



ENKAMGAK

Translation from Anishinaabemwin: *“The Happenings”* or *“What is Going on?”*

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Sign up to receive the newsletter by email!

Email Shayla Brunet at shaylab@nfn.ca to be added to the list.

Council Meetings:

Tuesday, August 2nd
 @ 7:30pm
 Garden Village

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

Archaeology Field School Open House



A spectator checks out some photos of artifacts and archaeological discoveries from past exploration of Nipissing First Nation.

An Archaeological Open House presenting the findings of this year’s dig at Beaucage Park will be held August 10th. The archaeological field school has been digging at Beaucage Park since July 7th and will continue until August 12th, 2016. Community members, media and the public are invited to attend the gathering to witness the developments and findings of this year’s dig. See more information, page 16.

NFN Annual Pow Wow

Donations and Volunteers Needed!

NFN’s 28th Annual Pow Wow Sat, September 3rd—4th, is coming up fast!

We are still welcoming donations (food, giveaway items, etc) and Volunteers. Contact Jules for more information:

(705) 753-2050 ext. 1260. julesa@nfn.ca

Looking for Volunteers for the **COMMUNITY GARDEN!**

We are looking for help with watering, weeding, and harvesting. If you are interested in being involved with the community garden, let us know and we can provide you with dates. Weeding will be done every 3rd Wednesday of the month and watering every 3 days (or less if it rains).

If you are interested, contact: Erika at 705-753-3312 x2225

UOI Satellite Office Hours

In order to better serve members located on the east end of NFN, the following departments offer a satellite office at the Union of Ontario Indians.

NFN's Satellite Office is available from **9:00am to 4:00pm** on the following dates (unless otherwise specified):

ONTARIO WORKS

- Wednesday, Aug 3rd
- Wednesday, Aug 17th
- Wednesday, Aug 31st

Appointment Required:

Call (705) 753-2058 to book.

FINANCE

Every 3rd Friday
Friday, August 19th

MEMBERSHIP

Every 3rd Monday*
Monday, August 15th

HEALTH CENTRE

By appointment only:
Call (705) 753-3312 to book.

CHIEF McLEOD

Every 3rd Thursday from
10am - 4pm *

(*While the Chief intends to be available at the UOI every 3rd Thursday, dates will be confirmed on a month to month basis.)

Administration Building Expansion

Council has approved the construction of the NFN Administration office in Garden Village, this summer. Beginning July 25th, mobilization of equipment and fencing will commence. Experts from Explotech were on site to pre-evaluate the site before blasting and construction. Blasting is estimated to begin the first week of August. If you have any questions regarding this work, please contact Bruce McLeod for further details. We appreciate everyone's patience and understanding as we proceed with this important work.



Bruce McLeod, Special Projects Manager, 705-753-2050 ext. 1326 brucem@nfn.ca

NFN Fire Services Community Update

To all residents in the East of Nipissing First Nation living in the areas of Duchesnay, Little Lakes Road, Art's Lane, Serenity Lane, and Yellek.



Effective September 1st, 2016, Nipissing First Nation will be delivering its own Fire Services to these areas. We will no longer be using the City of North Bay for Structure Fire calls.



Residents are reminded that they are to still call 911 for any fire calls and please be sure to specify the location of the Fire, your name and address, the subdivision you live in and that you are requiring Fire Response from Nipissing First Nation.

We want to thank you for your patience while we completed our training to provide you with our own Fire Protection Services.

New Maternal Health Nurse—Lawrence Commanda Health Centre



Aaniin! My name is Misty (Beaudry) Arbour. I am the new Maternal Child Health Nurse at the Lawrence Commanda Health Centre. I graduated from College Boreal in the practical nursing program in 2008. I have since worked at the West Nipissing General Hospital; my most recent experience was working in the Emergency Department. In 2011, I continued my nursing education at Nipissing University. In spring 2016, I graduated from the Bachelor of Science in the Nursing program and have recently been successful on my national nursing exam and since then have been registered with the College of Nurses of Ontario and am a member of the Registered Nurses Association of Ontario. I am a member of Nipissing First Nation, however, I have been raised in Sturgeon Falls and am looking forward to working with the NFN community. To contact me at the office, please call (705)-753-3312 ext. 2227 to hear about the Maternal Child Health Program and services that I am able to provide to the community members.



WELCOME!

Please welcome these students who are employed at various locations with NFN. Some have started their employment and others will be starting on June 30th to August 19th.

Summer Children's Program Coordinator: Kelsey McNeil

SCP Assistant: Hanna Avery, Hanna Penasse, Brody Goulais, Will Michaud, Brogan Penasse, Erick Beaucage Jr.

SCP Leader—Post-Secondary: Shawnee Penasse, Amy Lariviere, Megan Hester

Powwow Assistant: Ray Sands Jr

Daycare Assistants: Trista Hester-Sawyer, Kimberly Couchie, Kanessa Hanzlik

Library Heritage Worker: Kaitlin Commanda

OWL Worker: Brooklyn Penasse

Archeology Leaders: Roland Bergeron, Brady Penasse

Archeology Helpers: Lucas Armstrong, Cody Maloney, Brent Commanda, Cassidy Beaucage

Jr Rangers Lead: Dakota Penasse

Jr Rangers: Nathaniel McLeod, Weston Goulais, Kenny Goulais, Blake Beaucage

Lands Clerk: Kyesha Fong

School Readiness Program: Kelsey Munro

Maintenance: Mickey George

IT Helper: Brandon Bowen

Students Gaining Experience From On-The-Job Training



Stacey Fisher shows Maintenance summer student Mickey George how to use a table saw.

NFN summer students are here!

This year we have 28 students working with NFN. Summer placements and internships are a great way to build your resume, portfolio and skills! Welcome students!

Please see list on the left for a full view of students hired this year.

Staff Updates

Alice McLeod- Lands Membership Clerk– Contract- July 5th

Michele Chretien- Pow Wow Assistant– Contract- July 18th

Melanie Beaucage Educational Assistant- Summer Children's Program– Contract- July 11th

Megan Penasse – Canteen Worker – Contract – July 5th

Jeff McLeod- Natural Resources Department Manager – July 11th

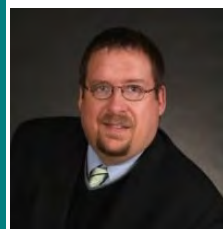


Nipissing First Nation Recognized for Outstanding Work

Congratulations to Susan Commanda, Interim Operations Manager NFN Health Services/ Non Insured Health Benefits Coordinator at The Lawrence



Commanda Health Centre of Nipissing First Nation Health Services, who will be receiving an Anishinabek Lifetime Achievement Award at the 18th Annual Anishinabek Evening of Excellence on August 17th, 2016, at the Steelworkers' Hall and Conference Centre in Sudbury Ontario. The Evening of Excellence brings together close to 300 people annually to recognize deserving Anishinabek citizens who are presented with Anishinabek Lifetime Achievement Awards. We recognize these people as 'building blocks' to improving the lives of Anishinabek citizens and the Anishinabek Nation as a whole.



Congratulations to Dwayne Nashkawa, Chief Executive Officer of Nipissing First Nation as the recipient of the George Lanouette Memorial Award. The recipient of the George Lanouette Memorial Award exemplifies a leader in Community Development and unity of community for the overall benefit of the citizens.

Tickets for the event are \$50 each and are available for sale until August 5th, 2016. To learn more about the Anishinabek Nation event, contact Jason Restoule, Manager 7th Generation Charity, at (705) 497-9127 or an7gc@anishinabek.ca

from the desk of the Health Promotion Worker for the Right Path Counselling & Prevention Services

Hello, Aanii , Boozhoo, Boujour, Aniish na?

I hope everyone is having a wonderful summer. Another month has flown by, and only one more month of summer, then we are into fall. 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. However, leave some reasonable choices to your children – what to wear, what to eat for breakfast (as long as it is 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**

You can contact:

The Right Path Counselling & Prevention Services

at 705-753-1375

Baamaapii, (Until later)

Giminadan Gagiginonshiwani, (It was nice talking to you)

Lori-Anne

Thank you to everyone who entered a name for the

Community Garden Naming Contest!

We are happy to announce **Evelyn McLeod** is the winner of the contest with the name:

Gtgewin Community Garden

Gtgewin - growing in good life and balance



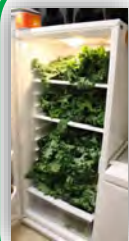
Gt̃g̃ewin Community Garden Cookbook!

The Community Garden team is putting together a cookbook and looking for recipes from you!

Do you have a recipe you love to make that features one of the foods growing in our garden?

The recipe could contain any one of the following: carrots, onions, potatoes, zucchini, eggplant, kale, butternut squash, spaghetti squash, cucumbers, beets, pod peas, snow peas, green and yellow beans, lettuce, pumpkin, watermelon, and parsnip.

To submit a recipe, email Erika at erikaw@nfn.ca

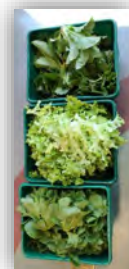


Gt̃g̃ewin Community Garden

HARVEST SEASON HAS STARTED!

Look for notices on the digital signs and facebook for dates and location for produce distribution.

Any produce not used for programming will be made available for community members!



DO BUGS NEED DRUGS? A COMMUNITY PROGRAM FOR WISE USE OF ANTIBIOTICS



Wash Your Hands!

Handwashing is the best way to stop the spread of infections

- Use plain soap and water
- No need for antibacterial soap!
These products lead to antibiotic resistance
- If soap and water are not available AND if your hands are not dirty or greasy, you can use an alcohol-based hand rub to sanitize your hands. Wash hands with plain soap and water as soon as you can.

When to wash your hands

- Before eating or preparing food
- After using the toilet
- Before and after changing diapers
- After blowing nose
- After handling shared objects
- Before handling contact lenses
- Before flossing your teeth

You can make a difference!

- Expect doctors, dentists, nurses and therapists to wash their hands before they examine you or your children.
- Make sure plain soap is available in your child's school, in your workplace and places where you eat.
- Teach by example



Not All Bugs Are Created Equal

Both viruses and bacteria cause infections, but antibiotics only work against bacteria

Viral Infections

- Colds, flu, croup, laryngitis, chest colds (bronchitis) and most sore throats are caused by viruses.
- Are more contagious than bacterial infections
If more than one person in the family has the same illness, it is most likely a viral infection
- Can make you just as sick as bacterial infections
- Usually get better in 4-5 days but it may take as long as three weeks to fully recover

Antibiotics do not work against viruses

Bacterial Infections

- Are less common than viral infections
- Do not spread as easily from one person to another as viral infections
- Cause infections such as pneumonia and strep throat

Antibiotics do work against most bacteria



WWW.DOBUGSNEEDDRUGS.ORG 1-800-931-9111



Antibiotic Resistance Is a Problem

What is Antibiotic Resistance?

- Using antibiotics when you don't need them (for example, colds and flu) can lead to antibiotic resistance
- Bacteria have "antibiotic resistance" when they cannot be killed by antibiotics
- Remember it is the bacteria that are resistant - NOT YOU!
Even very healthy people, who have never taken antibiotics, can become infected with antibiotic resistant bacteria from others

Use Antibiotics Wisely

You can make a difference

- Do not expect an antibiotic. Most respiratory infections are due to viruses
Trust your doctor if an antibiotic has not been prescribed.
- Wash your hands to prevent the spread of infections.

November 2013

Caring for Your Feet

People with diabetes have more fragile feet than those who do not have diabetes.

Long term hyperglycemia can cause the following foot problems:

- Nerve damage-loss of sensitivity to touch, pain, heat and cold;
- A tendency for thinner, dryer skin. The skin becomes easily irritated and develops calluses at pressure points;
- Arteries may thicken and harden reducing the circulation in feet; and
- More susceptible to infections.



How Circulation can be Improved in the Feet:



Do not smoke



Do not cross your legs when sitting



Walk as much as you can
within your limits and abilities



When seated, rest your legs on
a footstool whenever possible



Keep moving-do not remain standing
or sitting in one place for too long

Ten Foot Care Suggestion for People with Diabetes:

1. **Examine you feet every day** and ask for help from family and friends if needed;
2. **Do Not walk barefoot**, not even in the house, and especially not on a beach or a public area;
3. **Wash your feet everyday**; check the water temperature with your wrist, elbow or thermometer; the water should be luke-warm;
4. **Be sure skin is completely dry**;
5. **Avoid cutting your toenails too short**;
6. **Never self-treat for calluses, corns or blisters**;
7. **Change socks every day**, wear clean socks, and socks that fit; be sure they are loose and long enough; avoid wearing tight socks;
8. **Choose your shoes carefully**; always wear socks with your shoes;
9. **Watch out for burns or frostbite**; wear socks even in bed, if your feet are cold avoid hot-water bottles, electric blankets or hot water;
10. **Immediately contact your foot care specialist** if you notice discoloration, loss of sensation or have a lesion.



Diner's Club

Wednesday, August 10th GV Gym.

To volunteer or for more information, call 705-753-3312.

Diner's Club is the second Wednesday of every month.

Gym Nights in Garden Village

Date	Ages	Activity
Wednesday Aug 10	Age: 7-14 4:00pm-5:00pm 5:00pm-6:00pm	Capture the Flag Floor Hockey
Wednesday Aug 17	Age: 7-14 4:30pm-6:00pm Singles Tournament	Texas Horse Shoe Tournament
Wednesday Aug 24	Age: 7-9 4:00pm-5:00pm 10-14yrs 5:00pm-6:00pm	T- ball & Baseball
Wednesday Aug 31	Age: 7-14 4:00pm-5:00pm 5:00pm-6:00pm	Chuck The Chicken Lacrosse Game

* No dates in Duchesnay as gym floors are undergoing maintenance.



Sunday, August 28th

Limited Spaces: 12 participants (Ages 12-18)

\$25 non-refundable deposit required

Waiver and Permission Form Required.

Transportation & lunch provided*

Participants MUST Pre Register & PAY Fee before Event

Contact: Ashley 705-753-6971

Where: Pyramid Paintball, Bonfield, ON



Child and Youth Baseball Games

T Ball— Ages 4-6years

Baseball—Ages 7-12years

Sunday, August 14th

Garden Village Field

T Ball Session	Baseball Session
10:30a.m.-12:00p.m.	1:00p.m.– 2:30p.m.

Pre –Registration Required by Friday, August 12th at 4p.m.

Children need to bring a glove.

Recreation can loan out gloves to those who do not have one.

To register or volunteer call:

Ashley at 705-753-6971

A Fun and Friendly Texas Horse Shoe Tournament

Saturday, August 27th

Garden Village Band Office

Registration Begins at 10:00 a.m.

1st Games Start at 10:30a.m.



Age Categories:

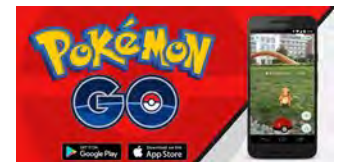
- Children 6-13 years
- Youth ages 14-18 years
- Adult 18+

Contact: Ashley 705-753-6971

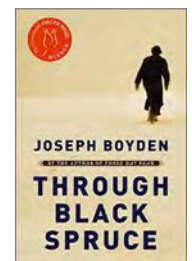
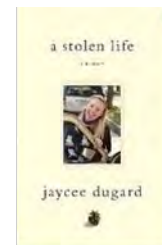
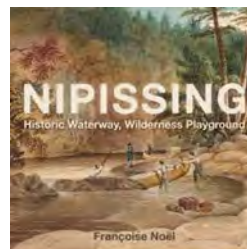
Kendaaswin Enokiing/Library Activities

NFN Library has joined the Pokemon Craze

Come into the Library and we will help you with the App and show you how to use the game....



**Bi-Waamdan Mzinigan
Books of the Month**



Shkinokiigii-Zhgd	Niizhgiizhgd	Aabtawse	Shpinganwan	Jiibiiyaati-Gogiizhgd	Maanii-giizhgd	Namegiizhad
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-12PM 1-4PM	9-12PM 1-4PM	Closed	9-12PM 1-4PM	9-12pm Closed	Closed	Closed

Please check the NFN Public Library website www.kendaaswin.ca for updates and changes to the hours of operation. Miigwech!

Employment Opportunities

The following employment opportunity is currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) current work references by **FRIDAY, AUGUST 12TH** at 4:30 p.m. to:

MAIL: Jennifer Lalonde, Human Resources Manager

FAX: (705) 753-0207

36 Semo Road, Garden Village ON P2B 3K2

EMAIL: resumes@nfn.ca

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

Canteen Worker—Bingo

Part-Time Position- One Year Contract

Under the direction of the Bingo Supervisor, the Bingo Canteen Worker will be scheduled for 21 hours per week, on the evenings of Sunday, Tuesday and Thursday to provide organization and operation support for Bingo and Canteen functions.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Band Member.
- Must have a valid Driver's License and access to a vehicle.
- Minimum grade 12 is preferred.
- Be able to operate computer and software.
- Must be Bondable.
- Retail and Cashier experience would be considered a definite asset.

DUTIES:

- Reports directly to the Bingo Supervisor.
- Stocking and preparing canteen inventory prior to Bingo's
- Selling canteen foods and items, and cashier duties.
- Clean up of canteen after bingos including the set up and take down of tables.
- Assists in collecting and remitting canteen proceeds to the Finance Department.
- Distributes prizes and awards consistent with bingo and gaming rules and First Nation procedures.
- Maintenance/Janitorial duties.
- Must be willing to train and take on other roles in the bingo hall when necessary (Bingo caller, Cashier, Supervisor, Runner)
- Other duties as required.

A current Criminal Reference check is a requirement for this position. Please submit your letter of interest and resume no later than **4:30pm on Friday, August 12th, 2016**

Post-Secondary Support Worker

Three Month Contract Position – with possible extension

The Education Department requires a Post-Secondary Support Worker to provide direction and guidance as per the NFN Post-Secondary Education Assistance policy.

QUALIFICATIONS:

- Must be a registered member of Nipissing First Nation
- Graduate from a post-secondary program in Education and/or Social Work, or related experience; office administration skills at a high level; good knowledge of office practice.
- Working knowledge of the legislation, policies and procedures that impact First Nation Education programs and services.
- Familiarity with post-secondary institutions, their programs, credit systems and support services.

REQUIRED SKILLS AND ABILITIES:

- High level of organization, written and verbal communication skills.
- Displays initiative and strong interpersonal skills.
- High level computer and word processing skills.
- Good public relations, including an appreciation of the need for confidentiality, tact and discretion.

DUTIES INCLUDE:

- Manage and maintain financial obligations pertaining to the post-secondary students (e.g. bi-weekly student allowance payments, reimbursements, tuition payments etc.)
- Maintain electronic data base for post-secondary students.
- Assist with the completion of the Elementary, Secondary and Post-Secondary Nominal Roll as required annually by INAC.
- Assist students with academic/career counseling as requested. This may include referrals to other sources for such assistance and communicating with post-secondary institutions;
- Maintain electronic contact list for all post-secondary students to provide them with newsletters, notices and reminders. Provide monthly correspondence.
- Maintain education (elementary, secondary and post-secondary) student files ensuring that all information including that relating to funding is up to date.
- Prepare and keyboard correspondence, reports and submissions related to Education programs as requested by the Director of Education.
- Perform other duties as may reasonably be required by the Director of Education.

Please submit your letter of interest, resume and three (3) references no later **Friday, August 12th, 2016 at 4:30p.m.**



Yellek Community Boat Launch and Floating Dock

The installation of the dock is complete and the boat launch and floating dock is available for use by all members of Nipissing First Nation.

This dock will be removed each fall in order to prevent damage from the winter weather and re-installed in the spring each year.

Pow Wow Grounds Repairs/Updates

Jocko Point Road

Beginning Monday, July 25th, residents on Jocko Point Road may notice heavier than usual traffic. Alternative Road access to the Pow Wow grounds is being prepared in order to accommodate traffic during the annual event. Public Works will be hauling gravel and clearing an alternative access route to the Pow Wow grounds. This project is estimated to be completed on or before August 26th, 2016.

Please share the road and exercise caution.

For more information contact:

Patrick Stevens, Facilities Manager 705-753-2050 ext. 1220 patrick@nfn.ca



Garden Village Cemetery Improvements



The GV Cemetery is undergoing continuous improvements. Brushing between the new and old cemetery is almost complete. Most of the mounds on the graves have been removed, topsoil has been added and seeded. Trimming around the grave monuments will continue. The wood fencing will commence the week of July 25th, along the north side and repairs to fallen fencing will be repaired accordingly. New fencing around the Lawrence Lane Cemetery (Duchesnay) will be completed shortly.

Cultural Events for August



Dinner/Monster Bingo
Pow wow Fundraiser

Thurs, Aug 4th, 5:00p.m.-7:00p.m.
Garden Village Kitchen/Gym

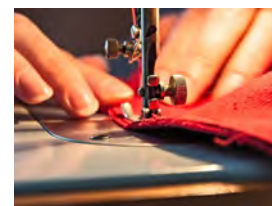
All proceeds goes to Pow Wow
Funding. All are welcome.
\$12 Fish Dinner. \$1 Drinks.



Regalia Making with Brenda Lee
FREE

Tues, Aug 9th, 5:00p.m.-8:30p.m.
GV Culture Centre

Wed, Aug 10th, 5:00p.m.-8:30p.m.
Nbisiing Secondary School



Open Sew
FREE

Sun, Aug 7th 10:00a.m.-3:00p.m.
GV Culture Centre
With Rita Goulais

Sat, Aug 13th, 10:00a.m.-3:00p.m.
Nbisiing Secondary School
With Amanda Bellefeuille

Workshops are proudly
co-sponsored by:



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

an Ontario government agency
un organisme du gouvernement de l'Ontario

Pow Wow Volunteers Needed!

The Culture & Heritage Department is looking for volunteers for this year's Pow Wow on September 3rd and 4th, and is requesting donations of Wild Meat and Fish (cooked or uncooked, a lot or a little) 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.



Full Moon Ceremony ~ Thurs, Aug 18th **9p.m. ~ GV Culture Centre**

Join us for this ceremony with Virginia Goulais.
Ladies please wear your skirts. Bring your shakers and feasting food to share.



For more information about Cultural events and programs, contact Jules Armstrong
(705) 753-2050 ext. 1260 or julesa@nfn.ca

www.nfnculture.ca

Words & Dialogue for August

Kidwinan

Words for August

Thimbleberry Moon



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*

DIALOGUE:

Aandi yaad gaazhgens ? Where is the cat?

Aandi yaad gaazhgens gija'ii ? Where is the cat ?

Niigaan yaa gaazhgens . The cat is in front.

Gij'ii yaa gaazhgens. Cat is on top.

Aandi yaad gaazhgens ? Where is the cat?

Aandi yaad gaazhgens ? Where is the cat

Shkwayaang yaa gaazhgens . Cat is behind.

Naama'ii yaa gaazhgens ? The cat is under.

Aandi yaad gaazhgens ? Where is the cat?

Aandi yaad gaazhgens ? Where is the cat ?

Pime'ii yaa gaazhgens . Cat is on the side .

Biitwa'ii yaa gaazhgens . Cat is in the middle / between.

Daatkaagmin Giizis , Sema nda- pkidnaa mina dbasendis

Giyat gii-kanoondiyaangban mina n'de mooshne mkshkawziwin

Gbishkoo giizis

Ngii-kendaan Gzhemnido 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-mnidoowin . mii dash ji-moseyaan maa Nishnaabe Miikaang megwaa Mnidoo Zhich-kewin.

Noongom kwedwe ebwewendmowin iw gaa –kidsiwaan .

Pii dash mkeshkaadyaang Miiknaang , ga- chi- piitendis eshi-aawyaan.

Baa maa dash minwa ,

Gmiigwechiwin

WEEKLY AFTERNOON TEA SOCIAL



You're invited!

Drop in for some tea and stay for a visit.

Beginning (Each Wednesday):

1p.m.-4p.m.

Tea & Light Refreshments

Lawrence Commanda Health Centre
Boardroom

Emily Couchie (705) 472-3321



Tea
With
Emily



Show starts 1:30pm. Ed Mirvish Theatre, Toronto , Ontario.

Bus will leave Garden Village at 6:00a.m. and return after the show. Call in Tuesday, August 2nd, at 8:30a.m. at 705-753-3312. Due to the high volume of calls we want to ensure we don't miss anyone. NO emails Please. We are encouraging everyone to contact us by phone. Please do not leave a message. Hang up and keep trying until you are able to speak to a staff member. Thank you for your cooperation.
PRIORITY WILL BE GIVEN TO YOUNG FAMILIES WITH CHILDREN.

Youth Trip

Wednesday, August 17th



Aug
23

Love your Selfie—A Youth Retreat

Sturgeon River House—Tuesday, August 23rd—9:00a.m.-3:00p.m.

For Youth ages 13-21 Years. Transportation Provided. Snacks, Morning snacks, Lunch and afternoon snacks provided. Call 705-753-3312 to register by August 12th @4:00p.m. Facilitated by Tory Fisher. Topics: Healthy Eating, hands on; What is Diabetes; Games; Outdoor activities and canoeing on the river; How does Diabetes affect our community; Traditional teaching within a Circle. Bus will depart @ 8:30 am from the Band Office



ARCHAEOLOGICAL OPEN HOUSE
ARCHAEOLOGICAL DIG ~ REDISCOVERING OUR PAST
BEAUCAGE PARK
RECREATION BUILDING
WEDNESDAY, AUGUST 10, 2016
10:00 A.M. TO 2:00P.M.

Community members are invited to attend an Archaeological open house on Wednesday, August 10th, to witness the developments and findings of this year's dig. Archeologists Ken Swayze and Sarah Hazell as well as Nipissing First Nation students welcome you to discover what they have recovered from our past. The archaeological field school is being held at Beaucage Park from July 7th to August 12th.



Lunch Provided.

Please R.S.V.P. to the Lands Dept. at (705)-753-2922 by August 5th and notify if transportation is required.



Golf Tournament Update



Corporate Donors

- Peace Hills Trust
- Miller Paving
- KPMG
- Northern Brick & Tile
- WP Financial Pensions & Benefits
- Dr. Heather Lariviere
- Goulard Building Supplies

Hole in One Sponsors

- True North Chev Olds
- Caisse Populaire Verner

Friends of Nipissing

- Dr. Heather Lariviere
- Moore Propane
- Leisure Farms
- Npissing University
- Canadian Tire Corporation
- Watson & Parojic
- Waabnoong Bemjiwang Association of First Nations
- Savage Ford
- Wrightway Sports
- Municipality of West Nipissing
- Sturgeon Buildings Home Hardware

Tournament Prize Winners

- | | |
|---------------------------|----------------|
| Straightest Drive | Pat Primeau |
| Closest To The Pin Womens | Kate Lariviere |
| Closest To The Pin Mens | Jeff McLeod |
| Door Prize – Kayak | Yvon Goulais |

On behalf of Nipissing First Nation Food Bank & Little NHL Organizing Committee, we want to express our gratitude and say chi-miigwech to everyone for their continued support, those who participated, donated prizes and food and/or volunteered. We would not host such a successful tournament without your support. A big thank you to this year's tournament organizers: Christina Beaucage, Freda Martel, Lisa Vega, Melvin McLeod and Samantha Goulais.

Nipissing First Nation 28th Annual Traditional



POW WOW

September 3rd and 4th 2016 Labour Day Weekend

Host Drum: Boyz from the Bay Co-Host: Little Iron

This year's Theme is: Mtakmikwe mina
Kina Gaa-Zhidtood "Honoring Mother
Nature and all her creatures"

Friday - Talent Night

Annual Rock Your Mocs Competition

11:00 am Registration / 12:00 pm Grand Entry

Traditional Feast reserved for
Drummers, Dancers, & Elders

Vendors must register

Free Admission

NFN Cultural Lands 23 KM's West of
North Bay on Hwy 17 W Turn South on
Jocko Point Rd. to 2100 Paradise Lane
Rough Camping for 18+

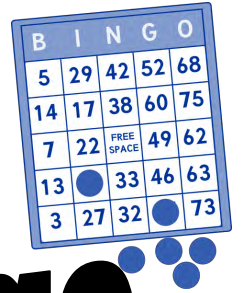


www.nfnculture.ca

For Event Info Contact: Cultural Event Coordinator 705-753-2050 Ext. 1260 or Email: julesa@nfn.ca
Absolutely no Alcohol or Drugs or Pets

All proceeds to Pow Wow Funding.
All are welcome.
Fish Dinner \$12 each. \$1 Drinks.

**\$5,000 Monster Jackpot
Pow Wow Fundraiser!**



NFN Monster Bingo

Bingo Program

Community Complex

36 Semo Road

Garden Village

(705) 753-2050 ext. 1238

705-753-2180

Bingo Schedule

Thursday August 4th, 2016

Doors Open at 4:30 p.m.

Mini Bingo Starts at 6:45 p.m.

Regular Bingo Starts at 7:00 p.m.

\$20 per strip - 3 strip Minimum

At the Door Only

Random and Dab-All

**FIRST 80 PEOPLE HAVE A
CHANCE TO WIN \$200.00**

(All 13 games are in the book)

5 mini Games	1 line	\$25
1,2 & 3 Regular Games	1 line	\$100 ★
	2 lines	\$200 ★
1 st Special	3 lines	50/50 Sales
4 th & 5 th Regular Games	1 line	\$100 ★
	2 lines	\$200 ★
Accumulator	Floating T	\$100
	Full Card in design. #s	\$ POT
	Consolation	50/50
10 Min Break		
2 nd Special	3 Lines	50/50 Sales
6 th Regular Game	1 line	\$100 ★
	2 line	\$200 ★
3 rd Special	3 lines	50/50 Sales
7 th Regular Game	1 line	\$100 ★
	2 lines	\$200 ★
Monster Jack Pot	Tee Pee	\$100
	Full Card	\$5,000
Winner Takes All	3 lines	100% Sales

★ Toonie Pot in Play



The Anishinabek Nation Education Agreement

Our negotiators have concluded talks on a proposed agreement to restore control over education to Anishinabek First Nations and create a new Anishinabek Education System (AES). We are now in the ratification (community approval) stage of the process. Learn more about this proposed new system and the community vote. Keep visiting the [Education Agreement website](#) for updates as community outreach efforts ramp up closer to vote week: Nov. 28 – Dec. 2, 2016.

Who is affected?

● Voting First Nations
(33 FNs will hold a vote)

33 Anishinabek First Nations
in Ontario

up to **52,000**
Anishinabek

or about 1/3 of First Nation
people in the province

up to **4,000**
students
on reserve

from JK to grade 12

<ol style="list-style-type: none"> 1 Fort William 2 Long Lake #58 3 Pays Plat 4 Pic Moberg 5 Biigtigong Nishnaabeg 6 Red Rock 7 Binjitiwaabik Zaaing Anishinaabek 8 Atikameksheng Anishinabek 9 Michipicoten 10 Mississauga #8 11 Ojibways of Garden River 12 Aundek Omni Kaning 13 Sheguiandah 14 Sheshwegwaning 15 Whitefish River 16 Zhiibaahaasing 17 Dokis 	<ol style="list-style-type: none"> 18 Henvey Inlet 19 Moose Deer Point 20 Nipissing 21 Magnetawan 22 Wahnapitae 23 Wasauksing 24 Kaniwonaag 25 Alderville 26 Algonquins of Pikwakanagan 27 Beausoleil 28 Curve Lake 29 Chippewas of Georgina Island 30 Chippewas of Kettle & Stony Point 31 Chippewas of Rama 32 Mississaugas of Scugog 33 Munsee-Delaware Nation
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AnishinabekNation



AnishNation

Looking Back/Looking Ahead

1995 →

Negotiations Begin

2002 →

Agreement-in-Principle Signed

Nov. 2015 →

Community Approval Process Begins

Fall 2016...

Vote by ANISHINABEK

If approved, next step = Anishinabek education laws and federal legislation to put agreement + AES in place.

Ongoing Consultation over 20 years with Anishinabek Nation communities and other interested parties

Info Campaign & Community Outreach



Sayyestoaes.ca

1-877-497-3799



Anishinabeknews.ca

At a Glance: the Anishinabek Education System (AES)

- Participating First Nations control education from JK to Grade 12 on reserve
- Promotes Anishinaabe customs and language
- Anishinaabe education standards recognized for easy transition of students between schools
- New central Kinoomaadziwin Education Body (KEB) with school board-like powers
- Support funding continues for post-secondary students

The logo created by the Anishinabek Nation for the Anishinabek Education System (AES) is meant to symbolize the beliefs and values of Anishinabek.



Anishinabek Nation



Learn more about the [Anishinabek Nation Education Agreement](#)



Homes for Sale



124 Veteran's Road, Sturgeon Falls

600 square foot home

Appliances and Shed included

Asking \$80,000 or Best Offer

For information, please contact

Delia at (705) 753-4917

59 Paradise Lane, Jocko Point, North Bay. 1-1/2-story house that will give you 1,678 sq ft of generous space on beautiful Lake Nipissing. 3 bedroom, 2 bathroom home with a 2-stall garage, as well as a sleep camp and gazebo.. Situated in a friendly community of Jocko Point, 5 minute walk to NFN Pow Wow grounds and just thirty minutes from the beautiful City of North Bay or the quaint little Town of Sturgeon Falls. Asking \$250,000.00 will negotiate.

Wayne B McLeod

wayne_mcleod@live.com (705)499-8820



40 Gerald Crescent, Garden Village. 4 bedroom, 2 baths, Large kitchen. Full dry basement . Built 1992. Large front yard and back yard. Wraparound porch. Approx. 4,000sq feet. New tin roof. Asking \$160,000 OBO.

Call Caroline: 705-753-1178





George Couchie
705-494-6887

286 Nova Beaucage Road
North Bay, ON P1B 8G5

couchie.george@gmail.com
www.nativeawarenesstraining.com

CAROL Couchie BHSc, RM

P.O. Box 117, 488 Main St.
Powassan, ON P0H 1Z0

P: (705) 724-BABY (2229)
F: (705) 724-1487

E: ktigaaning.midwives@gmail.com

WWW.KTIGAANINGMIDWIVES.COM



HOPE FOR HUNTER License # 2019-05



Duchenne-Muscular Dystrophy Fund
for
Hunter Perasse

who needs help with medical supplies.
Affiliation: Nipissing First Nation

Tickets are \$10.00 each
3 draws of \$5,000.00 each

There are only 3,000 tickets available

For tickets call or text **705-493-2064**

Draw will take place once all tickets are sold!

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Owner/Operator
705-477-5347
Challenger Mobile Wash Inc.

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Dot Beaucage-Kennedy (Elder)

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Nipissing First Nation
Cell: 1-705-493-5577

Email: dotbeaucagekennedy@gmail.com
www.allseasonsweddings.com
(1-800-545-3681..by request)



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The Curvy Closet is North Bay's newest consignment store. We sell women's clothing of all sizes with a focus on sizes 14+ we also sell shoes and accessories for all occasions.

188 Oak St W, North Bay ON P1B 2S7. www.thecurvycloset.ca

Facebook: thecurvyclosetnorthbay. (705)478-5668

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*Please call ahead for store hours. Cash * Debit * Visa*



August 2016

Thimble Berry Moon

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2 Council Meeting GV@ 7:30p.m.	3 Ontario Works @ UOI 9a.m.-4p.m. Weekly Tea Social @ Health Centre Boardroom 1-4p.m. (Every Wednesday) Youth Craft Night @ GV Church Basement 6-8:30p.m.	4 Pow Wow Fundraiser Monster Bingo GV Gym	5	6
7 Open Sew @ GV Culture Centre 10a.m.-3p.m.	8	9 Regalia Making @GV Culture Centre 5-8p.m.	10 Archeology Open House Beaucage Park @10a.m.-2p.m. Diner's Club @ GV noon Regalia Making @ Nbisiing 5-8:30p.m.	11	12 NFN Job Postings Close (pg 9-10)	13 Open Sew @ Nbisiing 10a.m.- 3p.m.
14 T-Ball (Ages 4-6) 10:30a.m.-Noon @ GV field Baseball (Ages 7- 12) 1p.m.- 2:30p.m.@GV field	15 Membership @ UOI 9a.m.-4p.m. Children's Healthy Lunch & Snacks @ GV Gym 6:30- 8p.m. (parents welcome)	16	17 Ontario Works @ UOI 9a.m.-4p.m. Anishinabek Evening of Excellence @ Sudbury, ON Youth Trip (pg 15)	18 Full Moon Ceremony @ GV Culture Centre 9p.m.	19 Finance @ UOI 9a.m.-4p.m.	20
21	22	23 Love Your Selfie – Youth Retreat @ Sturgeon River House. 9a.m.- 3p.m. (pg. 15)	24	25	26	27 Texas Horseshoes @GV 10:30a.m.
28 Paintball @ Bonfield (registration required pg. 8)	29	30	31 Ontario Works @UOI 9a.m.-4p.m.			



Contact Us

36 Semo Road
Garden Village ON
P2B 3K2

TEL: (705) 753-2050
FAX: (705) 753-0207
Email: shaylab@nfn.ca

