



ENKAMGAK

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

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Council Meetings:

June 7th @ 7:30pm
Garden Village

June 21st @ 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.

New Location for National Aboriginal Day

On Tuesday, June 21st, join us at our new location **Nbisiing Secondary School** from 8:45a.m.-3:00p.m., to celebrate National Aboriginal Day. See Page 23 for full itinerary.

Meet your NFN Beautification Crew!

Residents of all communities will see these team members working on multiple projects for the Maintenance & Beautification Program. They will conduct repair work on public spaces and with maintenance assistance for Elders, and work with Maintenance and Public Works as needed. Inquiries: Sam Fryer 705-753-2050 ext. 1285.



NFN

Beautification Crew

L-R: Willie Stevens, Garry Leblanc, Ken McLeod, Milton Beaucage, Chad Commanda, Mike Goulais, Josh Goulais, Maggie McLeod, Zan McLeod, Jared McLeod

Thanks for your input!

Seniors, Youth & Women's Advisory Groups



An Advisory Group Information Session was held on May 7th in Garden Village. Input from the meetings went to Chief and Council on Tuesday, May 17th for review. Thank you to all our participants for your input and interest. More information on the Advisory Councils will be available following the review. Miigwech!

UOI Satellite Office Hours

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

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

ONTARIO WORKS
Every 2nd Wednesday
Wednesday, June 8th
Wednesday, June 22nd

Appointment Required:
Call (705) 753-2058 to book.

FINANCE
Every 3rd Friday
Friday, June 17th

MEMBERSHIP
Every 3rd Monday
Monday, June 20th

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

CHIEF McLEOD
Every 3rd Thursday from
10am - 4pm *

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



Your participation is important!

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

- Community Development Committee seeking 2 members
- Economic Development Committee seeking 1 member
- Housing Committee seeking 2 members
- Natural Resources 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.

Treaty Payment Dates

Thursday, June 2nd, 2016
 Nbisiing SS - 10-11:30a.m.
 Garden Village 1- 4p.m.

Please bring Status Cards. No Third-Party pick-ups; however, collection for a spouse, or children under the age of 18 living at home are still permitted.

Pow Wow Guide Available

The Pow Wow Guide will be available in hard copy for pick up at the Band Office and the UOI. Find it online here:

https://issuu.com/anishinabeknews/docs/pw_guide2016

Speeding

APS has had reports of speeding in Garden Village. A reminder to *Slow Down!* Please drive carefully and lookout for children and wildlife in the area.

**Report Natural Resources/
 Fishing Violations
 Anonymously 24/7**

NRtips@nfn.ca

Call/Text (705) 471-1744

REMINDER:

NFN Offices closed for National Aboriginal Day Tuesday, June 21st

Have you completed your 2016 Census?



C E N S U S

www.census.gc.ca

The deadline to complete the 2016 Canadian census was Tuesday, May 10th. Although the census begins in May 2016 across most of the country, census representatives were scheduled to visit households in First Nations communities to complete census questionnaires with residents. Anyone who refuses to fill out the census could face a fine of up to \$500 and/ or three months in jail, according to the Statistics Act. Visit: <http://www.census.gc.ca/> for more information.

Successful Moratorium

Thank you to our compliant fishers who respected the Moratorium. The Moratorium came to a close on May 15th. A reminder that the allowable net size has changed to a minimum of 3.7", and that nets can be exchanged for free at the Fisheries Building.

Call Natural Resources for more information. (705) 753-2050.



Anishinabek Education System Sessions

Learn and ask questions on the proposed agreement to restore control over education to Anishinabek First Nations and create a new Anishinabek Education System (AES) at information sessions scheduled:

Introduction, Background and Educational Landscape

June 13th - Garden Village – 6-8p.m.

June 15th – Nbisiing Secondary School – 6-8p.m.

Presenter: Tracey O'Donnell

Content of the Agreements and the Anishinabek Education System

June 27th - Garden Village – 6-8p.m.

June 29th – Nbisiing Secondary School – 6-8p.m.

Presenter: Martin Bayer

Light catering and refreshments will be provided at all sessions.

Community Ratification Officers will have information booths set up during Treaty Pay (June 2nd) and at Aboriginal Day (June 21st).

Up to 4,000 students attending school on First Nations, from JK to Grade 12, could be affected by this historical proposed system. At a glance, the Anishinabek Education System would provide participating First Nations control over education, promote Anishnaabe customs and language, set recognized Anishnaabe education standards for easy transition of students between schools, create a new central Kinooaadziwin Education Body (KEB) with school-board like authority, and support funding would continue for post-secondary students.

Get informed for the Ratification (Community Vote) of the AES happening November 28, 2016 to December 2, 2016! Say YES to the AES! www.sayvestoaes.ca

Provincial Liaison Team – PLT Working with NFN Fisheries

Last year Cst. Chantal Larocque was invited by the O.P.P. to be trained as APS's first PLT member. PLT is a team of officers, province wide, that assist with a multitude of events such as; protests, land claims, strikes, and a variety of First Nation issues. Its mandate is to work toward building relationships of trust, mutual understanding and respect between police and all stakeholders. Members assist in defusing any potential critical incidents. The best example of this would have been during the NFN Idol No More protest. PLT was involved prior, during, and after this event. Officers on this team work in plain clothes.



Cst. Larocque will be acting in this capacity when required. She is currently working with the Fisheries Department and hopes to meet with all NFN fishers in the near future to discuss her role and the benefits of open communication with PLT/APS in such matters.

Cst. Larocque encourages any organizations or groups to communicate with her should they have questions about PLT. These members are a direct result of the many recommendations made after the loss of Dudley George in the Ipperwash incident. Police have improved their ways of responding to sensitive matters and the PLT is the first step in making sure such tragic outcomes are avoided.

Cst. Larocque is a long time serving officer and brings lots of experience in dealing with stakeholders and she's passionate about her work with the communities she serves, as well as the children, our future leaders. Cst. Larocque is a member of the Madadjiwan First Nation and looks forward to working with NFN on the current fishery issues and ensuring all involved that PLT's mandate is one of neutrality and transparency.

Any fishers looking for further information on the up coming visits can contact Chantal at the APS Nipissing detachment (705) 472-0270.



Miigwetch

Bear Safety

With summer fast approaching, Nipissing First Nation would like to remind residents about Bear Safety and prevention, in case of an encounter. Please do not trap, tranquilize, or relocate bears.

Report a Bear Problem

If you feel that a bear poses an immediate threat to personal safety, please call the Anishinabek Police Service at (705) 472-0270 Monday to Friday during office hours, or call 911 after hours. For non-emergency encounters, call the Bear Wise reporting line: 1-866-514-2327 (April 1-November 30).

NFN Hatchery

The NFN Hatchery is a large contributor to the educational mandate and promotion of sustainability for the NFN Fisheries and Natural Resources Department. NFN incubated walleye eggs as part of the NFN Fish Hatchery, encouraging education and awareness of the NFN Fishery and supporting conservation and sustainability. The walleye eggs and fry, were released late May.

For more information on NFN Fisheries Regulations visit: nfn.ca or contact:

Natural Resources Department

(705) 753-2050



from the desk of the Emergency Services Manager

Open Air Burning Notice



Due to the lack of rainy weather we are experiencing this spring please use extreme caution should you start a fire in your back yards. We suggest using a fireplace to prevent any fires from getting out of control. Please have ways to extinguish the fire available to you such as a garden hose, shovel, and buckets of sand that can be used should you lose control of the flames. Please keep fires small as to not send sparks flying into other areas where you cannot extinguish them.

We all need to be cautious this spring to avoid any unwanted fires that may cause extreme damages to people's property and homes.

Miiwetch.

Melvin McLeod (705) 753-4319. or melvinm@nfn.ca.



Chief McLeod congratulates George Couchie on receiving the Order of Merit.

George Couchie Receives Order of Merit

George Couchie was honoured to receive an Order of Merit from the Davedi Club on Saturday April 30th, 2016, at the Club's ninth annual dinner and awards.

George has over 33 years of policing experience, including 12 years designing and delivering award winning Native Awareness Training Programs and Initiatives to youth and to members of the Ontario Provincial Police, as well as to other government employees and teachers. In 2015, George was presented with an award by Governor-General of Canada David Johnston as an inductee to the Nipissing District Human Rights Hall of Fame. He received the Order of Merit of the Police Forces of Canada in 2013, the Queen's Jubilee Award in 2012, a lifetime achievement award from the Union of Ontario Indians in 2007, a nomination for National Native Role Model in 1997 by then Nipissing MP Bob Wood, and an Ovation Award from the Ministry of Community Safety and Correctional Services in 2008.

George was honoured with an eagle feather from Nipissing First Nation for youth programs and his volunteer work in 2005 and

again in 2013. George received an Ontario Provincial Police Commissioner's Citation for Community Service in October 1999 for developing the school program, "Walking the Path" and an Organizational Award for Anti-racism Initiatives for the "Walking the Path" program in 1999. He continues to volunteer in schools and maintains his training program. He also provides workshops on healthy relationships, domestic violence, suicide prevention, culture and traditions, paddle making and drum building. George is the owner/operator at Redtail Hawk Training & Consulting.

Chi-Miigwetch George!



Enterprise Olympics was a two-day competitive event in Timmins at College Boreal and Northern College, where six of our students got to meet, talk with and be advised by mentors who are inspiring entrepreneurs. The students worked with other secondary students from across Northeastern Ontario to develop a business idea, prepare a rudimentary business plan and execute a professional elevator pitch! These business ideas were developed on site with people from all over Northern Ontario. Students worked in one of the six different sectors of the economy: Health and Wellness, Retail, Technology and Innovation, Arts and Culture, Social Enterprise, and Mining and Forestry. Each team completed their pitch and business plan and made their presentation in front of a panel of judges, along with other groups in their sector for a chance to win prize money and bursaries. Caitlyn Lee and Tyler Commanda won first place in the Arts and Culture Sector and although we didn't win the Grand Prize Bursaries, all our students were winners just for participating in such a worthwhile learning experience. We're very proud of this accomplishment .



Hospitality & Tourism

Grade 9/10 class

Delores Chum, from Wikwemikong First Nation, came into our class to help us with creating delicious moose meat recipes and fried bread. We enjoyed making rose petal garnishes with tomatoes and added some of our greens as petals. Next, we will learn to cook food for large groups and cater.



On May 16th the Anishinabek Police Services (APS) ran a great event for our students in Honor of Police Appreciation week! Students participated in a scavenger hunt type event to find out who stole Blair's favorite drumstick! There were shoe prints, abandoned bags and lists found in the school to lead them to where the drumstick had been hidden. Afterward, students and staff had a delicious BBQ with APS. Salads, fruits and vegetables, chips, pop, burgers and hot dogs were provided. Thanks APS for hosting such a great event!



Students in the Equity, Diversity and Social Justice course are currently wrapping up community action plans. Students have created many projects such as a community garden to show awareness for children who have to work in agriculture, a social media awareness campaign on climate change, a display on clean drinking water, volunteering for Hope Awaits and writing a report on human trafficking.

Physical Education classes have recently been focusing on Ultimate Frisbee and enjoying some great softball games! We were excited to travel to Gymtrix on May 19 with the Grade 9s and June 2nd with the Grade 10-12s. In health, we have been focusing on conflict resolution, suicide prevention and were fortunate to have a Community Health Nurse in to discuss substance abuse and addictions.

Soil management and community gardening will begin soon at Nbsiing. Outdoor projects are a part of the curriculum that students take ownership of. Connections with the land are very important and we have begun the process of preparing the ground as the threat of frost ends and summer approaches. Three classes are contributing to this project and things are quickly coming together!

For more information on Nbsiing Secondary School and its programs and services contact:

(705)497-9938.

www.nbsiing.com

Employment Opportunities

The following employment opportunities are currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) current work references by 4:30pm on the closing date indicated to:

MAIL: Jennifer Lalonde, Human Resources Manager
36 Semo Road, Garden Village ON P2B 3K2

FAX: (705) 753-0207
EMAIL: resumes@nfn.ca

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

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

We thank all for their interest, however only those who qualify for an interview will be contacted.

Language Teacher – Couchie Memorial Daycare Centre

Part-time

Nipissing First Nation requires a Language Teacher to work 5 hours per week, and would work under the supervision of the Cultural and Heritage Manager.

QUALIFICATIONS:

- Must be a registered Nipissing First Nation Member.
- Early Childhood Education Diploma preferred.
- Experience in a Day Care Centre considered an asset.

REQUIRED SKILLS:

- Can demonstrate a strong understanding of culture and language.
- Excellent communications skills.
- Translate words from list provided.

DUTIES:

- Plan and implement a Language Curriculum for the children of Nipissing First Nation.
- Promote a positive and exciting learning atmosphere.
- Compile a list of common phrases and words to be translated.
- Demonstrated concern and empathy for young children and their families.
- Work collaboratively with Daycare Center staff to provide programming.

A current CPIC/Vulnerable Sector must be provided prior to employment

CLOSING: Friday, June 17th, 2016 no later than 4:30p.m.

Student Position- Secondary Positions

HIGH SCHOOL QUALIFICATIONS:

- Must be a registered Nipissing First Nation member
- Must have a Social Insurance Number
- Must have been in high school for the 2015-2016 year and returning to high school in the 2016-2017 year
- Must be between ages of 16 & 21 by December 31st, 2016

SUMMER CHILDREN'S PROGRAM ASSISTANTS (DUCHESNAY):

3 Positions

Start July 4th, 2016- 7 weeks

Duties:

- To assist with Summer Children's Program recreational activities
- Assist in planning and implementing activities
- Assist in monitoring the children aged 6-12
- To work in conjunction to host recreational events

MAINTENANCE WORKER (GARDEN VILLAGE):

1 Position

Start July 4th, 2016 – 7 weeks

Duties:

- Follow work schedules set out by Maintenance Supervisor
- Cut grass, and do lawn maintenance.
- General maintenance of cemeteries in Garden Village, Beaucage and Duchesnay
- Occasionally scheduled for building maintenance

ARCHEOLOGY – STUDENT HELPERS:

4 Positions

Start June 27th, 2016 to August 5, 2016- 6 weeks

Duties:

- Participate in a variety of 'field experiences' using appropriate archeological techniques
- Follow procedures for site work including use of proper clothing etc.
- Participate in variety of activities as directed
- Follow instructions as given
- Contribute to discussions as appropriate
- Responsible for following safety rules
- Performs other duties as assigned or requested by Senior Staff

Information Technology Assistant (Garden Village)

1 Position

Start July 4th, 2016- 7 weeks

Duties:

- Provides desktop computing helpdesk function
- Assist in monitoring and updating Network and work stations.
- Troubleshoot and repair computers and computer based equipment.
- Other duties as required.

Note: High School, College and University must be a recognized establishment of the Ministry of Education.

CLOSING: Monday, June 13th, 2016 no later than 4:30pm.



JOB OPPORTUNITY
Stewardship Youth Rangers- 4 Positions
2016

As a Stewardship Youth Ranger (SYR), you will work as part of a team with four Rangers under the direction of one Team Lead. Rangers work on natural resource management projects in their own communities. Rangers meet at a central work location daily. Most projects will be outdoors and could involve rough terrain and a variety of weather conditions. Contract positions 8 weeks starting July 4, 2016 – August 26, 2016

How do I qualify?

MANDATORY REQUIREMENTS:

- Must be a Registered Nipissing First Nation member.
- Must have been born in 1999. This means that applicants may be 16 or 17 at the time of hire, but not turning 18 before December 31, 2016.
- Must be a student.
- Must be an Ontario resident.
- Must be eligible to work in Canada.

TEAM SKILLS:

- You have demonstrated the ability to build and maintain effective relationships working in a team (e.g. at work, at school, in other personal activities) to achieve a common goal.
- You have personal leadership skills (e.g. organization skills, accepts responsibility) to initiate and complete tasks in a timely manner.
- You have oral communication skills to speak with co-workers, supervisors, members of the public, and media.

NATURAL RESOURCE KNOWLEDGE:

- You have knowledge, experience and /or interest in natural resources and the outdoors (e.g. work or volunteer experience, school courses, or personal activities).

A current Criminal Records Check must be provided upon employment. Please submit a cover letter and resume by June 13th, 2016 AT 4:30 P.M.



Employment Opportunity

Land Membership Clerk

Contract Position

Nipissing First Nation requires a Membership Clerk, to administer Nipissing Nation's membership and estates programs and to provide secretarial, clerical and administrative services within the administrative policies and procedures established by the Executive Director and as directed by the Lands Manager. This is a 3 month contract with possibility of extension.

QUALIFICATIONS:

- Must be a registered Nipissing First Nation member
- Must have minimum post-secondary education or relevant experience.
- Must have strong computer skills, and experience using all Microsoft Office software applications.
- Must have Indian Registration Administrator/Membership Training *or* be willing to taking

REQUIRED SKILLS AND ABILITIES:

- High level of data entry skills and attention to detail.
- Understand policies pertaining to Indian Act; Privacy Act, Access to Information;
- High level sensitivity to Native issues.
- Strong sense of initiative; project oriented; ability to delegate and follow through.
- Excellent public relations skills and a cheerful, informed approach with the public.

DUTIES INCLUDE:

- Provide clerical and secretarial support services for the Lands Manager, Departmental functions and serves as secretary to committees, as required.
- Communicate with outside resources prescribed for this position.
- Prepare, transcribe, type and file correspondence, memoranda, minutes, agendas and reports.
- Responsible for assisting with the administration of Land management and Membership programs including, but not limited to; updating Band Membership List; accepting applications for status cards, interviewing applicants, reviewing claims to Indian status and band membership and verifying status, preparation of estate files and other related Land Office duties.
- Assists in the preparation of Issuance of Certificates of Indian Status cards; maintain card registry; prepare status and membership reports; as required
- Perform such other related duties as may reasonably be required by the Lands Manager

A current CPIC/Vulnerable Sector must be provided prior to employment. Please submit your letter of interest, resumé and three (3) references no later than **Friday, June 17th, 2016 at 4:30 p.m.** to:

Summer Children's Program—Post Secondary Positions

Summer Children's Program Leaders (3) Positions

Under the supervision of the Summer Program Coordinator, provide developmental care and supervision to children enrolled in the Child Summer Program. Implement age appropriate curriculum; establish and maintain supportive relationships with children and parents.

*Start date July 4th, 2016 to August 19th, 2016

Birth date must be from 1991/01/01 on to be able to apply for summer positions (25 years or younger)

QUALIFICATIONS:

- Must be a Nipissing First Nation member
- Must be a Post-Secondary student returning to school in the fall or a recent graduate. (Recent graduate is a student graduating this year.)
- Be able to provide original documentation in order to validate being a student such as a transcript and/or proof of school acceptance into post-secondary.(please submit documents copies, not originals, with cover letter and resume)
- Excellent organizational skills and communication skills both written and oral
- Able to work well with minimum supervision
- Ability to demonstrate initiative and work effectively in a team environment
- Enrollment in a related field will be asset.
- Must submit to a Criminal Reference Check.

DUTIES:

- Supervise the Child Summer Program
- Plan and Implement the program and activities.
- Organize and attend group outings
- Perform daily attendance for Child Summer Program
- Responsible for the safety of all children enrolled in the program.
- File report on activities.
- Performs other duties as assigned or requested by SCP Coordinator.

CLOSING: Monday June 13th, 2016 no later than 4:30pm. Qualified individuals are invited to submit a cover letter and resume 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

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) OHRC

Health News



20th Annual Walk Against Impaired Driving Event

NFN Community Gym

June 8th

5:00p.m. to 8:00p.m.

Walk to begin: 5:00p.m. Dinner & Presentations to follow

For Ride call : 705-753-3312 by Monday June 6th @ 4p.m.

Everyone Welcome



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

Hello, Aannii, Bonjour, Anishnaa,

Everything is in full swing at the LCHC and programming has begun for 2016-2017.

We have the annual Walk Against Impaired Driving happening Wednesday June 8th from 5:00p.m. to 8:00 p.m. Once again Mike Stevens has donated the wagon rides for the people that want to participate in the walk but can't walk the distance. We will be providing the half way refreshment stand with water & popsicles. We will have a few presenters and a barbeque to follow the walk. Ashley Couchie, NFN's Recreation Activator will be on hand to assist with the walk and help keep the children occupied with fun games while the presenters are speaking. I know the day will be full and hectic for some people as the Diner's Club luncheon is earlier in the day, but that just means you don't have to cook that day. We have been hearing of the rise of methamphetamine in the area so I have included information on this highly addictive drug.

Methamphetamine

Methamphetamine is a synthetic (man-made) chemical, unlike cocaine, for instance, which comes from a plant. Meth is commonly manufactured in illegal, hidden laboratories, mixing various forms of amphetamine (another stimulant drug) or derivatives with other chemicals to boost its potency. Common pills for cold remedies are often used as the basis for the production of the drug. The meth "cook" extracts ingredients from those pills and to increase its strength combines the substance with chemicals such as battery acid, drain cleaner, lantern fuel and anti-freeze.

The chemicals and processes used vary from lab to lab, affecting the strength, purity and effect of the final product.

What does methamphetamine look like?

Methamphetamine is a white, odourless, bitter-tasting crystalline powder that dissolves easily in water or alcohol and may be snorted, swallowed, smoked or injected. In its smokable form, methamphetamine is called "ice, crystal, crank" or "glass" because of its transparent, sheet-like crystals. It is smoked in a pipe like crack cocaine. Images of methamphetamine;

Powder form



Pills



Crystal Meth



How long does the feeling last?

When methamphetamine is injected or taken by mouth, the effects of the drug last about six to eight hours. Smoking methamphetamine may produce effects that last from 10–12 hours. After the effects of the drug have worn off, users are left feeling tired and depressed. Some use the drug continuously over a period of days or weeks in a "binge and crash" pattern, inviting serious health risks and leading to drug addiction.

The short-term and long-term impact of Methamphetamine

When taken, meth and crystal meth create a false sense of well-being and energy, and so a person will tend to push his body faster and further than it is meant to go. Thus, drug users can experience a severe "crash" or physical and mental breakdown after the effects of the drugs wear off. Because continued use of the drug decreases natural feelings of hunger, users can experience extreme weight loss.

HEALTH SERVICES

Negative effects can also include disturbed sleep patterns, hyperactivity, nausea, delusions of power, increased aggressiveness and irritability. Other serious effects can include insomnia, confusion, hallucinations, anxiety and paranoia. In some cases, use can cause convulsions that lead to death.

When methamphetamine is used regularly over a long period of time, people can develop amphetamine psychosis. The symptoms of amphetamine psychosis include hallucinations, delusions, paranoia and bizarre and violent behaviour.

Is methamphetamine addictive?

Yes. Tolerance to the effects of methamphetamine builds up quickly in regular users, meaning they need more and more of the drug to achieve the desired effect. When addicted users stop taking methamphetamine, they have strong cravings for the drug, and within a few days will experience withdrawal symptoms, including stomach pain, hunger, headaches, shortness of breath, tiredness and depression.

Is methamphetamine dangerous?

Yes. Methamphetamine causes the heart to beat faster and blood pressure to rise. Since what is sold as methamphetamine varies widely in terms of content and purity, users can't know how much they are taking. An overdose of methamphetamine can result in seizures, high body temperature, irregular heartbeat, heart attack, stroke and death. The risk of overdose is highest when the drug is injected.

Injecting methamphetamine also puts the user at risk of infections from used needles or impurities in the drug, and of hepatitis or HIV if they share needles with others.

Using methamphetamine during pregnancy can cause the baby to be born prematurely and to have a low birth weight.

Driving or operating machinery while under the influence of methamphetamine, or any drug, increases the risk of physical injury to the user, and increases the risk of injury to others.

Regular use of methamphetamine can also result in:

- Severe tooth decay (meth mouth)
- Meth "bugs," or the feeling of bugs under the skin, leading to skin-picking and sores loss of appetite, weight loss
- Difficulty sleeping
- Increased risk of heart disease and stroke
- Increased risk of Parkinson's disease.

Long-range damage

In the long term, meth use can cause irreversible harm: increased heart rate and blood pressure; damaged blood vessels in the brain that can cause strokes or an irregular heartbeat that can, in turn, cause cardiovascular collapse or death; and liver, kidney and lung damage. Users may suffer brain damage, including memory loss and an increasing inability to grasp abstract thoughts. Those who recover are usually subject to memory gaps and extreme mood swings.

If you or someone you know is struggling and looking for help with Mental Health or Addictions

Please call The Right Path Counselling and Prevention Services

At: 705-753-1375

Well that's all for now, Baamaapii,

Lori-Anne

Blood Pressure & Blood Glucose Screening Clinic

Would you like to know what your Blood Sugar and Blood Pressure levels are?

Wednesday, June 22nd

3 p.m.—7 p.m.

Nbisiing Secondary School, Duchesnay

(Lounge across from Main Office)

See you there!

Everyone Welcome

For further information call

Lawrence Commanda Diabetes Education Centre (705) 753-3312



Diabetes & Managing Daily Stress

For people with diabetes, the effects of stress are apparent and harmful because stress can increase blood sugar levels. Stress acts directly on blood glucose by stimulating the secretion of stress hormones, that releases sugar in the liver into the blood decreasing the effect of insulin by increasing resistance to it in the cells.

Stress does not cause diabetes, however it might be a trigger in those who are predisposed to diabetes.

Sources of Stress	
Physical Stressors:	Disease and its consequences
Psychological Stressors:	Emotions, attitudes, behaviours
Social Stressors:	Interpersonal and professional relationships, the death of a loved one, life changes

Physical Stressors: whatever the intensity of physical stressors you are experiencing, the flu, cancer or anything in between, you are likely to see an increase in your blood sugar levels because your body is fighting the disease. Fatigue and pain also cause stress reactions in the body.

Psychological Stressors: when psychological stressors such as depression or anxiety occur, it is often a good idea to reflect on the issues and make an effort to manage your emotions, adjust attitudes, and modify behaviours.

Social Stressors: social stressors caused by relationships with other people, professional lives and life events are also opportunities for reflection and change. Happy events and difficult events are both potential sources of stress.

Three Simple Steps to Help Deal with Stress

- 1 Recognize that you are stressed:** first recognize your individual symptoms.
- 2 Identify the source:** identify the sources of positive stress (which you perceive as challenges you feel equipped to face) and negative stress (which you experience as
- 3 Develop techniques to help you adapt:** when you are faced with negative stress, develop a

For more information please contact:

Lawrence Commanda Diabetes Education and Resource Centre

705-753-3312

Information derived from

[Understanding Your Diabetes and Live a Healthy Life](#)



Diabetes

General Information

“Diabetes was not always a health issue for Aboriginal people. When Aboriginal people had a traditional lifestyle with lots of physical activity and traditional foods, fewer people had diabetes”

Tests to identify people who are predisposed to developing type 2 diabetes:

- Fasting blood glucose: Involves fasting for 12 hours before test
- Oral glucose tolerance: Involves drinking a beverage containing 75 g of glucose on an empty stomach

Terms and Definitions:

Glucose: Sugar

Predisposed: to make somebody liable or inclined to do something such as catch an illness or behave in a particular way

Pancreatitis: Inflammation of the pancreas

Cystic Fibrosis: a hereditary disease starting in infancy that affects various glands. The pancreas is also affected, resulting in a deficiency of digestive enzymes and impaired nutrition.

Muscular Dystrophy: a medical condition in which there is gradual wasting and weakening of the skeletal muscles

Are some people predisposed to diabetes?

Yes, vulnerability to diabetes is inherited genetically.

Are there factors that can trigger diabetes in people who are predisposed to the disease?

Yes, there are a number of non genetic factors that can trigger the disease to those who are predisposed.

Excess weight and lack of physical activity are two major factors that play a role in the development of type 2 diabetes. Physical or physiological stress, such as heart attacks, strokes, or infections can also trigger the development of diabetes in people who are predisposed.

Can some diseases cause diabetes?

Yes, certain diseases can cause diabetes. Pancreatitis and cystic fibrosis can destroy the pancreas, causing diabetes. Other conditions that can increase the risk of developing type 2 diabetes are: gestational diabetes, polycystic ovary syndrome, schizophrenia, and certain types of muscular dystrophy.

Is it possible to prevent or slow down the development of diabetes in pre-diabetic people?

Yes, it has been shown that weight loss and physical activity can decrease the risk by over 50% in people who are glucose intolerant. Certain medications have also shown to be effective by decreasing the risk of diabetes in people with impaired glucose tolerance by over 30%.

How can a person with diabetes achieve and maintain a target or normal blood glucose level?

People who have diabetes have to take responsibility for the disease in order to control it. The following guidelines can help:

- 1.Acknowledge and accept the condition;
- 2.Eat healthy food;
- 3.Lose weight, if necessary;
- 4.Be physically active;
- 5.Measure blood sugar regularly;
- 6.Take oral anti-diabetic drugs and or insulin as prescribed;
- 7.Learn to manage stress;
- 8.Stay well informed about diabetes.



For more information please contact:

Lawrence Commanda Diabetes Education and Resource Centre

705-753-3312

Information derived from

Understanding Your Diabetes and Live a Healthy Life

Nipissing First Nation Health Services



Early Child Development

READY TO LEARN

July 4th to July 28th

PROGRAM TIMES:

MONDAY - THURSDAY

(except first week)

9:00 a.m. - 3:00 p.m.

(Busing will impact times)

To Register, please call

Brandie Fong

705-753-3312

Ext. 3001

Deadline to register is:

June 26th, 2015

4:00 p.m.

Our 4-Week School Readiness Program is being offered for Nipissing First Nation children, aged 3-4 who will be attending JK for the first time, this fall. The program will be held at Our Lady of Sorrows Elementary School: 680 Coursol Road, Sturgeon Falls.

The small group structure allows children the opportunity to explore and learn through hands-on activities involving essential skills that will aid them in their transition to school. Through this program children will:

- Become familiar with school bus routines
- Build social & communication skills
- Work on fine and gross motor skills
- Become more independent through self-care and lunch routines



CONTACT FOR MORE INFORMATION: NIPISSING FIRST NATION HEALTH SERVICES

58 SEMO ROAD | BRANDIEF@NFN.CA | 705-753-3312 | WWW.NFN.CA

Gym Nights in Garden Village Mondays & Wednesdays at the Band Office Gym

Date	Ages	Activity
Wednesday June 1	Ages: 5-14 5:00p.m.-6:30p.m.	Bike rodeo & Community Bike Ride

Have an Awesome Summer!!! Gym Night Program back in September 2016

BIKE RODEO AND COMMUNITY BIKE RIDE

Wednesday., June 1st, Ages 4–14years, 5:00p.m.-6:30p.m.

Garden Village Band Office

Outdoor Rink

Cruiser Led Bike Ride @ 6:10pm!

Children under 10 require adult

accompany on bike ride &

a proper helmet

For more information or to

VOLUNTEER please contact

Ashley at 705-753-6971



Gym Nights in Duchesnay

Tuesdays & Thursdays at the Nbisiing School Gym

Date	Ages	Activity
Thursday June 2	Ages: 6-12 4:30p.m.-6:30p.m.	Baseball Chuck the Chicken



Biking Adventures Featuring Learning to Geocache

Duchesnay Geocaching Trip

Tuesday June 7th

5:00-7:00p.m.

Ages: 10 +Years

Sturgeon Falls Geocaching Trip

Wednesday June 29th

5:00-7:00pm

Ages: 10 + Years



GEOCACHING

Participants MUST Pre-Register

Participants must have a working bike and are required to wear a helmet while participating

* Parents are welcome*

Please Contact Ashley at 705-753-6971

THANK YOU



Dreamcatcher Fund

Little NHL Midget "A" Champions would like to thank the Dreamcatcher Fund!

for their support in our participation in the Little NHL Hockey Tournament in Mississauga during the March Break 2016.



Goalie: Cailen Hanzlik

Players: Blake Beaucage, Miguel Cyr, Emile Cyr, Tyson Dunlop, Thomas Farrell, Mickey George, Anthony Goulais, Weston Goulais, Eric Lachance, Chad Lafortune, Melcolm McLeod, William Michaud, Justin Portelance, Erik Restoule, Brett Shawana, and Teionie Tabobandung.

Coaching Staff: Josh Goulais, Dave Shawana, Clayton Goulais, Jeff Lafortune and Samantha Goulais



Dreamcatcher Fund

Nipissing Warriors Atom 1 Team takes this opportunity to publicly thank the Dreamcatcher Fund!



Goalie: Isaiah Morning Star

Players: Dane Bull, Connor Henry, Brok Beaucage, Destiny Beaucage, Zoe Mcleod, Ty Laronde, Rylan Fisher, Ryder Thompkins, Dylan Iserhoff, Carson Laronde, Ayden Frawley, Tyler

Coach: Charlie Laronde

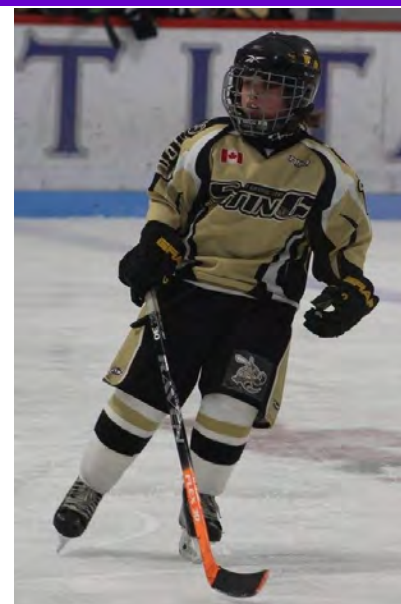
Asst. Coach: Terry Thompkins

Asst. Coach: Darrell Mcleod

Manager: Jennifer Beaucage



Dreamcatcher
Charitable Foundation



Miigwech to Dreamcatchers Charitable Foundation

Owen Head and his family would like to say Miigwech to Dreamcatchers for their support in Owen's endeavor to play Novice Rep hockey with West Nipissing Sting. The support provided to Owen gave him the opportunity to play and experience hockey in an elite level hockey program. Owen participated in several tournaments and finished 1st place in the NDHL Championship and NOHA Championship. The generous support from Dreamcatchers Foundation has assisted Owen with many great opportunities and memories.

Kirah Head and her family would like to say Miigwech to Dreamcatchers for their support in Kirah's ballet and hip hop dance lessons. Their support gave Kirah the opportunity to attend Ballet and Hip Hop lessons.

For more information on the Dreamcatchers Charitable Foundation visit: www.dcfund.ca



Dreamcatcher Fund

Nipissing Warriors Atom 2 Team

takes this opportunity to publicly thank the Dreamcatcher Fund for their support in our participation in the Little NHL Hockey Tournament in Mississauga during the March Break 2016.

Goalie: Nolan Lafreniere

Players: Felix Leclerc, Liam Moorehead-Favreau, R.J Avery, Emerson Avery, Connor Dokis, Ernie Dokis, Shelby Dokis, Jade Stevens, Kiigin Bellefeuille, Hunter Pizalle, Kiefer Spence

Coach: David Leclerc

Asst. Coach: J.P Spence

Asst. Coach: Tim Favreau

Asst. Coach: Ryan Chester

Manager: Jennifer Beaucage



Thank you to Athlete's Image for their generous contribution of this photo. www.athletesimage.ca



This Month in the Library

Bi-Waamdan Mzinigan
Books of the Month



June
10

Kendaaswin Enokiing/Library Activities

Enokiing/ Nooj gegoo zhichkewin/Making Crafts
PA Day Activities (Call Christina for Times)

Ensoigiizhgak Monday	Shkinokiigii-Zhgak Tuesday	Niizhgiizhgak Wednesday	Aabtawse Thursday	Shpinganwan Friday	Jiibiiyaati-Gogiizhgak Saturday	Maaniigiizhgak Sunday
9-12PM 1-4PM	9-12PM 1-4PM	Closed	9-12PM 1-4PM	9-12pm Closed	Closed	Closed

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



Volunteers Needed for: Good Food Box and Diners' Club

Good Food Box is every third Thursday of the month.

- Volunteers are needed between 8:30am - 3:30pm for grocery pick-up, packing and delivery

Diners' Club is every second Wednesday of the month.

- Volunteers are needed between 8:30am - 3:30pm for set up, cooking and clean up

Please contact Evelyn Chevrier @ (705) 753-3312 ext. 2229



NATIONAL ABORIGINAL DAY CELEBRATION CARING FOR COMMUNITY

DATE: TUESDAY JUNE 21 2016

Time: 8:45AM - 3:00PM

LOCATION: NBISIING SECONDARY SCHOOL
DUCHESNAY

Master of Ceremonies/Emyaa'wused :
Dwayne Nashkawa

DAY SCHEDULE:

- 9:00am Breakfast
- Grand Entry
- Daycare Presentations
- Welcoming by Chief Scott McLeod
- 10:00am Opening Ceremonies
- Honour Song
- 10:30am Presentation of Funeral Lunch History
& Those who make it happen
- Bubble Soccer
- 11:00am Workshops Begin
- Children's Crafts
- Traditional Arts
- Traditional Medicine
- Tea & Bannock
- 11:50am Tobacco Offering & Spirit Plate
- 12:00pm Naakwe Wiisnidaa
- BBQ & Wild Food Tasting
- Anishnaabemowin Video & Old Photo Presentation
- Water Fun
- 1:00pm Workshops Begin
- Powwow Presentations by local youth
- Texas Horse Shoes
- 1:45pm Anishnaabemowin Prize Bingo (Indoors)
- 2:45pm Closing Ceremonies & Giveaway.

*Please bring a food
item/donation to support
the NFN Food Bank.

*Busing: Pick Up in
Garden Village at 9:00am
and returning 3:30pm

Sponsored by: NFN Chief & Council



Ongoing Activities:
Penny Sale, Raffles,
Wild Goose Cooking
Demonstration,

Teaching Booths:
Wild Tea & Bannock,
Traditional Medicines,
Cultural Arts, Picture
viewing & Language
audio

Drum:
Red Hawk Drummers
from Nbisiing
Secondary School

NFN makes reasonable
efforts to ensure
compliance with applicable
laws relating to rights of
privacy & public.

Photographs taken by
authorized persons of NFN
may be displayed with your
consent. You may submit a
request to NOT have your
photo/image displayed to
julesa@nfn.ca

Former NFN Spanish Residential School Students Gathering

June 24th-26th

The Spanish Residential School Gathering will be taking place in Spanish, Ontario the weekend of June 24-26th. Chief and Council will be providing gas and accommodations allowance for registered NFN members who attended Spanish Residential School and will be going to the gathering. If you are interested in attending and would like to request assistance or require any additional information, please contact Lee McLeod-Faubert: 705-753-2922 or by email at leef@nfn.ca.

Senior's Annual Trip

Please call to register. You must receive confirmation of registration.

Both are overnight trips. Please call with your name, pick-up location request, and indicate your first and second choice of event. In fairness to all community members. Bus will depart from the GV Band office at 8:00a.m. Stops can be made along the highway for pick up on route to events. Duchesnay School will be the last stop for pick-up. Call Liz Stevens for more info. (705)753-3312 ext. 2231.



Monday, June 13th



Saturday, July 16th

Summer Children's Program

Registration Packages can be emailed to you or they can be picked up at the Band Office front Reception.

Program will start: Monday, July 11th and ends Friday, August 19th

Program Hours: Monday to Friday 9a.m.-3p.m. *Time may vary on group outings*

BUS: Departs Garden Village Band Office at 8:15a.m. SHARP! And arrives back at Band Office at 3:45p.m.

Registration is required by Monday, June 13th. We can only accept the first 60 children.

Criteria Based on:

Children must be the age of 6 and not older than 12 before the start of the program on July 11th, 2016

Children must be NFN Band Member of affiliated with NFN by parents or Grandparents

Application received by due date. Time and date stamped on application. (Direct to Lisa Vega).

(705) 753-2050. Fax (705) 753-0207 email scp@nfn.ca.



Rabies Clinic

Thursday, June 9th

Free Dog Tag Registration for the first 32 registered NFN members at each location

Non-members must pay a \$20 fee for each vaccine.



Nbisiing Secondary School, Duchesnay

Couchie Memorial Drive

June 9th 6:30pm-7:30pm

Garden Village Fire Hall

Ted Commanda Drive

June 9th 5:00pm-6:00pm

25th

Annual Nipissing First Nation
Charity Golf Tournament



Saturday, June 25th, 2016

Registration 8:00a.m.

Laurentide Golf Club

Shot Gun Start 9:30a.m.

- 3 Person Scramble
- 18- Holes
- \$90 per person

Costs includes : Registration,
Gifts, Roast Beef Dinner & Prizes

*\$10,000 LNHL Draw, Silent Auction for Autographed
NHL Jerseys and Autographed NHL Player Photos*

Proceeds to the Nipissing First Nation
food Bank and Little NHL Fundraising



Contact Melvin McLeod at (705) 753-4319 or Freda Martel
(705) 753-2050 with Team Name, and Players.

Registration and Payment due by June 10, 2016.

****Laurentide Golf Club Dress Code requires proper golf attire.**

The Club is LLBO Licensed, no outside alcoholic beverages permitted.

To register a team,
forms are available at
nfn.ca, or contact
Melvin or Freda with
Team Name, and
Players. Registration
and Payment due by
June 10, 2016.

Sponsorship and Donations
Forms available at: www.nfn.ca
or call (705) 753-2050.

Single Entry: \$90.00 per
person.

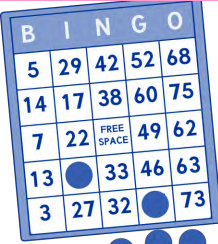
\$100.00- after June 10th, 2016

Please make cheque/s payable
to: Nipissing First Nation
re: Golf Tournament

*Proceeds to the Nipissing
First Nation Food Bank and
Little NHL Fundraising*



\$5,000 Monster Jackpot



NFN Monster Bingo

Bingo Program

Community Complex

36 Semo Road
Garden Village, ON.
P2B 3K2

(705) 753-2050 ext. 1238
705-753-2180



Bingo Schedule

Thursday June 2nd, 2016

Doors Open at **4:30 p.m.**
Mini Bingo Starts at **6:45 p.m.**
Regular Bingo Starts at **7:00 p.m.**
\$20 per strip - 3 strip Minimum
At the Door Only

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

★ Toonie Pot in play

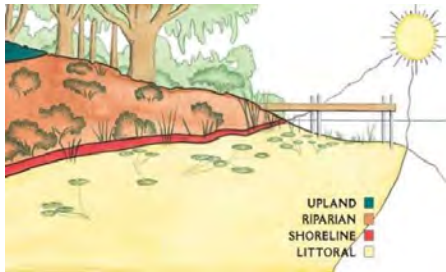


Shoreline Work Permits

Care should be taken when looking into the possibility of any work being carried out in or around water or its shorelines due to the potential for negative effects on the natural environment and the potential fish habitats found therein such as spawning sites, migratory routes, etc... Examples of shoreline work include but are not limited to; installing breakwalls, boat launches, docks or dredging as well as ditching, filling, and removing of aquatic vegetation. If any such work is required or planned, the Natural Resource Department must be contacted to prevent the possibility of damage to fish and wildlife habitat.

Shoreline work is not to be undertaken from April 1 to July 15 in an effort to protect spawning fish habitat and the development of eggs and fry. A permit is mandatory.

The shoreline refers to the transitional zone between land and water. There are components to your lake front: the littoral zone, the shoreline, the riparian zone and the upland zone, which all play an important role in the health of the lake (depicted below).



Over the years there have been concerns with the health of the walleye population in Lake Nipissing. The loss of walleye habitat and spawning sites in Lake Nipissing is especially detrimental to the health of the populations.

Data from the Fall Walleye Index Netting (FWIN) shows the walleye are in poor condition, they are getting skinnier. Healthy walleye need to be able to reach a certain weight and size at age to have the best chance to produce healthy offspring. If the walleye haven't reached the optimum weight and size when they reach the age of maturity, they will have trouble reproducing to their fullest potential and therefore the population as a whole does not improve.

Under the Fisheries Act "no one may carry out any work that causes serious harm to fish ..." "Serious harm to fish" includes the death of fish, permanent alteration to fish habitat or destruction of fish habitat. Having guidelines and regulations makes a difference to the impact of shorelines. Nipissing First Nation follows the timing window produced by the Department of Fisheries and Oceans (DFO); therefore, restricting activity around shorelines at certain times of the year (depending on species) protects their habitats. In order for this to work however, we need the co-operation of everyone who enjoys the use of Lake Nipissing and its surrounding shorelines.

Serious harm to fish includes the release of a harmful substance (e.g. silt or sediment) into water containing fish. It can result in serious penalties from not only NFN but from the DFO. Silt that enters the watercourse can have devastating effects on fisheries and spawning sites, especially during the spawning season. Silt causes breathing difficulties in adult fish, smothers fish eggs and dislodges eggs stuck to rocks or vegetation making them easy prey to other fish.

Nipissing First Nation is not exempt from federal laws and regulations. Band members must abide by these laws as well as any other persons living on, working with, or making use of the shorelines. The Fisheries Act

defines fish habitat as "spawning grounds and nursery, rearing food supply and migration routes on which fish depend directly or indirectly in order to carry out their life processes." Please remember the reason you chose to live along the shore of Lake Nipissing which is to appreciate the beauty of the waterfront and the desire to be close to nature. If possible look for a property that matches what you desire in an effort to deter the idea of alterations to shorelines. Don't expect to change the natural environment; this weakens the habitat fish need to thrive. Examples of fish habitat are:



Areas containing dense aquatic vegetation which are important spawning habitat for northern pike; in the spring pike migrate to shallow areas along the shoreline. Grass and sedge are preferred, but other vegetation may be used. Removing material in shallow areas can expose embryos to

siltation from wave action and currents. Dense vegetation is important for survival as young pike grow.

Walleye habitat is also present along the north shore of Lake Nipissing. Ideal walleye spawning sites consist of clean coarse rock and cobble, interspersed with gravel in relatively shallow depths.



Characteristics of good lake shoals include orientation to the prevailing winds which ensure adequate wind-wave action to keep spawning substrate clean and provide sufficient oxygen to incubating eggs.

The Natural Resources Department at NFN requires that all residents (e.g. members and non-members) apply for a permit when working in or around water within NFN.

1. Contact the Natural Resources Department prior to commencing any shoreline activity at 705-753-2050.
2. Complete the application for work permit and application to do work on shorelands of NFN.
3. Make a plan for the work you are proposing to complete fronting your shoreline property. Include sketches/drawing/survey plans. Proof of ownership is also required.
4. Application may require the comments of at least two immediately adjacent neighbors' on your proposed work.
5. Approval from the Natural Resources Department. Once approved, all work is to be confined to the area indicated on your application.

There is a possibility of a site visit by the Junior Biologist (or staff from the Natural Resources Department) before approval. This will provide a better understanding of what work is being proposed as well as an opportunity for the applicant to help select the best approaches.

For more info contact: Nikki Commanda at (705) 753-2050 ext. 1251 or nikkic@nfn.ca.



Research Excerpt #2 –Defining a Set of Values Through Practice

This is the second in a series of reflections about my research with NFN on fisheries knowledge and decision-making (for more on the project, visit: www.fishwiks.ca). Last month I wrote about what fishing means to the community, socially, culturally, and politically. This month I get more specific; where, when, who, why, and how do people fish? What does it mean when people say there is a ‘right way’ to fish?

Where and when people fish is part of a broader context, a way of life. Community members who grew up on the lake shared good memories of island living, picking berries, harvesting seagull eggs, drinking water straight from the lake, guiding and trapping, shore lunches, enjoying pike, whitefish, and sturgeon cooked a certain way, ice fishing with nets, hauling water, and traveling by dog sleigh. For generations, fishing required healthy ecosystems and unrestricted access to islands and other harvesting areas, and was part of a system of seasonal rounds.

Who fishes, and for what purpose? It seems like people have competing interests in and claims to the Nipissing fishery; for instance, the fish are studied, harvested, offered tobacco, politicized, and contested on social media. People love the fish, depend on the fishery, stay out of it, and so on. But what’s at the root? Historically, women were often the ‘fishermen’. Feeding their families, they taught the next generation and maintained the practice in the face of intense pressure from Indian Affairs and the conservation agenda. In terms of how these women fished, and the social behaviour that went with it, ‘their way was law’. In this spirit, fishing descends from a proud tradition, one that is regulat-

ed internally at the family level.

How people describe fishing is telling. Commercial, subsistence and former fishers, youth and Elders - across the board, community members I spoke with defined Nipissing fishing practice in opposition to that of non-Native people. Different from mainstream fishing practices, values, management and enforcement styles,

the distinction is known and felt. It is marked by what people called the ‘right way’ to fish or ‘proper etiquette’. This includes particular fish handling and preparation, timing and safety considerations, norms around harvest quality, quantity and ‘by-catch’, and how the fish are shared. Key is that fishing practices are seen to hold or embody a set of values. The ‘right way’ to fish is an expression of communal and cultural responsibilities enacted by individuals and modeled by family.

Fishing at NFN is rooted in place and a distinct set of values and practices. The ‘right way’ requires access to healthy lands and waters, and to certain knowledge, experience, and teachers. When these conditions are threatened, so is a way of life. Not just a livelihood, fishing is a source of identity, heritage, and social obligation, at the community level. This broad, lived dimension of fishing has implications for policy and law that seeks to regulate fisheries, traditional knowledge, and the environment, which I explore in my next submission.

I welcome your feedback and can be reached at:
Nicole.latulippe@mail.utoronto.ca.



Fishing Registration Reminder

Commercial fishermen are being reminded to register with the Natural Resources Department prior to fishing. Once registered, fishermen will receive tags that are to be placed on nets to help identify nets as belonging to a Nipissing fisher.

We also ask that Nipissing members who will be fishing for personal use (subsistence) to register with the Natural Resources Department. Subsistence fishers will also receive tags to place on nets to help enforcement staff identify nets belonging to Nipissing members. Register at the Natural Resources building at 17 Philip Ave, in Garden Village.

Miigwech.

Community Garden Project

The Native Child Welfare office is in need of donations of garden tools in good used condition, such as: **shovels, hoes, platers, rakes, & hoses.**

Donations can be dropped off to the Native Child Welfare Office (in the Band Office) throughout the month. Work on the garden is expected to begin in May. The garden is located beside the Seniors Complex in Garden Village. Fruits, vegetables and herbs will be planted. Volunteers are needed for maintenance and upkeep. A huge thank you to Leisure Farms for all their volunteer work!

For more information, please contact:

Natalie Olsen
 (705) 753-2691
natalieo@nfn.ca



Food Bank Spring Raffle

Tickets \$2 each or 3 for \$5. Draw will be held on Aboriginal Day Tuesday, June 21st at 3p.m., at Nbisiiing Secondary School. Tickets available at the Band Office or call Lisa 705-753-2050. All proceeds to NFN Food Bank.

Meat Package from Don's Butcher	1st Prize	Canned Veggies	Juice	Syrup	
		5lb Stew Beef	Canned Mushrooms	Peaches	Oatmeal
		5lb Italian Sausages	Canned Potatoes	Pineapple	Oil
		20lb Medium Ground Beef	Canned Tomatoes	BBQ Sause	Lard
		10lb Bonless Chicken Breast	Canned Milk	Salsa	Sugar
		10lb 1/4lb Beef Patties	Milk Coupons	Soya Sauce	Cake Mix
		10lb Pork Spare Ribs	Pasta/Pasta Sause	Honey	Muffin Mix
		10lb Minute Steak	Rice	Salad Dressing	Flour
		2X5lb Inside Round Roast	Kraft Dinner	Jam	Popcorn
		5lb Bacon	Soups	Peanut Butter	Coffee/tea
		5lb Breakfast Sausage	Zoodles	Ketchup	Creamer
		2X5lb Inside Round Roast	Fast&Fancy Rice	Mustard	Salt/Pepper
		10lb Marinated Steak	Gravy	Relish	Dish Soap
		10lb Pork Loin Chops	Beans	Olives	Aluminum Foik
		5lb Pork Cutlets	Crackers	Cheerios	Disinfecting wipes
	Manwich	Pancake Mix			



Two \$50 Gift Certificates



NERF WARS—SPECIAL CHALLENGE



Friday, June 24th

5:30p.m.—8:30p.m.

Garden Village Gym

natalieo@nfn.ca or 705 753 2691 ext:1323

Bring your Nerf Guns friends, you will be challenged.

Light snacks and beverage will be provided. Children under the age of 12 will require to be accompanied by a parent/adult 18+.

from the desk Of The Native Child Welfare Worker



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."*

Cultural Events



Medicine Walk

With Joseph Pitawanikwat

June 2nd and 3rd ~ 10a.m.-4p.m.

GV Church Basement

\$10/fee per day

Learn about the different medicines in your backyard and the many uses for them.



Mini Tikanaagaan Making

With Lily Armstrong

June 11th ~ 10a.m.-4p.m.

GV Culture Centre

June 12th ~ 10a.m.-4p.m.

Nbisiing Secondary School

\$10/person

Space is limited. Priority for NFN Membership. Please bring a lunch. Register with Jules at julesa@nfn.ca, (705) 753-2050 ext.1270



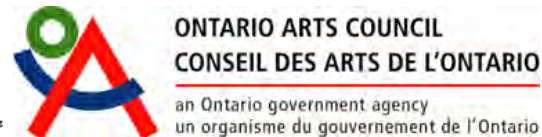
Drum & Dance Social

June 13th ~ 6p.m.

GV Culture Centre

With Zach Beaudette and Mindy Martel

Workshops are proudly co-sponsored by:



National Aboriginal Day Celebration

Caring for Community

Tues, June 21st ~ 8:45a.m.-3p.m.

Nbisiing Secondary School



Full Moon Ceremony

Strawberry Moon

With Virginia Goulais

Tues, June 21st

8:00p.m.

Garden Village

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

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

www.nfnculture.ca

Anishinaabemwin Words & Dialogue for April

O'Demin Giizis (Strawberry Moon)

Niibin—Summer



Zhaawnong - south

De'min - strawberry

De'minke - strawberry picking

Zaagigan - lake

Dkobii - go swim

Maadge - swimming

Jiikbiik - beach

GZhide niibing - it's hot in the summer

Engoo moode - ant is crawling

Gnebig moode - snake is crawling

Dialogue :

1 .Nga- wi- dkobii shkwaanaakweg zaa-gigning.

I'm going to go swim this afternoon at the lake.

2. Niibing minwendaan zhaayaang jiikbiik .

In the summer I like going to the beach.

3. Zhide noongom giizhgak , nga wi-mooshkinaanan de'minan .

It's today, I will go pick strawberries.

Sixth Moon

June - O'demini Giizis

O'demin Giizis ,nbasendis ,mii go nji-wii-zhiitaayaan.

Nji-kendmaan Gzhe-mnidoo ,ngii- miinig maa miikaans wii – naaswadoonyaan.

Gookmis , wii-kwejmin nake'ii waa ni-zhaawyan mina ji-nsodmaan.

Ndanwendaan wewena kina gegoo wii-mnozeg newing nake mina

wii- waabmagwaa gi-gete- nishnaabeg nji-wiidookwiwaad maa kiing.

Pii dash nga-kwedwe pii- kiishbaabyang maamwi

Maa gchi-twaa- mnidookewin , nji-kenmaan nji-moseyaan miiknaan

Ngchi--nendis ezhi'aawyaan

Baa maa pii dash minwa.

Miigwech

Strawberry Moon I humble myself to you as I prepare to go to the fasting grounds. I come to you knowing that the Creator has given me this path to follow.

Gookmis ,I come to you as I am to ask for guidance and understanding in my journey. My quest is for inner balance, to converse with the spirits of our ancestors, that will help me in this physical world.

When I sit in the of the sacred ceremonies and lodges, I will learn to walk

This road with my eyes open to Creation and respect myself for all that I am .

'Til the next time we meet again.

Strawberry Moon- I am forever gratefulMiigwech

Strawberry Moon Ceremony

June 21st ~ 8:00p.m.

Join us for this ceremony with Virginia Goulais.

Ladies please wear your skirts. Bring your shakers and feasting food to share.

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June 2016

O'Demin Giizis (Strawberry Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Food Bank Regular Hours: Mondays and Fridays Monday 1-4:30p.m., Friday 8:30a.m.-noon. Bike Rodeo & Community Bike Ride @GV 5p.m.(Wednesday)			1 Anishinaabemwin Classes in GV & DV 6-8pm @ Church Hall & Nbsiing <i>Every Wednesday</i> Good Food Box Orders Due	2 Adult Ed Session 5-7pm @ Library <i>Every Thursday</i> Monster Bingo @ GV Treaty Pay Nbsiing 10-11:30a.m. GV 1-4	3 Medicine Walk @GV Church Base. 10a.m.-4p.m. (BOTH Thurs & Fri)	4
5	6	7 Council Meeting 7:30p.m. GV Adult Ed Session 5-7pm @ Nbsiing <i>Every Tuesday</i> Geocatching Trip Duchesnay @5-7p.m (must pre-register)	8 Ontario Works @ UOI from 9-4 Diner's Club GV @ Noon Walk Against Impaired Driving GV @ 5p.m.	9 Rabies Clinic GV Fire Hall 5p.m. Nbsiing 6:30p.m.	10 Making Crafts GV Library	11 Tikanaagaan Making @ GV Culture Centre 10-4p.m.
12 Tikanaagaan Making @ Nbsiing 10-4	13 Membership @ UOI 9-4 Seniors Blue Jay Trip AES Info @GV 6-8p.m. Drum Dance & Social @GV 6p.m.	14	15 AES Info Nbsiing @ 6-8p.m.	16 Good Food Box Pick Up	17 Finance @ UOI from 9-4	18 Finding Your Path Leadership Workshop (Ages 11-18) GV @ 9a.m.-3p.m.
19 Father's Day	20 Membership@ UOI Full Moon Ceremony @ GV 8p.m (Tues)	21  National Aboriginal Day @ Nbsiing S.S. 8:45a.m.-3:00p.m. Council Meeting 7:30pm @ Nbsiing OFFICES CLOSED	22 Ontario Works @ UOI from 9-4 Blood Pressure & Blood Glucose Screening Clinic Nbsiing 3-7p.m.	23	24 Spanish Residential School Gathering (Pg.24) Nerf Challenge 5:30 @ GV gym	25 NFN Charity Golf Tournament (Pg.25)
26 Ready to Learn Registration Deadline	27 AES Info GV 6-8pm	28	29 AES Info @ Nbsiing 6-8p.m. Geocatching @ Sturgeon 5-7p.m.	30	Weekly Events: Adult Education Sessions & Anishinaabemwin Classes occur throughout the month.	

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