



ENKAMGAK

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

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Council Meetings:

August 4th @ 7:00pm
Garden Village
Inaugural Meeting of
New Chief & Council

Please submit agenda items by
4pm on the Thursday prior to
the meeting to Freda Martel at
(705) 753-2050 ext. 1223 or
email to fredam@nfn.ca.

Newly Elected Chief & Council

The following are the results of Nipissing First Nation's election, which consisted of an Advanced Poll on Saturday, July 4th and Regular Polls on Friday, July 10th, as well as ballots that were mailed in by eligible electors living off-reserve. A total of 845 ballots were cast of 2,091 eligible voters, representing a 40% voter turnout.

CHIEF:

Scott McLeod	372
Doug Chevrier	274
Arnold May	194

COUNCIL:

Muriel Sawyer (Deputy Chief)	480
Corey Goulais	457
June Commanda	380
Rick Stevens	367
Jason Laronde	327
Brian Couchie	306
Cathy Bellefeuille	297
Darrell McLeod	291
Becky Commanda-McLeod	231
David Commanda	224
Garnet Avery	191
Rodney Commanda	185
Dot Beaucage-Kennedy	176
Judy Couchie	139
Les Couchie	138
Jody Cotter	82

INAUGURAL MEETING

Nbisiing Anishinaabeg
Nipissing First Nation

Gimaa Minwa Giigdo-ninwag
Minwa Giigdo-kwewag
Chief & Council

Wii-ndomgoom nji-bi -zhaayeg
please come join us

Nji-biingebiigaaswaad
in the swearing in and welcoming of our

Gaa-shki-biingejik
newly elected

Gimaa Minwa Giigdo-ninwag
Minwa Giigdo-kwewag
Chief & Council

Aandi pii
on

Niizhgiizhgak, Daatgaagmin Giizis
Tuesday, August 4th, 2015

Niizhwaaso Dbaganeg Naagshig
7:00 pm

Gimaa Giigdogamik Ktigaaning
Council Chambers Garden Village

Megwaashkodaadmin
Meet and greet to follow

Emnikweng Minwa Wiisning
Refreshments & Light lunch

*Miigwech to everyone who voted, and Chi-Miigwech to
the Electoral Staff for doing an outstanding job.*

The newly elected Chief & Council take office on August 1, 2015.



Chief Marianna served on Council for 12 years - 9 years as Chief & 3 years as Deputy Chief

Miigwech & Best Wishes

We wish to acknowledge and thank all of the members of the outgoing Council for their hard work and dedication on behalf of Nipissing First Nation.

Some of the accomplishments of the 2012-2015 Council include:

- Development and ratification of NFN's Gichi-Naaknigewin (Constitution) in January 2014
- 2013 Boundary Claim Trust & Per Capita Distribution
- Installation of natural gas services in NFN communities to help reduce high electricity costs for members (ongoing).
- New housing developments
- Solar Projects on NFN buildings (Health Centre, Seniors' Lodge, Nipissing Ojibway Day-care/Small Business Centre & Nbisiiing Secondary School) as well as off-reserve projects based in Southern Ontario that will generate revenues for NFN. *See next page...*

Baamaapii Gimaa Marianna

On Wednesday, July 15th, the NFN community gathered for a farewell luncheon to celebrate Chief Marianna's leadership and to wish her well in retirement. The event was very well-attended with many people sharing memories, laughs and well wishes.

Chief Marianna served on Council for the past 12 years - as Chief since 2006, and as Deputy Chief from 2003-2006. During her tenure, she was closely involved in the development of the Gichi-Naaknigewin (Constitution), the 2013 Boundary Land Claim Settlement, as well as representing and advocating for Nipissing First Nation at various Federal, Provincial and Regional levels, in addition to participating in numerous committees within Nipissing First Nation.

It is not possible for one article or event to capture all of the accomplishments that Chief Marianna and her fellow members of Council achieved together. Some of these are highlighted to the right of this article, while some of Chief Marianna's career highlights also include:

- Receiving the *Anishinabek Lifetime Achievement Award* in 2010;
- Being inducted into the *Nipissing District Human Rights Hall of Fame* in 2003 for her work in education; and
- Receiving an *Honorary Doctorate Degree in Education* from Nipissing University in 2003.

Chief Marianna leaves a lasting legacy and will be missed.

Chi-Miigwech for your years of hard work, dedication and commitment to Nipissing First Nation.



Farewell Luncheon on July 15th

Capital Planning Surveys

Thank you to everyone who completed the Capital Planning Survey.

Your input is valuable and will help provide us with a better understanding of the current state and future needs of Nipissing First Nation.

The study will identify immediate goals for the community, as well as long-term objectives for the community's infrastructure, housing, major capital projects and land development.

Updating our Capital Plan will ensure that existing and future residents receive the services they need to enjoy the quality of life they deserve.

The study will be shared with the membership once it is finalized by First Nations Engineering Services.

Draw Prize Winners:

1st Prize: iPad Air 2
Yvette Bellefeuille

2nd Prize: iPad mini
Susan Robson

3rd Prize: BBQ
Hubert Chief

Congratulations!



Renewable Energy Projects

Update on Proposed Projects with Innergex

Nipissing First Nation will not be pursuing the proposed wind and solar projects that we consulted the membership about in April 2015. There are numerous reasons for this decision, with the primary reasons being the uncertainty on the impacts of wind turbines on wildlife, a lack of consensus on the terms of the partnership agreement with Innergex, as well as a lack of capacity in our region's transmission lines to handle the energy that would have been generated from the proposed projects. NFN's Economic Development Department continues to research and pursue renewable energy projects that could create direct benefits to the nation in terms of revenues, and employment and training opportunities.

Update on Current Projects

Nipissing First Nation is actively pursuing off-reserve renewable energy projects, as well as exploring on-reserve MicroFIT projects on band-owned buildings and larger scale solar projects that could generate revenues and employment for the nation.

Nipissing First Nation has received its first cheque, in the amount of \$26,000, for the energy generated from the solar panels installed on the rooftops of four facilities. This cheque is for the periods of February, March and April, however the panels were only in commercial operation for approximately half of that three-month period. Therefore, the revenue amounts are expected to increase going forward. As an example, the cheque for energy generated in June alone was over \$15,000.

For those reading the electronic version of this newsletter, you can click on the links below to see real-time data on the amount of power generation and CO₂ savings for each of the facilities that are outfitted with solar panels:

[Lawrence Commanda Health Center](#)

[Seniors' Lodge](#)

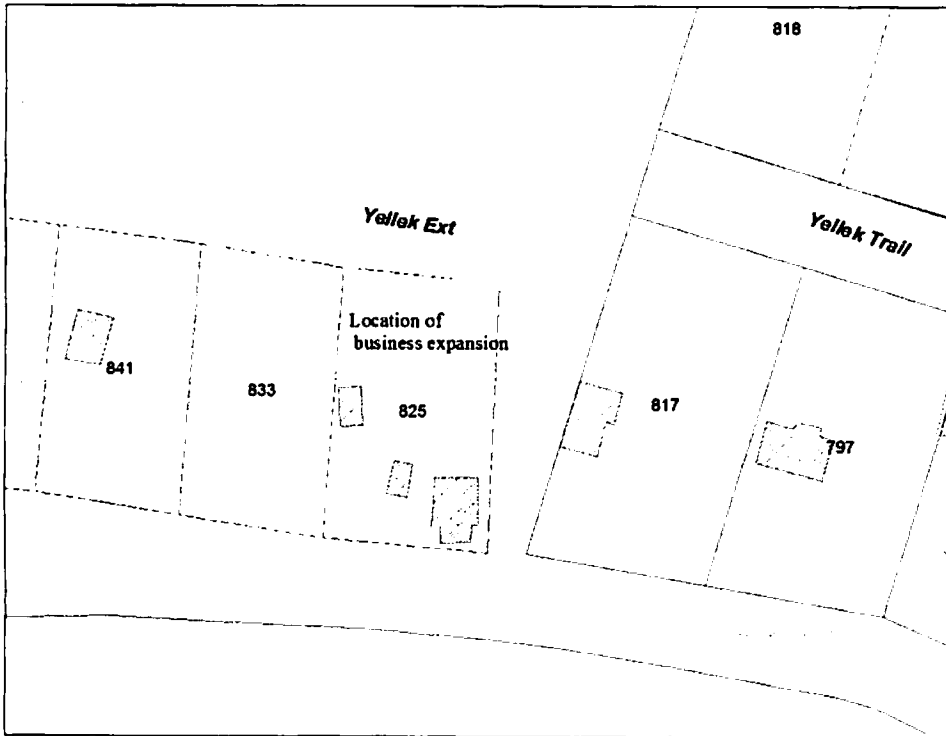
[Nbisiiing Secondary School](#)

[Small Business Center](#)

A neat feature of this online tool is how it illustrates the amount of energy generated and how it corresponds to CO₂ savings. For example, the energy generated from the panels at Nbisiiing Secondary School on July 24th alone is equivalent to eliminating 1,360 car kilometers or planting 5 trees. And that's just one day's worth of energy generation at one facility!

Notice to the Membership

An existing home-based business that sells handmade leather crafts is experiencing economic growth. An opportunity to expand in the area of teaching the skill has presented itself and requires a bigger work area. A building of 20 feet by 24 feet is proposed to be built on the residential property for this purpose. The area location is on the key plan shown below.



Should you have any questions or concerns, please contact:

Thomas Lambert, Economic Development Officer
 36 Semo Road, Garden Village ON P2B 3K2
 (705) 753-6985 or thomasl@nfn.ca

Mooz Miikan Gate Installation

The installation of a new locking gate at the entrance to Mooz Miikan has been postponed to September 1st. The purpose of this gate is to prevent trespassing and the dumping of waste of any kind on NFN lands. NFN members can obtain a key from the Band Office for a cost of \$5. We will be monitoring access to Mooz Miikan using a database of key holders, and will also be installing surveillance equipment to record any unauthorized use of these lands.

Important Note: If you already have a key for Mukwa Miikan (landfill), you **do not** need to obtain a new key. Your current key will provide access to both gates (Mooz Miikan & Mukwa Miikan).

A reminder that the Mukwa Miikan gate key provides access to the road that goes around the landfill, and that the landfill can only be accessed during regular hours of operation: Saturday to Tuesday from 9:00am - 5:00pm.

Net Exchange Program

For Registered & Subsistence Fishers

Registered commercial fishers and subsistence fishers can exchange nets to ensure compliance with the new minimum mesh size of 3.75" by visiting the Fisheries Office at 17 Philip Avenue, Garden Village.

There is no cost to exchange nets.

Fisheries Regulations 2015:

- Eliminating spear fishing and gill netting during the spring spawn.
- Changing the opening date of the commercial fishery season to coincide with the opening of the sports fishery season (May 16).
- Reducing number of nets from 5 panels to 3 panels.
- Changing the minimum mesh size from 3.5" to 3.75"

To view the complete summary of recommendations from last year's consultation meetings, as well as the revised Fisheries law, and Harvest Report, please visit: http://www.nfn.ca/land_fish.php or contact Clint Couchie, Natural Resources Manager at (705) 753-2050 ext. 1224 or clintc@nfn.ca.



New Minimum Mesh Size is 3.75"

Archeology Project - Employing, Educating & Training Youth

This year's Archeology Project is employing two postsecondary student leaders and 4 secondary student helpers to work alongside the site leader, Dr. Ken Swayze.

This program gives students an opportunity to participate in a variety of "field experiences" learning and using proper archeological techniques.

Activities are taking place in the Beaucage Park area and included an introduction to archeological "theory" – what does Archeology really mean? and "ethical considerations" – working in a respectful manner – before any actual work on the land began.

This program is offered in partnership with the Lands, Education and Employment & Training Departments.

You can view some of the historical artifacts that have been unearthed, telling a story about our ancestors and our history, in the photos on the right.

Photo Credits:

Kyeshia Fong

BEAUCAGE PARK

Archeological Field School

Open Invitation to the Community

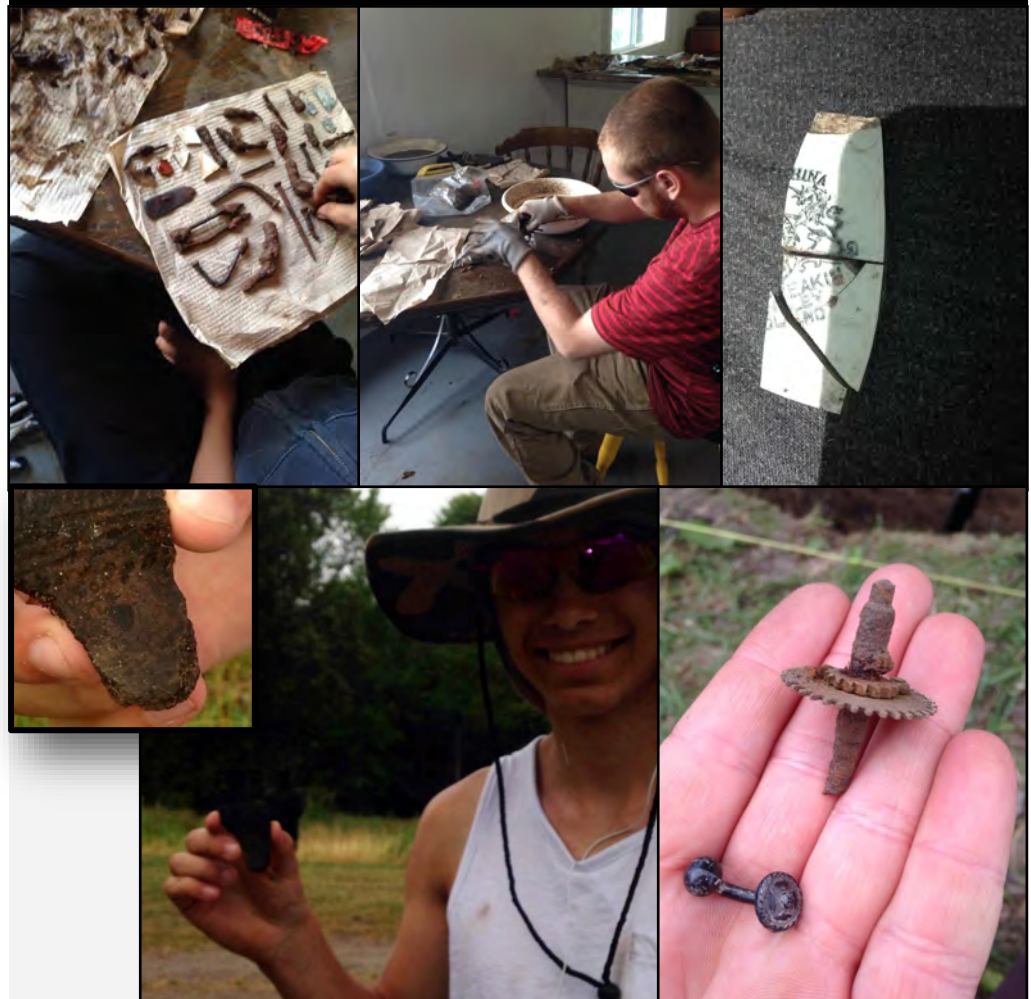
Nipissing First Nation is hosting an archeological field school again this summer from **July 2nd to August 7th** at Beaucage Park.

This is an open invitation to community members to come visit the archeological field school to learn about our history and to see what archeology is all about.

Archeologist Ken Swayze and Nipissing First Nation students welcome you to visit anytime Monday to Friday from 9:00 a.m. to 2:00 p.m.

For more information, please contact the Lands Department at (705) 753-2922. We hope to see you there!!!

Highlights from this year's field school...



GED Testing Available in Sturgeon Falls

The Literacy Alliance of West Nipissing is pleased to announce that Sturgeon Falls is now an official “Off-Site Test Centre” for the GED High School Equivalency Exam. **The exam will be available in French and English.** In the past, residents of Nipissing District had to travel to larger cities like Sudbury, Ottawa or Barrie to write the two-day exam.

Every year, two exams will be hosted in Sturgeon Falls in June and December. The next exam to be held in Sturgeon Falls will be on December 2 & 3, 2015. View the exam schedule here: http://www.ilc.org/ged/reg_test_sched.php.

The Literacy Alliance of West Nipissing is also offering free upgrading sessions, in English, focused on preparing for the GED High School Equivalency Exam. Contact Nanditta or Vic at (705) 753-0537 for details.

GED Tests - Writing Schedule for Sturgeon Falls

Wednesday, December 2, 2015 (STURG-03)

Registration & Instructions

Language Arts, Writing (120 minutes = 2 hours)

Break

Language Arts, Reading (65 minutes = 1 hour & 5 minutes) 1

Scheduled time

9:45am

10:00am- 12:00pm

2:15pm - 1:20pm

Thursday, December 3, 2015 (STURG-03)

Registration & Mathematics Instructions (Calculator & Grids)

Mathematics (90 minutes = 1 hour & 30 minutes)

Break

Social Studies (70 minutes = 1 hour & 10 minutes)

Lunch – 30 minutes

Science (80 minutes = 1 hour & 20 minutes)

Scheduled time

10:00am - 10:15am

10:15am - 11:45am

12:00pm - 1:10pm

1:40pm - 3:00pm

Total hours for 5 tests: 7 hours & 5 Minutes

Examiner/Proctor: Beth Rice-Guindon. **Deadline for all registration forms: November 2, 2015**



West Nipissing Literacy Alliance

210 Holditch Street, Sturgeon Falls | (705) 753-0537

<http://yes2literacy.ca/>

Employment Success Story

Challenger Mobile Wash Inc. is a new business venture owned by Nipissing First Nation member, Rob Couchie. Rob previously operated a company named R.C. Earthworks Ltd. in Alberta, where he worked as a heavy equipment operator for the past 10 years before returning home to NFN.

Challenger provides mobile steam and power washing services to a variety of corporate and private clients, ranging from trucking and construction firms, to home and business owners. The company mainly cleans fleets and heavy equipment, and also cleans vehicles, boats, trailers, decks, fences and building exteriors.

Challenger Mobile Wash - Taking on your toughest maintenance challenges!



Employment Opportunities

The following employment opportunities are currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) references by 4:30pm on Friday, August 14th to:

MAIL: Jennifer Lalonde, Human Resources Manager
36 Semo Road, Garden Village ON P2B 3K2

FAX: (705) 753-0207
EMAIL: resumes@nfn.ca

Complete Job Postings can be viewed on our website at www.nfn.ca/jobs_internal.php.

*Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1)(a) OHRC
Only those who qualify for an interview will be contacted.*

Community Access Program - Youth Worker

Contract Position (15 hours/week) - September 28, 2015 to March 31, 2016

Nipissing First Nation Public Library requires a Community Access Program Youth Worker to work 15 hours per week, from Sunday to Thursday. Hours of work are: Sunday afternoon from 12:00pm - 3:00pm, and Monday to Thursday from 6:00am - 9:00pm. Contract starts September 28, 2015 and ends March 31, 2016.

QUALIFICATIONS:

- Must be a registered Nipissing First Nation Band Member and be under the age of 30.
- Must be attending post-secondary for the 2015-16 school calendar year, or be a recent graduate of a post-secondary program.
- Must have experience and knowledge using all Microsoft Office software applications at the intermediate level.
- Must be reliable and able to work with minimal supervision.
- Must be available for evening and weekend library hours.

DUTIES:

- Reports directly to the Librarian.
- Maintains and is responsible for library resources.
- Assists community members with computer related inquiries.
- Creates a schedule and delivers a series of Children's crafts and Reading circles.
- Assists with community workshops. Photographs and records important community events.
- Promotes library services.
- Assists with library book input into automated software.

Recent CPIC required upon employment.

Homemakers - Home & Community Care

Casual

Under the direction of the Home and Community Care Coordinator, the Homemaker will be responsible for providing culturally appropriate assistance in homemaking services. Interested candidates must be able to follow a care plan for duties including but not limited to: laundry, dishes, changing bed linens, cleaning/ sanitizing bathrooms, emptying garbage and vacuuming/ washing floors and preparing meals and snacks.

This service enables individuals who do not have immediate family available for support, who are frail and elderly, chronically ill, convalescing after surgery, injury, or short-term illness, to function independently in their own homes and in their own community for as long as possible.

Continued on next page...

Homemakers - Home & Community Care

Continued from previous page...

This position is well suited to individuals who prefer working occasional hours with a flexible schedule. NFN Homemakers will be required to travel within all areas of Nipissing First Nation to provide services.

QUALIFICATIONS:

- Must be a registered member of Nipissing First Nation.
- Must have a valid driver license and access to a reliable vehicle.

REQUIRED KNOWLEDGE, SKILLS & ABILITIES:

- Able to demonstrate a high level of experience in homemaking and meal preparation.
- Knowledge of seniors' health needs is an asset.
- Ability to communicate effectively and organize work load.
- Ability to work effectively with others and to work in a manner respectful of First Nations culture, values, and beliefs.
- Ability to maintain a high degree of confidentiality in order to protect the personal health information of clients.
- Must be willing to complete privacy training.
- Current certification in Standard First Aid, CPR, and Food Safety Certificate or willingness to obtain.

Current CPIC including Vulnerable Persons Check is required upon employment.

Human Resources Clerk

Permanent Full Time Position

Reporting directly to the Human Resources Manager, the Human Resources Clerk is accountable for providing assistance in all areas of human resources. This includes, but is not limited to, participating in recruitment initiatives, assisting with supervising staffing functions and maintaining confidential documents, as well as other related administrative tasks as assigned. This position requires initiative, a high degree of confidentiality, sound judgment and the ability to work independently and to relate to people at all levels both within and external to the organization.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Member.
- Must have minimum Post-Secondary Diploma Office Administration or Business Administration.
- Must have 2 years' experience working in an office environment.
- Must have strong computer skills, and experience using all Microsoft Office software applications.

REQUIRED SKILLS & ABILITIES:

- Must be able to work with minimal supervision.
- Must possess strong written and verbal communication skills, as well as strong analytical and problem solving skills.
- Must be able to perform high volume keying with excellent accuracy.
- Demonstrated ability to exercise discretion with highly sensitive and confidential information is mandatory.

DUTIES:

- Support Human Resource Manager with all transactional HR functions.
- Maintain up to date attendance records, and assist in the recruitment and selection processes.
- Prepare formal communications to employees for HR management review.
- Assist with payroll and benefits administration as required.
- Respond to internal and external Human Resources inquiries from staff, department managers, and other parties.
- Distribute HR policies, procedures and memorandums to the appropriate individuals, divisions, or departments across the organization. Fax, photocopy and scan documents as required.
- Organize, maintain, and coordinate office records and files in their proper locations.
- Performs such other related duties as may reasonably be required by the First Nation Human Resources Manager.

New Community Health Nurse

Meet Kayla King



Aaniin! My name is Kayla King. I am a member of Beausoleil First Nation (Christian Island), and I will be the new Community Health Nurse at the Lawrence Commanda Health Center. I graduated from Georgian College in Barrie for Practical Nursing in 2009, and moved to North Bay at that time to start my nursing career.

I have worked as a nurse for the past 6 years in various settings at the North Bay Regional Health Center, most recently in the Inpatient Surgical Unit. I have spent the last 4 years upgrading and graduated from Nipissing University last year with a Bachelor of Science in Nursing. I am a member of the Registered Nurses Association of Ontario, and registered with the College of Nurses of Ontario.

I have been involved in Aboriginal language and culture since elementary school, and I look forward to actively engaging with Nipissing First Nation. I am committed to meeting the health needs of the individuals and the community as a whole. To contact me at the office, please call (705) 753-3312 ext. 2257.

Home & Community Care 101

Nipissing First Nation's Home & Community Care Program services supplement, but do not replace, our clients' efforts to care for themselves with the assistance of their family, friends and the community. We help those who want to keep their independence in their own home and to be close to their loved ones for as long as possible. Registered NFN members who live on-reserve and meet the criteria for various services can access one or more of the services offered through the program on a temporary, short-term or long-term basis:



- ⇒ **Assessments:** Check-ups & Health history
- ⇒ **Assisted Living:** Available 24 hours/day
- ⇒ **Caregiver Respite:** Downtime for family/friends
- ⇒ **Case Management:** Personalized care plan
- ⇒ **Home Care Nursing:** In-home nursing care
- ⇒ **Home Support:** Assistance with light housework
- ⇒ **Help Line:** Personal Help Button = immediate help
- ⇒ **Loan Cupboard:** Medical equipment for short-term
- ⇒ **Non-Medical Transportation:** Banking, shopping, etc.
- ⇒ **Personal Care:** Bathing, dressing, medication, etc.
- ⇒ **Seasonal Maintenance:** Yard work, windows, etc.
- ⇒ **Security Checks:** PSW check-in by phone or visit

Who Provides these Services? Registered Nurses (RNs), Registered Practical Nurses (RPNs), and Licensed Personal Support Workers (PSWs).

Who is Eligible for these Services? Generally, services are available to those who have been discharged from the hospital, have an illness and are in need of follow-up care, or who are unable to provide personal care and home support for themselves safely.

How are People Referred? You may refer yourself, or be referred by a family members, friend, doctor or hospital.

Contact the Home & Community Care Office to learn more about the services offered and if you or a family member could benefit from Home & Community Care Support: (705) 753-5063

from the of the Right Path Mental Health & Addiction Health Promotion Worker

This month we have information from the Canadian Mental Health Association on Mental Health for all ages. Mental Health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

Children and youth can also experience mental health issues. Depression and other mental health issues, the pressures of school and growing up can be overwhelming and difficult for children to cope with successfully. Depression in children can lead to loss of appetite, aches and pains, and lack of energy. Every child misbehaves from time to time. This is always distressing to us as parents because we would all like to be perfect parents of perfect children! There are many reasons for a child's misbehaviour, and many ways for parents to help the child improve. Sometimes children will act out in difficult ways to show they are experiencing problems.

Some Difficult behaviours include:

- Using bad language, behaving aggressively or violently, stealing/lying
- Refusing to cooperate with necessary tasks, such as getting dressed in the morning, going to bed at night or doing school work
- Children can misbehave by accident or on purpose, and it is important to understand the difference, for example:

Accidental misbehaviour – Your eight-year old throws a ball in a friendly game of catch and throws the ball too hard before his friend is ready and ends up hitting and injuring his friend .

Intentional misbehaviour – Your child steals candy from the corner store after you refused to give his/her allowance two days early.

Why Do Children Misbehave? Sometimes, the causes of misbehaviour are easy to see; other times, they are hidden. Some of the reasons may include:

Impulsiveness and inexperience – A lot of misbehaviour happens because the child does not know any better. For example, the eight-year old with the ball was excited and having fun (impulsive) and may be too young to understand that even the simplest actions can be dangerous when done carelessly (inexperience).

Resentment and anger at rules – Nobody likes being told what to do, and that includes children. Yet, children get told what to do and how to do it all the time! So, it is not surprising that they misbehave out of resentment or anger. For example, your three-year old may hit a playmate after you insist that toys be shared, or your teenager may yell, swear and slam doors after being told repeatedly to clean up his/her room..

Resentment and anger at unfair treatment – Sometimes, we take out our own anger and frustrations on our children. We may yell at our children for being noisy when the real reason is we are angry about something that happened at work. We all do this kind of thing occasionally, but if we do it all the time, our children will respond with resentful and angry behaviour of their own.

Frustration from too much pressure to perform – Sometimes we push our children to achieve too much too soon. If a child is always being pressured to do things, like stand up on skates before he/she is physically ready or play games that are too difficult for his/her age, he/she may refuse to learn new things at home or slack off at school.

Fears: real or imaginary – If your child suddenly refuses to do things that he/she used to do, it may be because of a real or imagined fear. For example, your child may suddenly refuse to get on the school bus because he/she has been frightened or bullied by a larger, hostile child who has started taking the same bus (real), or it may be a case of resisting going to bed because “there’s a Tyrannosaurus Rex in the closet!” (imaginary).

What Can You Do to Change Difficult Behaviour?

The most important things you can do are to be patient, avoid losing your temper and remember that love is more persuasive than punishment. Before you act, try to think a few things through – ask yourself questions. Then, act as calmly and as thoughtfully as you can.

Does my child know that he/she is loved?

Make sure your child knows that you love him/her, and it does not hurt to tell them over and over again. Love brings love in return, and it is a lot harder for anyone, child or adult, to behave in ways that will hurt someone he/she loves.

Is it necessary for my child to do this, or is it OK for him/her to choose?

Obviously, there are times when you can give your children no choice. Unsafe, destructive, dishonest or rude behaviour has to be corrected, and children must learn what the limits are. But leave some reasonable choices to your children: what to wear, what to eat for breakfast (as long as it's healthy!) and how to schedule time for homework and play.

Did my child do this on purpose?

Becoming angry at a child for misbehaving because he/she did not know any better will do more harm than good. In the case of the eight-year old with the snowball, you can deal with the problem by using the incident to teach some basic lessons in safety. However, you should remember that you will have to keep repeating that kind of lesson many times before your child automatically thinks in terms of safety without prompting from you.

If I lose my temper, am I going to make matters worse?

Suppose your child after being reprimanded breaks something of value to you. Obviously, he/she is enraged, and if you respond with rage, you will be continuing a cycle of anger from which it may be difficult to escape. Try to let your child know that you understand his/her anger and the reason for it, and try to get your child to put his/her angry feelings into words. Try to help your child think about making amends for the damage done.

Learn to use the “time out” method to help your child regain composure and self control.

Give your child some time alone, not as a punishment, but as an opportunity to recover from a bout of misbehaviour. Send your child to his/her room and encourage him/her to read, colour or play with a favourite toy until he/she is calmed down. Then try to discuss the behaviour problem constructively with your child.

Is the punishment I have given too harsh?

If you punished your child when you were angry, you may later think that you were too harsh. Trust your feelings. Remember that changing your mind is not necessarily a sign of weakness. Children have a very keen sense of fair play and will respect an adult who changes his/her mind in favour of greater fairness.

Try to put consistent routines in place for your children.

Children need the security provided by regular routines and events in a stable environment. Security and stability make it easier for children to behave in a stable and cooperative manner. Allow for some breaks in routine to reduce boredom. Once routines are established, they can be broken from time to time for special reasons. This gives children a chance to experience fun and variety, and still lets them return to the security of familiar routines afterwards.

Remember that every child needs to know there are limits.

Setting limits and quietly but firmly insisting on certain standards of behaviour provides your child with a sense of security and help make him/her feel safe and secure.

If you need help for mental health issues or addiction problems, or if you are concerned about your child's behaviour and feel you need more information, talk to your family doctor or contact:

The Right Path Counselling & Prevention Services at (705) 753-1375

Baamaapii (Until later), Giminadan Gagiginonshiwani (It was nice talking to you)

Lori-Anne

Pediculosis (Head Lice)

Overview

- Common, highly contagious. Nothing to do with lack of cleanliness.
- The female louse attaches her eggs (nits) to the base of the hair near the scalp, and the nits hatch 7–10 days later. While the adult louse cannot survive for more than 2 days off the human head, a nit can stay alive for up to 10 days off the body on clothes, hairbrushes, or carpets.
- Infestations are most often seen in situations in which there is close personal head to head contact and by sharing belongings infested with lice, such as in day care centers, schools, home, playgrounds, sports, and camp.
- Anyone can get head lice, children aged 3–11 are most likely to become infested.
- Lice are very small insects that feed on human blood. Therefore, pets and other animals do not spread the infection.

Signs and Symptoms

- Seen on the scalp and hair, sometimes on eyelashes causing the eyes to become red and irritated.
- Each louse is approximately 1–3 mm long (sesame seed size) and is whitish-gray/brown in color.
- Lice crawl very quickly, do not jump or fly.
- Nits are smaller, about 0.5–1 mm, white, and are firmly attached to the hair very close to the scalp.
- Small rash-like red bumps or sores may be seen on the scalp, neck, and shoulders, caused by infection or scabbing from scratching because of itchiness.
- Occasionally, the lymph nodes behind the ears or in the neck may be swollen and tender.
- In addition to an itching or tickling sensation, children may also be irritable or have difficulty sleeping.

Self-Care Guidelines

- To search for lice and nits, part the hair in small sections, looking closely near scalp, back of neck, behind ears and use a fine-toothed comb, also called a louse comb that can be purchased at most drug stores. Good lighting is important and a magnifying glass may be helpful.

If you find lice and/or nits, follow these guidelines:

- Over-the-counter, recommended medications such as permethrin lotion 1%, Nix, for head lice is effective and should be the first treatment you use. It kills only live lice, not the eggs, so it should be reapplied in 7–10 days to kill newly hatched lice.
- It is only minimally absorbed through the skin. It should not be used on children aged younger than 2 years.
- Use exactly as directed. This medicine is an insecticide and should not be applied in greater quantity or more frequently than recommended.
- Before applying the over-the-counter lotion, do not use conditioner on the hair, as this will coat the hair and protect the lice from the medicine. Also, do not wash the hair for 1–2 days after treatment.
- Remove nits after treatment helps make it easier to see new infestations. Nits can also be removed by running hair strands between your thumb and fingernail. Put nits in a plastic bag, tie it up and throw in garbage. Check head for nits daily for about 4 days and then weekly.
- After the treatment, wear clean clothes and wash other clothes, bed linens, and towels in hot water (greater than 130°F [54.45° C]) and dry them using the hot cycle for at least 20 minutes.
- Wash any object that your child has come into contact with during the past 48 hours in hot water for at least 5 minutes.
- Seal potentially contaminated but non-washable objects in plastic bags for 2 weeks. (The lice will die within 2 days, and the nits will hatch and die within 2 weeks.)
- Vacuum floors and furniture. Examine the hair and scalp of household members and treat them only **if** they are infested.
- Notify the school or day-care if your child is diagnosed with head lice. **Your child can return to school after proper treatment (shampoo and nits removal).**
- Do not share combs, hairbrushes, hats, towels, bedding, clothing, headphones, stuffed toys, or other items with someone who has head lice.

Note: You do not need to fumigate or fog your home. Seek Medical Care if you continue to see crawling lice 8–12 days after treatment. Your child may need retreatment with a different medicine. Call the doctor if you see any signs of bacterial infection on the scalp, such as redness, swelling, pain, or pus. Also call the doctor before using any louse medicines if you are pregnant or nursing, or if you have allergies, asthma or epilepsy.

Diabetes... Are You at Risk?

You could be one of the many First Nations people who have diabetes and don't know it.

Risk Factors for Type 2 Diabetes

- ◆ Having a parent, brother or sister with diabetes;
- ◆ Being a member of a high risk group (Aboriginal, Hispanic, South Asian, Asian or African descent);
- ◆ Having health complications that are associated with diabetes;
- ◆ Having given birth to a baby that weighed more than nine pounds at birth or having had gestational diabetes (diabetes during pregnancy);
- ◆ Having been diagnosed with prediabetes;
- ◆ Having high blood pressure;
- ◆ Having high cholesterol or other fats in the blood;
- ◆ Being overweight, especially if the weight is mostly carried around the tummy;
- ◆ Having been diagnosed with polycystic ovary syndrome;
- ◆ Having been diagnosed with Acanthosis nigricans (darkened patches of skin);
- ◆ Having been diagnosed with psychiatric disorders: schizophrenia, depression, bipolar disorder;
- ◆ Having been diagnosed with obstructive sleep apnea;
- ◆ Having been prescribed a glucocorticoid medication by a doctor.

Don't ignore these risk factors. The earlier you are diagnosed, the sooner you can take action to stay well now, and in the future. Anyone over the age of 40 should be tested for diabetes every three years. Anyone who has one or more of the risk factors should be tested more frequently.

You can't completely eliminate the risk of type 2 diabetes, but you can try to prevent it by **eating a healthy diet, being physically active, and controlling your weight.**

**For more information, contact the
Diabetes Program at (705) 753-3312.**



NIWIDOOKTAADMIN CRITICAL INCIDENT RESPONSE TEAM

CURRENTLY RECRUITING MEMBERS



We are looking for community members who are interested in becoming part of **Niwiidooktaadmin Critical Incident Response Team.**

Individuals will become part of an organized team that is called upon to support other community members during times of critical events. Training will be provided for all new members! More information to follow.

If you previously identified an interest please call or email to confirm your continued interest.

For more information, please call Dr. Brenda Restoule (coordinator) at 753-1375 ext. 2242 or by email to drbrenda@nfn.ca.

Upcoming Events

Theatre Trip - Marvel Universe Live!

Sunday, August 16th - Showtime at 3pm - Air Canada Centre, Toronto

CALL IN DATE: Wednesday, August 5th at 8:30AM - (705) 753-3312

Please contact us by phone - no emails please - as we want to ensure we don't miss anyone. Due to the high volume of calls, you may receive our voicemail. Please do not leave a message. Hang up and keep trying until you are able to speak to a staff member. Thank you kindly for your cooperation.

Priority will be given to young families. Extra tickets purchased for those who prefer to drive, so please let us know if you plan to drive to this event when you call in.

Hosted by NFN Health Committee and Sponsored by NFN Chief and Council.



Morning Breastfeeding Bingo

Friday, August 28th - 9:00am - 12:00pm - Lawrence Commanda Health Centre



Come play Bingo while learning about “Nonasowin ~ Breastfeeding: Good Medicine”

Anyone who wants to learn about breastfeeding is welcome to come learn about:

- Benefits of breastfeeding to baby and community
- Effects of formula feeding on baby
- Steps to successful breastfeeding



There will be B'kindagedaa: prizes and Wiisnidaa: snacks! *Hosted by NFN Health Services.*

Please call to register as there is limited space. Contact the Maternal Child Health Nurse at: (705) 753-3312 ext. 2227.

Parent & Child Bike Safety Poster Contest

Drop off posters @ Lawrence Commanda Health Centre by 4:30pm on Monday, August 10th or call for other locations to drop off.



Parents! Work with your children on a bike safety poster. One entry per child, but the same parent may help all their children with each poster. There will be one bike prize out of each of three age categories: Ages 4-6, Ages 7-9 & Ages 10-12.

- * Posters must be on letter size paper (8.5 x 11)
- * Name of parent, and name and age of child must be printed only on the back to ensure anonymity during judging.

Hosted by NFN Health Committee and Sponsored by NFN Chief and Council.

Events for Youth



GEOCACHING in Garden Village

Monday, August 10th from 5:30pm - 7:30pm. Meet in Band Office Parking Lot

GEOCACHING in Duchesnay

Tuesday, August 25th from 5:30pm - 7:30pm. Meet in back parking lot at Nbisiing School.

Small introduction to using the GPS units, and walk the area to discover the hidden treasure boxes.

Note that GPS equipment is limited. Please wear comfortable running shoes and dress to be outside. Parental supervision required for children under the age of 13. Remember to bring bug spray!

Contact Ashley Couchie at (705) 753-6971 to register your group today.



OUTDOOR MOVIE NIGHT

Friday, August 7th starting at 8:30pm - Band Office Grounds

Admission is FREE, but we will collect non-perishable items for the Food Bank

For every non-perishable donation, you receive a ballot for a chance to win a copy of the DVD - you must be present to win! There will be a concession with all of your favourite movie snacks: hot dogs, popcorn, chips, chocolate bars, candy, pop and juice.

Weather Permitting - will be moved indoors if needed. Bring your lawn chairs, blankets and bug spray! For more information, please contact Lisa Vega at (705) 753-6972 or email lisav@nfn.ca OR Natalie Olsen at (705) 753-1323 or email natalieo@nfn.ca.

Hosted by the NFN Food Bank & Native Child Welfare Program.



MANHUNT

Friday, August 7th from 10:30pm to 12:00am - Band Office Grounds

Snack & Beverages provided. For ages 13+ (Ages 10-13 must be accompanied by parent)

Contact Natalie Olsen at (705) 753-2691 ext. 1323 or natalieo@nfn.ca for more information.



WATER GAMES

Thursday, August 20th from 1:00pm to 4:00pm - Band Office Grounds

Snack & Beverages will be provided. Dress accordingly for water games!

Contact Natalie Olsen at (705) 753-2691 ext. 1323 or natalieo@nfn.ca for more information.



MOVIES & PJ's

Tuesday, August 25th from 1:00pm to 4:00pm at the Library in Garden Village

Snack & Beverages provided. Children under 8 must be accompanied by an adult.

Contact Natalie Olsen at (705) 753-2691 ext. 1323 or natalieo@nfn.ca for more information.

Food Bank Spring Raffle Winners

The Nipissing First Nation Food Bank would like to thank everyone who helped sell tickets for this year's Spring Raffle "10 Prize Draw" including some of our community stores: Tim's Convenience, Metal Road Variety, Northern Convenience and Chester's. The lucky winners were:

- 1st Prize: Jane Commanda - Laurentide Golf Course Items
- 2nd Prize: Karen Commanda - Ninja Professional Blender
- 3rd Prize: Lori-Anne McLeod - Cabana Folding Table
- 4th Prize: Priscilla West - Moto Master Power Box
- 5th Prize: Robert Beaudette - Walmart Gift Card
- 6th Prize: Alyssa McLeod - Canadian Tire Gift Card
- 7th Prize: Lynn Lafleur - Weed Eater Grass Trimer
- 8th Prize: Katie Lariviere - Hamilton Beach Brew Station
- 9th Prize: Karen Munro - MasterChief 10qt Fish Fryer
- 10th Prize: Melda Lariviere - 8qt Stainless Steel Slow Cooker

The winner of the \$50 Walmart gift card for selling the 1st Prize winning ticket was Rhonda Beaudette!

Miigwech for all your continued support.

August Hours

Closed Monday, August 3rd but we will be open Tuesday, August 4th from 8:30am to 12:00pm.

Regular hours are: Mondays from 1:00pm to 4:30pm and Fridays from 8:30am to 12:00pm.

Please contact Lisa Vega at (705) 753-6972 or email lisav@nfn.ca if you have any questions.

KIDS' HEALTHY LUNCH & SNACK SESSION

Wednesday, August 19th from 6:30pm to 8:00pm - Band Office Gym

Join us for some new and easy tips to prepare healthy lunches and snacks for the school year!

Refreshments & Snacks Provided. We will also be making snack recipes to take home!



** Transportation is available if required **

Contact Natalie at (705) 753-2691 ext. 1323 or natalieo@nfn.ca or Karen at (705) 753-2058 or karenm@nfn.ca for more information or to register.

Hosted by Native Child Welfare Program & Ontario Works Employment Assistance.



What's New at Your Library?

iPads

We now have seven iPad Mini 3s available to rent while you are visiting the Library



Books

We recently updated our inventory of books to add to our fiction, non-fiction, children's, young adults, and First Nations collections. Looking for a summer read? Stop by and we can recommend something for you!

TD Summer Reading Club

Kids can join our TD Summer Reading Club and track their progress throughout the summer. Stop by the Library to grab your free package with the access code to the Reading Club website where kids can discover great books, read or tell a joke, draw, print colouring pages and much more!



New summer hours

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
9 a.m. – noon 1 – 4:30 p.m.	9 a.m. – noon 1 – 4:30 p.m.	CLOSED 3:30 – 4:30 p.m.	9 a.m. – noon 1 – 4:30 p.m. 6 – 9 p.m.	9 a.m. – noon 3:30 – 4:30 p.m.	CLOSED

Library Kids Craft Day!

Thursday, August 27

1 – 4 p.m.

Come join us for a craft day in the Library! We can create friendship bracelets, painted masterpieces, beautiful native crafts, or whatever else you may have in mind!



What's Happening This Month...



Full Moon Ceremony
at Ojibway Women's Lodge
 Friday, July 31st
 8:00pm
 Duchesnay, OWL
Eighth Moon of Creation



Traditional Teaching
with Peter Beaucage
 Thursday, August 20th
 6:00pm - 8:00pm
 Garden Village, Culture Centre
Topic: Purpose of Pow Wow



Full Moon Ceremony
with Virginia Goulais
 Thursday, August 27th
 9:00pm
 Garden Village, Culture Centre
Eighth Moon of Creation



Medicine Camp *with Joseph Pitawanakwat*



Tuesday, August 25th & Wednesday, August 26th
 9:00am to 3:00pm ~ Church Basement in Garden Village
Space is Limited - NFN members will receive priority



Ladies Drum
with Virginia Goulais
 Tuesday, August 4th
 6:00pm - 8:00pm
 Garden Village, Culture Centre
Bring your drum or shaker!



Cultural Arts with Dan Commanda
 August 11 & 12 ~ 5:00pm - 9:00pm
 Duchesnay, Nbisings Secondary School

Cultural Arts with Brenda Lee
 August 17 & 18 ~ 5:00pm - 9:00pm
 Garden Village, Culture Centre



Men's Circle
with Blair Beaucage
 Wednesday, August 12th
 6:00pm - 8:00pm
 Garden Village, Culture Centre
All Men are Welcome!

***NEW* \$10 Program Fee per day**
to cover materials for those aged 16+

For more information about Cultural programs, contact:

Jules Armstrong, Cultural Events Coordinator
 (705) 753-2050 ext. 1260 or julesa@nfn.ca

www.nfnculture.ca

Nbisiing Anishinaabemwin Program

Weekly Anishinaabemwin Language Classes start again on Wednesday, August 12th and will run every Wednesday evening from 6:00pm to 9:00pm until March 23, 2016. Classes will be held at the Church Hall in Garden Village and at Nbisiing Secondary School in Duchesnay.

Twice Monthly Full Anishinaabemwin Immersion Workshops begin on Friday, August 14th and will be offered every second Friday from 6:00pm to 8:00pm until March 2016. These full immersion workshops are conducted with fluent NFN elders and are open to second language learner teachers and community members. Classes will be held at the Church Hall in Garden Village and at Nbisiing Secondary School in Duchesnay.

Please register by calling Glenna Beaucage at (705) 753-2050 ext. 1232 or by email to glennab@nfn.ca. Information that will be collected during registration includes your name, community, contact information and level of fluency.



Words & Dialogue for August Thimbleberry Month

KIDWINAN: (Words for August)

Mkadewaa	black	Pime'ii	side
Gaawbiwnong	west	Gija'ii	on top
Giizis ningishmo	sunset	Naama'ii	under
Niigaan	front	Biitwa'ii	between/middle
Shkwayang	behind	Gaazhgens	cat

DIALOGUE:

Aandi yaad gaazhgens? Where is the cat?

<i>Niigaan yaa gaazhgens</i>	The cat is in front	<i>Shkwayaang yaa gaazhgens</i>	The cat is behind
<i>Pime'ii yaa gaazhgens</i>	The cat is on the side	<i>Gij'ii yaa gaazhgens</i>	The cat is on top
<i>Naama'ii yaa gaazhgens</i>	The cat is under	<i>Biitwa'ii yaa gaazhgens</i>	The cat is in the middle/between



PRAYER:

Semaa nda-pkidnaa mina dbasendis. Giyat gii-kanoondiyaangban mina n'de mooshne mkshkawziwin. Gbishkoo giizis Ngii-kendaan Gzhemnidoo ndawenmid nji- bi-gnoonjgeyaan maa nake'ii. Gookmis bgosendam wii – dbasendisyaan Daatkaagminan miigwewnan, nkwedwe pii kinoomaagewnan wii-bzinmang kwedwewin maa Mnidoo-kiing ebinjibaamgak Nkwedwe ni- shkiishkoon mina tawgan nji-zheskin, nji-miingoyaan endwenmaan maa ndi-nenmowin, wiiwyong mina mino-mnidowin . mii dash ji-moseyaan maa Nishnaabe Miikaang megwaa Mnidoo Zhichkewin. Noongom kwedwe ebwewendmowin iw gaa –kidsiwaan. Pii dash mkeshkaadyaang Miiknaang , ga- chi- piitendis eshi-aawyaan. Baa maa dash minwa, Gmiigwechiwin.

Daatgaagmini Giizis, I offer my tobacco and humble myself. It has been a long time since we spoke and my heart is filled with energy like the moon. I know the Creator would want me to come and speak this way. Gookmis, I humble myself to the gifts of the thimbleberry. I ask in the time of these teachings, to hear the words that come that come from the spirit world. I ask that my eyes and ears be open , to receive what is needed to balance my mind, body and spirit. So I may walk this nishnaabe road in the spirit of Creation. I ask forgiveness for the things I do not speak of and the things I have forgotten.

Nbii Nishnaabe-kwe Zhichigewin Annual NFN Water Ceremony



Aanin. In Waabgowaan Giizis (Flowering Moon – May), we celebrated our annual community ceremony to honour the Water and Life that lives in that water. Our elder for this ceremony was Peter Beaucage, who conducted the pawaagan (pipe) ceremony, offered namewin (prayer). Peter also offered a traditional teaching from our Creation Story regarding our agreement with Creator regarding the animals. Peter reminded us, as many elders try to do, that Kzhemnidoo (Creator) gave us so much so that we may live. We have so much to be thankful for. We should be so grateful. Generations before us, our ancestors, have survived here for 50,000 years. The blood that runs through our veins is the same blood that ran through the veins of our ancestors.

Before Weniboozhoo the first being was lowered to akii (the earth), everything had been created already. Kzhemnidoo had everything ready for the human beings when they got here. He had already sent all the plant life, the animals, fish, birds. He instructed the animals that two legged beings were coming to the earth, anishnaabe. He said these beings will be very poor. They will need to clothe themselves and they will need to eat. He asked all the animals, and all of creation to look after the people. This is the agreement that was made between the animals and the fish and creation.

To this day the animals and fish and winged animals and creation have looked after the humans. But something has changed today. The human beings are now taking too much. We are taking much more than we should be taking. It's called abuse. We are abusing our agreement. That's why we need to stand up and do what we can and be grateful for what we have. We need to help our animal and fish nations. We need to help creation. The animals and fish and creation has brought us to where we are today because they have lived up to their part of the agreement. It is good we have these ceremonies and offer thanksgiving and teach the younger generation with semaa in our hands.

Virginia Goulais was our conductor for the Nbii (water) ceremony and offered namewin (prayer) for nbii (water) and songs were offered to honour the water. Virginia respectfully gave honor to Gzhemnidoo (Creator) in that Mtakmikwe (mother earth) carries nbii in her streams, lakes, rivers, oceans, trees, and underwater streams. Our tradition is that kwewag (the women), also life givers like Mtakmikwe and those who carry water while carrying the new spirits (biibiins-babies), kwewag are given the honor to speak for and look after the water. In the spring, mtakmikwe washes her children – the plants, the animals, the fish, the humans. She sends nbii (water) through the rains, the sap in the trees, the birch, the maple, to nourish the animals. Everything needs water.



There was a high turnout for this annual ceremony, mostly youth and thankfully, our Gimaa (Chief) and some band staff. Gchi Miigwech

Pow Wow Volunteers & Donations Needed

We need volunteers to help at this year's Pow Wow on September 5 & 6! Various tasks such as grounds and feast preparation, transportation, parking, hospitality booth and fundraising. We invite community members to join us at the Culture Centre every Tuesday this month to prepare handmade giveaway items.

We are also requesting donations of Wild Meat & Fish (cooked or uncooked), and giveaway items. We'll be happy to pick up any donations, or you can drop them off at the Culture Centre in Garden Village.



NIPISSING
FIRST NATION

27th Annual
Traditional Pow-Wow
Honouring Our Ancestors
September 5th & 6th, 2015

Labour Day Weekend

M.C. : Bob Goulais
Host Drum: Duchesnay Creek
Co-Host: Little Iron

FRIDAY

TALENT NIGHT

**MEN'S FANCY BUSTLE
SPECIAL!**

Saturday & Sunday

POWWOW

11am - 2pm: Registration
12pm: Grand Entry
5pm: Feast (Satur.)

LOCATION

Nipissing First Nation Cultural Lands
2100 Paradise Lane
(The end of Jocko Point Road)



Vendors are Welcome!
NO DRUGS OR ALCOHOL
www.nfnculture.ca

For more information, contact:
Jules Armstrong, Cultural Events Coordinator
(705) 753-2050 ext.1260 or email @ julesa@nfn.ca





A TRIBE CALLED RED

YOUTH WORKSHOP

Friday, August 28th - Time TBA

OUTDOOR CONCERT

Saturday, August 29th - Time TBA

WHERE

Nipissing First Nation Complex
36 Semo Road, Garden Village ON

WWW.ATRIBECALLEDRED.COM

Bursting forth from Canada's capital, native Producer/DJ crew **A Tribe Called Red** is producing a truly unique sound that's impacting the global electronic scene and urban club culture. Since 2010 the group – made up of DJ NDN, Bear Witness and Zoolman – has been mixing traditional pow wow vocals and drumming with cutting-edge electronic music.

Winner of 2014 Juno Award for Breakthrough Artist of the Year



**FREE
ALL AGES
EVENT**



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WELCOME**

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un organisme du gouvernement de l'Ontario



Ojibway Women's Lodge Celebrating 30 Years

OPEN HOUSE

Friday, August 21st from 10:00am to 2:00pm



Everyone is Welcome!
131 Commanda Crescent
Nipissing First Nation (Duchesnay)



NFN 24th Annual Golf Tournament

On behalf of the Little NHL Committee and the NFN Food Bank, we want to say "miigwech" to all the businesses and individuals who donated to the 24th Annual Golf Tournament, which was held on July 4th. As well, we say "miigwech" to the organizers, volunteers and participants who made this day possible. This year's tournament sponsors were:

Platinum Sponsor: Peace Hills Trust
Gold Sponsor: KPMG
Silver Sponsor: WP Financial Pension + Benefits
Bronze Sponsors: Goulard Lumber
Lincluden
Nipissing First Nation

Friends of Nipissing:

Artica Heating & Cooling	Eagles Nest
Caisse Populaire	First People Centre – Canadore College
Canadian Tire (Sturgeon Falls)	Moore Propane
Canadore College	Nipissing University
Dokis First Nation	Wrightway Sports
Dr. Heather Lariviere	Young Forestry

The tournament was a great success again this year, the rainy weather held off and a great day of golf it was had at Laurentide Golf Club in Sturgeon Falls. Tournament winners were:

Top Men's:	Melvin McLeod Pat Remillard Jason Restoule	Top Women's:	Karen Commanda Suzanne Goulais-Deering Adrienne Peltier
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Mixed: Gerard Peltier
Judy Manitowabi
Jenni Manitowabi

Straightest Drive Women's: Dee Jenkins
Straightest Drive Men's: Randy Beaudette
Closest To Pin Women's: Karen Miller-Pitman
Closest To Pin Men's: Wayne L. Martel

Again, we thank everyone who made this day possible and we look forward to your participation at next year's 25th Annual Tournament!!



Hope for Hunter

Duchenne Muscular Dystrophy Fund

Tickets \$10 each - 3 draws for \$5,000

Draw Date: Upon All Tickets Being Sold

For tickets, call or text Ellie at (705) 493-2064.

Profits to Hope for Hunter Fund
Duchenne Muscular Dystrophy

\$10.00 each

Triple Chance - 3 Draws of \$5000
Only 3000 tickets available

Draw Date - upon all tickets sold @ NFN office

No. 0505

Licence # 1019-85



Dreamcatcher Charitable Foundation

Thank You from Danika Hester

Danika would like to say "thank you!" to the Dreamcatcher Charitable Foundation for its support.

This was Danika's first year competing on the "Dance Express Team". She had one local competition and one competition in Blue Mountain Collingwood.

Village Marketplace Fall Fest Saturday, November 7th

10:00am to 4:00pm ~ Band Office Gym

Call-Out for NFN Vendors!

Are you interested in a table at the Little NHL Village Marketplace Fall Fest?

We are looking for vendors who sell:

- Brand name products & services (Avon, Arbonne, Mary Kay, ,etc.)
- Baked Goods
- Handmade crafts & products
- Native crafts & supplies
- Handmade clothing
- Specialized health services



Start making your crafts and book a table for \$25 by contacting Cathy or Juliette at (705) 753-2922 or by email to cathym@nfn.ca or juliettem@nfn.ca.

Vendor fees will be required to be paid before table can be set up. Please specify whether you require electricity for your booth display.

FOR SALE

2007 Chevrolet Uplander Van

Navy van with silver exterior and grey interior. Mileage is approximately 180,000km. Van has been serviced regularly and will be sold "AS IS." Both summer and winter tires included. This van can be viewed at the Lawrence Commanda Health Centre, 58 Semo Road in Garden Village. **Reserved bid of \$750.00.**

Bids are to contain the following information:

- Your Name
- Your Bid for the vehicle
- Your contact information (phone #, email address etc.)

Please address your bid to:

"Vehicle Bid" - Nipissing First Nation Health Services
 58 Semo Road
 Garden Village ON P2B 3K2



Bids will be accepted until noon on Friday, August 28th. The successful bidder will be contacted through the information provided in your bid. For more information or to view, please contact Glen @ 753-3312 x 2236.

Winter Tires - 3 Sets of 4 Tires

Brand Name: Firestone

Size: 215/65R17 99S (rims on)

Brand Name: Yokohama

Size: 215/65R16 98R (no rims)

Brand Name: Firestone

Size: 225/60R17 99S M+S (rims on)

All tires are in good condition. Asking \$100 for each set of 4 tires. Call Glen at (705) 753-3312 x2236.

 <p>Rob Couchie Owner/Operator</p> <p>705.477.5347</p> <p>Challenger Mobile Wash Inc.</p>	<p>All Seasons <i>Wedding Ceremonies</i> Ceremonies with a Difference</p> <p>Dot Beaucage-Kennedy Wedding Officiant</p> <p>1-800-545-3681 or 705-493-5577 www.allseasonsweddings.com</p>
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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*



August 2015

Daatgaagmini Giizis (Blackberry Moon)

SUN	MON	TUES	WED	THU	FRI	SAT
					31 Full Moon Ceremony 8pm @ OWL	1 Chief & Council Take Office
2	3 NFN Offices Closed for Civic Holiday	4 Food Bank Open 8:30am to noon Ladies Drum 6pm – 8pm @ Culture Centre Inaugural Meeting New Chief & Council 7pm Council Chambers	5 Call in Deadline for Theatre Trip: Marvel Universe Live! Ontario Works @ UOI 9am – 4pm	6	7 Outdoor Movie Night – HOME 8:30pm @ Band Off. Manhunt 10:30pm Band Office Grounds	8
9	10 Deadline for Parent & Child Bike Safety Poster Contest Geocaching in GV 5:30-7pm, Band Office Parking lot	11 Cultural Arts w/ Dan 5pm – 9pm @ Nbisiing	12 Cultural Arts w/ Dan 5pm - 9pm @ Nbisiing Men's Circle 6-8pm Culture Centre, GV Anishinaabemwin Classes start: GV&DV	13	14 Deadline to Apply for Job Postings Anishinaabemwin Immersion Workshops start in GV & DV	15
16 Theatre Trip: Marvel Universe Live! @ ACC in TO	17 Cultural Arts w/ Brenda Lee 5pm – 9pm @ Culture Centre, GV Membership @ UOI 9am – 4pm	18 Cultural Arts w/ Brenda Lee 5pm – 9pm @ Culture Centre, GV	19 Ontario Works @ UOI 9am – 4pm Kids' Healthy Lunch & Snack Session 6:30pm-8pm @ Band Office Gym	20 Traditional Teaching 6pm-8pm @ Culture Ctr, GV Water Games 1-4pm, Band Off.	21 OWL Open House Celebrating 30 years! 10am -2pm @ Ojibway Women's Lodge Finance @ UOI 9am – 4pm	22
23	24	25 Medicine Camp 9am – 3pm @ Church Basemt. Movies & PJs , 1-4pm @ Library Geocaching in Duchesnay 5:30-7pm, @ Nbisiing School	26 Medicine Camp 9am – 3pm @ GV Church Basement	27 Kids Craft Day 1-4pm @ Library Full Moon Ceremony 9pm @ Culture Centre in GV	28 Breastfeeding Bingo 9am – noon @ LCHC  Free Youth Workshop @ Band Office. Time & Details TBA soon!	29  Free Outdoor Concert @ Band Office. Time & Details TBA soon!
30	31	 <p><i>The Land, the People, the Future</i></p>		<h3>Contact Us</h3> <p>36 Semo Rd. Garden Village ON P2B 3K2</p> <p>(705) 753-2050 genc@nfn.ca</p>		

