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Get the newsletter by email

Sign up with genc@nfn.ca

New website coming soon!

Watch for details in the April newsletter



Monday,
March 11th
Nipissing Day

Council Meetings

Tuesday, March 5th
7pm - Garden Village

Tuesday, March 19th
7pm - Duchesnay

Submit agenda items by 4pm on the Thursday prior to the Council meeting to:
Freda Martel, Director of Administration, at fredam@nfn.ca.

TV Series 'Cardinal' returns to NFN

Parts of season 4 filmed in Garden Village

Scenes for the fourth and final season of the highly successful television series *Cardinal* were filmed in Garden Village on February 5th and 11th. Scenes for season three were filmed in Jocko Point and Duchesnay in October 2017.

Season three is currently airing on CTV on Thursdays at 9 p.m. EST, meanwhile season two is in the running for 14 awards from the Canadian Screen Awards, including Best Limited Series, Best Lead Actor in a Drama Program or Limited Series for Billy Campbell and Best Lead Actress in a Drama Program or Limited Series for Karine Vanasse. Other nominations include best direction, writing, photography, supporting actor and more.

Supporting Local Businesses & Community Members

One of the best things about working with a production crew like the one from *Cardinal* is helping to meet their sincere desire to involve the community and have a positive impact while they're here filming. This was evident in many ways, including the opportunity to hire members to work with the crew, as well as to engage local businesses and suppliers for the provision of goods and services for the crew of over 100 people.

For example, 10 band members were hired to assist the crew in various ways ranging from ice surveying to traffic control to catering. A staff member at Tim's Convenience made such an impression that he will appear in the show, and a 12-year old community member with an avid interest in the film and TV industry was given an opportunity to shadow the crew for the day and see how things work behind the scenes.

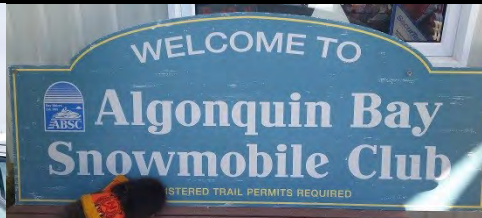
While the real value is the experience and the national exposure for NFN through the show, the production invested close to \$10,000 during two days of filming at NFN on wages for the band members who were called in through our Relief Workers list to assist, and for services provided by band member-owned businesses. An additional \$6,000 in band revenue was generated through room rentals and services rendered by our Public Works department, including a donation of \$1,000 to help offset the Communications Officer's time in working with the crew to coordinate filming, workers and local services.

A Growing Industry & Opportunity

Film and television is a growing industry in northern Ontario, in large part due to the grants and subsidies that are provided by the Northern Ontario Heritage Fund Corporation to entice productions to film in the north. Although filming creates temporary disruptions such as increased traffic and temporary closures, the positive economic, public relations and learning opportunities outweigh any minor inconveniences. If you have any questions, concerns or suggestions related to filming on NFN, contact Gen Couchie at genc@nfn.ca.

Please see the next page a few snapshots from *Cardinal's* time at NFN

UPDATES



Lead Actress Karinne Vanasse with Mike McColman, who worked traffic control for the crew.

Lead Actor Billy Campbell with Gen Couchie, Communications Officer who helped to coordinate filming at NFN.

Caterer Carla Lewis with Toby McLeod, Boris (location manager) and Gen Couchie.



Request for Proposals Shuttle Service Provider

NFN plans to provide a shuttle service on behalf of the MTO in the City of North Bay from the Oak Street Bus Terminal to Couchie Memorial Drive.

We are seeking qualified NFN members to submit a quote to provide these shuttle services no later than **Friday, March 15th** at 12:00pm (noon) to: Michael Harney, Economic Development Manager 36 Semo Rd, Garden Village P2B 3K2 | michaelh@nfn.ca

Please visit www.nfn.ca to view the RFP, which details service requirements.



Little NHL March 11-15



Road Closure at Duchesnay Creek Bridge Highway 17B closed until further notice at bridge crossing

On January 29th, the Ministry of Transportation Ontario (MTO) advised Highway 17B at the Duchesnay Creek Bridge crossing was closed effective immediately and until further notice.

The closure is due to safety concerns that were revealed through the bridge inspection work that was completed from January 8th to 11th. Public safety is the top priority and the bridge will remain closed until it is replaced. A short detour is available via Highway 17.

Work on the bridge replacement is expected to begin this spring, and could take up to two years to complete. NFN is currently in discussions with the MTO to pursue a joint venture with Miller to proceed with project and create meaningful employment and training opportunities for our members.

Shuttle Service for Couchie Memorial Drive Bus Stop

Service at the North Bay Transit bus stop on Couchie Memorial Drive is impacted by the road closure. The MTO is providing shuttle services to and from this bus stop during the closure, and the details are as follows:

- The service will be provided from 6:00 am until 12:00 am (midnight) every day;
- The first pick-up each day will be at the Couchie Memorial Drive bus stop at 6:00 am and service will be *every hour on the hour* (i.e. 6:00am, 7:00am, 8:00am, etc.) with the final stop being at the Couchie Memorial Drive bus stop at 12:00am (midnight).
- Pick-ups at the Oak Street Bus Terminal will be *every hour on the half hour* (i.e. 6:30am, 7:30am, 8:30am, etc.) with the last pick up being at 11:30pm.
- The shuttle route will be via Highway 17, Gormanville Road, Main Street, Algonquin Avenue and Oak Street to the bus terminal (Bay 1).
- The shuttle vehicle will be a clearly marked minivan or bus.
- The contact number for the shuttle service is **705-840-6453**

The shuttle service is currently being provided by Alouette Bus Lines, however NFN has posted a Request for Proposal (RFP) to our website to secure a local member/business to provide these shuttle services. See the sidebar on the left for a summary of the RFP and visit www.nfn.ca for more details.

Go Nipissing Warriors Go !

We wish all of our young *Nipissing Warriors* hockey teams great fun, camaraderie and success at Little NHL, which is taking place from March 11-15 in Mississauga.

We are looking forward to learning from this year's hosts to help us prepare for our turn hosting in 2020. Our planning committees are ramping up and include Communications, Design, Fundraising, Vendors, Special Events, and Opening Ceremonies.

If you are interested in getting involved with planning and/or volunteering to assist with hosting activities during next year's tournament, please contact: Freda Martel, Director of Administration at 705-753-2050 ext. 1223 or fredam@nfn.ca.

Bill S-3 Community Consultations

February 27 in Garden Village & February 28 in Duchesnay

By the time you read this, these consultations may be over, but the purpose for arranging these meetings will still be very important for the membership to remain aware of.

Bill S-3 affects our membership, our future generations and citizenship within NFN. It means that not all of our children/grandchildren will be entitled for status under these new changes to Bill S-3. This includes children/grandchildren of members who never lost status, were affected by the second-generation cut-off, adopted, categories in Indian registration, those who enfranchised, etc. It could also result in up to 200 people regaining status and being added to the NFN membership roll.

Our Lands & Membership Office is seeking your input in completing an important survey in order to initiate contact with persons affected by this new legislation. Surveys will be available on an ongoing basis to help our Lands and Membership Office with contacting those who are affected by Bill S-3.

If you have any questions or concerns, please call the Membership Office at 705-753-2922.

Duchesnay Daycare & Community Hall

Project on track for July 2019 completion

The construction of the new daycare and community hall in Duchesnay is progressing well. The project is on schedule to be completed this July, and the crew was framing walls at the end of February. For more information, please contact Bruce McLeod, Special Projects Manager, at 705-753-2050 ext. 1326 or brucem@nfn.ca.



Commercial Space for Lease

Bineshii Small Business Centre

Two 1,025 ft² units are available for lease in the new Bineshii Small Business Centre, with the option to combine them into one 2,050 ft² unit. Lease rates are \$15.50 ft² (or \$1,323.96/mth) on a 5 year lease. Incubator rates are available for eligible tenants.

For more information or to arrange a viewing, please contact Michael Harney at 705-753-2050 ext. 1264 or michaelh@nfn.ca. Non band members welcome.

What is Bill S-3?

Bill S-3 is an Act to amend the *Indian Act* to address sex-based registration provisions, and to fix the cousins and siblings issues. The bill amends the *Indian Act* to comply with the *Descheneaux* decision, which found that certain provisions of the *Indian Act* relating to status violated the equality provisions of the *Canadian Charter of Rights and Freedoms* on the basis of sex.

What Changed?

The bill sets out to resolve four issues that have historically restricted individuals from attaining status:

- ◆ Unknown/unstated parentage;
- ◆ Omitted minor children (children who lost status when their mother married a non-status man);
- ◆ The cousins issues (differential treatment among first cousins whose status depends on the sex of their grandparent); and
- ◆ The siblings issue (females born out of wedlock between 1951-1985 who were denied status)

These individuals can now apply for and successfully receive status.



Highlights from the Chief's Calendar

February 26 & 27: National Fisheries meeting in Ottawa

March 4-6: Anishinabek Nation Governance Gathering in Sault Ste Marie

March 10: Boundary Claim Trust Board meeting in Toronto

March 11-14: Little NHL in Mississauga

March 14: Provincial Ringuette Tournament in North Bay (greetings on behalf of NFN)

March 20: Meeting with various ministries re: cannabis & FNs

Video Updates

Watch Chief McLeod's new video update series on our YouTube channel: **Feb 2019**

and on Facebook: **Ogiima Zoongawbwi Chief Scott McLeod**



Council Connection

Keeping Our Community Informed about Key Issues

Cannabis: Members of Council and Senior Administration have attended several think tanks and meetings related to the legalization of cannabis in recent months.

On February 21st, Chief McLeod was in Ottawa to meet with the Prime Minister's office on behalf of NFN and the Anishinabek Nation to discuss First Nation jurisdiction on cannabis. Chief McLeod made it clear to the federal government that First Nations have the inherent right to self-government and to control our own economies, and the federal government is willing to work with us on jurisdiction.

We are currently working with our lawyer to finalize our Cannabis Law and expect it will be ready to present to the community for review in March. However, it's clear that one of the main challenges hinges on access to a legal supply of product to avoid unsafe products from grey and black markets being sold on NFN lands.

We need to be certain that any cannabis products that are sold in stores licensed by NFN are legal and can be traced back to a legal supply source through an audit trail. The health and safety of our community members has - and will continue to be - the first priority as we move forward with our Cannabis Law and ensuring that we have the tools to enforce it.

Robinson Huron Treaty Annuities Case: Phase one of the court case is now complete with a favourable decision for First Nation communities announced on December 21, 2018. The federal government decided not to appeal Justice Hennessy's decision, while Ontario has reserved its right to appeal the decision. However, all parties are still preparing for negotiations to settle the case. We will provide updates as they become available.

COMMITTEE MEMBERS STILL NEEDED



YOUR VOICE MATTERS



Anishinaabemwin
Culture & Pow Wow
Economic Development

Housing & Planning
Lands & Bylaw
Natural Resources

For more information, or to express interest in joining a committee, please contact: Freda Martel, Director of Administration, at (705) 705-753-2050 ext. 1223 or fredam@nfn.ca

Spring Moratorium Begins April 1st

Our most important tool to protect spawning fish

The spring moratorium is the most important management tool we have to protect the spawning fish and ensure the long-term health and sustainability of Lake Nipissing and our fishery.

Our philosophy for managing impacts on the walleye population is that if we protect the spawning fish, we protect the lake... and our future. This starts with a successful spring moratorium.

The annual gillnet moratorium is in effect from April 1st - May 18th (dates subject to amendment by Council). The temporary moratorium on the cultural practice of spear fishing remains in effect to boost the success rate of the spawn.

From the NFN commercial fishers who depend on a plentiful supply of walleye to the occasional angler who is happy to bring home a small catch for the day, **we all need to do our part** to ensure that we can enjoy the resource that Lake Nipissing provides for us. **Miigwech to all community members who follow the NFN Fisheries Law.**

NFN Fisheries Law Enforcement

Our Natural Resources Enforcement staff will be conducting land patrols until the ice is off the lake, then will be out patrolling the lake daily. If they approach you, they are just doing routine inspections to ensure that no netting or spearing is taking place.

If you see suspicious activity, please contact the Natural Resources Department office:

- During regular office hours (8:30am - 4:30pm Monday to Friday), call **705-753-2050**: Jeff @ ext. 1325, Clayton @ ext. 1236 or Tyler @ ext. 1224.
- After Hours, please call/text/email Clayton at 705-498-3823 or claytong@nfn.ca, or Tyler at 705-498-2506 or tylerc@nfn.ca.

Keeping Children Safe in the Snow

The amount of snowfall we've received this year has led to a lot of extra grumbling and shoveling for adults, but it also makes for a fun natural playground for children.

You can't blame kids for wanting to climb, build and slide on the mountains of white stuff we've received this year, but it's important for adults to supervise outdoor play and remain aware that winter fun can also pose serious hazards. Sadly, every year there are cases of children suffocating in snow forts, or being the victim of a snowplow accident.

A Public Works operator recently had a scare while clearing snow and finding a hole in the snowbank. Fortunately, no children were playing in it at the time, but it prompted this safety message. Please remind children about the dangers of snow forts and to avoid playing in snow banks (especially along roadways) to help keep them safe.

Quick Facts

Did you know?

A 4-lb. female walleye will lay 100,000 eggs, which means that the walleye population can replenish itself if we protect adult walleye.

Spawning habitat on Lake Nipissing is ideal for walleye, meaning if weather conditions are suitable and there are enough spawning fish, walleye will be able to produce large year classes of fish for the future.

A gill-net surrounding a spawning shoal in the spring kills 100+ spawning fish and causes a loss of 2.5 million eggs (on average); this prevents thousands of walleye from reaching their prime-spawning habitat, which can cause a loss of at least 25 million more eggs.



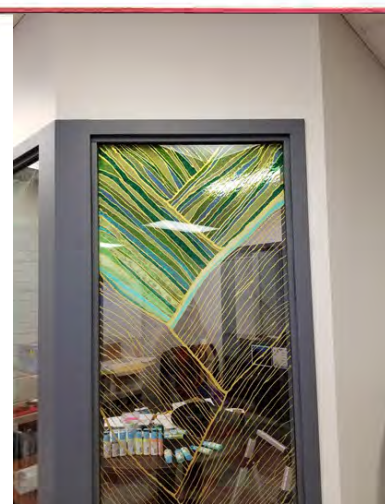


N B I S I I N G S E C O N D A R Y S C H O O L



News from the Wellness Lead

February has brought us a lot of snow days, and time to reflect on how we can improve our well-being. It has provided staff a few days to work on planning for our amazing students. I have had a few days to work on beautifying our Wellness Room windows, designing and painting. This Thursday, February 22nd, we will have Tyler Dokis and Shari Bentley coming in for a guest Lunch & Learn, focusing on Land-based Learning.



Hospitality & Tourism Class

The Hospitality and Tourism classes at Nbsiing continue to make various healthy recipes with the help of our friend Meriza George who is our Community Manager of Home & Community Care. We will be assisting her in catering once a month for a monthly Elder's Luncheons at Nbsiing Secondary School. Please join us!



SUBSTITUTE TEACHERS NEEDED

Nbsiing Secondary School is looking for qualified secondary school substitute teachers who are in good standing with OCT. Current working knowledge of the Secondary School curriculum and knowledge of Ojibwe culture and experience working with First Nation students are definite assets. If you are interested in supply teaching at Nbsiing, please send your resume to admin@nbsiing.com or contact Nbsiing Secondary School at 705-497-9938 or visit us at 469-B Couchie Memorial Drive.

Stay Connected with Us

Please visit our website www.nbsiing.com or [Nbsiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.

Education Department Reminders

Student Incentives

Incentives and awards are a great way to keep our Elementary and Secondary students motivated!

Please ensure that all your child's information is up to date with the Education Department. Contact us if you've had any change in school, address, phone number, email, or to update Authorization for Release of Information forms.

Contact: Tracy Hanzlik at the Education Office: 705-753-6995 or tracyh@nfn.ca

Student incentives are available to registered Nipissing First Nation members who live on-reserve.

- Elementary incentives are distributed in March for the first Report Card.
- Secondary incentives are distributed in March for semester one.

Please ensure that the Authorization for the Release of Information form has been submitted to the Education Department with the appropriate boxes checked off. This form is required so that the schools can forward copies of report cards to our office.

For more information about Student Incentives, please contact us or visit the [Elementary & Secondary](#) section of our website.



*** Pick Up Dates ***

March 5th from 2:30pm - 6pm at Nbisning Secondary School in Duchesnay

March 6th from 10am - 6pm at the Education Office in Garden Village

Awards & Incentives will be available to pick up from the Education Office until March 21st.

If you would like incentives mailed, please forward your name and mailing address to:

Tracy Hanzlik at the Education Office by calling 705-753-6995 or to tracyh@nfn.ca.

*** Attention Grade 12 Students ***

Students planning to attend post-secondary studies in the 2019-2020 school year can obtain **post-secondary packages** at the incentive pick-up sessions. A staff member will be available to answer questions and provide individual support.



Student/Parent Consent Forms Required for AES

All Anishinabek Students (on & off reserve)



We kindly ask you to work closely with our Education department so we can collect the consent form packages for on-reserve and off-reserve citizens belonging to Nipissing First Nation.

The collection of these consents is critical to the overall success of **Project 10** of the Master Education Agreement's Multi-Year Action Plan (MYAO), which sets out the implementation of a **Data and Information Sharing Agreement** between Ontario and the Kinooamaadziwin Education Body (KEB) that is overseeing the implementation of the Anishinabek Education System (AES).

The agreement allows for the sharing of student data and information for specific purposes identified in the Master Education agreement to support student success and well-being, inform program planning and service delivery, and to develop reports and statistics.

This process involves collecting consent forms for each Anishinabek student in our First Nation, both on-reserve and off-reserve. A package containing the necessary consent materials for each school-aged citizen belonging to Nipissing First Nation will be sent to each household. Please contact the Education Office at 705-753-6995 if you have any questions or concerns.

MARCH EVENTS

1

Food Handler's Training Course - Friday, March 1, 8:30am - 4:30pm **@ Lawrence Commanda Health Centre**

Instructor: Ray Alatalo, BAA CPHI, Environmental Health Officer. This course is for anyone serving food to the public, from restaurant owners. Only 20 spots available. *Register by February 25 at 705-753-3312*

2

Minweyaang Round Dance - Saturday, March 2, 2pm - 12am **@ Nbisiiing Secondary School**

Gathered to have wellness together. Pipe ceremony - 2pm. Feast - 4pm. Round dance - 6pm. Bring your water bottles & feast bundles!

4 & 5

Art Therapy Adult (18+) Sessions - Monday & Tuesday, March 4 & 5, 6pm - 8pm **@ Lawrence Commanda Health Centre**

With Emily Couchie. Snack & refreshments available. Limited to 8 participants. *Register with Lori-Anne by 4pm on Thursday, February 28th at 705-753-1375*

5 / 19

Baby & Me Drop-In Social - Tuesdays, March 5 & 19, 10am - 1pm **@ NFN Kendaaswin (Library)**

We discuss topics such as healthy child development & parent/child attachment. Transportation & lunch provided. *For more information & for transportation, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

6

Craft Night - Wednesday, March 6, 6pm - 8pm @ NFN Kendaaswin (Library)

All ages. Hosted by Native Child Welfare & NFN Kendaaswin. *For more information, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

7

Nutrition Label Reading 101 - Thursday, March 7, 12pm - 1pm **@ Lawrence Commanda Health Centre**

Do nutrition labels confuse you? Join us for lunch & learn about the recent changes to nutrition labels, how to read a label, & how to use it to compare foods. Prizes to win! Lunch provided. Limited seats. *Register by March 5 at 705-753-3312*

8

International Women's Day - Friday, March 8, 1pm - 3pm @ NFN Band Office Gym

Join the Ojibway Women's Lodge for afternoon tea & desserts. *For more information contact Sylvia at sylvia@nfn.ca*

13

March Break ODR Fun Day - Wednesday, March 13, 10am - 2pm **@ Outdoor Rink, Garden Village**

Join us for a day filled with fun on the ice! Skill competitions, obstacle course & so much more. Hot dogs, hot chocolate, & snacks included! For ages 3+. Those aged 3 - 8 will need a parent/caregiver in attendance. *For more information, contact Jeff at 705-753-2050 x 6971 or jeffs@nfn.ca*

14

March Break Kids' Paint Night - Thursday, March 14, 5pm - 7:30pm **@ Nbisiiing Secondary School**

Ages 6 - 12. Space limited. Those aged from 6 - 8 will need a parent/caregiver in attendance. *Register at 705-753-3312*

15

March Break Bowling - Friday, March 15, 11am - 2pm

50 spaces. Included: admission, bowling shoes, pizza, & drink. Transportation available. *Register with Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

Did you volunteer for NFN in 2018?

If so, please fill out the survey available at www.nfn.ca or contact:
Kym Couchie, Events Coordinator at 705-753-2050 ext. 1341 or kymc@nfn.ca.

MARCH EVENTS

15 - 17

Youth Retreat - March 15 - 17 @ Spirit Point

Ages 15 - 25. Limited to 20 spaces. A culturally fun weekend at Spirit Point facilitated by Mindy Martel & Blair Beaucage. Activities include: group games, painting with Jules, nature walks, workshops, two spirit teachings, and guest speaker Ian Campeau. *For more information & to register, contact Mindy at mindym@nfn.ca*

19/26

Coping with Anxiety - Tuesdays, March 19 & 26, 4:30pm - 6:30pm @ Lawrence Commanda Health Centre

Two part series for children, youth, & families. Attendance at both sessions is encouraged. Children & youth must be accompanied by a parent, caregiver, or family member. Dinner & transportation provided. *Register with Lori-Anne by March 14 at 705-753-1375*

20

Traditional Cedar Bath Training Part 4 - Wednesday, March 20, 10am - 3pm @ Church Hall, Garden Village

Facilitator: Isabelle Meawaasige. Potluck Lunch. Must have participated in Parts 1-3. Participants will receive certificates. *For more information, contact Evelyn at 705-753-2050 x 1261 or evelyn@nfn.ca*

20

Seniors/Students Luncheon Social - Wednesday, March 20, 11:15am - 12:30pm @ Nbisiing Secondary School

For more information & to arrange for transportation please contact the Home & Community Care Centre at 705-753-5063

20

Computer Night - Wednesday, March 20, 6pm - 8pm @ NFN Kendaaswin (Library)

Ages 6 - 12. *For more information, contact Katie at 705-753-2050 x 1323 or katie@nfn.ca*

20

Full Moon Ceremony - Wednesday, March 20, 7pm @ NFN Culture Centre

For more information, contact Evelyn at 705-753-2050 x 1261 or evelyn@nfn.ca

26

Feeding Your Baby - Tuesday, March 26, 11am - 1pm @ Lawrence Commanda Health Centre

Join us to learn about introducing solid foods to your baby! Topics will include what foods to start baby on, progression of foods, different textures, tips for making your own baby food, & food safety. Prizes to be won! Lunch to be provided. *Register with Erika or Misty at 705-753-3312*

27

Inter-generational Matinee - Wednesday, March 27, 11:30am - 4:30pm @ Galaxy Cinemas

Seniors (+55) with Stars & Stollers (parents/caregivers with children ages 0 - 6). Movie starts at 1pm. Pickup in Garden Village at 11:30am. Return at 4:30pm. *Register by March 22 at 705-753-3312*

April

Infant Massage Classes - 1 session per week, April 3, 10, 17, 24 10am - 12:30pm @ LCHC

The art of communication through touch. Learning how babies communicate through cues & touch will foster your parenting confidence, allowing you to help your baby relax, ease physical discomforts & secure a bonded & attached relationship for life. For NFN members or those living in the community. Parent, grandparent, caregiver, and baby between 0 - 7 months. Also bring what will be needed during this time. *Limited spaces, register with Misty at 705-753-3312 x 2227*



Stay up-to-date with all of our events!

Like and Follow our Facebook Page:

NFN Events

EVENTS

Ziisbaaktoke Giizis (Sugar Moon)



KIDWINAAN: (Words for March)

<i>Aabwaa</i>	<i>mild</i>
<i>Aandeg</i>	<i>crow</i>
<i>Aandeg mkadwzi</i>	<i>crow is black</i>
<i>Bgiwzigan</i>	<i>taffy</i>
<i>Boodwe</i>	<i>make fire</i>
<i>Daashgase</i>	<i>splitting wood</i>
<i>Gii shkwaa ziispaaktoke</i>	<i>down making maple syrup</i>
<i>Gwaabigan</i>	<i>ladle /scoop</i>
<i>Kaadkik</i>	<i>cast iron pot</i>
<i>Mnise</i>	<i>go get fire wood</i>
<i>Msan</i>	<i>wood</i>
<i>Newebigan</i>	<i>stirring ladle</i>
<i>Nga-Boodwe</i>	<i>I will make fire</i>
<i>Nga-goonaa kik shkodeng</i>	<i>I'm hanging the pot over the fire</i>
<i>Ninaatik</i>	<i>maple tree</i>
<i>Ni-nookmik</i>	<i>early spring</i>
<i>Skigmizekwe</i>	<i>boiling down the sap</i>
<i>Waagaakwad</i>	<i>axe</i>
<i>Zekwekik</i>	<i>boiling pot</i>
<i>Ziigwan</i>	<i>spring</i>
<i>Ziisbaaktokaan</i>	<i>sugar bush</i>
<i>Ziispaaktowaaboo</i>	<i>sap</i>
<i>Zhiiwaagmizgan</i>	<i>syrup</i>
<i>Zhiiwaabmizge</i>	<i>making maple syrup</i>
<i>Ziispaaktokedaa</i>	<i>let's make maple syrup</i>

TEACHING:

Sugar-making happened for several weeks in *ziigwan* (Spring) during the *Ziisbaaktoke Giizis*.

The Ojibwe headed north by canoe to our Spring camps as this was the time of maple syrup tapping and spear fishing. Our main building material, *wiigwaas* (birch bark), could be transported anywhere by canoe or dog sled to make a wigwam (lodge shelter).

Maple sugar meant more to our Ojibwe people than simple sustenance. It symbolized harmony with each other and with the natural and supernatural worlds.

Maple sugar-making began any time from late March to early April with the arrival of the first crow. Seeing this bird or hearing its call signaled the arrival of Spring and the end of the long, hard Winter.

Small bands would break up into smaller groups of families, usually around early spring time, and move into temporary "mapleing" camps.

These camps, located in preselected areas for each family, would then become home for a few weeks to a few months while the family tapped, collected, processed and stored maple syrup and maple sugar.

The sugar was then used for trade and augmented the Ojibwe diet of wild rice, corn, squash, berries fish, venison, bear and moose meat. As the Woodland Ojibwe had no salt, they used maple syrup to season all of their food.

Ziisbaaktoke Giizis

Nswo giizis egoing gaa zhichgaasod,

Ziisbaaktoke Giizis zhinkaazo.

Mii maa pii shki maadziwin waamdawegaadeg

Minwa mshkikiin, enji- maadziimag kina gegoo

Wii-biinag.

Ninaatig go wa bezhik ezhi-mshi-kiiwid,

Zhemnidoo gaa-miingoyang wii-biinaagwak miskwiimnaan

Pii ni-nookmig.

Aabchi-mshkawziimgat maa mshkiki dbishko -

Gonaa kina enmaajii gwang, jii bkensan emwidoowaad.

Mii maa egnawaamdang pii miigwechiwenmang.

Sugar Moon (March)

Sugar Moon is the third moon of Creation.

This is a time when new life begins to show itself and provide the medicines from all creation for purification.

The sugar maple is one of the medicines that the creator has given us to balance our blood, that along with the season of spring.

It is a strong medicine, that along with the other plants, roots, herbs,

Carry the spirit of healing within.



REGISTER NOW

to be Part of Exciting New CONSTRUCTION PROJECTS



**SHWE
MIIKAAN**

JOBS FOR FIRST NATIONS PEOPLE

**WE ARE RECRUITING FOR MANY DIFFERENT JOBS IN
OUR COMMUNITIES THROUGHOUT THE NORTH, INCLUDING:**

Entry-Level Positions and Unskilled Labour

Heavy Equipment Operator, Carpentry, Iron Worker, Labourer and more!

ALREADY HAVE SKILLS?

Our online portal will match you with existing and upcoming opportunities in construction.

All you need to do is register and enter your qualifications to be matched.

NEED TRAINING TO GET STARTED?

No problem, we can help you get the training you need!

Register, fill out a short survey and we'll tell you how to get trained for your new career.

**WORK FOR AN EXCITING NEW
FIRST NATIONS COMPANY**

Shwe Miikaan is a First Nations owned company helping to build our communities across the north.

These opportunities are for First Nations people and we are looking forward to building our capacity together.

A recruiter will be at NFN on Monday, March 18th

9am @ NFN Complex Gym & 2pm @ Nbisiing School Gym

**REGISTER NOW
FOR THE BEST OPPORTUNITIES**

It's easy, just go to the website below and follow the simple steps to be matched with the jobs and training best suited for you.

ShweMiikaanJobs.com





FREE DROP OFF FOR RESIDENTS HOUSEHOLD HAZARDOUS WASTE

Unused household products containing corrosive, toxic, flammable, or reactive ingredients are considered household hazardous waste (HHW). **Do not place these items in your garbage or blue bins.** Improper disposal of HHW can lead to the hazardous chemicals ending up in the NFN Landfill, and waterways. Please bring your HHW to the North Bay Hazardous Waste Depot to limit danger to you, your family, the collection staff, the environment, and our water! Remains of products such as cleaners, oils and pesticides contain hazardous ingredients require special handling for disposal. NFN Residents can dispose of their household hazardous waste at the depot located at 112 Patton Street (Behind Train Station) in North Bay—Free of Charge!

North Bay Household Hazardous Waste Depot

Now offering paint exchange!

Open year-round – Wednesday to Saturday

from 8 a.m. to 6 p.m.



Aerosol cans	Antifreeze	Asphalt tar	Auto Fluids
Batteries	Brake fluid	Bug & tar removers	Car wax & polish
Degreasers	Disinfectant	Drain cleaner	Dye
Engine flushes	Flea collars	Floor stripper	Fungicide
Furniture Polish	Gasoline	Glues	Grease
Heating oil	Herbicides	Household cleansers	Insecticides
Jewelry cleaner	Kerosene	Laundry stain remover	Lighter fluid
Lubes	Lye or caustic soda	Metal polish	Mothballs
Motor oils	Nail polish	Oil filters	Oven cleaner
Paint	Paint & brush cleaner	Paint thinners	Paint removers
Pesticides	Photo chemicals	Poisons	Propane tanks
Radiator flushes	Rock salt	Roofing tar	Rust-proofers
Solvents	Spot remover/Cleaning fluid	Stain	Swimming pool chlorine
Syringe	Turpentine	Varnish	Wood Preservative
Helium Tanks	Empty Propane Tanks	<i>DO NOT BRING: Ammunition, explosives, radioactive waste, PCB's,</i>	

All materials should be left in original container to allow easy identification of contents. Do not mix products together. Waste should be sealed and labelled. Bring all HHW in a cardboard box or rigid container. Keep used batteries in a plastic bag, coffee can or plastic container. Load vehicle just before leaving to minimize buildup of fumes.

For more information call :

Shayla Brunet, Facilities Clerk (705) 753-2050 ext. 1285

shaylab@nfn.ca





Clocks will spring forward one hour at 2am on March 10th and that is the time residents should install new batteries in their smoke and carbon monoxide alarms when they change their clocks.

In order for smoke and carbon monoxide alarms to do their job, they need to have working batteries. Batteries should be changed once a year. When you change your clocks on March 10, take the time to install new batteries in all alarms.

In order to survive a fire, you need to be provided with an early warning and know what to do when the smoke alarms sound. Develop an Escape Plan for all occupants of your house and be sure to save an appropriate plan for those loved ones who require extra care.

Working smoke alarms are required on every storey of the home and outside all sleeping areas. For added protection, it is recommended to also install smoke alarms inside all bedrooms.

Carbon monoxide alarms must be installed outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.

Please properly maintain your smoke and carbon monoxide alarms by vacuuming them with the soft bristle attachment. This will clean any dust or debris from the sensors, and is especially important for new homes that have just been built as dust from the construction can accumulate in the sensors and give you false alarms.

Miigwech from Cailen Hanzlik

Cailen Hanzlik would like to thank all of the sponsors and supporters that she has had through these past years, and those who continue to support her.

Cailen is 16 years old and attends Franco-Cité in Sturgeon Falls. She plays for the Midget AA Sudbury Lady Wolves. In this past year, she has played for the Lady Wolves and also represented Nipissing First Nation at the LNHL helping her team win the A Championships. She was also able to represent Ontario at the NAHC in Nova Scotia.

Thank You Nipissing First Nation for your ongoing support through the Youth Who Excel program.

Cailen joined HIT THE ICE Season 7 which will be televised in 2019. She will also be playing in the ESSO Cup which is the National Midget Championships which will be held in Sudbury from April 22-28, 2019. Congratulations Cailen!



Commercial Space Available in Yellek

790 square foot unit for rent available on March 9, 2019.
 This would be ideal for office/business located in Yellek.
 Rent is negotiable. If interested, call 705-476-2113.




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 705-494-6887

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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

COMMUNITY EVENTS CALENDAR



MARCH 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
					01	02
					Food Handler's Training Course 8:30am - 4:30pm @ LCHC	Minweyaang Round Dance 2pm - 12am @ Nbisiing
					Poker Walk 12pm - 1pm @ NFN Gym	
					08	09
					International Women's Day Tea 1pm - 3pm @ NFN Gym	
03	04	05	06	07		
	Gym Night 6pm - 8pm @ NFN Gym	Baby & Me 10am - 1pm @ NFN Library	Food Bank Open 9am - 4pm	Nutrition Label Reading 101 12pm - 1pm @ LCHC		
	Art Therapy Adult Session 6pm - 8pm @ LCHC	Student Incentives 2:30pm - 6pm @ Nbisiing	Craft Night 6pm - 8pm @ NFN Library	Gym Night 6pm - 8pm @ Nbisiing		
		Adult Art Therapy 6pm - 8pm @ LCHC	Student Incentives 10am - 6pm @ Education Office			
		Council Meeting 7:30pm in GV				
10	11	12	13	14	15	16
March Break	Offices Closed for Nipissing Day		ODR Fun Day 10am - 2pm @ Outdoor Rink, GV	Gym Night 6pm - 8pm @ Nbisiing	Youth Retreat @ Spirit Point	Youth Retreat @ Spirit Point
			Diner's Club 11am - 1pm @ NFN Gym	Last day to register for Coping w/ Anxiety	Bowling Register w/ Katie	
17	18	19	20	21	22	23
Youth Retreat @ Spirit Point	Gym Night 6pm - 8pm @ NFN Gym	Baby & Me 10am - 1pm @ NFN Library	Food Bank Open 9am - 4pm	Gym Night 6pm - 8pm @ Nbisiing	Last day to register for Intergenerational Matinee	
	Shwe Miikaan Recruitment & Info Sessions 9am - noon @ NFN Gym	Coping w/ Anxiety 4:30pm - 6:30pm @ LCHC	Cedar Bath Part 4 10am - 3pm @ Church Hall, GV			
	2pm - 5pm @ Nbisiing School	Council Meeting 7:30pm in Duchesnay	Seniors/Students Luncheon Social 11:15am - 12:30pm @ Nbisiing			
			Computer Night 6pm - 8pm @ NFN Library			
			Full Moon Ceremony 7pm @ Culture Centre			
24	25	26	27	28	29	30
	Gym Night 6pm - 8pm @ NFN Gym	Feeding Your Baby 11am - 1pm @ LCHC	Intergenerational Matinee 11:30am - 4:30pm @ Galaxy Cinemas	Gym Night 6pm - 8pm @ Nbisiing		
		Coping w/ Anxiety 4:30pm - 6:30pm @ LCHC				
31						

To stay up to date with events - like & follow [NFN Events](#) on Facebook!
 Anishinaabemwin Community Class 6pm - 8pm
 Mondays @ Nbisiing Secondary School | Wednesdays @ Church Hall in Garden Village
 Council Meetings 7:30pm Tuesdays
 March 5 @ Council Chambers, Garden Village | March 19 @ Nbisiing Secondary School, Duchesnay

LEGEND: Garbage Collection Garbage & Recycling Collection

36 Semo Rd Garden Village, ON P2B 3K2
 TEL: (705) 753-2050 FAX: (705) 753-0207
 WEB: www.nfn.ca

Connect with Us!



Nipissing First Nation Administration



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