

February 2017

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

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The newsletter is available online at [www.nfn.ca](http://www.nfn.ca) or by request: [elainec@nfn.ca](mailto:elainec@nfn.ca)

## Council Meetings:

Tues, Feb 7 @ 7:30pm  
Garden Village

Tues, Feb 21 @ 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](mailto:fredam@nfn.ca).

# FAMILY DAY CARNIVAL

Friday February 3rd (PD Day)

Come out!

Enjoy a day filled with activities,  
games & prizes!

1<sup>st</sup> Annual Carnival

(See page 17)

## Anishinabek Police Service Welcomes



**Cst. Tyeler Commanda**

APS is proud to welcome **Tyeler Commanda** to the Nipissing/Dokis/Wahnapitae detachment. Tyeler is a wonderful addition to our team and since his arrival he has already shown his commitment to the people we serve.

Tyeler comes back to his home community with his family and we hope to have him for many years to come.

A/Sgt. Chantal Larocque

Aannii, Boozhoo, Anish na? Hello! How are you?

My name is Tracy Hanzlik and I am the new Elementary/Secondary Support Worker. I am here to help you and your child by providing guidance that will assist you in achieving academic goals. I am also in the process of updating student records and documents. You may have noticed that your child has brought home forms to be filled out. I have sent home these forms to only those whom I do not have. Please fill them out and promptly send them back. Attendance incentives and Student awards cannot be released without the proper documentation.

These forms can be emailed or faxed back to me or they can be dropped off at the Education Office. If you have any questions or are unsure if these have been sent back this school year please give me a call.

Miigwech

Tracy Hanzlik

Elementary/Secondary Support Worker

Email: [tracyh@nfn.ca](mailto:tracyh@nfn.ca)

Phone: 705-753-6995 ext. 3014

Fax: 705-753-5827

## NFN Departments Satellite Office at Nbisiing Secondary

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

### ONTARIO WORKS

**Every 2nd Wednesday of the Month**  
Wed. Feb. 1st & 15th

### Appointment Required:

Call (705) 753-2058 to book.

### FINANCE

**Every 3rd Friday**  
Fri. Feb.. 17<sup>th</sup>

### MEMBERSHIP

**Postponed until @ March**

### HEALTH CENTRE

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

### CHIEF McLEOD

**Every 3rd Thursday from  
10am - 4pm \***

(\*confirmed on a month to month basis.)

## Call for Committee Members

Chief & Council are still seeking registered Nipissing First Nation members to serve on the following committees:

Community Development Committee - seeking 1 member

Economic Development Committee - seeking 1 member

Housing Committee - seeking 2 members

Natural Resources Committee - seeking 3 members

Community Wellness Committee - seeking 1 member

Culture & Pow Wow Committee - seeking 2 members

Committee meetings are held once per month and members are paid an honorarium of \$50 for each meeting that they attend. Members must be 18 years of age and over to participate on committees.

Note: Applicants are allowed to participate on a maximum of two committees. Applicants must complete a separate application for each committee.

The Committee Member application form is available on our homepage at [www.nfn.ca](http://www.nfn.ca).



**NFN Offices Closed:**  
**Family Day**  
*Monday February 20th*

**Food Bank Hours**  
*Closed on Family Day -*  
*Feb 20th*

*Open: Tuesday, February*  
*21 from 8:30 to 12 pm*

**Food Bank Regular hours:**  
**Mondays 1pm to 4:30 pm and**  
**Fridays 8:30am to 12pm.**

*New Speed Limit*  
*Lawrence Lane*  
*20km/h*



A-Kii, Bemaadzjik, E-Niigaanwang  
 The Land, The People, The Future

**HEAD OFFICE**

36 Semo Road  
 Garden Village, ON  
 P2B 3K2

Administration  
 Culture & Heritage  
 Facilities  
 Finance  
 Human Resources  
 Information Technology  
 Library  
 Maintenance  
 Natural Resources

Phone: 705-753-2050  
 Fax: 705-753-0207  
 Website: www.nfn.ca

**DIRECT LINES FOR  
 PROGRAMS & SERVICES:**

Economic Development /  
 Employment & Training  
 Phone: 705-753-6985  
 Fax: 705-753-0571

Education  
 Phone: 705-753-6995  
 Fax: 705-753-5827

Food Bank  
 Phone: 705-753-6972

Health Services  
 Phone: 705-753-3312

Housing  
 Phone: 705-753-6973  
 Fax: 705-753-6986

Lands  
 Phone: 705-753-2922

December 14, 2016

**Notice to Residents**

Just a reminder that it is important to inform the Land Office of any changes to the use of your property from a single family residence. For example, in order to create housing you build an additional building on your property or in the instance when you convert your home to create an apartment unit.

The reason we need to know is that we need to create an emergency response address for this building in order to be easily found in case of an emergency.

Please call the land office at 705-753-2922.

Miigwech!

**NIPISSING FIRST NATION  
 UNOFFICIAL RESULTS OF THE RATIFICATION VOTE**

**For: Anishnabek Nation Education Agreement**

TOTAL NUMBER OF VOTES CAST	658
NUMBER OF YES VOTES	638
NUMBER OF NO VOTES	20

*Based on the ratification threshold set out in section 18.7 of the Education Agreement, a minimum of 547 "YES" votes were required.*

*Therefore:*

*The ratification threshold for Nipissing First Nation was met.*

*Note: The final results on the ratification vote of all First Nations collectively will determine whether the education agreement was approved and will become legally binding.*

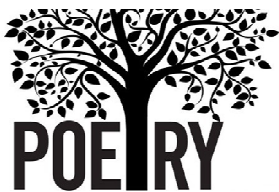




## NBSIING SECONDARY SCHOOL

Are you thinking about registering at a High School? Make an appointment with the Student Success teacher at Nbsiing Secondary School, Ontario's finest First Nation High School! We would be pleased to provide a personalized tour of our school and speak with you about the educational and cultural programming available. We welcome all Native and non-Native students. To arrange a personalized tour, visit our website at [www.nbsiing.com](http://www.nbsiing.com), call us at 705-497-9938 or check us out on Facebook. Second semester started January 30, 2017.

Late in November Grade 9 Science and Grade 10 History and Civics students travelled to Ottawa to do a variety of activities including tours at the War museum, History Museum and Aviation Museum. They also participated in a tour of our parliament buildings and met with Anthony Rota there. It was a great trip with lots of fun and lots of learning. See pictures below.



J'alme ça voire  
Le ciel, quand il est noir  
Avec tous les étoiles  
C'est très spéciale  
Ici, à terre, à tout avoir  
-ZC

A leaf  
Falls out of a tree  
Fast  
Its green and red or orange  
It falls  
It takes a star  
A star  
Little dipper  
Like a poem  
That I dipped  
With words  
That stars leaves

OM

Life  
Is  
Fighting  
Every

Life gets hard  
Finding our strength  
To face it  
Is something we  
seems long  
Must all do  
Fighting our fears  
rainbow  
To be brave enough  
To know that  
Every time you fall  
You can  
Rise above

Day  
Even  
After  
The  
Heat

A new  
Day will come  
After all the Pain  
Even when the night

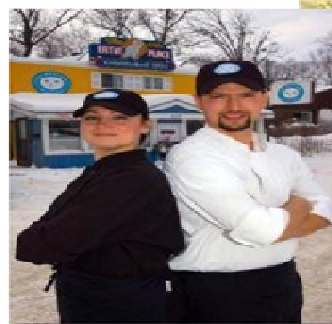
Know this my friend  
After the rain there is a

The truth is  
You have everything  
You need to face the heat  
Heat that will make  
You stronger



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

*This year's Hospitality & Tourism Senior Class would like to extend a warm thank you and chi-miigwech to the chefs and staff and White Owl Bistro for hosting us for our traditional end of the semester luncheon. We enjoyed learning about the importance of eating local food and our goal is to continue to support the restaurants in our area that are passionate about small scale organic agriculture and focus on farm to table cuisine. The taste and quality of their food is largely due to the emphasis that is placed on seasonal, local, sustainable and healthy ingredients. So TASTY!!*



*We are creating a final commemorative art piece with images and words that we want to use to honour, respect and remember children who attended Indian Residential School. Our art piece will serve as a memorial to children who died in Indian Residential Schools, to honour IRS survivors and their families and to bring awareness to all Canadians. This project has inspired our students to seek truth and take positive action in our society. Both English and Art classes are involved in this project and we will continue it in the new semester.*



*Learning through Food: Some of the Grade 10 Math students helped purchase the groceries for two school events. Practicing the skills of estimation, planning, and purchasing students went to a local grocery store and bought the necessary items to feed 60 people a buffet breakfast and 160 people a home cooked Christmas Dinner. It's not easy to estimate the quantity and cost of large-group-events and the students did an excellent job of staying on budget, estimating the amount of food to purchase, and going shopping. The cooks did a good job too. Both meals were a fabulous example of "learning through practical experiences"*

**Watch our Facebook page for information about our upcoming parent night on February 7<sup>th</sup> and visits from Jim Dumont and Nicholas Deleary!**

**EQAO TESTING FOR GRADE 10 ENGLISH Ontario Secondary School Literacy Test (OSSLT)**

# Anishnaabemwin Immersion with Our Elders

## Aandi Pii (When):

MAKWA GIIZIS (Bear Moon-February)

JIBIIYAATOOGIIZHGAD (Friday)

MTAASWI (10<sup>th</sup>)

NGODWAASSO DIBAGANE – 6:00 TO: NSHWAASSO DIBAGANE -8:00

**Aandi Maa (Where):** Anishnaabe Ga Bi Naadziwaad Gamig – Culture Center

Minwa (And)

## Aandi Pii (When):

MAKWA GIIZIS (Bear Moon-February)

JIBIIYAATOOGIIZHGAD (Friday)

NIIZHTANA SHI NEWIN (24<sup>th</sup>)

NGODWAASSO DIBAGANE – 6:00 TO: NSHWAASSO DIBAGANE -8:00

**Aandi Maa (Where):** Anishnaabe Ga Bi Naadziwaad Gamig – Culture Center

## **Anishnaabemwin**

### Immersion nights:

Friday, February 10<sup>th</sup> (Theme: Date Night)

Friday, February 24<sup>th</sup> (Theme: Welcome to the Gathering)

Call Jane (705) 753-2050 [Janec@nfn.ca](mailto:Janec@nfn.ca)

- For our Anishnaabemwin teachers to participate.
- Open to the public to learn
- Activities & Storytelling

**For more information about Cultural events and programs, contact Jules Armstrong**

(705) 753-2050 ext. 1260 or [julesa@nfn.ca](mailto:julesa@nfn.ca)

[www.nfnculture.ca](http://www.nfnculture.ca)

## ANISHNAABEMWIN WEEKLY LANGUAGE CLASSES:

### Aandi Pii (When):

SHWAANAMEGIIIZHGAD (Mondays)

NGODWAASSO DIBAGANE – 6:00

TO: NSHWAASSO DIBAGANE -8:00

**Aandi Maa (Where):** Nbisiing Secondary School

MINWA (And)

### Aandi Pii (When):

Niizhgiizhgad. (Tuesday's -- for this month instead of Wednesday's)

NGODWAASSO DIBAGANE – 6:00

TO: NSHWAASSO DIBAGANE -8:00

**Aandi Maa (Where):** Namewin Gamig Ktigaaning (church hall in Garden Village)

**Contact Jane Commanda**

(705) 753-2050 [Janec@nfn.ca](mailto:Janec@nfn.ca)

Workshops are proudly  
sponsored by:



**ONTARIO ARTS COUNCIL**  
**CONSEIL DES ARTS DE L'ONTARIO**

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



**BY JIM DUMONT**

# CREATION STORY TEACHINGS

***Thursday February 2nd***

***All are welcome***

***NFN Administration Building***

***10:00am—3:00pm***

***Friday February 3rd***

***Grades 8 - 12 Student  
Workshop***

***Nbisiing Secondary School***

***10:00am—3:00pm***

For information about the Creation Story Teachings, contact Jules Armstrong

(705) 753-2050 ext. 1260 or [julesa@nfn.ca](mailto:julesa@nfn.ca)

[www.nfnculture.ca](http://www.nfnculture.ca)



**Full Moon Ceremony**

**Thurs Feb 9th ~ 7p.m..**

**GV Culture Centre**



**Drum Social**

**Thur Feb 9th ~ 6 -8 pm**

**Church basement GV**

**Vision Quest**

**Sun Feb 26th**

Teaching for youth males;  
females welcome

12:pm - 4:pm

Culture Centre

Perry McLeod-Shabogesic

Nipissing First Nation Library will be hosting an **Introductory Word Press Workshop** on Wednesday Feb 8<sup>th</sup> 10am – 12 pm at the NFN Library in GV.

Facilitator: Steve Commanda. For people interested in building their own websites, business or personal. Sign up by contacting [stevec@nfn.ca](mailto:stevec@nfn.ca). Prerequisite: some computer skills. NFN membership. Free of charge.



Eko-Niizh Giizis- Mkwa Giizis ...February Bear moon

Eko-niizh Giizis e-goojing gaa zhijkaazod ,Mkwa Giizis zhinkaazo.

Mii wa Mkwa e-piitendmin waa bi-yaad.

Mii dash pii wii-wijiwaan Gookmisan wii mosewaad

Manidoowin,kiing.

Gookmisan wiin gii-maajiinaan wa Mkwana mnidoo –kiing,wii debnang gchi-mshkawziid.

Wii debwaabid wa Mkwana washme waasa pii-dash maa pii kiing minwa wii-gnoonaad wiyan naajitood maa gchi-mshkawziwin.gaan wiin memkaaj naanoondaagweweg aabjitoosiin.

Miijim ge-nendaagwat , gaawin nishaa nji-daapnigaadesnok.

Kina kendaaswin minwa nbwaakaawin gaa bi-zhi-miigwewaad nawendaagnak,e-nendaagwak wijiigaazod Gookmis.

Mii dash noongom Mkwa Giizis ,Gookmis gii-maji-webnaan Mkwana ,wii bi-dgoshing goki maa kiing wii bi-gishtoonid ji-gchi-mshkawziwin.

Mii Gzhemidoo pane ebi-ndawendang.

Miigwech

Bear Moon February

Bear Moon is the second moon of creation.

This sacred time is given to the bear to honor the spiritual journey that he will soon return from.

During this time,he has journeyed with Gookmis in a vision quest of the spirit world.

Gookmis takes the bear gradually through the spirit world to receive the spiritual powers of the universe.

He receives the ability to see beyond the physical world and to communicate through the energy rather than sound.The foods required for such a quest are not taken by chance.

The knowledge and wisdom passed through the heredity line are needed for this long journey with Gookmis.

In this time of the Bear Moon, Gookmis awakens the bear to return to the physical world to complete his quest.

At this time it is not wise to get near the bear because he is marking his territory and searching for nourishment,consisting of: different types of berries, roots, and fish.

All keep the mind sharp and the body strong and pure,  
the way the Creator intended from the beginning.

Kidwinan – words

Mkwa -bear

Mkwam - ice

Gbadin - frozen over ,lake

Dwaashin – fell in an open ice Nmaadgaako – walking on frozen lake, ice  
the lake

Bi-maadgaako - he/she is coming, walking across the lake

Mkwa Giizis - Bear Month

Kakjii - ground hog

Zaagigan – lake

Kobiise - fell in ,lake

Ni-maadgaako – he/she is going, walking across

Aazhgeyaatgaako – travelling across by foot, lake

Share a story - One of our Elders Ndimooeyban Martha Clemens Zhinkaazooban

She loved telling stories :

Why You Shouldn't Snare Rabbits in February

Bezhiik Ndimooeyban ngii-dbaajmodtaagban gaan iisan nji-goodoonswan iisan i- Mkwa Giizis.

Gaan nishiznoon ji-goodoosig , nji- nisin a waabooz. Mii i-pii gi-waaboozook paa nooknandiwaad maa nookming, ndinik.

Aanen dash iinzan, ndinaa Gookmis.

Gii bi- mbikweno waawiinendam sko- gii nawaabmit , Gookmis.

Giizhpini nsindwaa gi- waaboozoog kido, gaan ga-yaasiwak gi-Easter Bunnies, waaboozoonsag.

Giinik , pii dash I ndaapshkoo gii chi-baapyaan .

Geget sko-chi- debwe. Mii-I

Why you shouldn't snare Rabbits in February

It was told by our Elder Martha Clemens . She said do not snare rabbits in February Mkwa Giizis. I ask , why well that's when the rabbits chase each other around the bush. And why would they do that , that's when she looked up with a big smile and said so we can have Easter bunnies at Easter time.

We both had a good laugh, I still can still see her rocking in her rocking chair

Telling stories and singing, I went to visit at the Seniors Home a lot. I enjoyed visiting them our kwewag. Miigwech



# Prediabetes

## What is prediabetes?

- Prediabetes offers a warning and gives you a chance to change the future.
- It refers to the blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes.

## What are some of the risk factors of prediabetes?

- Prediabetes can occur without you even knowing it, so being aware of the risks and being tested are important;
- The risk grows higher the older you get;
- Being 40 years of age or older;
- Having a parent or sibling who have type 2 diabetes;
- Being a member of the high risk population such as those of Aboriginal decent;
- Having heart disease, high cholesterol and blood pressure;
- Having some evidence of complications of diabetes such as your eyes, nerves, or kidney problems;
- Being overweight, especially around the abdomen area;
- Having a history of gestational diabetes mellitus;
- Have a history of impaired glucose tolerance or fasting glucose.

## How to delay or prevent type 2 diabetes from developing:

- You can reduce your blood glucose levels with simple life style changes by increasing your physical activity and enjoying a healthy, low fat meal plan.

## Important things to remember:

- If you have prediabetes, you are at risk of heart disease and stroke;
- Prediabetes does not always lead to type 2 diabetes;
- Determining if you have prediabetes gives you a chance to change your future to one that does not have type 2 diabetes.

**If you have risk factors that increase the likelihood of developing type 2 diabetes, you should get tested more frequently or start regular screening earlier.**

For more information contact the Lawrence Commanda Diabetes

Education & Resource Centre @ 705-753-3312

## SAFE TALK TRAINING

MONDAY FEBRUARY 13 - 5:30 pm - 8:30 pm

LCHC to Register call: 705-753-1375

**Help someone  
when they need it most.**

**Suicide is preventable. Anyone can make a difference.**

Attend the half-day safeTALK training program and quickly learn four basic steps to connect people at risk of suicide to life-saving resources. Both professionals and members of the general public save lives using safeTALK training. Anyone 15 or older can attend.

Workshop Date: February 13, 2017 5:30 to 8:30 p.m.

Where: Lawrence Commanda Health Centre Boardroom

Facilitated by Julie Coote, Child and Youth Mental Health and Addictions Counsellor, The Right Path

To register or for more information call 705-753-1375 or email [juliec@nfn.ca](mailto:juliec@nfn.ca)

No Cost    Dinner Provided    Give Away Items    Certificates

Open to youth 15 years and over, parents, caregivers, community members

Learn more at [www.livingworks.net/safetalk](http://www.livingworks.net/safetalk)



LivingWorks



suicideTALK



suicideTALK



safeTALK



ASIST



suicide to Hope

## Moss Bag Making Workshop

Are you expecting?

If so, you are invited to register for this workshop!

Limited Space!  
Registration Required



Lunch / Refreshments  
Provided

Saturday February 18<sup>th</sup> 9:00am – 4:00pm

Call to Register: [brandief@nfn.ca](mailto:brandief@nfn.ca) or call 705-753-3312

*(In partnership: Anishinabek Nation, Early Child Development Program & Maternal Child Health)*



# Food Handler's



## Certified Training Course

Wednesday, February 8

8:30 am - 4:30 pm

Health Services Building - Garden Village

- ◇ Confirm attendance by Monday, February 6th.
- ◇ Minimum 12 participants to continue training
- ◇ 20 Seats available
- ◇ Call Liz @ 753-3312 to reserve your seat or for any questions

Who should attend?

Restaurant / Chip Stand owners & staff, Day-care cooks, volunteers, & Staff , fundraisers, caterers , & all serving food to the public.

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

# SENIORS

Join us for a  
MOVIE NIGHT

Thursday, February 16th



**North Bay Mall**  
**Bus Time 6:30pm**

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

# Gtigewin Community Garden Cookbook!

**We are looking for recipes  
from YOU!**

*Do you have a favorite recipe that uses a fruit or vegetable that was grown in our garden? Send it in to be part of our cookbook!*



*Submit your recipe & enter to win!*

*\$50 No Frills Gift Card or  
Ninja 100W Professional*



*Your recipe could contain any one of the following:*

<i>Green/yellow beans</i>	<i>Carrots</i>	<i>Zucchini</i>	<i>Butternut Squash</i>	<i>Pod Peas</i>
<i>Lettuce</i>	<i>Onions</i>	<i>Eggplant</i>	<i>Spaghetti Squash</i>	<i>Snow Peas</i>
<i>Pumpkin</i>	<i>Potatoes</i>	<i>Kale</i>	<i>Cucumbers</i>	
<i>Watermelon</i>	<i>Parsnip</i>	<i>Tomatoes</i>	<i>Beets</i>	

**Deadline has been extended!** *Submit recipe to Erika at [erikaw@nfn.ca](mailto:erikaw@nfn.ca) or drop off at the health centre by **February 28th***

*We look forward to sharing your recipe!*

## Time for Spring Cleaning!

**Don't forget to clean out your medicine cabinet!**

**Expired, leftover, unlabeled and "just in case medication" including narcotics should be disposed of in a safe way!**

**This includes: pills, ointments, liquids, prescriptions, vitamins, "over-the-counter" and herbal medications.**

**This can be done by bringing them to the Community Health Nurse at the Health Center, or bringing them to your nearest pharmacy.**

**For more information, call Kayla King @ 705-753-3312 ext 2257.**



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

*Hello, Aannii, Boozhoo, Aniish na? How are you?*

*Giyak~Moseng The Right Path Counselling & Prevention Services is in the process of planning upcoming activities and events for 2017-2018, so be on the lookout for flyers, posters and road signs as well as Facebook notices for upcoming activities and events.*

*I have heard through the NFN grapevine and Facebook that there are 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. For status members of any First Nation nicotine replacement therapies are covered for up to one year through Health Canada, but you will need a prescription from your family doctor or health care provider. We are in the planning process of starting a Smoking Cessation Program which will help people in the process of quitting smoking if they wish to. You can be starting out or just need extra support. It will be approximately one hour per week for 4 weeks here at the health centre. To register call Lori-Anne 705-753-1375 ext # 2266. We are planning to do a information session in the near future for **A.A, N.A and Al Anon self help groups** to come to NFN to explain their programs and bring pamphlets/brochures. Who knows if the need or interest is there maybe a self help group can be started in Nipissing First Nation. I will keep you posted on when speakers are booked.*

*If you need support or counselling for mental health issues, or Addictions, Remember you are not alone, We are here to help!*

*If you or someone you know needs more information or help with  
Mental Health or Addiction issues*

*Call The Right Path Counselling & Prevention Services*

*Give us a call at 705-753-1375*

*Well that's all for now folks*

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

*Lori-Anne*



## MARCH is Nutrition Month!

*Check out one of the events coming up in March and keep your eyes open for more!*



### Health's Kitchen: *Cooking with the Family*

*This workshop is for both parents and children! Parents can sign up with their child and join us to cook up some family friendly recipes and share a meal!*

**There are 2 days and locations to choose from:**

March 4: 10:00am-2:00pm @ Lawrence Commanda Health Centre

March 25: 10:00am-2:00pm @ Nbisiing Secondary School



**Call LCHC @ 753-3312 to register.**

*You must register in advance as spaces are limited.*

# Let's Talk

## Fur Trapping and Fishing

### Youth 9 yrs & older



Health Center @ 4:00 pm

**Leave the electronics for an evening  
and learn a traditional way  
our parents and grandparents  
supported their families.**

# Thursday, February 9th

# Drop In Pickle Ball Program



Days: Monday & Wednesday

Garden Village, Band Office

6:30pm-7:30pm

Ages 13 yrs—Seniors

Day: Thursdays

Nbisiing Secondary School

6:30pm-7:30pm

Ages 13yrs—Seniors

Garden Village

Dates

Feb 6, Feb 13, Feb 27

Feb 8, Feb 15, Feb 22

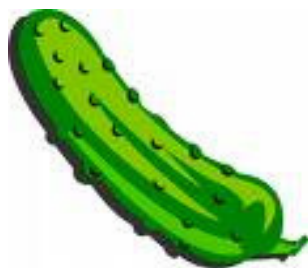
Duchesnay

Dates:

Feb 2, Feb 9 &

Feb 16 & Feb 23

## What is Pickle Ball??



Pickle ball is a game played with 2 to 4 players on a badminton court with a huge table tennis net.

During the Month of February Recreation will be hosting a series of “*beginner*” pickle ball games in both Garden Village & Duchesnay locations during the week.

**Everyone’s welcome to attend**

For more information please contact

Ashley Couchie @ 705-753-6971

# WANT TO TALK?

Support is a  
phone call away.



Call the First Nations and Inuit  
Hope for Wellness Help Line

1-855-242-3310



Health  
Canada

Santé  
Canada

Canada



**Looking for Community members 18 years +  
to participate  
In Pandemic Tabletop Exercise**

Community Pandemic Plans and Procedures will be discussed so we will be able to respond to a (Community) Pandemic Emergency



**Nbisiing Secondary School  
Saturday February 25, 2017  
9 am to 4 pm**

**Lunch will be  
Provided**



- Information sharing
- Scenarios
- Group discussions
- Review plans

Small incentive gift  
to be given to all participants

**RSVP by February 17/17**

For more information contact Liz, Evelyn or Stella at  
Lawrence Commanda Health Centre @705-753-3312



## Gym Nights in Duchesnay

Thursdays at Nbsiing Secondary School

Date	Ages	Activity
Thursday Feb 2	Ages: 6-12 yrs 4:30pm- 6:30pm Ages: 13-Adult 6:30pm -7:30pm	Pylon Guards Pickle Ball
Thursday Feb 9	Ages: 6-12 yrs 4:30pm- 6:30pm Ages: 13-Adult 6:30pm -7:30pm	Scooter Hockey Pickle ball
Thursday Feb 16	Ages: 6-12 yrs 4:30pm- 6:30pm Ages: 13-Adult 6:30pm -7:30pm	Spud, Tag Pickle Ball
Thursday Feb 23	Ages: 6-12 yrs 4:30pm- 6:30pm Ages: 13-Adult 6:30pm -7:30pm	Frisbee Toss Pickle Ball

## TEEN COOKING WORKSHOP

Do you know how to cook?  
Want to Learn how to cook basic meals?

**Saturday February 11th**

11:00am to 3:00pm

NFN GYM/KITCHEN

Ages: 12 years old and up



Learn to cook & learn basic safety rules of the kitchen! With Friends!

Contact person: Katie Lariviere 705-753-2691

[katiel@nfn.ca](mailto:katiel@nfn.ca)

# Kids Social

**Sunday February 26th**  
**11:00 am to 2:00 pm at the Church Basement**

**Ages: 5 to 12 years old**

*Come out and play games, do crafts and have lunch with your friends*

Contact: Katie 753-2691

katiel@nfn.ca

## FAMILY DAY/CARNIVAL

Native Child Welfare, Food Bank, Recreation

**Come out! Enjoy a day filled with activities, games & prizes.**

**1st Annual Carnival Day**

**Friday February 3rd (PD DAY)**

**9:00am to 3:00pm @ NFN Gym**

**Outdoor/Indoor activities    Movie & Popcorn**

**Food    Crafts    Prizes    Door Prize**

**Bus Provided, confirm pick up February 2nd at noon**

**\*\*Children under 10 must be accompanied by adult\*\***

**Food Bank Donations, ballot for every food donation**

*For more information: please call Katie 753-2691    katiel@nfn.ca*



# VALENTINES DAY CRAFT NIGHT

**Wednesday, February 8th**

**NFN Library**

**6:00 pm to 8:00pm**

*All ages welcome to attend*



*Contact person: Katie Lariviere 705-753-2691*

*katiel@nfn.ca*



## Teen Night

*Friday, February 24th*

*There will be:*

*6:00 pm to 10:00 pm*

*-Activities*

*NFN Library*

*-Games*

*Ages 12 years and up*

*-Snacks*

*Come out and enjoy an evening with Friends!*

*For information : Katie 753-2691 katiel@nfn.ca*



# GIRLS EMPOWERMENT RETREAT

**Spirit Point Lodge (Trout Creek)**

**February 14th to 17th**

**Girls age 12 to 17 years**

**First come, first serve 16 spots available**

### **Workshops include**

- self esteem
- Healthy Relationships
- Cultural Awareness

**Sign up starts no earlier than Feb 6th at 8:30am**

*Contact Katie Lariviere at the Native Child Welfare Program to  
sign up 705-753-2691 katiel@nfn.ca*





## Contract for Services

Working with Cultural & Heritage Department, to create and develop Nibisiing dialect Anishnabemwin/Culture teaching modules for NFN Daycare programs. Project will consist of 13 modules following our Nibisiing cultural practices and knowledge of Dibak Giizis of Nibisiing Territory to be completed by March 31, 2017.

Payment will be made upon completion of each module, following the submission to Cultural Committee for review and approval.

Modules must be able to demonstrate teaching of 13 moons and include the following;

- A basic teaching for each moon
- Activities of oral, songs, games and a simple teaching for the specific age group, related to each particular moon.
- Examples of resources that could be used for each moon.
- Related drum songs/ceremony for each moon, when appropriate.

### QUALIFICATIONS:

- Must be a Registered First Nation Member.
- Must have knowledge of Anishnaabemwin language and culture.
- Must have experience in lesson plans.
- Must have computer and software knowledge **such as** Publisher, Adobe, and InDesign.

Please submit letter of interest and resume no later than **February 10<sup>th</sup>, 2017** at 4:30 pm to:

Jennifer Lalonde  
Human Resources Manager  
Nipissing First Nation  
36 Semo Rd.  
Garden Village, ON P2B 3K2  
Fax (705) 753-0207  
Email: [resumes@nfn.ca](mailto:resumes@nfn.ca)

**Only those who qualify will be contacted.**

*Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1) (a) OHRC*

## CALL OUT FOR RELIEF WORKER LIST

Our relief list is utilized when there is a request for short term employment for department support. If you wish to remain on the list or be added to the Relief worker list, send an updated resume along with the departments you would like to be considered for to [resumes@nfn.ca](mailto:resumes@nfn.ca) - subject line – Relief List 2017.



## Employment Opportunity

### Administrative Assistant

#### Full Time Permanent

The Administration Assistant, under the supervision and reporting to the Employment and Training Manager of Nipissing First Nation will take on a supportive role with all administrative functions within the E&T Department and Economic Development Department, such as; assist clients, research reports, funding proposals, liaison between organizations and the public/staff, filing documents and other material according to subject matter and file system.

#### **QUALIFICATIONS:**

- Must be a Registered Nipissing First Nation Band Member.
- Must have a Post-secondary Education in Business Administration or related discipline, and 2 years' experience in an Office setting.
- Must have knowledge and work experience of budgeting and financial reporting.
- Must have advance knowledge working with of Micro-Soft Office software.
- Must have a valid Driver's License and access to a vehicle.

#### **REQUIRED SKILLS AND ABILITIES:**

- Able to work with minimum supervision.
- Possess strong written and communication skills.
- Must be reliable, punctual and dependable.

#### **DUTIES INCLUDE:**

- Provides clerical and administrative support such as drafting correspondence and reports.
- Organizes and schedules meetings including contacting participants and room arrangement preparations.
- Department filing and document management.
- Responds to telephone and personal inquiries by providing factual information, or directing calls to the appropriate staff members; takes messages when other department staff are unavailable.
- Assist departments with budget requirements and meeting financial responsibilities.
- Assist clients with applications and other documentation required for education, and employment needs.
- Provide information to clients, department and others on related policies.
- Liaise with post-secondary institutions regarding sponsorship or other administrative issues related to NFN students.
- Performs other duties as required.

The successful candidate will require a current CPIC/Vulnerable Sector. Please submit letter of interest and resume with three (3) current references no later than **February 17<sup>th</sup>, 2017** at 4:30 pm to:

Jennifer Lalonde  
Human Resources Manager  
Nipissing First Nation  
36 Semo Rd.  
Garden Village, ON P2B 3K2  
Fax (705) 753-0207  
Email: [resumes@nfn.ca](mailto:resumes@nfn.ca)

**Only those who qualify for an interview will be contacted.**



## Employment Opportunity

### Housing Maintenance Worker

Nipissing First Nation requires a Maintenance Person to perform duties with our Housing Department, carrying out maintenance and repairs as required at the Seniors Building and NFN apartment units.

#### QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Member.
- Must have a High School Diploma or equivalent.
- Must have a valid Driver's License and access to a reliable vehicle.
- Must have prior experience and/or training in carpentry, plumbing, and general maintenance.
- Be in good physical condition and able to lift, handle, move light and heavy weight materials.
- Must be able to work a flexible schedule.

#### Duties:

- Provides cleaning and maintenance services including, but not limited to, the care and cleaning of all surfaces and service facilities, and general maintenance.
- Provides outside maintenance of grounds, garden, parking lot, and sidewalks on a year round basis, including, but not limited to, grass cutting, raking and fertilization, parking lot cleaning and minor repairs, litter/garbage collection and disposal, de-icing, snow removal and sanding.
- Service and repair equipment.
- Service and repair heating and ventilation systems.
- Troubleshoot and perform minor repairs on plumbing and sewer systems.
- Troubleshoot and perform minor repairs on electrical systems.
- Work with minimal supervision
- Performs such other related duties as required by the Housing Manager.

A current Criminal/Police Records Check and Vulnerable Persons check is a requirement for this position. Please submit your letter of interest and resume no later than **4:30pm on Friday, February 17th, 2017** to:

Jennifer Lalonde, Human Resources Manager  
Nipissing First Nation  
36 Semo Road, Garden Village, ON P2B 3K2  
Fax: (705) 753-0207  
Email: [resumes@nfn.ca](mailto:resumes@nfn.ca)

**Only those who qualify for an interview will be contacted.**

*Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1) (a) OHRC*





**NOTICE TO NIPISSING MEMBERSHIP**  
**ACCEPTING APPLICATIONS FOR OFF RESERVE SEAT FOR THE**  
**Finance and Audit Committee for Nipissing First Nation**  
**2 year term – February 2017 to February 3, 2019**

*In accordance with Nipissing First Nation Financial Administration Law, a Finance and Audit Committee was created to review report and make recommendations to Chief and Council on the financial administration of NFN. This Committee meets a minimum of four (4) times per year to assist Council in fulfilling its oversight responsibilities for the financial reporting process, the system of internal control, the audit process and the process for monitoring compliance with laws and regulations and the code of conduct, including risk management.*

*In accordance with the initial procedures established by Nipissing Chief and Council are seeking one member for the **off reserve seat**. Nipissing Members who meet the following conditions are eligible to apply for a position of the Finance and Audit Committee:*

- 1. Must be a member residing off reserve who has attained at least the age of eighteen years as of the date of his or her appointment as a Committee member;*
- 2. Completed high school or the equivalency of a GED;*
- 3. Must demonstrate that he or she is financial competent as follows:*
  - a. The ability to read, understand and analyze the financial statements and the notes to the financial statements;*
  - b. The ability to understand accounting policies, including any estimates used or judgments applied by management in the application of NFN's accounting policies, when these are explained by NFN's Chief Financial Officer &/or Finance Manager and the auditor;*
  - c. An understanding of NFN's objectives and operations that may impact the selection or application of accounting policies;*
  - d. A knowledge and understanding of the strategies that have been adopted by NFN and the risks inherent in any new strategies; and*
  - e. An ability to understand NFN's risk environment.*
- 4. Is not a member of Council as of the date of his or her appointment, as a Committee member;*
- 5. Up to the time of applying for the position of a Committee member not have been declared to be mentally incompetent by a court of competent jurisdiction in Canada or elsewhere;*
- 6. Not have been convicted of an offence under the Criminal Code of Canada that is an indictable offence or a dual offence which the Crown elected to proceed by the way of indictment in the five-year period immediately prior to applying for the position of the Committee;*
- 7. Not have been declared a bankrupt pursuant to provisions of the Bankruptcy Act in the five year period immediately prior to applying for the position of the Committee;*
- 8. Not have been convicted of an offence under such laws relating to the possession, possession for the purpose of trafficking, or trafficking of a prohibited drug in the five-year period prior to applying for the position of the Committee; and*
- 9. The individual must agree in writing to become a party to, and be bound by, and to faithfully and to the best of his or her abilities to carry out the duties of the Finance and Audit Committee by signing a Code of Conduct and a Confidentiality Agreement.*

*Interested Nipissing members shall apply by providing the following information:*

- 1. A current detailed resume;*
- 2. A statement declaring that he/she is not an un-discharged bankrupt or insolvent;*
- 3. A current Certified Criminal Records Check; and*
- 4. Any information that demonstrates his or her financial competencies.*

**Applications should be forwarded in care of the below on or before February 10, 2017.**

**Dwayne Nashkawa, Executive Director**  
Nipissing First Nation  
36 Semo Road  
Garden Village, ON P2B 3K2



# NFN Monster Bingo

3 x \$1000 / \$2000 Jackpot



**Thursday, February 2nd**

**Garden Village Community Complex**

**Open 4:30 pm Ph: 753-2180**

**Mini Bingo 6:45 pm; Regular Bingo 7:00 pm**

**\$20 /strip - 3 minimum (Random & Dab-All cards)**

**Chance to WIN \$200.00!**

**First 80 patrons**



## NFN ENERGY SURVEY Door to Door Canvassers NOTICE

*Nipissing Nation is commencing the development of a Community Energy Plan (CEP). The purpose of the study is to provide a guide for the Nipissing Nation to meet their current and future energy needs in a socially acceptable, economical, and environmentally sustainable manner. Starting early February, community members will be asked to participate in a household Energy Survey which will seek to identify current energy usage within the community; participation in energy conservation methods; and express views on NFN energy generation projects.*

*Canvassers will be going door to door to deliver the survey. The survey will take approximately 10 to 15 minutes to complete. It is preferred that the survey be completed with the canvasser so he or she can answer any questions you may have regarding the survey. In appreciation for participating, \$10 will be paid to each household completing the survey.*

*If you have any questions, please contact:*

*Michael Harney, Economic Development Manager*

*(705) 753-2050 Ext. 1264 or [michaelh@nfn.ca](mailto:michaelh@nfn.ca)*



Little Moose (acrylic painting) by Aboriginal Fine Artist Donald Chrétien.

# NIPISSING FIRST NATION 5<sup>TH</sup> ANNUAL ARTIST GATHERING & SHOW

**SATURDAY, FEBRUARY 18<sup>TH</sup>**

**11:00AM TO 7:00PM**

**NBISIING SECONDARY SCHOOL GYM**

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*Everyone is welcome to join us for a fun-filled day of viewing and/or purchasing  
Authentic Anishinaabe Art.*

*A variety of Musical Entertainment will be showcased throughout the day, including:*

*Josh Stevens, Keith McLeod, Leland Bell,  
Dan Commanda, Shawn Waters, The Drive, Ramblin' Fever  
and MANY MORE!*

*50/50 & Raffle. Refreshments for sale by Lana Chevrier.*

***Admission is \$2 with proceeds to Nipissing First Nation's 2017 Pow Wow.***

**Anishinaabe Artists: please register with Jules at 705-753-2050 ext. 1260 or  
julesa@nfn.ca.**

Proudly Sponsored



ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO  
an Ontario government agency  
un organisme du gouvernement de l'Ontario



## Important Garbage/Recycling Collection Schedule

*Collection to occur same date (Mondays) for all NFN Communities*

**Garbage collection will occur *each Monday*, and recycling collection will occur *bi-weekly*, on Monday (with the exception of holiday closures, wherein collection will be a day later). Member households were provided with a yearly magnetic calendar over the Christmas holiday. Please refer to the magnetic calendar for the year schedule. Items left out off schedule will NOT be picked up.**



NFN received delivery of a new 2016 Labrie Expert, dual stream body, Compactor (Truck) on December 21, 2016. In addition to our 2012 Labrie Expert Compactor, we are now able to return to the one-day collection schedule for all communities. The garbage and recycling collection calendar can be found online here: [http://www.nfn.ca/documents/facilities/magnetic\\_calendar\\_8x11\\_2017.pdf](http://www.nfn.ca/documents/facilities/magnetic_calendar_8x11_2017.pdf)



**GV RINK UPDATE:** The trusses are complete and in place on the roof (unfortunately the metal roof can only be placed in the Spring) and the construction company will be working to complete the south and west wall. Next, the boards and the screen will be installed. We are hoping to be able to flood and use the ice mid-February.

For more information please contact:  
Patrick Stevens, Facilities Manager

(705) 753-2050 ext. 1220





## Homes for Sale

### 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](mailto: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. Asking \$130,000 OBO.*

Call Steve Bailey (705) 474-4500, or 705-493-0481

[sbailey39@cogeco.ca](mailto:sbailey39@cogeco.ca)



**George Couchie**  
705-494-6887

286 Nova Beaucage Road  
North Bay, ON P1B 8G5

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



**Rob Couchie**  
Owner/Operator

**705-477-5347**

**Challenger Mobile Wash Inc.**

**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




**ACTION ROOFS AND RENOS**

<b>Anthony Commanda</b> (705) 478-9833 actionroofandreno@outlook.com www.facebook.com/actionroofandreno	<b>Roofing Specialist</b> 144 Fifth Avenue North Bay FREE ESTIMATES
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Email: dotbeaucagekennedy@gmail.com  
www.allseasonsweddings.com  
(1-800-545-3681..by request)

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**Michèle Chrétien**  
Certified Traditional Classical Hatha Yoga Teacher  
RYS Yoga Alliance

More than 20 years experience in Hatha yoga.  
Graduate of Rishikesh Yog Peeth Teacher Training.  
Graduate of Georgian College Yoga Teacher Training.  
Registered and Certified Member of Yoga Alliance.

*Bring awareness and peace into your daily life.*

Mj.chretien@yahoo.ca (705) 715-6119




**THE curvy CLOSET**

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

## SUPPLIES FOR THE SOUL

791 Couchie Memorial Drive, North Bay, ON P1B 8G5

Phone: 471-0472

Leathers & Rawhides, Beads, Yarns, Fabrics, Fringe, Specialty Bead Threads & Needles  
Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.


Artwork & Jewelry by First Nations Artists

PENDLETON PRODUCTS in stock \* Yellow Hominy Corn / Wild Rice

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



# February 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 ON Works @ Nbising Anishnaabemwin GV on Wednesdays	2 Monster Bingo Creation Story @ G V 10-3:pm	3 Creation Story @ Nbising - Students Family Day - 9-3:pm gym	4
5	6 Anishnaabemwin @ Nbising on Mondays	7 Council Meeting GV 7:30	8 Diners Club Food Handlers 8:30 Valentine's Craft 6-8 Word press @ Library 10-noon	9 Full Moon Ceremony  Let's Talk 4:pm clinic	10 Anishnaabemwin 6-8pm	11 Teen Cooking 11-3:pm Gym
12	13 Safe Talk Training 5:30-8:30 clinic	14 Girl's Retreat - Spirit Point (Feb 14 to 17)	15 ON Works @ Nbising	16	17 Finance @ Nbising	18 Moss Bag workshop 9-4:pm GVillage Art Show @ Nbising
19	20 <b>NFN Offices Closed</b> Family Day	21 Council meeting - GV 7:30 Foodbank open	22	23	24 Anishnaabemwin 6-8:pm Teen Night 6-10pm	25
26	Vision Quest Culture ctr GV 12-4:pm Kids Social 11-2:pm church basement	27 Hand in your recipes to win!	28			 36 Semo Road Garden Village, ON P2B 3K2 elainec@nfn.ca