



December 2017
& January 2018

ENKAMGAK

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

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*Sign up to receive the
newsletter by email!*

Email genc@nfn.ca

Council Meetings:

Dec 12th @ 7:00pm
Duchesnay

Jan 9th @ 7:30pm
Garden Village

Jan 23rd @ 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
email to fredam@nfn.ca.

Christmas Distribution

Christmas Distribution payments will take place from 10:00 a.m. to 3:00 p.m. on **Thursday, December 7th** at the NFN Community Complex in Garden Village and on **Friday, December 8th** at Nbisiing Secondary School in Duchesnay.

NFN members will have until March 31, 2018 to pick up or request their shares. These shares do not accumulate and must be picked up or requested separately each year from the Finance department. For those picking up on distribution day, please have your status card available to ensure greater efficiency in the payment process. Third party pick-ups are no longer permitted; however, one can collect for a spouse and a parent may collect for children under the age of 16 who are still living at home. Note: anyone aged 16 years or older must request or collect their own shares.

A form is available from the Band Office or online at www.nfn.ca for anyone wishing to request a cheque or direct deposit.

Christmas Break Closure

Council has approved Christmas break for staff from **Monday, December 25th to Friday, January 5th**. All Nipissing First Nation offices will be closed during this time, with staff returning on Monday, January 8th.

Essential services provided by NFN Public Works will continue during the holidays, including road maintenance, garbage/recycling collection and seniors' snow plowing. See next page for more information. In case of emergency, please contact:

Terry Larivière, Public Works Supervisor	705-471-7009
Patrick Stevens, Facilities Manager	705-498-2519

Annual Christmas Tea

Join us for the Annual Christmas Tea on **Saturday, December 2nd** from 11am - 4pm at the NFN Community Complex Gym in Garden Village. Free Admission!

Bring your family and friends and come enjoy fun, family-friendly activities, including: Draws - 50/50, Children's Stocking, 3 Prize Draws (quilt, glasses, end table), as well as Chip Bingo, Penny Sale, Bake Sale, Indoor Yard Sale, Lottery Tree, and to cap it off, a Turkey Dinner with all the trimmings for only \$8 per plate!



Come out for an afternoon of fun! All proceeds to the Holy Spirit Church to support operations and maintenance costs.

Everyone is welcome!



Saturday, November 18

Miigwech to all who attended!

Highlights from the Annual Meeting

Our Annual Community Meeting was held on Saturday, November 18th in Garden Village. Chief McLeod highlighted a number of recent successes and pointed to the fact that it has taken a lot of hard work and commitment from successive Councils, community members and staff to build this nation and create a solid foundation for decision-making and community development.

Self-Governance

We are continuing on the path to self-governance to strengthen our nation by developing our own laws and challenging those of other government jurisdictions. This is the only way to truly break free from the control and constraints of the Indian Act. It is essential that we reclaim our ability to define and shape our nation.

We took the first step in this long journey by passing our Gichi-Naaknigewin in 2013, which laid the foundation for us to continue on the path of becoming a strong, self-governing nation. Other significant milestones have included the passing of our Land Code, Fisheries Law, Financial Administration Law and Certification of our Financial Management Systems, and Saying “Yes” to the Anishinabek Education System.

We are currently working on a child well-being law to help keep our kids in our community, and a Citizenship Law that will allow *us* to determine “those who belong” to Nipissing Nation per our Gichi-Naaknigewin, as opposed to leaving it to the Canadian Government to decide.

Strengthening Culture & Language

Our Council and staff focus a lot of their energy and efforts on meeting current needs and developing plans for the future, but we’re also reminded of the importance of looking to the past and learning more about our identity as Nipissing Anishinaabe – to educate ourselves, and to raise our next generations to be strong, proud Nipissing Anishinaabe.

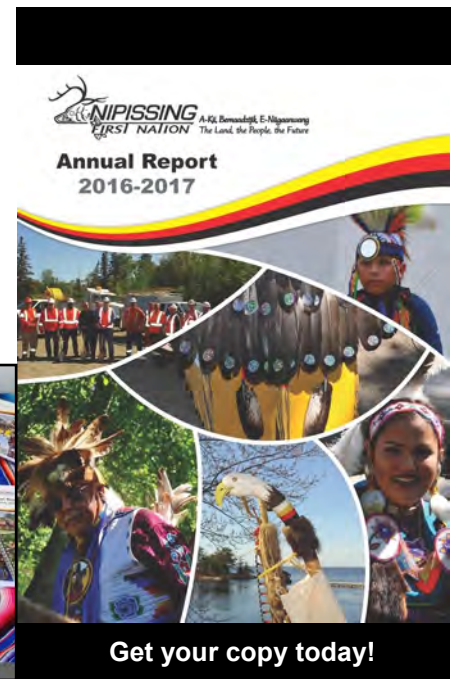


Annual Report

The 2016-2017 Annual Report was distributed at the Annual Meeting on November 18th and is now available online at www.nfn.ca.

You can pick up a hard copy from the Band Office, or request one by contacting Gen Couchie at 705-753-2050 ext. 1270 or by email to genc@nfn.ca.

The report provides a summary of all Nipissing First Nation programs and services, including highlights from the previous fiscal year, which ended on March 31, 2017.



Get your copy today!

Youth Council Our Future Leaders

A great example of the next generation of strong Nbisiiing Anishinaabe is found in the NFN Youth Leaders who came together to create an NFN Youth Council.

As part of this process, the youth organized candidates' nights in both Garden Village and Duchesnay where candidates for the three positions of Youth Chief, Youth Deputy Chief and Youth Secretary prepared and delivered speeches (in English and Anishinaabemwin).

The NFN Youth Council election was held on Friday, November 17th at the Library in Garden Village with over 40 youth between the ages of 13 - 21 casting votes to elect their leaders.

It was a very close race and we congratulate the successful candidates:

Youth Chief
Summer Fisher

Youth Deputy Chief
Kiley George

Youth Secretary
Andrea Goulais

Congratulations to all of the youth who were involved in planning and executing this exciting and important leadership initiative.



Chief McLeod presenting the new Youth Council leaders at our Annual Meeting:
L-R: Andrea Goulais, Kylie George & Summer Fisher

Grand Opening of the Outdoor Rink Saturday, January 20th from 10am - 3pm

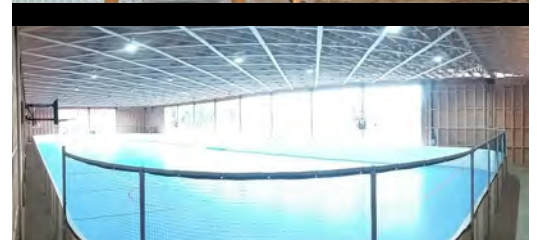
You're invited to the Official Grand Opening of the Outdoor Rink in Garden Village! **"Home of the Nipissing Warriors". Bring your skates!**

Join us for a fun day of activities - please see the agenda below for more details. For more information or to volunteer, please contact Ashley Couchie at 705-753-6971 or ashleyvc@nfn.ca.



Agenda	
10:00am	Games (Kids 6-12 years)
11:00am	Games (Youth 13+years)
12:00pm	Lunch
12:30am	Fire Pit - Marshmallows, S'mores & Hot Chocolate
1:00pm	Open Skate
2:00pm	Hockey Puck Shoot Out for prizes

Please Bring Your Skates
Reminder: Pets are not permitted



Garbage, Recycling & Landfill Hours Christmas Holiday Schedule



Wednesday, December 27th - Garbage & Recycling

Tuesday, January 2nd - Garbage Only

** NFN offices & PW Garbage/Recycling will resume regular schedule as of Monday, January 8th **

Landfill Site will be open from 9am to 5pm on:

Saturday, December 23	Tuesday, January 2
Sunday, December 24	Saturday, January 6
Saturday, December 30	Sunday, January 7
Sunday, December 31	

2018 Magnetic Garbage/Recycling Calendars



Calendars will be distributed door-to-door prior to the Christmas break closure from December 25th to January 5th. The calendar is also available at www.nfn.ca.

Medical Transportation Reminder Book appointments by December 22



Health Services clients who use the medical transportation van should call and book their appointments before our offices close for the Christmas break. Our offices will be closed from December 25 - January 5.

For any emergency or unscheduled appointments that occur during the closure, contact: Sue Commanda at 705-358-5714 or Kimberly Lalonde at 705-498-3698.

NFN Satellite Office Hours Nbisiing School

In order to better serve members located on the east end of NFN, the following departments offer a satellite office at Nbisiing Secondary School.

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

ONTARIO WORKS

Every 2nd Wednesday
Wednesday, December 13th
Wednesday, January 10th
Wednesday, January 24th

Appointment Required:

Call 705-753-2050 to book.

FINANCE

Every 3rd Friday
Friday, December 15th
Friday, January 19th

MEMBERSHIP

Every 3rd Tuesday
Tuesday, December 19th
Tuesday, January 16th

Appointment Required:

Call 705-753-2922 to book

HEALTH CENTRE

Appointment Required:
Call 705-753-3312 to book

CHIEF McLEOD

Appointment Required:
Call Mike Sawyer at 705-753-2050

Investing in the East End of NFN

This spring, we consulted with residents of the east end of NFN to learn more about their current needs for facility and infrastructure developments.

We have now completed detailed costing and site planning and will be available to discuss the proposed development plan at the Christmas Distribution day at on **Friday, December 8th** from 10am to 3pm at Nbisiing School.

We will be also be available on **Wednesday, December 13th** from 6pm-8pm at Nbisiing School to discuss the proposal and invite your feedback.

Contact Us

Nipissing First Nation
36 Semo Road
Garden Village ON P2B 3K2

(705) 753-2050

www.nfn.ca

genc@nfn.ca



NBSIING SECONDARY SCHOOL



Please visit our website www.nbsiing.com or Facebook Page for our calendar of events and other school-related information, or call (705) 497-9938.

The **Green Industries** class set up a tipi this Fall and took it down just before the mid-November snowstorm. This activity brings us closer together as a group - working together to achieve a common goal.

Some of the students reflected on the outdoor setting as “peaceful” and “in balance”. All agreed that being on the Land is a positive learning environment.

Our garden has a blanket of straw to acknowledge the coming of winter and the end of the growing season.



Year of Reconciliation

Dubbed the year of reconciliation, 2017 marks 150 years of colonization. Students from our senior Visual Arts & Digital Media classes attended a cutting edge filmmaking production produced by indigenous youth across Canada in collaboration with the ImagineNATIVE film festival at the Capitol Centre. We also watched and experienced Indigenous storytelling in virtual reality, which projected indigenous life 150 years in the future.

Chi-Miigwech to the North Bay Film Festival and the Near North Mobile Media Lab.



Remembrance Day

The Grade 10 English classes of Nbsiing Secondary School, held a school Remembrance Day service on Wednesday, November 8th. Mallory Tepiscum-Bainbridge, Brooklyn Sawyer, Cassandra St. Pierre and Aimee J St. Denis were the MCs for the service. The other students from the class helped with setting up the gymnasium (with chairs, tables, podium, decorations, a bulletin board and a cenotaph).

Miigwech to the Grade 10 English students for taking the leadership role in this event and providing everyone at Nbsiing Secondary School with a chance to remember.



Join us for our **Christmas Feast**
December 21st at 11:30am in the Gym

Winter Break: December 22nd to January 7th

Welcome Back Circle: January 8th

Final Exams: January 18th to 24th

Second semester begins: January 29th

Watch our Facebook page for more information about our upcoming events.



Remembrance Day Parade to the Cenotaph
Saturday, November 11th in Garden Village



I support First Nations Education.
I support Bill C-61.
#sayYESToAES

NFN's Education Leaders lobbying for Bill C-61: The Anishinabek Nation Education Agreement Act
From L-R: Fran Couchie, Nancy Allaire, Marianna Couchie, Deputy Chief Muriel Sawyer

Kinoomaadziwin Education Board Member: **Marianna Couchie**

Regional Education Councils (Groups of First Nations located in geographic proximity): **Muriel Sawyer & Fran Couchie**

Local Education Authorities (Established by First Nations to oversee the delivery of educational programs and services at the community level): **Education Committee / Chief & Council**

NFN's Education Committee will develop Education Laws with support from the KEB Board of Directors.



WAUBETEK
Business Development Corporation



2018 Student Bursary - Business Educational Award

This bursary was launched in 2003 to assist Aboriginal post-secondary students enrolled in a Business, Accounting or Economics related program. To be eligible, the application and supporting documents are to be received by the Waubetek Business Development Corporation by **4:30pm EST on January 26, 2018.**

To access the application form, please contact the Waubetek Business Development Corporation's office at 705-285-4275, email waubetek@waubetek.com or visit their www.waubetek.com.

Education Office Reminder ~ Report Cards & Incentives

If you have not signed an Authorization for Release of Information form with our office allowing us to access your student's report card in order to receive Incentives, please complete the form available from www.nfn.ca and return it to the Education Office.

Incentives for ON-Reserve NFN Students (Attendance)

Elementary attendance 4 days or less

High school attendance \$25 for each credit course enrolled minus \$2.50 for each class missed.

Incentives for ON & OFF Reserve Local NFN High School Students (Academic Achievement)

\$25 for each credit passed &

Total average of marks for semester (80% - 100% = \$100, 70% - 79% =\$75)

Cultural Events & Updates

Mnidoo Giizoons - Little Spirit Moon (December) & Gchi-Mnidoo Giizis - Spirit Moon (January)



Full Moon Ceremony

at *Ktigaaning Midwives*

Tuesday, December 5th

6:00pm

Will be conducted in our language

Bring yellow cloth & skirts

Conducted by *Virginia Goulais*



Men's Drop-In

Pizza & Leafs Game

December 9th, 12th, 19th & 28th

7pm - 10pm

Culture Centre, Garden Village

*Come out to watch the game
and enjoy some pizza.*

Drug & Alcohol Free



Beaded Earrings Workshops

Saturday, December 2nd ~ 10am - 4pm

Culture Centre, Garden Village

Saturday, December 9th ~ 10am - 4pm

Nbisiing School, Duchesnay

Cost: \$10 to cover material

Facilitator: *Farrah Lewis*



Winter Glove Workshops

Saturday, December 16th ~ 10am - 4pm

Culture Centre, Garden Village

Saturday, December 23rd ~ 10am - 4pm

Nbisiing School, Duchesnay

Cost: \$50 to cover material

Facilitator: *Brenda Lee*



Open Sew

December 5th, 12th & 21st

6-8pm at Culture Centre

December 7th & 14th

6-8pm at Nbisiing School

Bring your unfinished projects

Facilitator available to assist

Anishinaabemwin Classes

Every Monday 6-8pm

Nbisiing Secondary School

Every Wednesday 6-8pm

Culture Centre, Garden Village

Immersion Nights

Friday, January 12

Friday, January 26

Church Basement ~ 6-8pm

Contact Jane at 705-753-2050

or janec@nfn.ca for more info.

Anishinaabemwin Niibaanamaang Ngamnan

Ojibwe Christmas Songs

December 16th ~ Seniors' Complex

6pm - 8pm

Aandi Maa (Where): Gchi-Anishnaabeg Endaawaad (Seniors' Complex)
Ktigaaning (Garden Village)

Aandi Pii (When): Maaniigiizhgak (Saturday)
Niibaanamaang Giizis (December) Mtaaswi-shi-ngodwaaswi (16th);
Ngodwaaso Dibagane (6:00pm)

The community is invited to participate in an evening of Anishinaabemwin
Niibaanamang Ngamnan minwa Twaagewin (Anishinaabe Christmas Songs)
Enmikweng (Refreshments) minwa Miigwewin (door prizes)

For more information about Cultural events and programs, contact Joe McLeod

(705) 753-2050 ext. 1260 or joe.mcleod@nfn.ca | www.nfnculture.ca

KIDWINAN:
(Words for December)

Niibaanamaang it's Christmas
Aazhenii angel
Nang star
Ndamnowaagnan toys
Nmadshiwe to visit
Minowaazong time to be happy
Miigwewin to give/exchange gifts

Kidaanmikoon greeting to you
Boozhookdaadwak shake hands
Gidaanmikoon to wish you
Gaamiisaagdoonedgmishoomis – santa
Niibaanamaang mina Nimkodaadin
 Merry Christmas & Happy New Year!

KIDWINAN:
(Words for January)

Nimkodaadin it's New Year
Gchi-gsinaa very cold
Giidwedin north wind
Waabshkaa white

Goon waabshkizi snow is white
Ma'iingan wolf
Dbaaimonan stories
Mooshne Giizis full moon

Anishinaabemwin Words & Dialogue for December

Mnidoo Giizoons ~ Little Spirit Moon

Mnidoo Giizoons
 Niibaanamaang Giizis
 Mnidoo Giizoons Little Spirit Moon
 Mtaaswi shi-niizh giizis egoojing gaa-zhinkaazod ,
 Mnidoo Giizoons zhinkaazo mii maa aabchi-mnidooyang
 maadziwin
 Mii maa maadziwin emkawaabmigaadeg
 Maa miikan wa- Gzhe- Mnidoo gaa-tood
 Mii dash pii Mnidoo- Giizoons wii ni-zhaad
 Mkinaak Mnising ge ezhinkaadeg
 Mtakmikwe ni- naandwiwed minwa
 Wii-waamdang m'yaa maadziwin enjibaamgak.
 Mii maa wii- gwekwendaagwak,
 Mshkawziwin minwa gchi-mshkawendmowin
 Pane nji-nishing, ni waamdaweng pane maa miikan
 Enmok wedi Mndoo-kiing.

Little Spirit Moon

Little Spirit Moon is the twelfth moon of Creation,
 a very spiritual time.

At this time all is being reminded of their journey set
 out by the creator.

During this time, the little spirit moon journeys to
 Turtle Island,

As a healer and a seer in the hearts of all Creation.

of Creation, can flourish with the identity to make the
 journey from this world to the next.

Miigwech

Anishinaabemwin Words & Dialogue for January

Gchi-Mnidoo Giizis - Spirit Moon

Nshki-tam Giizis egoojing gaa-zhinkaazod,
 (Mnidoo Giizis Zhinkazo)
 e-piitendjigaadeg kinoomaagewin pii giizis mooshned,
 nji-kenmang noongom pii Gookmis kinoomaaged Maadziwin
 mii dash ge Mnidooog bi-maanjidiwaad
 gchi—twaa shkodeng nmadbiwaad Semaan gii-pkitnaawaan,
 nji-bznindamwaad Gchi-kinoomaagwin Gookmis-miigwed.
 Mii maa pii mnidoosag ge wiinwaa bi-yaawaad pii shkode
 ndaapteg
 Mii dash gii-shkwaa kinoomaageng, goki maa kiing bi-zhaawak,
 Pii ge waamjigaazwag bi-mi yaawaad giizhgong.
 Enaandwiwewaad zhinkaazwak,
 Waaseyaa Dbikak

Spirit Moon is the first moon of Creation.

A time when the teachings of life is being honored in silence.
 In this great moment of the full moon,

We understand this time as a time of Gookmis or the spirit
 that teaches the meanings of the continuum of life from this
 world to the next.

At this time our spirits are called to sit at the sacred fire with
 our tobacco and listen to these teachings from Gookmis.
 When the sacred fire begins, the path of the spirits can be
 seen clearer that any other time .

Following the teachings, the spirits return to the earth and
 can be seen traveling across the night sky. They are the
 healers of the universe or the Northern Lights.

Youth & Family Events - December

Friday, Dec. 1 - Tween Night (Ages 10-12) 4:30pm-6:30pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Friday, Dec. 1 - Teen Night (Ages 13-18) 6:30pm - 10pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Sunday, Dec. 3 - Kids' Social (Ages 6-12) 10am-2pm @ the Band Office Boardroom (located in the new addition)
Hosted by the Native Child Welfare Prevention Program

Tuesday, Dec. 5 - Kids' Social (Ages 6-12) 6pm-8pm @ Nbisiing School
Hosted by the Native Child Welfare Prevention Program

Wednesday, Dec. 6 - Kids' Movie Night (Ages 6-12) 6pm-8pm @ the Library
Co-hosted by the NFN Library & the Native Child Welfare Prevention Program

Saturday, Dec. 9 - Teen Cooking (Ages 13-18) 10am-2pm @ Seniors' Lodge
Hosted by the Native Child Welfare Prevention Program

Monday, Dec. 11 - Mom & Baby Drop In 9:30am-2pm @ the Library For Parents & Children. *Hosted by the Native Child Welfare Prevention Program*

Wed., Dec. 13 - Teen Movie Night (Ages 13-18) 6pm-8pm @ the Library
Co-hosted by the NFN Library and Native Child Welfare Prevention Program

Friday, Dec. 15 - Tween Night (Ages 10-12) 4:30pm-6:30pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Friday, Dec. 15 - Teen Night (Ages 13-18) 6:30pm - 10pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Sunday, Dec. 17 - Kids' Social (Ages 6-12) 10am-2pm @ the Band Office Boardroom (located in the new addition). *Hosted by the Native Child Welfare Program*

Tuesday, Dec. 19 - Teen Social (ages 13-18) from 6pm-8pm @ Nbisiing School
Hosted by the Native Child Welfare Prevention Program

Wed., Dec. 20 - Christmas Craft Night (Ages 6-18) 6pm-8pm @ the Library
Co-hosted by the NFN Library & the Native Child Welfare Prevention Program

Open Gym Nights

Thursdays from 4:30pm - 6:30pm @ Nbisiing Secondary School

Ages 6-18 years. Contact Ashley at 705-753-6971 or ashleyc@nfn.ca for more info.



Youth & Family Events - January

Tuesday, Jan. 9 - Kids' Social (Ages 6-12) 6pm-8pm @ Nbisiing School
Hosted by the Native Child Welfare Prevention Program

Wednesday, Jan. 10 - Kids' Movie Night (Ages 6-12) 6pm-8pm @ Library
Co-hosted by the NFN Library & the Native Child Welfare Prevention Program

Friday, Jan. 12 - Tween Night (Ages 10-12) 4:30pm-6:30pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Friday, Jan. 12 - Teen Night (Ages 13-18) 6:30pm - 10pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Saturday, Jan. 13 - Teen Cooking (Ages 13-18) 10am-2pm @ Seniors' Lodge
Hosted by the Native Child Welfare Prevention Program

Sunday, Jan. 14 - Kids' Social (Ages 6-12) 10am-2pm @ the Band Office Boardroom (located in the new addition). *Hosted by the Native Child Welfare Program*

Wednesday, Jan. 17 - Computer Night (Ages 6-18) 6pm-8pm @ the Library
Co-hosted by the NFN Library & the Native Child Welfare Prevention Program

Saturday, Jan. 20 - OUTDOOR RINK GRAND OPENING
10am - 3pm at the new multi-use facility in Garden Village. See page 3 for details & agenda.

Monday, Jan. 22 - Mom & Baby Drop In 9:30am-2pm @ the Library
 For Parents & Children. *Hosted by the Native Child Welfare Prevention Program*

Tuesday, Jan. 23 - Teen Social (ages 13-18) from 6pm-8pm @ Nbisiing School
Hosted by the Native Child Welfare Prevention Program

Wed., Jan. 24 - Teen Movie Night (Ages 13-18) 6pm-8pm @ the Library
Co-hosted by the NFN Library & the Native Child Welfare Prevention Program

Friday, Jan. 26 - Tween Night (Ages 10-12) 4:30pm-6:30pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Friday, Jan. 26 - Teen Night (Ages 13-18) 6:30pm - 10pm @ the Library
Hosted by the Native Child Welfare Prevention Program

Sunday, Jan. 28 - Kids' Social (Ages 6-12) 10am-2pm @ the Band Office Boardroom (located in the new addition). *Hosted by the Native Child Welfare Program*

Wednesday, Jan. 31 - Game Night (Ages 6-18) 6pm-8pm @ the Library
Co-hosted by the NFN Library & the Native Child Welfare Prevention Program

Lunch Hour Poker Walks - Starting Monday, January 8th

from 12pm-1pm @ Band Office Gym

Bring comfortable shoes and join us for daily indoor walks with weekly prizes!
 Contact Ashley at 705-753-6971 or ashleyc@nfn.ca to register, or just drop in.

MALE YOUTH RETREAT

February 1-4
Spirit Point Lodge
Ages 13-18 years

The Native Child Welfare Program will be hosting its annual youth retreat at Spirit Point Lodge from February 1-4, 2018.

Transportation will be provided for this event.

Workshop includes:

- Healthy Relationships
- Self-Esteem
- Cultural Awareness
- Survival Skills

Please register by contacting:

Tamara Penasse
 705-753-2691
tamarap@nfn.ca

Registrations will be on a first come, first served basis.

There is no cost to the participants for this event.

Mustimuhw Electronic Medical Records

NFN Health services is working diligently towards advancing the protection, security and management of your health information.

Mustimuhw (pronounced Moose tee mook) is an electronic clinical charting tool for health service providers in First Nations health service organizations. Mustimuhw is a Coast Salish word meaning "All of the People".

For more information about this initiative, please contact:

Kimberly Lalonde,
Health Services Manager
705-753-3312 ext. 2223

Lisa Beaucage,
Clinical Client Records
705-753-3312 ext. 2259



Flu Clinic

Tuesday, Dec. 5
3-6pm at Band Office

Alzheimer's and Dementia Awareness Event

Monday, December 4th - Health Centre in Garden Village
Dinner will be served at 5pm

Learn about Alzheimer's and Dementia and how it affects the people living with the disease, as well as family members caregivers.

Guest speaker Kathy Gaudaur, Public Education & Health Promotion with Alzheimer Society of North Bay and District.

Please contact Liz Stevens at 705-753-3312 or lizs@nfn.ca for more information, or to confirm your attendance. Transportation to the event is available by request.

Seniors' Christmas Party

Friday, December 8th - NFN Community Complex, Garden Village
Doors open at 5pm, Dinner at 6pm, Dance at 9pm

With music by Dennis Goulais Jr. and Laurie Kaelas

Please contact Liz Stevens at 705-753-3312 or lizs@nfn.ca for more information or to RSVP your attendance.

Seniors' Movie Nights

Tuesday, December 19th & Tuesday, January 23rd
Cineplex North Bay

Please contact Liz Stevens at 705-753-3312 or lizs@nfn.ca for more information or to reserve your spot.

First Aid & CPR Training

Wednesday, January 17th from 8:30am - 4:00pm
NFN Community Complex Gym

No cost for Band members. Lunch will be provided. Please register by calling 705-753-3312 and contact Liz Stevens for more information.

Diners' Club (55+)

Wednesday, December 13th

11am - 1pm at Band Office - *Christmas Theme*

Wednesday, January 10th

11am - 1pm at Band Office - *Happy New Year!*



First Nation Child Well-Being Information Session

Waabnoong Bemjiwang Association of First Nations

Friday, December 8th at 9am at Parry Sound Friendship Centre

Waabnoong Bemjiwang Association of First Nations is overseeing the development of a First Nation Child Well-Being Agency. The purpose of the Child-Well Being Agency is to develop a service model that will ensure citizens have access to culturally appropriate services from a First Nation perspective. Once this agency is developed and designated by the Ministry of Children and Youth Services, it will replace the current Children's Aid Society in this jurisdiction.

For more information or to RSVP for this session, please call (705) 763-2200 and ask for Vicki Restoule or email: vicki.restoule@wbafn.com.

Prenatal Classes

2 sessions at Lawrence Commanda Health Centre

November 30th & December 14th from 6pm - 8pm

Join us for two sessions to learn more about your growing baby, healthy eating & activity, labour & delivery, physical & emotional changes, breastfeeding and more.

Snacks provided and prizes to win. Please register by contacting Misty Arbour, Maternal Child Health Nurse or Erika Weidl, Community Nutritionist at 705-753-3312.

Baby Massage Classes

5 weeks - 1 session per week at Health Centre

January 12th, 19th, 26th, February 2nd & 9th from 10am - 12pm

Do you have a baby between the ages of 0-6 months? If so, you may be interested in baby massage classes. This is a great opportunity to learn to bond and communicate with your baby through touch.

Limited space. Please register by contacting Misty Arbour, Maternal Child Health Nurse at 705-753-3312 or mistya@nfn.ca. Refreshments and snacks provided.



Respite Care Services for Families

Available through Nipissing First Nation Health Services

For children from birth to 18 years of age with a diagnosed intellectual or physical disability. Respite workers are selected by the parents/caregivers.

We offer free training and flexible hours for respite care providers. Benefits include helping parents/caregivers, getting out in the community and making extra money.

For more information, contact Brandie Fong at 705-753-3312 or brandief@nfn.ca.

Baby Calendar

Submissions due December 15th for babies born in 2017

If you would like your child to be included in the baby calendar, please visit www.nfn.ca to complete the submission form, or contact Misty Arbour, Maternal Child Health Nurse at 705-753-3312 or mistya@nfn.ca to request a copy by mail or email.

Canada Prenatal Nutrition Program

Are you pregnant or do you have a child less than 1 year old?

Are you a resident or member of NFN?

Register with our Prenatal Nutrition Program to:

- ✓ Receive a monthly Good Food Box
- ✓ Receive a monthly milk coupon, if you are breastfeeding
- ✓ Access gifts such as the Baby Bundle or Welcome Baby Bag

Once your child turns 1, they may be enrolled in the Aboriginal Healthy Babies Healthy Children Program and continue receiving milk coupons until they turn 7 years old!

Contact Misty Arbour at 705-753-3312 for more information or to register.

Food Handler's Training Course

**Thursday,
January 25th**

8:30am - 4:30pm
Lawrence Commanda
Health Centre

Instructor:
**Ray Alatalo, BAA
CPHI, Environmental
Health Officer**

This course is for anyone serving food to the public, from volunteers to restaurant owners.

Please register by Monday, January 22nd by calling 705-753-3312. We need a minimum of 12 participants to offer this course, and there are 20 spots available.



HEALTH'S KITCHEN

Cooking from the Pantry

Do you like cooking or want to get more comfortable in the kitchen?

Join us in Health's Kitchen to cook up some recipes using pantry items and learn tips for meal planning. Recipes cooked will be lunch and a take home for your families.

Prizes to win!

When: Saturday, December 2nd

10:00am - 2:00pm

Where: Lawrence Commanda Health Centre

You must register in advance as spaces are limited.

For more information or to register, contact Erika @753-3312

Kids Can Cook with Confidence

We will be offering a Level 1 program for any interested children aged 7 to 10 years old who have not previously attended this program.

6 spaces available for this 4 week program starting Tuesday, February 13th.

Program Dates: Tuesdays February 13th, 20th, 27th & March 6th

4:00pm - 5:45pm in the Lawrence Commanda Health Centre Boardroom

Must register by Friday, January 26th. For more information or to register, please contact Cheryl Shawana at 705-753-1375 or cheryls@nfn.ca.



**Level 1 Program - Ages 7-10
Starts Tuesday, February 13th**

'Tis the Season to be Careful



ENJOY A FIRE SAFE HOLIDAY



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Powassan, ON P0H 1Z0

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F: (705) 724-1487
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December 2017

Mnidoos Giizoons (Little Spirit Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	Weekly Events Adult Education Sessions: Wednesdays from 6-8pm @ Nbisiing School & Thursdays from 6-8pm @ Library in GV Anishinaabemwin Classes: Mondays from 6-8pm @ Nbisiing School & Wednesdays from 6-8pm @ Culture Centre in GV				1 Health's Kitchen 10am-2pm Dec 2 @ Health Centre Tween/Teen Night 4:30-6:30pm (10-12) 6:30-10pm (13-18) @ Library in GV	2 Christmas Tea 11am-4pm @ NFN Complex Gym Beaded Earrings 10am-4pm @ Culture Centre
	Open Gym Nights in Duchesnay! Thursdays from 4:30pm – 6:30pm at Nbisiing School					
3 Kids' Social (6-12) 10am-2pm @ Band Office Boardroom (Ages 6-12)	4 Alzheimer's & Dementia Event 5pm @ Health Centre in GV. Dinner & Guest Speaker/Presentation	5 Moon Ceremony 6pm @ Ktigaaning Midwives Open Sew 6pm @ Culture Centre Kids' Social (6-12) 6-8pm @ Nbisiing	6 Kids' Movie Night 6-8pm @ Library (Ages 6-12)	7 Xmas Distribution 10am-3pm @ Band Office Open Sew 6pm @ Nbisiing School	8 Xmas Distribution 10am-3pm @ Nbisiing School <i>Opportunity for east end residents to view proposed plans</i> Seniors' Xmas Party @ NFN Complex Gym Dinner at 6pm Dance at 9pm	9 Beaded Earrings 10am-4pm @ Nbisiing School Teen Cooking 10am-2pm @ Seniors' Lodge
10	11 Mom & Baby Drop-In 9:30am-2pm @ Library	12 Council Meeting 7pm @ Nbisiing Open Sew 6pm @ Culture Centre	13 Diners' Club 11-1 @ Band Office East End Consult 6-8pm @ Nbisiing Teen Movie Night 6-8pm @ Library	14 Open Sew 6pm @ Nbisiing School Prenatal Class 6pm-8pm @ Health Centre	15 Baby Calendar Submissions Due Tween/Teen Night 4:30-6:30pm (10-12) 6:30-10pm (13-18) @ Library in GV	16 Winter Gloves 10am-4pm @ Culture Centre Ojibwe Christmas Songs 6pm @ GV Seniors' Complex
17 Kids' Social 10am-2pm @ Band Office Boardroom (Ages 6-12)	18	19 Teen Social 6-8pm @ Nbisiing (Ages 13-18) Seniors' Movie Night @ Cineplex	20 Xmas Craft Night 6-8pm @ Library (Ages 6-18)	21 Nbisiing School Xmas Feast 11:30am in Gym Open Sew 6pm @ Culture Centre	22	23 Winter Gloves Workshop 10am-4pm @ Nbisiing School
24 / 31	25	26	27	28	29	30
 <p>Christmas Break – NFN Offices closed until January 8th <i>Best wishes for a Merry Christmas & a Happy New Year!</i></p>						





January 2018

Gchi-Mnidoo Giizis (Spirit Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5	6
Christmas Break – NFN Offices Re-Open January 8th <i>Wishing you and your family a healthy and happy New Year!</i>						
7	8 All NFN Offices Re-Open Lunch Hour Poker Walks Begin Noon-1pm @ Band Office Gym	9 Council Meeting 7:30pm in Garden Village Chambers Kids' Social (6-12) 6-8pm @ Nbisiing (Ages 13-18)	10 Diners' Club 11-1 @ Band Office Kids' Movie Night 6-8pm @ Library Ages 6-12 years	11	12 Tween/Teen Night 4:30-6:30pm (10-12) 6:30-10pm (13-18) @ Library in GV Anishinaabemwin Immersion Night 6pm @ Church Bsmt	13 Teen Cooking 10am-2pm @ Seniors' Lodge
14 Kids' Social 10am-2pm @ Band Office Boardroom (Ages 6-12)	15	16	17 First Aid & CPR Training 8:30am – 4pm @ NFN Complex Gym Computer Night 6-8pm @ Library	18 Final Exams @ Nbisiing School until Jan. 24 th Good luck students!	19 Baby Massage 10am – 2pm at Health Centre (Jan 12, 19 & 26)	20 Grand Opening GV Outdoor Rink 10am-3pm @ Rink Games & Prizes Bring your skates!
21	22 Mom & Baby Drop-In 9:30am-2pm @ Library	23 Council Meeting 7:30pm in Garden Village Chambers Seniors' Movie Night @ Cineplex	24 Teen Social (Jan 23) 6-8pm @ Nbisiing (Ages 13-18) Teen Movie (Jan 24) 6-8pm @ Library	25 Food Handler's Training Course 8:30am-4:30pm @ Health Centre	26 Anishinaabemwin Immersion Night 6pm @ Church Bsmt Deadline to Register Kids Can Cook w Conf.	27 Tween/Teen Night (Friday, Jan 26) 4:30-6:30pm (10-12) 6:30-10pm (13-18) @ Library in GV
28 Kids' Social 10am-2pm @ Band Office Boardroom (Ages 6-12)	29 2 nd Semester Begins @ Nbisiing	30	31 Game Night 6-8pm @ Library (Ages 6-18)	Weekly Events <u>Adult Education Sessions:</u> Wednesdays from 6-8pm @ Nbisiing School & Thursdays from 6-8pm @ Library <u>Anishinaabemwin Classes:</u> Mondays from 6-8pm @ Nbisiing School & Wednesdays from 6-8pm @ Culture Centre		



Contact Us

36 Semo Road
Garden Village ON
P2B 3K2

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

