



# ENKAMGAK

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

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**Sign up to receive the newsletter by email!**

Contact [genc@nfn.ca](mailto:genc@nfn.ca)

### Council Meetings:

Feb 6<sup>th</sup> @ 7:30pm  
Garden Village

Feb 20<sup>th</sup> @ 7:30pm  
Duchesnay

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).

## Upcoming Community Consultations

### Draft Education Law

Debendaagziwaad (NFN members) are invited to review and provide feedback on the Nipissing First Nation Education Law that is currently in draft form. This draft law is available at [www.nfn.ca](http://www.nfn.ca), or contact the Education Office at 705-753-6995 or by email to [tracyh@nfn.ca](mailto:tracyh@nfn.ca) to request a copy by mail or email.

Community Consultation sessions are planned for the following dates to provide opportunities for the membership to offer feedback and ask questions:

<b>Monday, February 5<sup>th</sup> from 6pm - 7pm</b> Council Chambers, Garden Village	<b>Monday, February 12<sup>th</sup> from 6pm - 7pm</b> Nbisiing School Library, Duchesnay
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### Questions and comments can also be directed to:

Nancy Allaire, Director of Education, at 705-753-6995 or [nancy@nfn.ca](mailto:nancy@nfn.ca).



### Background

Nipissing First Nation is one of 23 First Nations that signed a historic self-government agreement on education with the Government of Canada on August 16, 2017. The Anishinabek Nation Education Agreement (ANEA) recognizes First Nation control over Junior Kindergarten to Grade 12 education on and off reserve and is an important step out from under the *Indian Act*.

The ANEA supports the Anishinabek Nation's vision of a quality Anishinabek Education System (AES) that promotes Anishinaabe culture and language, and will provide reliable funding to operate the AES. Each of the 23 participating First Nations is required to develop its own education laws to support the delivery of programs and services under the AES, which is targeted to be operational on April 1, 2018.

### Election Code Review

NFN's Electoral Officer and Election Code Review committee are seeking input from Debendaagziwaad about NFN's Custom Election Regulations.

Community consultation sessions are planned for the following dates:

<b>Wed., February 7<sup>th</sup> from 7pm - 9pm</b> Nbisiing Secondary School, Duchesnay	<b>Thurs., February 8<sup>th</sup> from 7pm - 9pm</b> NFN Complex Boardroom, Garden Village
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Additionally, a survey was mailed to all local households in January and an electronic version is available at [www.nfn.ca](http://www.nfn.ca) and on the [Nipissing First Nation Administration Facebook page](#). Additional copies of the survey can be obtained from the Administration Complex or by request to Geneviève Couchie at 705-753-2050 ext. 1270 or [genc@nfn.ca](mailto:genc@nfn.ca). Survey responses will be accepted until Wednesday, February 14<sup>th</sup>.

Questions and comments about the Election Code Review can be directed to Fred Bellefeuille, NFN Electoral Officer, at [Fred\\_Bellefeuille@msn.com](mailto:Fred_Bellefeuille@msn.com).



Citizens participated in Community Consultation sessions in May 2017 to discuss proposed investments in the east end of NFN. Construction of a new daycare and community space in Duchesnay is slated to start this spring.

## Notice to Vendors re: Cigarette Quota

To access the Cigarette Quota for April 2018 to March 2019, you must submit a Letter of Request by the deadline of February 28, 2018.

These requests can be emailed to [finance@nfn.ca](mailto:finance@nfn.ca) or [reneec@nfn.ca](mailto:reneec@nfn.ca), faxed to 705-753-0207 or dropped off to the Finance Department.

Contact Renée Commanda at 705-753-2050 ext. 1280 or [reneec@nfn.ca](mailto:reneec@nfn.ca) if you have any questions.

## Waste Collection

2018 Recycling & Garbage Schedule magnetic calendars were distributed to all on-reserve households before the Christmas holidays. The schedule is also available on our website:

[nfn.ca/admin\\_public.php](http://nfn.ca/admin_public.php)

A reminder that **Monday, February 19<sup>th</sup>** is **Family Day** so Garbage & Recycling pick-up will be on Tuesday, February 20<sup>th</sup> instead.

The Landfill site will also be closed on Monday, February 19<sup>th</sup>.

RECYCLING & GARBAGE SCHEDULE 2018

January	February	March	April
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	October	November	December
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## Contact Us

**Nipissing First Nation**  
 36 Semo Road  
 Garden Village ON P2B 3K2  
 (705) 753-2050  
[www.nfn.ca](http://www.nfn.ca)  
[genc@nfn.ca](mailto:genc@nfn.ca)

## Investing in the East End of NFN

On December 13<sup>th</sup>, we hosted a follow up session with citizens on the east end of NFN to present and invite feedback on developments that are being proposed in Duchesnay for 2018, as well as future planning needs for the communities of Duchesnay and Yellek.

The proposed plans were developed based on the feedback provided by citizens at the initial consultation that was held in May 2017. Current and future infrastructure needs, projected development costs and site planning requirements were also key factors in preparing the development proposal.

The session included a short presentation that is available at [www.nfn.ca](http://www.nfn.ca) along with a complete report summarizing the session and detailing the development plans.

### Priorities Identified in May 2017

The consultation session we held in May 2017 with citizens on the east end of NFN was essentially a follow up to the larger community consultations we held in April 2015 to discuss streams of investment for the interest income earned from the 2013 Boundary Claim Trust (which amounts to approximately \$2 million annually).

We wanted to hear from citizens in and around the communities of Duchesnay and Yellek about their specific needs and priorities in terms of infrastructure and facilities. Five main priorities were identified through this process: Multi-Use Building, New Daycare Facility, Roads & Infrastructure, Connecting Communities/Centralizing Services, and Seniors' Housing.

### Plans Proposed for Spring 2018

The plans we presented in December were for a new multi-use building that would house a daycare (similar in size and layout to the one in Garden Village), as well as a small community hall. The proposed site is across from Nbisings Secondary School as this would be the closest and most cost-efficient option to service the new building with water and sewer infrastructure. The estimated cost to construct this building is \$2.4 million.

## Culverts

Culvert maintenance is important and involves keeping both ends of the pipe clear, including removing snow and ice during the winter months whenever safely possible.

Frozen or blocked culverts can cause water to back up, overflow onto the road and/or lead to minor flooding, which can be dangerous. Fluctuating temperatures including freeze thaw cycles, snow and rain can cause drainage problems.

If you notice a problem that you cannot manage, please contact Public Works immediately at 705-753-4167.

## Reuse Centre

NFN members have access to a small Reuse Centre located at the Mukwa Miikan Landfill during regular hours of operation (Saturday to Tuesday from 9am - 5pm).

**Accepted Items:** Books and magazines, shelving, bed frames (no mattresses), home décor/housewares, dishes, home/car products and working computers or other electronics.

**Not Accepted:** absolutely NO clothing or textiles, upholstered furniture, carpets, bathroom fixtures or baby items such as cribs, playpens, strollers, booster seats and toys.

## Notices to the Membership

### Gravel Hauling on Mooz Miikan

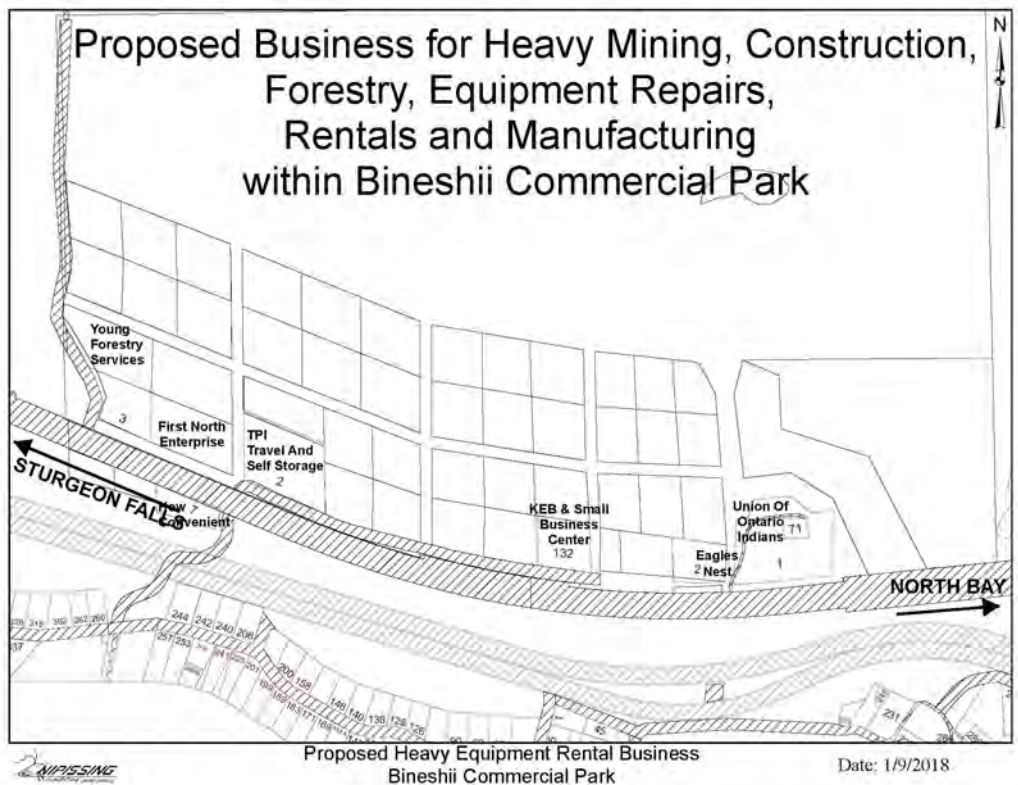
Members and residents please be advised that Young's Forestry has obtained a Nipissing First Nation Permit for the purpose of extracting Gravel from Mooz Miikan commencing January 15, 2018 until February 16, 2018.

Please direct any questions, comments or concerns to Patrick Stevens, Facilities Manager at (705) 753-2050 ext. 1220 or [patrick@nfn.ca](mailto:patrick@nfn.ca).

### Business License Application

An application for approval has been received by the Business Licensing Committee to operate a business in the Nipissing Nation Bineshii Commercial Park near Yellek.

The Nation member plans to operate a Heavy Mining, Construction, Forestry, Equipment Repairs, Rentals and Manufacturing within the Bineshii Commercial Park (however the selection of a lot has not been finalized).



Should you wish to express any concerns or valid objections about this proposed land use, please submit them in writing by **February 8, 2018** at 4:30pm to:

Thomas Lambert, Employment & Training Manager and Economic Development Officer  
36 Semo Road, Garden Village ON P2B 3K2

Please address any questions about the location of the proposed business to:

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

## Standing Call out for Relief Workers

We maintain an ongoing relief list for temporary work call outs. These are for short term work assignments / projects or gaps due to employees being off on leave or vacation.

If you or someone who know may be interested in **relief work** opportunities, please forward a resume to our Human Resources department by email to [resumes@nfn.ca](mailto:resumes@nfn.ca), fax to 705-753-0207 or mail to 36 Semo Road, Garden Village ON P2B 3K2

*Please clearly indicate that you are interested in relief work opportunities, and the areas that are of interest to you (i.e. Reception, Public Works, Daycares, etc.)*



## Supply Teachers

We also are looking to build supply teachers list for Nbisiing Secondary School. If you or someone who know may be interested in **supply teaching** opportunities, please forward a resume to our Human Resources department by email to [resumes@nfn.ca](mailto:resumes@nfn.ca), fax to 705-753-0207 or mail to 36 Semo Road, Garden Village ON P2B 3K2

## Bus Drivers

Nbisiing Bus Lines is looking for people interested in Bus Driving. Please call the Education Office at 705-753-6995 or visit the office at 70 Semo Road in Garden Village if you are interested.

Training is provided at no cost.



## Student Incentives

Student incentives are available to registered Nipissing First Nation members who reside on-reserve.

Elementary incentives are distributed in March for the first Report Card.

Secondary incentives are distributed in March for semester one.

Please ensure that the required Release of Information form has been submitted to the Education Department with the appropriate boxes checked off. This form is required so that the schools can forward copies of report cards to our office.

For more information about Student Incentives, please see the Elementary and Secondary Policy and Administration Guidelines that is available on our [website](#).

### \* Pick Up Dates \*

**March 7<sup>th</sup>** from 10am-6pm at the Education Office in Garden Village &

**March 8<sup>th</sup>** from 2:30pm - 6pm at Nbisiing Secondary School in Duchesnay

If you would like incentives mailed, please forward your name and mailing address to Tracy Hanzlik at the Education Office by calling 705-753-6995 or to [tracyh@nfn.ca](mailto:tracyh@nfn.ca).

## Job Postings

The following opportunities are posted on our website:

### Nipissing Ojibway Daycare Supervisor (Garden Village)

Full-Time Position with Benefits

Apply by Friday, February 2, 2018  
1st Round Posting

### Community Health Nurse

Full-Time Position with Benefits

Apply by Friday, February 2, 2018  
1st Round Posting

### Events Coordinator Internship

2 Year Contract (with possibility of extension dependent on funding)

Apply by Friday, February 2, 2018  
1st Round Posting

Visit [http://www.nfn.ca/jobs\\_internal.php](http://www.nfn.ca/jobs_internal.php)

to view/download current job postings.

### Applications should be sent to:

Jennifer Lalonde

Human Resources Manager

36 Semo Road

Garden Village ON P2B 3K2

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

Fax: 705-753-0207

## Posting Rounds

1st Round - Open to all Registered Nipissing First Nation members.

2nd Round - Open to spouses of Registered Nipissing First Nation members and all First Nation members registered with other First Nations.

3rd Round - Open to all applicants (status and non-status)

Registered NFN members are encouraged to apply to all rounds of employment postings. We thank all applicants for their interest, however only those selected 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) of the Ontario Human Rights Commission.*



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

Please visit our website [www.nbisiing.com](http://www.nbisiing.com) or [Facebook Page](#) for our calendar of events and other school-related information, or call (705) 497-9938.



## Grade 11 Hospitality & Tourism Class Restaurant Critique Experience - East Side Mario's

On Tuesday, January 16<sup>th</sup>, the Grade 11 Hospitality and Tourism class completed their restaurant critique culminating activity at East Side Mario's. Co-owner Dave Dugas and staff greeted the class.

Dave started by explaining how he got into the industry. Can you believe that he started working at East Side Mario's as a part-time dishwasher? The industry captivated his interests as he worked at different positions within the restaurant - and eventually becoming co-owner.

Dave cited many positive factors in his job and also mentioned how some things have changed over the years. For instance, East Side Mario's takes many precautions when a customer says they have allergies.

After Dave's presentation, we had the opportunity to sample most of the menu. It was delicious!

**Thank you East Side Mario's for accommodating the students at Nbisiing Secondary School!**



## Gchi-Mnidoo Giizis

One of our former graduates came in to speak to our students at one of our monthly school circle gatherings.

Tyler Ottereyes-Eagle is currently enrolled at Nipissing University and spoke about how his experiences at Nbisiing prepared him for his postsecondary education.

Miigwech Tyler for sharing!

## Ontario Secondary School Literacy Test (OSSLT)

**Tuesday, April 10, 2018**

The Ontario Secondary School Literacy Test (OSSLT) measures whether or not students are meeting the minimum standard for literacy across all subjects up to the end of Grade 9. All students across the province write this test on the same date.

Successful completion of the literacy test is one of the requirements to earn an Ontario Secondary School Diploma.

**Parent Guide & Resources Available Online at:** <http://www.eqao.com/en/assessments/Pages/parents.aspx>



# Words & Prayer for February

## Mkwa Giizis (Bear Moon)

### KIDWINAN (words):

Mkwa	Bear
Mkoons	Cub
Kakjii	Groundhog
Mkwamiing	On the ice
Zaagiganing	On the lake
Naawaj	Out on the lake
Mgisnaak	Fishing rod
Mgisgan	Fish hook
Mkwamii Wewebnaabii	Ice fishing
Giigookegamik	Fish shack
Giigoonyens	Minnnows
Gaans	Pickerel
Gnoozhe	Pike
Saawens	Perch
Wiinmoshe Giizhgak	Valentine's Day
Zaagin	I love you



Credit: Stephanie Laird

### Mkwa Giizis

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 Mkwan mndoo –kiing,wii debnang gchi-mshkawziid.

Wii debwaabid wa Mkwan washme waasa pii-dash maa pii kiing minwa wii-gnoonaad wiyaa 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 Mkwan ,wii bi-dgoshing goki maa kiing wii bi-giishtonid

ji-gchi-mshkawziwin.

Mii Gzhemidoo pane ebi-ndawendang.

Miigwech

### Bear Moon

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.

Miigwech



# Anishinaabemwin

## Sharing a Story from One of Our Elders

### Ndimooeyeban Martha Clemens Zhinkaazooban

#### Why you shouldn't snare Rabbits in February

Bezhik Ndimooeyeban ngii-dbaajmodtaagban gaan iisan nji-goodoonswan iinsan 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 waawinendam sko- gii nawaabmit , Gookmis.

Giizhpin 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

#### This story was told by our Elder Martha Clemens

She said do not snare rabbits in February Mkwa Giizis. I asked why and she said, 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 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

Shared by: Evelyn McLeod



## Anishinaabemwin Immersion Events

Every 2<sup>nd</sup> Friday from 6-8pm in the Church Basement, Ktigaaning

Upcoming Dates for February: Friday, February 9<sup>th</sup> & Friday February 23<sup>rd</sup>

### ORIGINAL CLANS OF NIPISSING

Friday, February 2<sup>nd</sup>

9am to Noon (lunch provided)

NFN Complex Gym, Garden Village

Workshop facilitated by: Norm Dokis,  
Traditional Eco-Knowledge Keeper

For more information or to request transportation to this event, please contact:

Glenna Beaucage at 705-753-2050 ext. 1232  
or by email to [glennab@nfn.ca](mailto:glennab@nfn.ca) by Jan. 31<sup>st</sup>



Saturday, February 3<sup>rd</sup>

10am to 4pm

Culture Centre, Garden Village

Saturday, February 24<sup>th</sup>

10am to 4pm

Nbisiing School, Duchesnay

\$10/person - Registration Required

For more information or to register, please contact: Glenna Beaucage at

705-753-2050 ext. 1232 or

by email to [glennab@nfn.ca](mailto:glennab@nfn.ca)

First Priority is to NFN Members

### NATURAL LAW & HARVESTING

Friday, March 2<sup>nd</sup>

9am to Noon (lunch provided)

NFN Complex Gym, Garden Village

Workshop facilitated by: Norm Dokis,  
Traditional Eco-Knowledge Keeper

For more information or to request transportation to this event, please contact:

Glenna Beaucage at 705-753-2050 ext. 1232  
or by email to [glennab@nfn.ca](mailto:glennab@nfn.ca) by Feb. 28<sup>th</sup>

Workshops proudly sponsored by:



A-Kii, Bemaadzijk, E-Niigaanwang  
The Land, the People, the Future





Painting by Jules Armstrong, Anishnaabe-kwe from Nipissing First Nation

**NIPISSING FIRST NATION**  
**5<sup>TH</sup> ANNUAL ANISHNAABE ART SHOW**  
**SATURDAY, FEBRUARY 24<sup>TH</sup>**

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

**NBISIING SECONDARY SCHOOL GYM**

469-B Couchie Memorial Drive, Duchesnay

Everyone is welcome to join us for a fun-filled day of viewing and/or purchasing

**Authentic Anishnaabe Art.**

A variety of Musical Entertainment will be showcased throughout the day.

*50/50 & Raffle. Refreshments & Feast will be provided.*

***Admission is \$2 with proceeds to Nipissing First Nation's 2018 Pow Wow***

**Anishnaabe Artists:** please register with Glenna at 705-753-2050 ext. 1232 or glennab@nfn.ca.



**Grand Opening  
Agenda of Activities**

**10:00am:** Ribbon Cutting & Smudging of the Rink

**10:15am:** Kids' Hockey Game (Ages 6-12)

**11:00am:** Youth Hockey Game (Ages 13+)

**12:00pm:** Lunch (Hot Dogs & Salad)

**1:00pm:** Open Skate & Treats @ the Firepit (marshmallows & cocoa)

**2:15pm:** Warriors Alumni Hockey Game

**3:20pm:** Hockey Puck Shoot Out for Prizes

**For more information or to volunteer, contact:**

Ashley Couchie at 705-753-6971 or [ashleyvc@nfn.ca](mailto:ashleyvc@nfn.ca)



**Guidelines for Using the Outdoor Rink**

Access is through the change rooms. Please remove all personal property and litter. Washrooms are available during daytime hours and lights will automatically turn off at 10 p.m. There will be an ice attendant on duty periodically, however the facility is unsupervised. Children should be accompanied by an adult and helmet use is strongly encouraged.

No smoking, alcohol, drugs or pets are permitted on the property. Users assume full risk and individual responsibility for use of the facility. NFN Management is not responsible for any accidents or injuries resulting from the use of this facility.

**GARDEN VILLAGE OUTDOOR RINK SCHEDULE**

WEEKDAY SCHEDULE					WEEKEND SCHEDULE			
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00am – 9:30am	Rink Maintenance <i>Closed</i>	
9:00am – 10:30am		Rink Maintenance <i>Closed</i>				9:30am – 2:00pm	Open Skate <i>No Sticks or Pucks</i>	Shinny <i>14 years &amp; under</i>
10:30am – 6:30pm		Open Skate <i>No Sticks or Pucks</i>						
6:30pm – 8:00pm		Shinny <i>14 years &amp; under</i>				2:00pm – 4:30pm	Shinny <i>14 years &amp; under</i>	Open Skate <i>No Sticks or Pucks</i>
8:00pm – 10:00pm		Shinny <i>15 years &amp; over Everyone Welcome</i>				4:30pm – 6:00pm	Rink Maintenance <i>Closed</i>	
Any safety issues or concerns should be reported to Patrick Stevens, Facilities Manager at 705-753-2050 during office hours (Monday to Friday from 8:30am - 4:30pm). To report incidents or occurrences after-hours, call 705-498-2519 or 705-845-0674. Call 9-1-1 in the event of serious injuries, health related issues, or other emergencies.						6:00pm – 8:00pm	Open Skate <i>No Sticks or Pucks</i>	Open Skate <i>No Sticks or Pucks</i>
						8:00pm – 10:00pm	Shinny <i>15 years &amp; over</i>	Shinny <i>15 years &amp; over</i>

NOTE: Schedule is subject to change from time to time due to Special Programming. Notices of changes will be posted.

## Youth Events - February

**Tuesday, Feb. 6 - Kids' Social** (Ages 6-12) 6pm-8pm @ Nbisiing School

*Hosted by the Native Child Welfare Prevention Program*

**Wednesday, Feb. 7 - Kids' Movie Night** (Ages 6-12) 6pm-8pm @ the Library

*Co-hosted by the NFN Library & the Native Child Welfare Prevention Program*

**Saturday, Feb. 10 - Ribbon Shirts & Skirts Workshop** (Ages 13-24) 10am

-4pm—Location to be announced. Registration Required - 20 spots available. Contact Tamara Penasse, Joe McLeod or Wendy Lariviere to register: 705-753-2691

*Hosted by the Native Child Welfare Prevention Program*

**Sunday, Feb. 11 - Kids' Social** (Ages 6-12) 10am-2pm @ the Band Office

Boardroom (located in the new addition). *Hosted by the Native Child Welfare Program*

**Monday, Feb. 12 - Mom & Baby Drop In** 9:30am-2pm @ the Library

For Parents & Children. *Hosted by the Native Child Welfare Prevention Program*

**Wed., Feb. 14 - Computer Night** 6pm-8pm @ the Library

All students who need to homework and welcome to come!

*Co-hosted by the NFN Library & the Native Child Welfare Prevention Program*

**Tuesday, Feb. 20 - Teen Social** (Ages 13-18) from 6pm-8pm @ Nbisiing School

*Hosted by the Native Child Welfare Prevention Program*

**Wed., Feb. 21 - Teen Movie Night** (Ages 13-18) 6pm-8pm @ the Library

*Co-hosted by the NFN Library and Native Child Welfare Prevention Program*

**Wed., Feb. 28 - Game Night** (Ages 6-18) 6pm-8pm @ the Library

*Co-hosted by the NFN Library and Native Child Welfare Prevention Program*

## Youth Survival Camp

**Fri., February 23<sup>rd</sup> from 6pm-9pm & Sat., February 24<sup>th</sup> from 11am-6pm**

NFN Complex Gym - Ages 13-24 years

Register by contacting Tamara Penasse, Joe McLeod or Wendy Lariviere at 705-753-2050. Only 20 spots available.

*Hosted by the Native Child Welfare Prevention Program*

## Open Gym Nights

**Thursdays from 4:30pm - 6:30pm @ Nbisiing School Gym**

Ages 6-18 years. Contact Ashley at 705-753-6971 or [ashleyvc@nfn.ca](mailto:ashleyvc@nfn.ca) for more info.



## Male Youth Retreat

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

Transportation will be provided for this event.

**Workshop includes:**

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

**Please register:**

Tamara Penasse

705-753-2691

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

**\* No Cost to Attend \*  
First come, first served.**

## Snowshoeing Sunday, Feb.11

**2pm - 4pm**

**Meet @ NFN Complex  
Ages 13-24 years**

## Ice Fishing Sunday, Feb.18

**11am - 4pm**

**Meet @ NFN Complex  
(fishing across the lake)  
Ages 13-24 years**

**Please register for  
snowshoeing and/or  
ice fishing with:**

Joe McLeod

705-753-2050

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

**\* No Cost to Attend \*  
Lunch & Snacks Provided**

## Recreation Events - February



**Mondays in February are Zumba Fitness Nights** (Adults & Youth 15+)

February 5<sup>th</sup>, February 12<sup>th</sup>, February 26<sup>th</sup> & March 5<sup>th</sup>

Every Monday (except Feb. 19<sup>th</sup>) due to Family Day holiday

6pm-7pm @ NFN Complex Gym, Garden Village

**Cost: \$10 for 4 sessions!** Register by calling Ashley Couchie at 705-753-6971.

*Please wear indoor shoes and bring a water bottle. Hosted by the Recreation Department.*



**Wednesdays in February are Volleyball Nights** (Adults & Youth)

Every Wednesday (except Feb. 21<sup>st</sup>) from 5:45pm-7:30pm @ NFN Complex Gym

*Please wear indoor shoes and bring a water bottle. Hosted by the Recreation Department.*



**Youth Skating & Hockey Nights** (Ages 13-24)

Wednesdays February 7<sup>th</sup> & 21<sup>st</sup>

6:30pm-8:30pm @ Outdoor Rink, Garden Village

*Bring skates, a helmet and a water bottle. Hosted by the Native Child Welfare Program.*



## 2018 Masters Indigenous Games

### Calling All Softball Players!

Are you between the ages of 20 and 55+?

**Would you like to represent Nipissing First Nation  
at the 2018 Masters Indigenous Games?**



Recreation is looking for softball players to attend the Masters Indigenous Games in Toronto from July 12-15, 2018.

**All interested participants are asked to register  
and attend the first meeting being held on:**

**Wednesday, February 21<sup>st</sup>**

**6:00pm – 7:00pm**

**NFN Complex Gym**

**Interested? To register, please contact:**

Jane Commanda at 705-753-2050 ext. 1290

or by email to [janec@nfn.ca](mailto:janec@nfn.ca)



### Addictions Awareness Groups with Amanda Dokis

Fridays from 10am to Noon

Lawrence Commanda Health Centre, Garden Village

5 week addiction awareness program starting February 9<sup>th</sup>

February 9<sup>th</sup> - Week 1 – Identity

February 16<sup>th</sup> - Week 2 – What is Addiction?

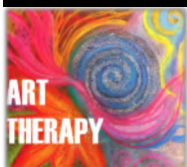
February 23<sup>rd</sup> - Week 3 – Substances of Use and Abuse

March 2<sup>nd</sup> - Week 4 – History, Trauma, Resiliency

March 9<sup>th</sup> - Week 5 - Relapse Prevention, Community Withdrawal Management & Treatment

Snacks, Refreshments & Transportation Provided. Call the Right Path at 705-753-1375.

*The next session, "Life Skills Awareness", begins March 21<sup>st</sup>.*



### Art Therapy Sessions with Emily Couchie

FOR YOUTH (Ages 11-16)

Wednesdays Feb 21<sup>st</sup>, Feb 28<sup>th</sup> & March 7<sup>th</sup> from 6pm-8pm

Lawrence Commanda Health Centre, Garden Village

Limited Seating (6 participants)

FOR ADULTS (17 & up)

Wednesdays March 21<sup>st</sup> & March 28<sup>th</sup> from 6pm-8pm

Nbisiing Secondary School, Duchesnay

Limited Seating (6 participants)

Snacks & Refreshments Available. To register, call Lori-Anne at 705-753-1375.

### Your Mental Health Matters: Schizophrenia

Monday, February 12<sup>th</sup> from 5pm - 8pm

Lawrence Commanda Health Centre, Garden Village

What it means... how we can help. Facilitators: Aboriginal Mental Health Team from the North Bay Regional Health Centre.

*Join us for dinner & presentations. Transportation Available.*

To register, please call Lori-Anne at 705-753-1375. Limited Seating.

### A Love for Yourself: Living with Diabetes

Saturday, February 24<sup>th</sup> from 10am - 2pm

Lawrence Commanda Health Centre, Garden Village

Blood Sugar Screening Available. Lunch & Transportation Provided.

*Please join us for your chance to win some great prizes!*

To register, please call 705-753-3312. Limited Seating.

### Mustimuhw

#### Electronic Medical Records

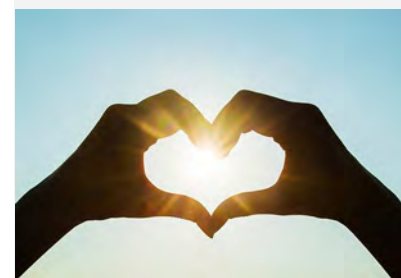
NFN Health Services is working diligently towards advancing the protection, security and management of your health information.

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





**Miigwech** to everyone who supported Lily George in her fundraisers this season to assist with billeting and registration fees to play in the PWHL with the Barrie Jr. Sharks. This has opened her opportunities and as a result, she has committed to the University of New Brunswick for the Fall of 2018.

**Winners of the draw prizes were:**

- 1st - Harry Potter signed Script - Dwayne Nashkawa
- 2nd - Austin Mathews Rookie Card & Puck - Viola Fraser
- 3rd - Mitch Marner Rookie Card & Puck - Lexa Fisher



**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.**



Dot Beaucage-Kennedy, Elder  
Wedding Officiant, Anniversaries, Funerals  
1-705-493-5577

dotbeaucagekennedy@gmail.com

**CAROL COUCHIE** BHSc, RM

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

P: (705) 724-BABY (2229)  
F: (705) 724-1487  
E: ktigaaning.midwives@gmail.com

WWW.KTIGAANINGMIDWIVES.COM



**SUPPLIES FOR THE SOUL**

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**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 2018

## Mkwa Giizis (Bear Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Reminder:</b> This calendar is also available online <a href="http://www.nfn.ca/calendar.php">http://www.nfn.ca/calendar.php</a>				<b>1</b>	<b>2</b>	<b>3</b>
<b>Weekly Recreation Programs for February</b>						
	ZUMBA Fitness <i>Every Monday</i> from 6-7pm @ Band Office Gym \$10-Must Register		Volleyball Nights <i>Every Wednesday</i> from 5:45-7:30pm @ Band Office Gym Adults & Youth	Open Gym Nights <i>Every Thursday</i> from 4:30-6:30pm @ Nbisiing Gym Ages 6-18 years	Clans of Nipissing @ Band Office 9am – noon <i>Lunch provided</i> <b>Job Postings Deadline</b>	Making Short Deer Hide Gloves 10am-4pm @ Culture Centre \$10 fee per person
<b>4</b> Kids' Social 10am-2pm @ Band Office Boardroom <i>On Sun, Feb. 11<sup>th</sup></i>	<b>5</b> Education Law Consultation 6-7pm @ Council Chambers in GV	<b>6</b> Council Meeting 7:30pm @ Council Chambers in GV Kids' Social 6-8pm @ Nbisiing (6-12)	<b>7</b> Election Code Consultation 7-9pm @ Nbisiing Kids' Movie Night 6-8pm @ Library	<b>8</b> Election Code Consultation 7-9pm @ Band Office Boardroom Garden Village	<b>9</b> Anishinaabemwin Immersion 6-8pm @ Church Bsmt	<b>10</b> Ribbon Shirts & Skirts 10am-4pm Location TBA
<b>11</b> Snowshoeing 2pm-4pm Meet @ Band Office. No Cost. Lunch Provided (Ages 13-24)	<b>12</b> Mom & Baby Drop- In 9:30am-2pm @ Library in GV Education Law Consultation 6-7pm @ Nbisiing School Library	<b>13</b> Mental Health: Schizophrenia 5-8pm @ LCHC Includes Dinner & Presentation <i>On Mon., Feb. 12<sup>th</sup></i>	<b>14</b> <i>Happy Valentine's Day</i> Diners' Club 11am – 1pm @ Band Office Computer Night 6-8pm @ Library <b>Deadline for Election Code Review Surveys</b>	<b>15</b> Addiction Awareness Groups (5 weeks) <i>On Fridays</i> Feb. 9 <sup>th</sup> to March 7 <sup>th</sup> from 10am-noon @ LCHC. See page 12 for more details	 <b>Youth Survival Camp - Feb 23 &amp; 24</b> 6-9pm on Friday & 11am-6pm on Saturday Ages 13-24 years – see p.10 for more info	
<b>18</b> Ice Fishing Outing 11am-4pm Meet @ Band Office. No Cost. Lunch Provided (Ages 13-24)	<b>19</b>  NFN Offices, Food Bank & Landfill are CLOSED <i>No ZUMBA</i>	<b>20</b> Council Meeting 7:30pm @ Nbisiing School Teen Social 6-8pm @ Nbisiing (13-18)	<b>21</b> 2018 Masters Indigenous Games 6-7pm meeting @ Band Office Gym <i>No Volleyball</i> Teen Movie Night 6-8pm @ Library	<b>22</b> Art Therapy for Youth (ages 11-16) <i>On Wednesdays</i> Feb. 21 <sup>st</sup> & 28 <sup>th</sup> 6-8pm @ LCHC	<b>23</b> A Love for Yourself 10am-2pm @ LCHC <i>On Sat, Feb. 24<sup>th</sup></i> Anishinaabemwin Immersion 6-8pm @ Church Bsmt	<b>24</b> Anishinaabe Art Show & Gathering 11am-7pm @ Nbisiing \$2 entry Making Deer Hide Gloves 10am-4pm @ Nbisiing \$10 fee
<b>25</b>	<b>26</b> ZUMBA Fitness 6pm-7pm @ Band Office Gym	<b>27</b>	<b>28</b> Game Night 6-8pm @ Library (Ages 6-18 years) <b>Deadline for Cigarette Quota Requests</b>	<b>Recurring Weekly Events:</b> <b>Adult Education Sessions:</b> Wednesdays from 6-8pm @ Nbisiing School & Thursdays from 6-8pm @ Library <b>Anishinaabemwin Classes:</b> Mondays from 6-8pm @ Nbisiing School & Wednesdays from 6-8pm @ Culture Centre		



### Contact Us

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P2B 3K2

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

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