for status members (and OHIP for everyone else) up to the age of 20 years.

A few signs of concern: squinting, tilting head, tendency to avoid close work – such as pencil and paper work, frequently losing their place while reading, headaches, nausea, dizziness, one eye turned in or out, sitting very close to the T.V., clumsiness or frequent rubbing of eyes.

Children younger than about nine years don't really know what *normal* vision is like. They usually think that they see things the way everyone does. Only an Optometrist can accurately determine how well a person sees. If you require more information please contact your Optometrist or the Lawrence Commanda Health Center.

For Junior Kindergarten children the Schools will check speech and language development. If it is recommended that your child requires follow up such as a hearing assessment or an appointment with a Speech –Language Pathologist it is important to get this done as soon as possible so your child is ready to learn at school.

Regular **ATTENDANCE** is also very important. This applies to all students - from Junior Kindergarten to the post secondary level and on to the world of work!

Helping your children to develop good attendance patterns will be a lifelong lesson. We all have days when we would rather stay at home (and if we are sick we should stay at home!) however we all have responsibilities in life – and a student's responsibility is going to school!

If your child is continually complaining of tummy aches or other problems that affect regular attendance at school, it is very important to talk with the child and try to figure out what is really going on. Perhaps a thorough medical examination to determine if there really is a medical problem that needs attention (allergies, headaches, vision etc) would be helpful.

If your child is complaining of feeling sick regularly it could be related to stress or anxiety. In this situation it is important to talk with the classroom teacher. Don't ignore your child's "complaints", however do make sure to get ALL the information.

The Education Department wishes all of our students, from those just entering the school system at Junior Kindergarten – to our post secondary students working on graduate degrees and all students in between, every success in this new school year! Please don't hesitate to contact us if we may be of assistance to you!!

The Education Staff
Nipissing First Nation

Cultural Arts



Facilitators:

Dan Commanda in Duchesnay; and
Brenda Lee in Garden Village

Bring your ideas, learn how to make a pattern and a portfolio.

DOES NOT HAVE TO BE REGALIA

Please register by contacting:

Glenna Beaucage: glennab@nfn.ca
705-753-2050 x1232

**POT LUCK
LUNCH**

GARDEN VILLAGE:

Oct 4 & 5

Sat 10am-2:30

Sun 12-4:30pm

NFN Culture Center

NIPISSING FIRST NATION

FULL MOON CEREMONY



THE FULL MOON CEREMONY IS AN
OPPORTUNITY FOR WOMEN TO COME
TOGETHER TO CELEBRATE, ACKNOWLEDGE AND
GIVE THANKS FOR THE UNIQUE AND SACRED
GIFTS OF EACH MOON IN CREATION.

WE DO NOT GATHER TO PRAY TO THE MOON,
BUT TO THE CREATOR, TO GIVE DUE
GRATITUDE FOR THE GIFTS OF OUR MOTHER,
THE EARTH

SUNDAY OCTOBER 7TH

Conductor: Virginia Goulaïs

Fire keeper: Cody Larivière

NFN Culture Center - GV

8:00 PM

*Men are welcome to assist and tend to
the fire.*

Contact *Evelynm@nfn.ca* 705-753-2050 x1261

NFN POW WOW 2014



The first thing we want to do is say Miigwech to our Creator for protection from the heavy rains what were forecast to fall on us that weekend. It rained in the surrounding areas, but only a little, at our site. It was a difficult process this year, with the passing of some of our people before the pow wow. We had our grieving families in our hearts.



Our pow wow was successful in many ways. Here are some:

- Our loyal volunteers, our new volunteers
- Our NFN corporate donors, and from our local outlying communities
- Our people who generously gave fish and wild game to keep our feast traditional: Randy Beaudette, Jon Beaudette, Rick Stevens, Brian Stevens, Peter G. Commanda, Chris Commanda, Dylan Commanda, Bruce Commanda, Alex Commanda, Robert Beaudette.
- Our many cooks and our vendors
- Our dancers and drummers. Without them, there would be no pow wow
- Lawrence Commanda Health Center for shuttle and first aid
- Donors of gifts for the giveaway, donors of food for the feast
- Our NFN Head Dancers: Steve Teekens and Suzanne Campeau, Brent Couchie and Summer Fisher, Talon Beaucage and Destiny Beaucage.
- Our elders: Evelyn McLeod and George Couchie
- Our Wonderful entertaining and knowledgeable M/C, Bob Goulais,
- Our Head Fire Keeper: Dan Pilon
- Our very knowledgeable and experienced Arena Director, Robert Stoneypoint
- Our Sound System Operator, Dave Minor
- Our Host Drum: Whitetail Cree, and our very own Co-host Drum: Little Iron
- Our NFN eagle staff carrier, Peter Beaucage, and all of our visiting flags from Dokis, NBIFC, Nbisling Secondary, APS, North Bay Police, Veterans, Canadian and American Flags.
- Our Head Veteran, Philip Moore
- For Jane Commanda who came on board to help us.
- Our feast coordinators: Jennifer Beaucage and Samantha Fryer
- Our vendor coordinator: Marie Stevens (Doreen Bellaire's sister)
- Our parking coordinator: April Shabogesic
- Our Treasurer, Samantha West
- Our NFN Community sponsorship
- Canadian Heritage Sponsorship
- To all the people who attended, and made our annual gathering an experience to remember

Gchi Miigwech to our Pow wow organizer Tory Fisher, who did a remarkable and highly organized job of pulling this all together for us

Until next year.....

Your culture & pow wow committee:

Chair: Chief Mariana Couchie and members: Peter Beaucage, Marie Stevens, Dan Commanda, Blair Beaucage, Alice McLeod, Karl Derrah, and Ken Dokis

Aahaw.....Glenna Beaucage, Culture & Heritage Manager

****Y'ALL DID FANTASTIC!!!****



Gchi- Miigwech Giizhgak ***Day***



Thanksgiving

Gchi-miigwech Zhemnidoo

Kina gegoo

Gaa-miizhang

Mina kina nji-

Maamwi wiisniyang

Gchi-wiisning Feast:

Ge miijyang

Mzise turkey

Ptakan potatoes

Kaadaakoon carrots

Panjigan gravy

Pkwezhgan bread

Doodooshmide butter

Kosmaan debate pumpkin pie

Ngoding dash gyat gaa zhi- wiisning

What was eaten in the past:

wewe Canada goose

bgwaji mnomin wild rice

amik beaver

Zhiishiip duck



Weekly Anishnaabemwin Classes

Now in session:

Aandi Pii (when):

AABTAAWSE – Half Way - Wednesday

Ngodwaaso-dibagane (6:00) to **Zhaanso – dibagane** (9:00)

Aandi Maa (where):

Wenjishid Zhemnidoo Namewo Gaamig wedi Ktigaaning – Holy Spirit Church
IN Garden Village

Minwa Nbisiing Secondary **Kinoomaage** – and at Nbisiing Secondary School

Anishnaabemwin Transcriptions

NFN Culture & Heritage Dept is in need to have some anishnaabemwin transcriptions done. We have some anishnaabemwin audio recordings that need to be transcribed into both anishnaabemwin minwa zhaaganaashemwin. These will be small pay for fee contract(s). A time frame will be expected to complete the work. Please submit a letter stating your qualifications to understand and write anishnaabemwin, and to also transcribe to zhaaganaashemwin to:

Glenna Beaucage

Culture & Heritage Manager

Nipissing First Nation

36 Semo Road

Garden Village, Ont P2B 3K2

Please mark on the envelope: “ANISHNAABEMWIN TRANSCRIPTIONS”

Deadline for applications: October 16th, @ 4:30pm



FALL HARVESTING

From the Gifts of Mother Earth

TRADITIONAL TEACHINGS

As it is the season to prepare for fall and winter sustenance, we will share part of a teaching shared with us by elder Peter Beaucage at our library in June 2014, regarding the sustainable and respectful harvest of our animals, birds and fish: “creator was able to communicate with creation. Creator created creation. Created all that there is. He called upon all animals of creation and said that a being will arrive and they should be ready. He will be so poor, he will arrive with nothing. He will be 2 legged. The animals wondered who this being would be. Creator told the animals, fish, birds.. that each one would be responsible to help this being, as he will come with nothing. They would have to feed, clothe and provide life to the new being. They all dispersed and awaited arrival of the new being. We all originate from weniboozhoo, anishnaabe. To this day. The animals have never forgotten their responsibilities. They continue to clothe us and feed us. But we have lost our trail and teachings of who we are. We need to turn back to our teachings. Creation still has their original teachings. We, anishnaabe need to turn back to the original of where we came from.”

Peter also shared with us, “When I was doing the opening at the water summit, I gave a teaching about where we are as a people and how we can return to our original teachings as human beings. Sometimes it is difficult as human beings to let go the pursuit of wealth. Talking about greed and wealth and healthy communities, how do we achieve that? Reverse the teachings that have been embedded in our families and become healthy families and community. Another elder said “when we hunt, we leave the bell from the animal there, and leave semaa for the spirit of the life that was taken.” Peter also reminds us that we need to help creation so that future generations can also enjoy it. “ Sometimes it feels like we are in a race with something. We need to educate people about mno bimaadziwin. To respect ourselves, others, and creation.”

The sustainable harvesting of plants and medicines is just as important. There are common protocols to follow when borrowing gifts from our mother, the earth. As more and more plants become endangered from land development and over harvesting, the loss of medicines becomes a grave concern ourselves and our future. When we must harvest plants for medicines, we offer semaa, thanksgiving and petition for what the medicine is needed for, and again, we don’t take more than what is needed. An elder spoke to us about this. She said, “once the plants start disappearing, it means we aren’t offering our semaa for these gifts and we may be taking more than we need.

We harvest in different locations to give each site time to replenish. We can try to transplant medicines when land development is planned. We need to pray for and protect the water that provides life for the plants, the animals and all beings.

Creator created abundance. Our responsibility is to ensure that we, too, protect these gifts to ensure availability for the next seven generations.



KWEWAG DEWEGEWAG

Aandi Pii (When):

TUESDAY OCTOBER 28th

Aandi Maa (Where):

NFN Culture Center in Ktigaaning GV

Bring your drum or shaker

If you do not yet have a drum or shaker, please feel
welcome to come and learn the songs

We welcome Virginia Goulais as our lead
evelynm@nfn.ca 705-753-2050 x1261

News From the Library

**New Items and resources
in the Library:**

Library Cards

Books

Magazines

Movies

Games



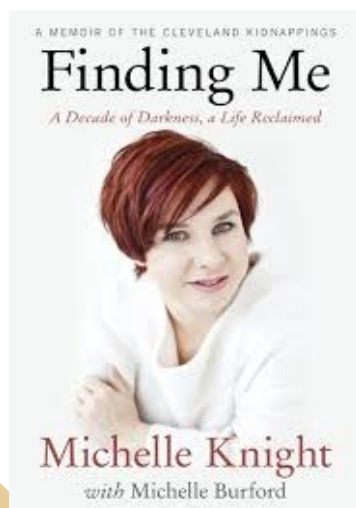
**For the first time
ever, we have
Library cards.
Come and sign
up for your new
card. First Card
is free!!!**



BookMyne

**An innovative iPhone &
Android app to search your
catalogue, place holds and view
account information**

**Download the App for Free
Connect to NFN Library**



Feature of the Month

Michelle was a young single mother when she was kidnapped by a local school bus driver named Ariel Castro. For more than a decade afterward, she endured unimaginable torture at the hand of her abductor. In 2003 Amanda Berry joined her in captivity, followed by Gina DeJesus in 2004. Their escape on May 6, 2013, made headlines around the world

Halloween

Video Dance

Popcorn

Prizes

Friday October 24th
6:30 - 11 pm
Band Office

Door Prize

Costume Contest

Pizza

Hot Dogs

Pop

Food

Music

Water & Juice

Parent Costume Contest

Candy

Games

PLEASE REMEMBER TO BRING A FOOD
DONATION FOR OUR FOOD BANK

Children MUST be accompanied by an Adult

For more information call

Christina Beaucage 753-6997

Natalie Olsen 753-2691

Liz Stevens 753-3312





Snack

Thanksgiving Crafts

Contact: Christina @ 153-6997

When: Wednesday, Oct. 8

Where: NFN Library

Time: 6 p.m.

Ages: all are welcome! Children must be accompanied by an adult



Snack

Happy Halloween Crafts

Contact: Christina @ 153-6997

When: Wednesday, Oct. 15

Where: NFN Library

Time: 6 p.m.

Ages: All ages welcome! Children must be accompanied by an adult



Native Child Welfare & OW Employment Assistance

DATE: TUESDAY, OCTOBER 14

TIME: 6:30- 8:00PM

LOCATION: CHURCH BASEMENT

Come join us for some new and easy tips in preparing healthy lunches & snacks for the school year! We will also be making snacks recipes to take home!

Refreshments & Snacks provided

All participants will receive a FREE new lunch bag, that includes a water bottle and ice packs.

Spacing limited to 15 people.

To register please contact Lisa Vega 753-6972 or email lisav@nfn.ca

BY: October 9th at 4:30pm

Healthy Lunches/ Snacks Session

NFN FOOD BANK WISHES YOU A VERY



Please remember that the Food Bank is closed
Thanksgiving Day on Monday, October 13th

We will be open Tuesday, October 14th 830am-12pm

Our regular hours are Mondays 1pm-4:30pm and Fridays 8:30am-12pm

Any questions please don't hesitate to call

Lisa Vega @ 705-753-6972 or email lisav@nfn.ca



AFTER SCHOOL KIDS SOCIAL

A program for working families who need the extra time, support and reassurance that their children are safe after school. We will provide a safe and healthy environment to socialize in while waiting for parents to get home. Healthy snacks will be provided.

Activities will include:

- * Crafts
- * Board Games
- * Movies
- * Story telling
- * Sharing circle
- * Smudging
- * Teachings
- * Homework

Program will start Thursday, October 9th, and will run every Thursday from 3:30pm to 6:00pm @ the Library

For more information or to register contact Lisa Vega.

Telephone: 753-6972

Email: lisav@nfn.ca

Employment & Training



Dear Geraldeana and Brenda,

At this time I wish to express my gratitude to you and your team at the Employment & Training Centre. I came to you in the hope of getting assistance to further my education and to pursue my career goal.

Not only did you provide me with a sponsorship but you and your team were very helpful and guided me through the steps I needed to make to get closer to my dream of being a plumber by trade. After a complete year in Ottawa at Cité Collégiale, I successfully completed the level 1 of plumbing (Technique de plomberie) and received my diploma. In the Fall, I will be returning for the second level.

I am now employed as an apprentice with “Great City Mechanical” of Sudbury. I am getting hands on experience and getting closer to completing my certification.

Geraldeana and Brenda, to you and your team...Thanks a million!!

Brandon Larivière



Woman's Wellness Workshops

Garden Village
9:00 am to 3:00 pm

Wednesday October 01, 2014

- Introduction, Spirituality
- Life Line Teaching

Friday October 3, 2014

- Abuse, Self Esteem
- Healthy Relationships'

Wednesday October 8, 2014

- Emotional Repair (Fear, Frustration, Loneliness, Anxiety)

Friday October 10, 2014

- Emotional Repair (Depression, Jealousy, Anger)

Wednesday October 15, 2014

- Forgiveness
- Life Line Teaching / Presentation

Friday October 17, 2014

- Communication
- Conflict Resolution
- Stress management

Wednesday October 22, 2014

- Co-dependency
- Boundaries

Friday October 24, 2014

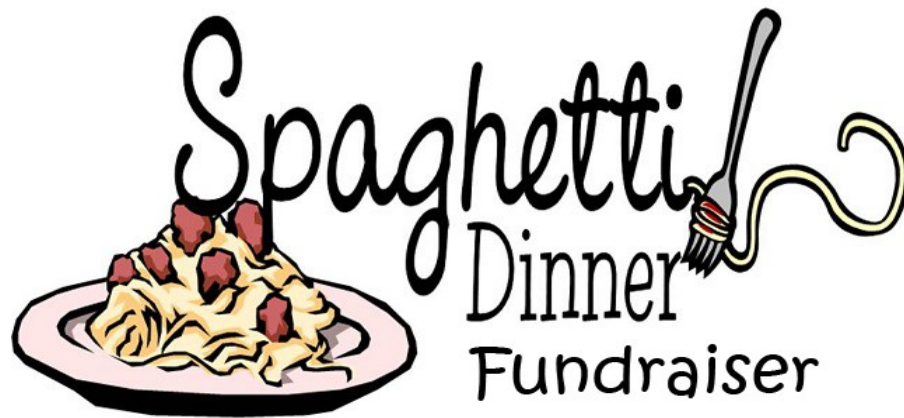
- Lateral Violence / Wrap-up

Sponsored By:

Nipissing First Nation

- *Employment and Training Unit*
- *Ontario Works Department*





For Mary Beaucage

Mary Beaucage is one of my dearest first cousins on our mother's side. Mary is the daughter of Linda Gloria Goulais and Jerry Goulais, affectionately known as Jerry Bug. Mary is awaiting a kidney transplant. When this happens, it involves having to relocate to Toronto for anywhere from 3 weeks to 3 months, depending on how Mary recovers. Mary is a huge proponent of organ donation and as it turns out one of our other first cousins, has been undergoing testing to see if she could be a match to donate one of her kidneys to Mary. When this occurs (fingers crossed), it will involve the living donor and escort and Mary and her main support person to relocate to Toronto for anywhere from 1 week to 3 months. Their expenses will be covered by NIHB. BUT, there is no funding for any other family members to be in Toronto when surgeries are scheduled. This is what this fundraiser is for...to help other family members to be there during this critical time. You can help by attending the fundraiser and/ or by making a donation whatever that may be. If you would like more information, please inbox me on Facebook or give me a call. Any help you can provide is greatly appreciated.

Sue Commanda

The Date: Saturday, October 25th

The Place: Nbisiing Secondary School, Duchesnay Community, Nipissing First Nation

The Time: Doors open at 4 pm and dinner starts at 5 pm and we go until 7pm.

The Price: Tickets for dinner are \$10.00 and we only have 200 spots, so get your tickets quick!

The Fun: 50/50 draw, raffle draws, and penny sale.

Contact Sue Commanda via email at sue_urk@hotmail.com
or by phone at (w) 705 753-3312 ext 2233
or (h) 705 478-8433 for your tickets today!
Before they are all gone!



NFN Fire Prevention Week BBQ

**Monday, October 6th
5:30pm at GV Fire Hall**

To receive a free Hot Dog or Hamburger all you will need to do is submit a floor plan of your house. The forms will be provided to you.

Please come out and meet our volunteer fire fighters.

Miigwech and hope to see you there.



NFN Fire Prevention Week BBQ

Wednesday, October 8th

**5:30pm at Duchesnay Fire Hall at 73 Couchie
Industrial Road**

To receive a free Hot Dog or Hamburger all you will need to do is submit a floor plan of your house. The paper will be provided for you to draw your layout.

Please come out and meet our volunteer fire fighters from Garden Village and sign up to join this new Fire Department Miigwech and hope to see you there.





COMMUNITY LIAISON

October Newsletter

Love ‘em and Leash ‘em

Even though a dog may be friendly and mean no harm, if it rushes up to people it may in its excitement knock over children, disabled or elderly persons and frighten non-dog owners who aren't accustomed to dogs. It's not okay to shout out "it's ok, he's friendly" while the dog runs ahead. **Dogs must be on a leash and their poop scooped for the health and safety of pets, people and wildlife**

Dogs constantly barking

Dogs who are constantly barking can be avoided if the dog has enough food and water during the day with proper shelter and human contact. **If the dog constantly barks the owner of the dog will be fined or if you are watching a dog for a friend/family member you can also be fined for permitting the dog to cause a disturbance.**

All owners who are seen not having their dog on a leash while walking it will result in a \$30 fine for letting their dog run at large.

North Bay and District Humane Society now offers a spay and neuter service!!!

Note: All animals must be within a certain age range (Cats – 5 months to 8 years) (Dogs – 5 months to 5 years) and be in good physical condition, including being an appropriate weight for our program.

(Neuter = male, Spay = female)

Make a Booking: Call 705-478-8233

Note: Any animal that does not meet the outlined parameters may be declined surgery.

Cat Neuter. \$75

Cat Spay. \$125

Dog Neuter under 50 lbs. \$125

Dog Neuter over 50 lbs. \$150

Dog Spay under 50 lbs. \$200

Dog Spay over 50 lbs. \$250



RECYCLING



Fall Waste Collection!

Below are a few things to remember when it comes to placing garbage on the curb:

- Please ensure that garbage is placed on the curb no later than 7:30am the day of collection; and no earlier than the evening before collection is scheduled.
- Ensure that your garbage is placed in a secure container to avoid animals or other pests from getting into the garbage. If the bag is torn and the garbage is spread around, the Collection crew may leave the garbage behind for safety reasons.
- Leaf and Yard waste as well as Animal and Fish waste will not be collected curbside but can be brought to the landfill for proper disposal during the regular hours of Saturday—Tuesday, 9am—5pm (with the exception of holiday closures that may fall on Mondays) Remember to check your magnetic calendar for dates.

Chi-Miigwech in advance for your Cooperation.

This month's Recycling Pick-up Dates:

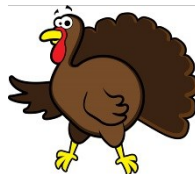
Monday October 6th

Monday October 20th

Holiday Reminder Thanksgiving:

Garbage Pick-up moved to Tuesday October 14th

Landfill Closed Monday October 13th open the 14th



Need more info? Need a copy of the calendar? Questions? Contact Samantha Fryer at 705-753-2050 or samanthaf@nfn.ca



Tote Bins for Sale

We now have a smaller version of our Toter Bins available for Purchase. These new bins are hot stamped on both sides with the Nipissing First Nation Logo. They are light weight and half the size of the regular bins. Both types are equipped with strong plastic, wheels and a handle which makes moving and collection easy and quick. If you would like to purchase one of the bins that we have available for sale at public works and if obtaining them is an issue contact Samantha Fryer at 705-753-2050 or samanthaf@nfn.ca and arrangements for delivery can be made once payment has been received at the Finance office. Payment can be made via cash, debit or credit.

Public Works can Deliver on Nipissing First Nation!



96 Gallon Toter Cart



Photos courtesy of toter.com



48 Gallon Toter Cart Enlarged to show details

Toter Cart info:

- 96 Gallons (6-8 Full Garbage Bags)
- 48 Gallons (3-4 Full Garbage Bags)
- Made of heavy duty Plastic
- Wheels, Locking Mechanism
- Makes storage, transportation, and pick up easy

CALL Samantha Fryer
FOR MORE INFO AT:

(705) 753-2050

96 Gallon - \$79.13

NEW 48 Gallon - \$60.20



NFN NATURAL RESOURCE DEPARTMENT

The cold nights and warm days have begun, the Moose are in rut and our many hunters have already begun or are getting ready to begin the hunting season. With that said, the Natural Resource Department is requesting that our hunters voluntarily report their catch/harvests to us, so we can start to determine how much moose/deer our community needs for their own use. We want to know what moose/deer, sex (cow/calf/bull etc.) and where it was harvested on or off reserve.

The amount of guests hunting on our lands with permits and many without is growing, as are the requests for Inter-treaty harvesting. Our priority is the sustainability of the moose/deer populations for our own members, then permits to hunt on reserve lands and inter treaty harvesting for off reserve lands.

HUNTING POLICY

The hunting policy was established to conserve and protect the hunting resources on NFN lands, and to ensure this resource will be here for future generations. Here are some points in the policy.

- regulates who and how guests hunt on NFN land
- ensures registered guests have all required licenses and tags set by the province of Ontario
- minimize the negative effects of willful overharvesting by guests

INTER-TREATY HARVEST PERMISSION POLICY

This policy outlines how permission is requested, reviewed by NFN, and how guests are allowed to harvest. This policy also ensures that NFN's conservation measures/goals are met. Here are a few points in this policy:

- Regulates who and how Inter treaty guests hunt or fish within NFNs traditional harvesting territory on crown lands
- First nation members from other treaty areas must request inter treaty harvest permission
- The request must include a clear description of area (include map), species they wish to harvest, and detailed timeliness
- If approved, a letter from the Chief must be carried by the individuals at all times

These policies will be monitored by NFN natural resource staff and/or Anishnabek Police service to ensure these policies are being adhered to and for inter-treaty the Ontario Ministry of Natural resources will deal with any non – compliance. Copies of these policies, permits or questions can all be requested at the Natural resource Department located at 17 Philip Ave. in Garden Village or call 705-753-2050.




Hunting Safely and Safe Handling of Firearms

Here are a few basic hunting safety tips we should all follow this hunting season.

- Always assume that a firearm is loaded.
- Control the muzzle direction at all times. Never point the muzzle of a firearm at any person or anything you do not intend to be a target.
- Use the safety on your firearm and keep your finger off the trigger until you are sure of your target.
- Always be sure of your target and what's beyond your target.
- When done with a firearm make sure that it is unloaded and check the chamber and magazine to ensure that the firearm is unloaded.
- When a firearm is not in use it must be unloaded and either locked up in a gun cabinet or have a trigger guard or other locking device to ensure the firearm cannot be fired.
- Consider taking an approved Canadian Firearms Safety Course.

These are just a few tips on safe handling of a firearm. Keep in mind that if you are hunting with a person who is inexperienced proper supervision is a must to ensure that this person is handling any firearm safely.

Remember that once a firearm is shot the bullet or projectile can't be stopped!



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Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.

Artwork & Jewelry by First Nations Artists

PENDLETON PRODUCTS in stock * Yellow Hominy Corn / Wild Rice

Please call ahead for store hours.

Cash * Debit * Visa

October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Every Wednesday is Anishinaabemewin Language			1 Good Food Box order due	2	3	4 Arts in Garden Village
5 Arts in Garden Village	6 BBQ - Garden Village Let's Face This	7 Council Meeting	8 Diners Lunch Crafts BBQ - Duchesnay	9	10	11
12	13 OFFICES CLOSED	14 Healthy Lunches	15 Good Food pick up Crafts	16	17	18 Arts in Duchesnay
19 Arts in Duchesnay Family Visitation Center meeting	20	21 Council Meeting	22	23	24 Video Dance	25 Fundraiser
26	27 1 st Aid CPR	28 Women Drum	29 Glo Walk	30	31	