



FEBRUARY 2015

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Council Meetings:

Feb. 3 - Garden Village

Feb. 17 - Duchesnay

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

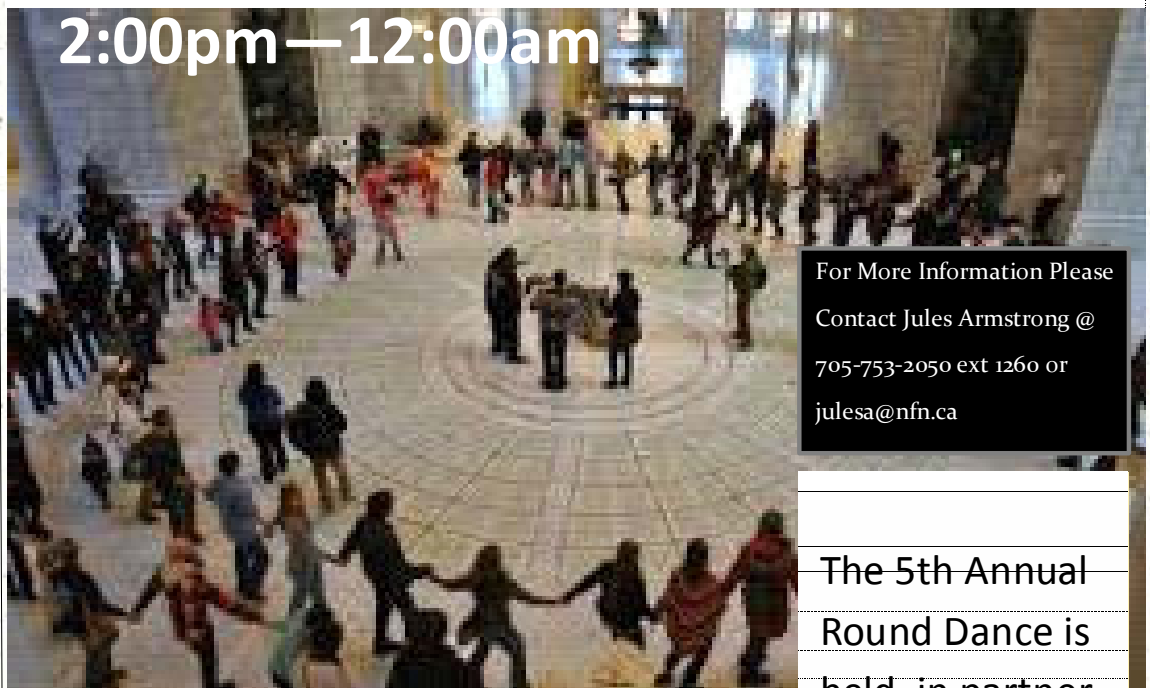
Offices will be closed on Monday, February 16 for FAMILY DAY



5th Annual Round Dance

Saturday February 28th 2015 @ Nipissing Secondary School

2:00pm — 12:00am



For More Information Please Contact Jules Armstrong @ 705-753-2050 ext 1260 or julesa@nfn.ca

2:00pm Pipe Ceremony with Peter Beaucage

Vendors will be set up selling handmade crafts & other goodies

The 5th Annual Round Dance is held in partnership with Nipissing First Nation, Nipissing University, & The North Bay Regional Health Centre.





GOVERNANCE POLICIES REVIEW SEEKING COMMITTEE MEMBERS

Nipissing First Nation is seeking four (4) NFN members to participate on an Ad Hoc committee to review and make amendments to the following Governance policies:

- ⇒ Governing Meetings – This document outlines how Council meetings are conducted.
- ⇒ Governance Roles – This document outlines Chief, Council and roles within the organization.

The Ad Hoc Committee will have no more than 10 meetings and committee members will be paid \$50.00 for each meeting they attend.

If you are interested in sitting on this Ad Hoc Committee, please complete the attached Committee application and forward to Michael Sawyer, Office Administrative Assistant no later than Friday, February 13, 2014.

miigwech!



Celebrating Excellence

We are pleased to announce that our Chief Financial Officer, **Tammy Saulis**, is the recipient of the 2014 XEROX Canada AFOA Excellence for Aboriginal Leadership Award at the Regional level.

This award is designed to recognize outstanding leadership and achievements in the Aboriginal financial management field. Tammy's nomination was based on her outstanding work ethic and significant contributions to the financial management of many aboriginal organization, including Nipissing First Nation.

Tammy has continuously demonstrated a sincere and long-term commitment in the aboriginal management field and is well deserving of this award. She will be accepting her award at the National AFOA Conference that is being held in Winnipeg, Manitoba on February 19, 2015.

Congratulations Tammy!!

January 20, 2015

Notice to the Membership

The Business Licence Committee received an Application to establish a business in professional services, consulting and training upon the lands of Nova Beaucage at the location noted on the key plan set out below. A recommendation to Council will be based on your input.



Should you wish to express any legitimate concerns or valid objections you may have about this proposed business activity, you are to submit them in writing by February 20, 2015 to:

Dwayne Nashkawa, Executive Director
36 Semo Road
Garden Village, ON P2B 3K2

Should you have any questions about the location of the land, you are to submit them in writing by February 20, 2015 to:

Joan McLeod, Land Manager
36 Semo Road
Garden Village, ON P2B 3K2

Head Office

36 Semo Road
Garden Village, ON
P2B 3K2

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

Lands Department

Tel: (705) 753-2922
Fax: (705) 753-5762

Public Works

Tel: (705) 753-4167

Child Welfare Program

Tel: (705) 753-2691
Fax: (705) 753-5841

Welfare

Tel: (705) 753-2058
Fax: (705) 753-5841



IMPORTANT NOTICE

Nova Beaucage and Jocko Point – Lower Beaucage Sub Margaret Dr

Natural Gas Services Project Year 2017

Please be advised that based on the report and the recommendation to the Nipissing Nation Chief & Council; support has been granted to move forward with the natural gas services for Nova Beaucage – Yellek.

In partnership with Union Gas planning will commence. Tom Lambert EDO will be scheduling general meetings in the near future.

For more information, please contact:

Thomas Lambert
Economic Development Officer
Nipissing First Nation
(705)753-2050 ext. 6985
thomasl@nfn.ca

Michael Harney
Economic Development Officer
Nipissing First Nation
(705)753-2050 ext. 1264
michaelh@nfn.ca

Notice to Nipissing First Nation Vendors CIGARETTE QUOTA

To access the cigarette quota for April 2015 to March 2016, you must submit a Letter of Request by the deadline date of Friday, February 27, 2015.

If you have any questions, please phone 753-2050.

Finance Department



Anishinabek Police Services

Monthly Report

For the Period November 17 to December 21, 2014

CALLS FOR SERVICE	NUMBER OF CALLS
Alarm	1
Animal Complaints	1
Community Services	2
Drug Offences	0
Police Assistance / Police Information	10
Prisoner Escorts	6
Property Checks / Reports Concerning Property / Trespass	2
Provincial Offences Act (Hwy / Traffic Complaints)	4
Theft / Fraud / Break & Enter	2
Threats / Disputes / Harassment / Domestic / Assault	8
R.I.D.E.	5
Warrants / Breach of Probation	4
Vehicle Collision	4
Weapons	0
Other; Missing Person, Suspicious Person, Person Check-In,	4

Note: Information in this report is compiled from weekly reports submitted by the Anishinabek Police Services.

*If you require the **immediate services of APS please contact 1-888-310-1122***

Administration/Message Line 705-472-02780

In cases of Emergency please contact 911.

Taking Back our Community/Anishinabek Police Services

Seeking Volunteers

Contact: Elaine Commanda, Resource at 753-2050

NFN Health Services is pleased to announce
a new service for community members
living with diabetes!



INTEGRATED DIABETES CARE CLINIC WEDNESDAY, MARCH 4TH

*A Health Service Provider Team will be hosting a care clinic at the LCHC.
Team members include a nurse practitioner, pharmacist, dentist,
chiropractor, nutritionist and many others!*



**SIGN UP NOW TO
TAKE PART IN
OUR SECOND
CLINIC!**



***Are you interested in this new & exciting
offer to receive diabetes care?***

If so, have you experienced any of the following?

- Having trouble managing diabetes symptoms
- Been told you have pre-diabetes or borderline diabetes
- Do not have a family physician or nurse practitioner

**THIS IS A ONE STOP SERVICE
TO HANDLE MANY OF YOUR
DIABETES NEEDS!**

PLEASE CALL TO REGISTER BY TUESDAY, FEBRUARY 17th!

To sign up for this new opportunity, to receive more information or
for any questions or concerns please contact the Diabetes Program at the
Lawrence Commanda Health Centre (LCHC) at 705-753-3312



A Love for Yourself:

Let's Walk Hand in Hand We All Need Support

When: Thursday, February 12th

Time: 10:00am-2:00pm

Location: Lawrence Commanda Health Centre

Speaker: To be Announced

**Rides
Available**



Limited Seating

To Register Please Call Diabetes Program

705-753-3312

**Heart
Healthy**



Diabetes

Stress

Adaption Techniques

- **Manage your emotions:** Learn to identify your negative emotions and express them appropriately to yourself and others, while respecting others, and seek out emotional support when needed.
- **Restructure your way of thinking:** Learn how to encourage yourself, avoid dramatic or self-deprecating thoughts. Use positive affirmations (eg. "I can do it, "I've seen worse than this")
- **Change some behaviours:** Assert yourself, give yourself permission to say NO when you cannot or do not want to say yes. Organize your time and set realistic deadlines
- **Find healthy ways to unwind:** Use relaxation techniques, look for activities that are fun. **Avoid over-eating, drinking alcohol, or smoking.**

Relaxation Techniques

- ⇒ **STOP!**
- ⇒ Remove yourself from noise, light, activity
- ⇒ Sit down, close your eyes, breathe deeply, finding your own rhythm. After a few minutes, your breathing should slow down
- ⇒ Take an inventory of every part of your body, starting with your feet and ending with your head.
- ⇒ You should experience feelings of relaxation, warmth, heaviness, and stillness. With practice, 5 minutes will be enough time to reach this state.

Stress is what you feel when you think that you are unable to effectively deal with a situation that you perceive as threatening.

A **stressful** situation generally has 4 characteristics: it is perceived to be uncontrollable, unpredictable, unfamiliar and threatening to the ego. **Stress** is largely the result of an individual's perception of an event, and not simply the event itself.

Stress can increase blood sugar levels in some people with diabetes. Stress acts directly on blood sugar by encouraging it to release stress hormones that releases glucose reserves from the liver into the bloodstreams and decrease the effectiveness of insulin by increasing resistance into the cells.

Stress can also act indirectly by causing people to neglect their self-care.

Sources of Stress: Physical stressors: Disease/illness and it's consequences, pain and fatigue. Psychological stressors: Emotions, attitudes and behaviours. Social stressors: Interpersonal and professional relationships, death of a loved one, and life changes (eg. Marriage, divorce, new baby)

Symptoms in the presence of Stressors:

Steps to Help with Stress

1. Recognize that you are stressed
2. Identify the source
3. Develop techniques to help you cope

Physical Symptoms	Psychological Symptoms	Behavioural Symptoms
<ul style="list-style-type: none"> • Increased heart rate • Increased blood pressure • Increased muscle tension • Increased breathing rate • Chronic fatigue • Headache, backache • Chest tightness • Digestion problems • Loss of appetite 	<ul style="list-style-type: none"> • Aggression • Irritability • Depression • Crying jags • Inability to cry • Feeling drained • Feeling dissatisfied • Lowered motivation • Lowered self-esteem • Nightmares • Lack of concentration and attention • Forgetting • Indecisiveness 	<ul style="list-style-type: none"> • Tics • Explosions of anger • Hypercritical attitude • Reduced productivity • Increased consumption of certain foods • Increase substance abuse (tobacco, alcohol, medication) • Sleeping problems • Sexual issues



For more information please contact: Diabetes Program
705-753-3312



DO YOU KNOW WHAT YOUR BLOOD PRESSURE IS?

A Blood Pressure Clinic will be held on:

Wednesday February 4th

10:00-11:30 am

Lawrence Commanda Health Centre

- **Have your Blood Pressure checked**
- **Enjoy refreshments and snacks**
- **Learn about Blood Pressure**
- **Draw Prize - Home Blood Pressure Monitor Unit**

Bring a Friend!!!

Transportation can be arranged by calling the clinic at (705) 753-3312

For more information contact

Sharon Barkley, Community Health Nurse, Ext. 2257





From the Desk of the Mental Health & Addiction Health Promotion Worker/Right Path Counselling & Prevention Services

Hello, Aannii, Boozhoo, Aniish na?

How are you? The weather is acting crazy this year again with all the warming up, freezing up and snow. Sometimes I wish I could fly south with the birds. Although during the holidays I have seen on the news/weather channel they had a snow storm in Las Vegas. Maybe I will just take my chances here in Ontario.

I have heard through the NFN grapevine and Facebook that there are a few more people who have given up smoking! All I can say is about this is... Yahoo, Way to go, Keep up the good work! It takes a lot of will power and encouragement for someone to give up an addiction of any kind. If you need support or counselling for mental health issues, addictions or even smoking cessation give us a call at the Right Path 705-753-1375 and we can see what we can do to help you out.

The Driven to Quit Challenge is back on for 2015. The Driven to Quit Challenge encourages Ontario adult smokers and tobacco users to make a quit attempt for the month of March 2015. **Good Luck to all who join.**

Quit smoking for your chance to win a new car!

Stop smoking or tobacco use for the month of March for your chance to win a 2015 Toyota Corolla, Nissan Sentra, or Scion tc or one of seven prizes of \$1,000. It's easy to get started!

1. Register by February 28, 2015.
2. Quit smoking by March 1, 2015.
3. Remain tobacco-free for the month of March.

For an extra chance to win, register a buddy who will support you as you quit —It increases your chances of quitting successfully AND doubles your chances of winning!

Giyak ~ Moseng The Right Path Counselling & Prevention Services is in the process of planning upcoming activities and events for 2015-2016, so be on the lookout for flyers, posters and road signs as well as Facebook notices for upcoming activities and events. We are still in the planning stages and looking for ideas and topics on Mental Health & Addiction for the senior Coffee Klatch sessions that will soon be starting. So if you have any ideas for topics give me a call at 705-753-1375 x2266.

**If you or someone you know needs more information or help with Mental Health or
Addiction issues, call the Right Path Counselling & Prevention Services at 705-753-1375.**

Well that's all for now folks

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

Lori-Anne

February

GYM NIGHT

Where: Duchesnay- Nbisiing S.School
Days: Tuesdays & Thursdays

Date	Ages	Activity
Tuesday Feb 3	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Pop up/Dodge Ball Rounders
Thursday Feb 5	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Tails Game Pac man
Tuesday Feb 10	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Bucket Ball Box Ball Gator Tag
Thursday Feb 12	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Blind Volleyball Screamer
Tuesday Feb 17	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Badminton Big Jumps on Blue Matt
Thursday Feb 19	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Rounder's Deer/Smash Mats
Tuesday Feb 24	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Frisbee Dunk Volleyball Baskets
Thursday Feb 26	Age: 6-12 4:30pm-6:30pm Age 13-18 6:30pm-7:30pm	Gator Tag Team Tennis Relay

February

GYM NIGHT

Where: Garden Village Band Office Complex
Days: Mondays & Wednesdays

Date	Ages	Activity
Monday Feb 2	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Hockey Dodge Ball Sideline Soccer
Wednesday Feb 4	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Bucket Ball Frisbee Smash
Monday Feb 9	NFN Public Library Launch	No Activities Scheduled
Wednesday Feb 11	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Floor Hockey Volley ball
Monday Feb 16	Family Day	No Activities Scheduled
Wednesday Feb 18	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Pop Up Dr Dodge ball
Monday Feb 23	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	SPUD , Floor Hockey Hid N Seek
Wednesday Feb 25	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Volley Ball—variation POP UP

Begins Feb 2

Youth "Move It" Nights

Mondays & Wednesdays

Times: 4:00pm-6:00pm

Ages: 12+ -18yr olds

**Location: Garden Village
Fitness Center**



These Super Teens will meet twice a week for one month. This program will provide youth with the opportunity increase their cardio vascular systems and to learn how to properly use the fitness equipment in the Community Fitness Center.

Savannah will be available to help create individual exercise routines to get you to your goal!

Participants need to bring: indoor shoes and a water bottle

Questions or Inquires please contact Ashley @ 753-6971

**SAVE THE DATE for
Youth Community Workers and
Youth Participants!**



Walking the Wellness Path Youth Retreat

- Dokis
- Henvey Inlet
- Magnetawan
- Moose Deer Point
- Nipissing
- Shawanaga
- Temagami
- Wasauksing
- Wahta Mohawk

February 13 -15, 2015

Spirit Point, ON

For Youth ages: 13-18 years old

- Registration & Travel Costs will be covered
- Registration Forms & Agenda will follow

**Presentations, workshops, cultural teachings,
ceremonies, fun activities, socials and much more!**



**FOR MORE INFORMATION PLEASE CONTACT:
Zan McLeod, Walking the Wellness Path
Coordinator 705-753-3312 x. 1273 zanm@nfn.ca**

SENIORS

JOIN US FOR A MOVIE NIGHT

WED. FEBRUARY, 25



NORTH BAY MALL

BUS TIME TO BE DETERMINED

**Please call Lisa or Liz at 753-3312
to reserve your seat on the bus/ticket
at the movies**

Funded by NFN Chief and Council



OJIBWAY WOMEN'S LODGE
Respect, Security, Harmony

Full Moon Ceremony

Mukwa Giizis – Bear Moon

Wednesday, February 4th from 7:00pm - 9:00pm

at the Ojibway Women's Lodge

Moon Ceremonies

Women gather at various phases of the Moon to honour Nokomis, our Grandmother, in order to restore our Feminine Power and to restore balance between the feminine and masculine sides of ourselves.

In our Moon ceremony, we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings.

Ceremonies are held around each Full Moon.

All women and girls of all ages are welcome, no matter what phase of their moon time.
It will cost you nothing but your time.

What we do at a Moon Ceremony:

- Gather in the early evening (check with contact person(s) for time/date/place)
- Start with a cleansing smudge, usually of sage (for all women)
- Share a teaching dealing with Women's medicine
- Open with a sharing circle
- Prepare our offerings for the Fire
- Move to the Sacred Fire site
- Form a circle around the Fire
- Take turns making our prayers and offerings to the Fire
- Circle the Fire when done

What you should bring:

- A skirt to wear & warm clothes (be prepared to be outside)
- Drums
- Rattles
- Songs



Please contact Julie Dalglish, Crisis Support Worker - (705) 472-0233 or at julied@nfn.ca



NIPISSING FIRST NATION IS PLEASED TO HOST A

3rd ANNUAL ANISHNAABE ARTISTS GATHERING & ART SHOW



FEBRUARY 21st

12:00PM to 7:00 PM

*** Everyone Welcome ***

**NBISIING
SECONDARY
SCHOOL
DUCHESNAY**

**Contact: Jules Armstrong
julesa@nfn.ca**

**OPPORTUNITY TO VIEW and/or
PURCHASE NATIVE ART**

Anishnaabe artists register: julesa@nfn.ca

**NO ENTRY FEE, PROMOTIONAL
PRIZES, REFRESHMENTS FOR
SALE & LIVE ENTERTAINMENT**

Seeking Food Vendor for 3rd Annual Art Show:

To sell snacks, lunch foods, coffee, tea, and drinks from 11:30am to 4:30pm and to provide a light dinner for 200 people from 4:30pm to 5:30pm. Light dinner to include soup, salad, and bannock.

Deadline for submissions is Friday February 6th

Please submit bids to Jules Armstrong @ Culture Centre or julesa@nfn.ca



KWEWAG DEWEGEWAG

Women's Drumming

Aandi Pii (When):

THURSDAY February 12 2015

Aandi Maa (Where):

NFN Culture Center in Ktigaaning GV

Bring your drum or shaker

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

We welcome Virginia Goulais as our lead

julesa@nfn.ca 705-753-2050 x1260

Full Moon Ceremony

With Virginia Goulais

Thursday February 5, 2015
Garden Village Culture Centre
6pm

The Full Moon Ceremony is an opportunity for women to come together to celebrate, acknowledge and give thanks for the unique and sacred gifts of each moon in creation.

We do not pray to the moon, but to the creator.





GCHI BOONI GIIZIS - *Big Winter Moon*
GII SHKWAA NIMKODAADING - *After New Years*

Ezhewebak Noongam - Today's Words

Maane Goon – *Lots of Snow*

Gchi-Zookpo *snowing hard*

Ebiiskamang Boong *winter wear*

Mnjikaawnag *mitts*

Naapkaagan *scarf*

Biiskawaag mnijkaawnag *put on mitts*

Biiskawaa naapkaagan *put on scarf*

Biiskaan *Put on-*

biiskowaagan -- *coat or jacket*

Biiskowaagan Biikkaan - *put on your coat*

Mkiznan – *boots/shoes*

Mkiznan Biiskaan – *put on your boots*

Zhignan *socks*

Biiskaan zhignan – *put on your socks*

Wiiwkwaan *hat*

Biiskaan Wiiwkwaan – *put on your hat*

Nakbshaagan *pants*

Biiskaan Nakbshaagan – *put on your pants*

Waabshkaa *white*

Waabshkaa wiiwkwaan – *white hat*

Biiskaan waabshki wiiwkwaan – *put on your white hat.*



Cultural Arts

Garden Village - Culture Centre

**Saturday February 7 &
Sunday February 8, 2015**

WITH BRENDA LEE



Duchesnay - Nbisiing Secondary School

**Saturday February 14 &
Sunday February 15, 2015**

WITH DAN COMMANDA



WEEKEND PAINTING
WORKSHOP
With Dan Commanda



March 7 & 8

Lunch Provided

Garden Village - Culture Centre

If you're interested in learning some basic painting techniques sign up with Jules @ 705-753-2050 ext. 1260

Space is Limited

Soups On

Friday February 13th

12:00 noon-1:00 p.m.

Nipissing First Nation Complex Garden Village

\$5.00 per person

NFN Culture Dept. Jules 705-753-2050



Indulge in different delicious soups & fixings

Bake Sale & 50/50 Draw

Bring a friend for Lunch,

*Contact Jules Armstrong if you'd like to donate Soup Stew
Bannok Fried Bread or Side Dishes such as Fruit, Veg-
gies, Pickles, Cheese & Crackers or Desserts.*

MKWA GCHI –WIISNIWIN BEAR FEAST

Sunday, February 8th

@ Nbisiing Secondary School 2:00pm



Pot Luck

The Bear Feast has not taken place on Nipissing First Nation for some time now. Alongside Peter Beaucage, we are inviting all to join us in a ceremony and feast to honour the Mkwa (Bear) & Mkwa Giizis (Bear Moon).

Food donations towards the pot luck are appreciated.

The teachings of the Medicine Wheel have four animals at each of the doorways. In the North the Bear Spirit is represented there. The Bear is one of our sacred animals that has been in our Culture since time immemorial. It also gave permission to our ancestors to use as one of the seven original clans of the Ojibwa nation of which we are. For example, we use berries in ceremonies to give thanks to our Creator and the helpers of the for directions. February is the Bear moon and also when the cubs are born in the dens. Come to learn more.

For more information, please contact the Cultural Events Coordinator:

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

News From the Library

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

Library Cards

Books

Magazines

Movies

Games



**For the first time
ever, we have
Library cards.
Sign up for your
new card.**

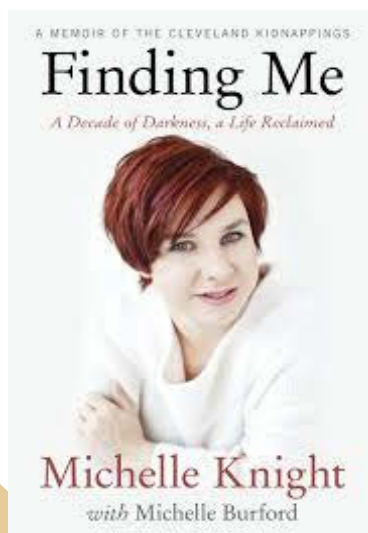
**First Card is
free!!!**



BookMyne

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

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



Feature of the Month:

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

This Month in the Library

Books of the Month

- **Paper Towns**
(John Green)
- **Insurgent**
(Second Book to the Trilogy
Divergent)
- **The Longest ride**
(Nicholas Sparks)

These books will be made into
movies in 2015

Craft Night
Feb. 10 @ 6:00 pm
Valentines cards

Bedtime Stories
Feb 24 @ 7:00 pm

**Book Club/Women's
Night**
Feb 27 @8:30 pm

Library Hours

Monday 9-4 & 6-9
Tuesday 9-4 & 6-9
Wednesday 6-9
Thursday 9-4 & 6-9
Friday 9-12



Know the Facts!



Children's Aid and Your Individual Rights

Did you know?

- ***That it is your right*** to have your band representative present if Children's Aid requests a visit with you and family.
- It is also ***your right*** to refuse a visit until your band representative is available and is present
- Your band representative will advocate on yours and your families behalf, to ensure the best interest of the child.
- This service is available to all band members on and off reserve within the Nipissing First Nations Jurisdiction
- The band has an obligation to ensure the best interest of the child; regardless whether or not the parent/family chooses to access the Native Child Welfare Services.
- **Child and Family Service Act**
If you find yourself in a child welfare situation, parts of the Child and Family Service Act take into account the family's Aboriginal culture and heritage in deciding the "best interests" of a child.
- For example, subsection 37(4) states:
The child is an Indian or Native person, the person shall take into consideration the importance, in recognition of the uniqueness of Indian and Native culture, heritage and traditions, of preserving the child's cultural identity.
- Another section of the Act recognizes that Aboriginal people should be entitled whenever possible, to provide their own child and family services, and that all services to Aboriginal children and families "should be provided in a manner that recognizes their culture, heritage and traditions and the concept of the extended family."

References

Child and Family Services Act, R.S.O. 1990, c. C.11. (2011, December 31). Retrieved November 12, 2014, from http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90c11_e.htm



LOOKING FOR FOSTER PARENTS

Eagle's Nest: A Place to Soar, Inc.

www.eaglesnestinc.ca

We are looking for families to open their homes,
Be a loving foster parent and role model to Native
Children in CAS care. We all need to feel safe,
Wanted and loved. Welcome a child into your Eagles Nest

**EAGLE'S NEST: A PLACE TO SOAR, INC.
FOSTER CARE PROGRAM**

Eagles Nest- will complete home studies,
Train and prepares you to be Foster parent.

Interested persons please call:

519-439-3000 - Ask for Peggy

Eagle's Nest Licensed by:

Ministry of Children & Youth Services

Accredited by CARF International

519-439-3000

**For more information please contact the Native
Child Welfare office at: 705 753 2691**



Baby Sitting Course

Native Child Welfare



"It takes a community
to raise a child"

The Babysitters Training Course

(For ages 10 - 15 years old)

**Saturday February 28th, 9:00-
5:00pm in the Gym at the Band
Office in Garden Village**

FREE!

The course will be facilitated by a qualified Red Cross instructor and will include role playing, brainstorming as well as hands on exercises. Other areas of focus will include:

- ⇒ Interviewing skills for babysitting positions
- ⇒ Choosing safe and age appropriate toys & games
- ⇒ How to perform basic First Aid
- ⇒ Handling bed time issues
- ⇒ Learn tips to having a safe babysitting experience

Certificates will be awarded to all participants upon SUCCESSFUL completion of the course.

⇒ *Participants are encouraged to bring their own paper and pen as well as their own doll or a*

**Register
NOW!**

Native Child
Welfare

36 Semo Rd,
Garden Village, On, P2B 3K2

Phone: (705) 753 - 2691
Fax: (705) 753 - 2527
E-mail: natallieo@nfn.ca



Canadian Red Cross

Become a
certified
Babysitter





FOR MORE INFORMATION
Call Natalie at 705-753-2691



**Grab a Friend and come
Test your combat Skills**

Come out and have a **BLAST!**
Bring your *Nerf Guns, Nerf Darts, & Eye Protection* to
battle it out. Everyone is welcome Children under the age of
8 years old must be accompanied by a parent. A light
snack & beverages will be provided . Please Sign up at
the Native Child Welfare Office with Natalie.

DATE: FEBRUARY 27TH
TIME: 6:00PM—10:00PM

Where
Band Office Gym



Nipissing First Nation Food Bank February Hours

17 Philip Avenue
Garden Village, ON

Closed Monday February 16, 2015
*Open Tuesday February 17, 2015 from
8:30am to 12 pm*

Regular Hours Are:
Mondays 1pm - 4:30pm
& Fridays 8:30-12pm

Friendly Reminder

When donating items to the Food Bank please make sure all items are in good condition. Clothes, blankets, shoes, coats and all other items should not be stained or have holes.

Thank you for your cooperation.

Any questions please call Lisa Vega @ 705-753-6972 or email lisav@nfn.ca

REMINDER re: Busing Information

Just a friendly reminder that information related to busing (i.e. cancellations, delays etc.) is broadcast on local radio stations and will also be posted on the "Nipissing First Nation Administration" Facebook page.

Note that if buses are cancelled in West Nipissing, they will be cancelled in our communities as well.



Firefighter Meeting

Monday, February 2nd
6:00 pm

Duchesnay Fire Hall -
73 Couchie Industrial Road



We are meeting to recruit volunteer firefighters for the Duchesnay and Yellek areas of Nipissing First Nation. Come out and get involved in helping our community be safe and protect our family's and friends from fire. Be involved in this rewarding service to our community!

***For information please contact Melvin McLeod
melvinm@nfn.ca or 705-753-4319***



511 in Action

511 is an invaluable resource to commuters and travellers seeking information to plan their route. 511 can be helpful when planning your travel route, avoiding congestion helps reduce fuel consumption and greenhouse gas emissions. The service is also an effective communication method for getting critical information to the public when emergencies or events arise.

Co-Branding Websites

As important as it is to remember 511 as a dialling code, a website address should also be easy to remember – traveller information is also available on our website. Try it at www.ontario.ca/511

511 in the Future

511 is considered to be the foundation for province-wide public and private sector traveller information service. Transit and road users in Ontario will have access to real-time traveller information through a medium of their choosing, which will lead to modal shift, reduced congestion, improvements in safety, and reductions in pollution.

511 and You

511 service uses voice recognition technology to meet the requirements of Hands-free legislation in Ontario. The service also provides a back-up touch tone service and zero out option to assist Ontarians with disabilities.

When calling 511 or visiting our website, we encourage you to leave your comments. We are always looking for ways to enhance traveller information services.

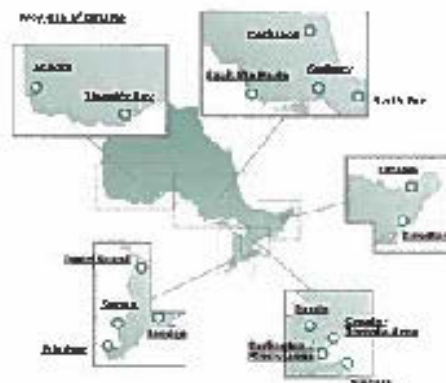
Ministry of Transportation



What is 511?

Ontario 511 is an abbreviated telephone number, part of a North American traveller service, offering 24/7 bilingual information on:

- Winter Road Conditions, Closures and Construction information
- Highway cameras
- Location of:
 - Carpool lots
 - High Occupancy Vehicle (HOV) lanes
 - Service Centres
 - Provincial Parks
 - Rest Areas
 - Ferry Services
 - Tourist Information Centres
- Links to:
 - Transit Systems
 - Other bordering jurisdictions





Hunting Permit System

Nipissing First Nation is considering suspending the moose/deer hunt permit system, for on reserve hunting for guests. This possibility is the result of complaints from Nipissing band members regarding the large number of non-Nipissing people hunting on our lands without permission.

Over the past several years there has been an observed increase in the number of non-Nipissing people hunting without permission and there has been an increase in the number of complaints about this. Until we can come up with a better system to control who is hunting on Nipissing lands the suspension of permits for guest hunting may be our best option.

Miigwech.

Notice Regarding Discharging Firearms in Residential Areas

Complaints have been received about band members hunting deer in residential areas. Keep in mind that Nipissing First Nation has a by-law in place that prohibits the discharging of firearms within residential areas.

By-Law No. 1-98 (Disorderly Conduct and Nuisances) reads as follows:

“Disorderly Conduct” means an act or behavior, including:

g) firing or discharging any gun, pistol or other firearm, in an unsafe manner within any residential area, except in defence of life or property;

Discharging a firearm in a populated area could result in a charge of careless use of a firearm. This by-law is in place to ensure the safety of community members, along with the safety of their property.

Please, be respectful of your community members and neighbors.

Thank you.



NFN Bingo

Community Complex
 36 Semo Road
 Garden Village, ON.
 P2B 3K2
 705-753-2050 ext. 1238

Bingo Program

5 mini Games	1 line	\$25
1,2 & 3 Regular Games	1 line	\$50 ☆
	2 lines	\$100 ☆
1 st Special	3 lines	50/50
4 th & 5 th Regular Games	1 line	\$50 ☆
	2 lines	\$100 ☆
Accumulator	Floating T	\$100
	Full Card in desig #s	\$POT
	Consolation	50/50
10 Min Break		
Super Jack Pot	Number 7	\$100
	Full Card in desig #s	\$2000
	Consolation	\$300
6 th Regular Game	1 line	\$50 ☆
	2 line	\$100 ☆
2 nd Special	3 lines	50/50
7 th Regular Game	1 line	\$50 ☆
	2 lines	\$100 ☆
Jack Pot	Inside Square	\$100
	Full Card	\$1400
Winner Take All	3 lines	100% Sales

Bingo Schedule

EVERY
 Sunday - Tuesday - Thursday

Doors Open at 5:00 PM
 Mini Bingo Starts at 6:45 PM
 Regular Bingo Starts at 7:00 PM

Prices
 Regular Bingo - \$4 per strip
 Specials - 1\$ per strip
 Super & Accumulator - \$2 per strip

DAB-ALL & RANDOM

☆ Toonie Pot in play



Get current information on our progressive pots by calling 705-753-2180 or on Facebook@NFN Bingo

\$5,000 Monster Jackpot

NFN Monster Bingo

Community Complex
36 Semo Road
Garden Village, ON.
P2B 3K2
705-753-2050 ext 1238
705-753-2180

Bingo Program

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

Bingo Schedule

Thursday Feb 5th
Thursday April 2nd
Doors Open at 4:30 pm
Mini Bingo Starts at 6:45 pm
Regular Bingo Starts at 7:00 pm
\$20 per strip - 3 strip Minimum
At the Door Only
Random and Dab-All
First 80 People has a chance
to win \$200.00
(All 13 games are in the Book)

★ Toonie Pot in play

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Pre-Owned Fashion*

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10am to 3pm

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DRESS COATS - PJ'S—GIRLS DRESSES

T SHIRTS – HOCKEY JERSEYS - BABY CLOTHING

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CASH SALES ONLY

February 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Fire meeting Youth Move It	3	4 Full Moon OWL Blood Pressure event Youth Move It	5 Full Moon G.V.	6	7 Art Workshop 7 & 8 Cultural Arts 7 & 8
8 Bear Feast	9 Youth Move It	10	11 Youth Move It	12 Diabetes hand /hand Kwe Drumming	13 Soups On Youth Retreat 13-15	14 Cultural Arts 7 & 8
15	16 Youth Move It	17	18 Youth Move It	19	20	21 Art Show
22	23 Youth Move It	24	25 Seniors Movie Night Youth Move It	26	27	28 Round Dance