

MONTHLY NEWSLETTER

The "Name Your Newsletter" contest winner will be announced in April!

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NFN Offices Closed on Monday, March 16th for *Nipissing Day*.

Council Meetings:

March 3 @ 7:30pm
Garden Village

March 17 @ 7:30pm
Garden Village

Please submit agenda items by 4pm on the Thursday prior to the meeting to Freda Martel at (705) 753-2050 ext. 1223 or email to fredam@nfn.ca.

Energy Projects Consultation

Nipissing First Nation and Innergex, an established renewable energy developer, are assessing the economic, technical and regulatory viability of developing and submitting a Proposal for 2 renewable energy projects in response to the Large Renewable Procurement (LRP) RFP.

1. The 100-150 MW Gidaabik wind project located in Merrick township (approx. 20km north of North Bay) consisting of 35 to 60 wind turbines.
2. The 50-60 MW NBisiing Solar project located on 500-600 acres of NFN lands approximately 5km north of the Miller Quarry.

Community consultation meetings are scheduled to allow the NFN membership to learn more about these opportunities and to provide valuable feedback. Two public meetings are scheduled:

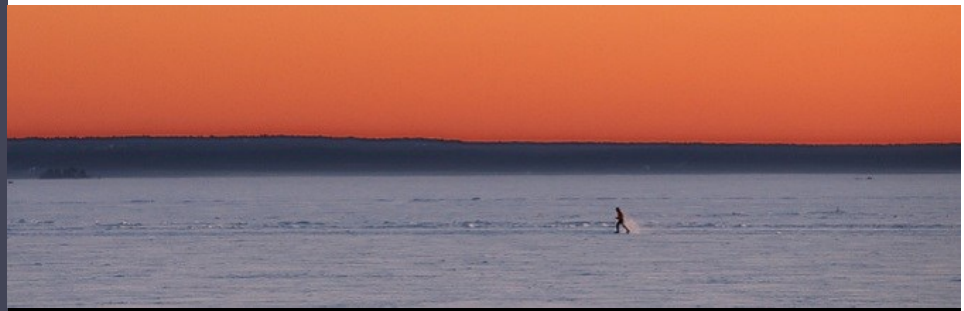
March 11th starting at 6:30pm at the NFN Complex in Garden Village

March 12th starting at 6:30pm at Nbisiing School in Duchesnay

Refreshments and snacks will be served.

Fisheries Update

Per the Fisheries Consultation Meetings that took place last fall, Chief and Council are currently reviewing fishing regulations and the fisheries law and will be communicating any changes to the membership in short order. The fishing season will officially open on May 16th.



Snowshoeing on Lake Nipissing - Credit: Stephan Graveline



NFN Satellite Office

(UOI - North Bay)

9:00am - 4:00pm

Ontario Works - March 4 & 18

Finance - March 13

Membership - March 23

*When arriving at the UOI office,
please report to the Front
Receptionist who will direct
you to the appropriate office.*

Notice to Membership

Remediation of Former Niobium Mill Site

The purpose of this notice is to inform you that the next step in mitigating the area of the former Niobium Mill Site in Yellek is to determine the amount of materials requiring removal by sorting the material into two categories: clean and contaminated. Nipissing First Nation received funding through AANDC to hire AMEC Environment and Infrastructure Inc. (AMEC) who have developed technology that can do this.

The proposed project would assess the feasibility and cost effectiveness of the use of the “soil sorting technology” at the former Niobium Mill Site in Nipissing First Nation.

This proprietary technology could potentially separate the radioactive ore from the surrounding soils, resulting in a significant reduction in the total volumes of waste material for transport and disposal. A desktop study and site visit to investigate the feasibility of implementing this technology at the Nipissing First Nation Former Niobium Mill Site is scheduled to commence sometime in March.

Following the determination of the feasibility of sorting the materials requiring removal from the site, the next steps to be undertaken are to develop and implement a clean-up project, including finding a place to dispose of the waste ore material.

Should you have any questions, please feel free to contact the Project Manager:

Joan McLeod, Lands Manager
Nipissing First Nation
(705) 753-2922 or joanm@nfn.ca



Anishinabek Police Services

Monthly Report

For the Period December 22, 2014 to February 8, 2015

CALLS FOR SERVICE	NUMBER OF CALLS
Alarm	5
Animal Complaints	1
Community Services	8
Drug Offences	0
Police Assistance / Police Information	17
Prisoner Escorts	2
Property Checks / Reports Concerning Property / Trespass	10
Provincial Offences Act (Hwy / Traffic Complaints)	5
Theft / Fraud / Break & Enter	3
Threats / Disputes / Harassment / Domestic / Assault	8
R.I.D.E.	4
Warrants / Breach of Probation	2
Vehicle Collision	5
Weapons	0
Other; Missing Person, Suspicious Person, Person Check-In	4

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

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

Administration/Message Line 705-472-02780.

In cases of Emergency please call 911.

NIWIIDOOKTAADMIN CRITICAL INCIDENT RESPONSE TEAM

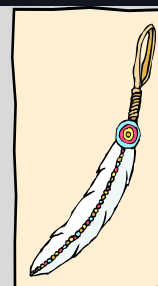
CURRENTLY RECRUITING MEMBERS

We are looking for community members who are interested in becoming part of **Niwiidooktaadmin - Critical Incident Response Team.**

Individuals will become part of an organized team that will be called upon to support other community members during times of critical events. Training will be provided for all new members! More information to follow.

If you previously identified an interest please call or email to confirm your continued interest.

For more information, please call Dr. Brenda Restoule (coordinator) at 753-1375 ext. 2242 or email drbrenda@nfn.ca.



Report Cards & Incentives

If you have not signed a consent form with our office to access your student's report card, please submit a copy of the Fall 2014 semester report card to our office no later than March 11th

Incentives for ON-Reserve NFN students:

- Elementary attendance 2 days or less
- High school attendance \$25 for each credit course enrolled minus \$2.50 for each class missed.

Incentives for ON & OFF Reserve LOCAL NFN High School students:

- \$25 for each credit passed &
- Total average of marks for semester
 - 80% - 100% = \$100
 - 70% - 79% = \$75

REMINDERS:

- Education Committee meetings are the first Monday of the month in Duchesnay.
- Parent/Student Information Gathering on March 5th in Garden Village
- Take a look at the updates on our Education page on the NFN.ca website.

Education Department

The March Break is quickly approaching for our elementary and secondary students – time for a well-earned change of pace. Post secondary students will be heading into the later part of the winter semester, so work- loads and stress levels can be increasing. Time management and self-care are important at this time. Parental support and guidance is always important for our students at whatever level they may be working.

Do you have a little one starting Junior Kindergarten in September? Contact your school of choice now if you haven't already done so. Early registration assists schools in their preparation to receive your child. They can provide helpful information about school readiness. Has your child had vision, hearing and speech screening? Talk to the School Principal about the current recommendations and practices. Do you want to have some idea of your child's readiness for school? Go to www.ndds.ca for a free checklist of skills expected of children for a range of ages from birth to 6 years of age.

If you have questions about any educational matters, please contact the Education Department at 705-753-6995.



Check us out on Facebook for updates on bus delays and snow days.



If any of your information changes throughout the year, please call our office to update your student's file.

Visit www.nfn.ca/admin_education.php for educational information

Post Secondary Program

Full Time Applications are due May 25th.

Please remember to include any receipts for application fees or deposits.

Part Time Applications are being accepted for the April 2015-March 2016 funding year.

Applications can be found on our website at:
http://www.nfn.ca/admin_education_post.php

Questions can be directed to Wendy:
 wendyl@nfn.ca or (705) 753-6995 ext 3014

Stats for 2014-15

87 Full Time Approvals:

- 2 Certificates
- 41 Diplomas
- 1 Pre-Bachelor Cert.
- 31 Bachelors
- 8 Masters
- 4 Doctorates

21 Estimated to Graduate in 2015

“Every child has a different learning style and pace. Each child is unique, not only capable of learning but also capable of succeeding” - Robert John Meehan

Parent & Student Information Gathering

A new Parent & Student information gathering will be hosted on Thursday, March 5th to provide the community with valuable information relevant to you and your student's educational journey.

This second session will focus on student advocacy and student rights, Individual Education Plans (IEP), and Identification Placement and Review Committee (IPRC).

Elaine Beckett-Albert will be joining us from the Learning Disability Association of Sudbury. She will be reviewing the different areas of each document and clarifying the terms that are referenced. You are welcome to bring in a copy of your IEP or IPRC if you have questions that you would like to discuss.

All students are encouraged to attend. Post Secondary students are also welcome. Please join us for an evening of sharing and learning.

31 Applications unable to approve due to funding cap

37 Part Time Approvals

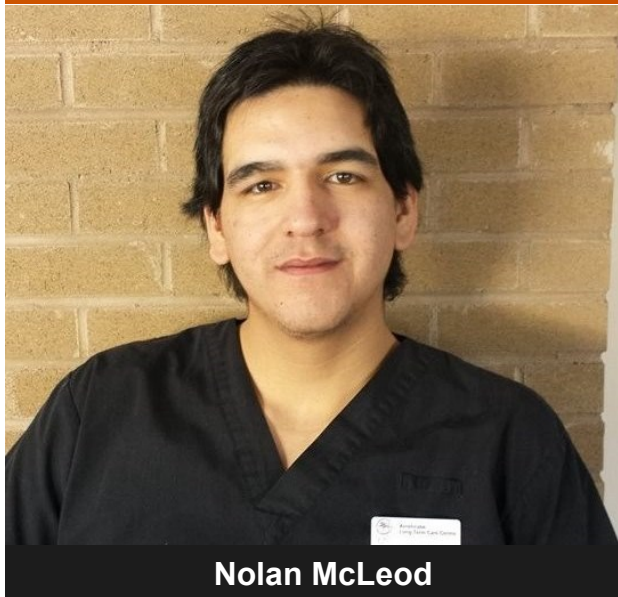
IEP & IPRC

Thursday, March 5
 6:00pm-8:00 pm
 at the Education Office.
 70 Semo Rd.

Refreshments will be available.



Idas • Learning Disabilities
 Association of Sudbury
The right to learn, the power to achieve



Nolan McLeod

Employment Success Story

My name is Nolan McLeod and I'm a band member at Nipissing First Nation.

I attended Canadian Career College (CTS) in North Bay and recently completed the Personal Support Worker program.

Since September 2014, I have been working as a PSW at the Anishnabe Long Term Care Centre @ Temiskaming First Nation.

Much thanks to the Employment and Training Department at Nipissing First Nation for sponsoring my venture and giving me the encouragement I needed to help me achieve my goal. It wasn't easy, but perseverance and determination opened the right doors.

I am so glad to say that I have found a job where I am so happy and thankful to be at work everyday.

Interested in Forest Fighting as a Career or Summer Job?

Then you need the Ministry of Natural Resources SP100 course! Fire 1 is an accredited training organization.

Register Now! Spaces are limited.
WWW.FIRE-1.CA

Offered in North Bay April 1-5
Tentative - based on enrollment

Cost: \$884 + HST

Fire 1 is pleased to announce we are an accredited examiner for the Restricted Radio Operator (ROC A) certification. We are providing this service at no extra cost at the end of each SP100 for those interested.

Mandatory MNR Disclosure:

Successful completion of the SP100 Fire Fighter Training Course does not guarantee employment. Please refer to the MNR website for information on this course and other requirements to become an Ontario Fire Fighter: <http://ontario.ca/fire ranger>



Houses for Sale

Address: 135 Gerald Crescent, Garden Village

Price: \$125,000.00

Type: Single Dwelling Unit - Detached

Style: Bungalow

Site Dimension: 100 X 150 – 0.34 acres estimated

Overview: 135 Gerald Crescent – 3 bedroom bungalow 1040 Sq. Ft, 5 piece bathroom, municipal sewage & water services.

Contact: Bruce McLeod, Housing Manager or Sarah Goulais, Housing Clerk
Phone (705) 753-6973 Email: brucem@nfn.ca or sarahg@nfn.ca



Please submit sealed offers clearly marked “House For Sale” 135 Gerald Crescent, Garden Village, ON

Address: 2 Jasmine Miikan, North Bay, ON

Price: \$70,000.00

Type: Single Dwelling Unit - Detached

Style: Bungalow

Site Dimension: 100 X 150 – 0.34 acres estimated

Overview: 2 Jasmine Miikan – 2 bedroom bungalow 1097 Sq. Ft, 2 piece bathroom, septic system and well water. The property is lakefront on Lake Nipissing.

Contact: Bruce McLeod, Housing Manager or Sarah Goulais, Housing Clerk
Phone (705) 753-6973 Email: brucem@nfn.ca or sarahg@nfn.ca



Please submit sealed offers clearly marked “House For Sale” 2 Jasmine Miikan, North Bay, ON

Open to all registered Nipissing First Nation Members.

Offers should be delivered to:

Dwayne Nashkawa, Executive Director
Nipissing First Nation

36 Semo Road, Garden Village, ON P2B 3K2

What's Happening This Month...



Senior Coffee Klatch
 Monday, March 9th
 9:00am - 12:00pm
 Band Office Gym



March Break Activities
 Monday, March 16th to
 Friday, March 20th
See Schedule on Page 17



Mom & Babe Drop-In
 Monday, March 23rd
 1:00pm - 3:30pm
 Lawrence Commanda
 Health Centre

Schedule of Events

<u>Date</u>	<u>Event/Program</u>	<u>Times</u>	<u>Additional Information</u>
March 9	Senior Coffee Klatch	9:00am - 12:00pm	Band Office Gym, Followed by Lunch

Presentations to include:

- ◆ Senior Mental Health (Cheryl Shawana, MSW, RSW & Lorie-Anne McLeod, Health Promotion Worker)
- ◆ Wills & Power of Attorney - Personal Care & Financial (Fred Bellefeuille, Barrister & Solicitor)
- ◆ Home & Community Care Programs (Meriza George, HCC Coordinator)
- ◆ Medication Dispensing (Nazneen Mehdi, RN)

Transportation will be provided. Call 753-3312 to book a ride by Thursday, March 4th at 4:00pm.

March 15-17 Youth Retreat **Agenda to follow** **For Youth Aged 13-18, Spirit Point**
 Presentations, workshops, cultural teachings, ceremonies, fun activities, socials and much more!
 Contact Zan McLeod, Walking the Wellness Path Coordinator, at 753-3312 ext.1273 for information.
 Registration and travel costs covered. Please submit registration form by March 6th.

March 23 **Moms & Babe Drop-In** **1:00pm - 3:30pm** **For pregnant women, or with children <1**
 Learn about supports in our community - Nurse and Dietician available for questions. Guest speakers, snacks provided and chance to win a door prize! Call Erika or Rosella at 753-3312 for more information.

March 25 **Seniors' Movie Night** **Bus time TBA** **For Seniors**
 Please call Lisa or Liz at 753-3312 to reserve your seat on the bus and movie ticket. Funded by NFN Chief and Council.



Lawrence Commanda Health Centre
753-3312



From the Desk of the Mental Health & Addiction Health Promotion Worker:

Hello, Aanii, Bozhoo, Aniish na? How are you?

We are gearing up for more activities and programming, and finishing up with year end projects.

Zan McLeod is coordinating a **Youth Gathering at Spirit Point** from March 15-17 that will provide cultural teachings and activities geared for male and female youth aged 13 to 18. All costs are covered.

The **“Driven to Quit 2015”** challenge began March 1st and I’m hoping NFN band members who have chosen to quit smoking registered by the end of February. Good Luck to all and keep up the Quit Smoking attempts; they say “the more you try, the more likely you are to quit for life”.

Most of the nicotine replacement therapies are covered through Non-Insured Health if you are a status member and you will require a prescription from your doctor or nurse practitioner. If you are not a band member you can go to the North Bay District Health Unit or West Nipissing Health Centre and they may give you some assistance in quitting smoking.

We are gearing up for the **March Break & Little NHL**. Monday March 9th from 9:00am to 12:00pm we will be hosting a **Senior Information Sessions** here in Garden Village at the gym, on Mental Health issues, Personal Care & Financial Power of Attorney, Assisted Living Program, Dispensing Medications and Home & Programs in Community Care. We will be providing transportation and lunch.

Seeing the month of March is Problem Gambling Awareness month, I have included some information on gambling:

Myths & Facts about Gambling Addiction and Problem Gambling



MYTH: *You have to gamble every day to be a problem gambler.*

FACT: Problems caused by excessive gambling are not just financial. Too much time spent on gambling can lead to relationship breakdown and loss of important friendships.

MYTH: *Partners of problem gamblers often drive problem gamblers to gamble.*

FACT: Problem gamblers often rationalize their behavior. Blaming others is one way to avoid taking responsibility for their actions, including what is needed to overcome the problem.

MYTH: *If a problem gambler builds up a debt, you should help them take care of it.*

FACT: Quick fix solutions may appear to be the right thing to do. However, bailing the gambler out of debt may actually make matters worse by enabling gambling problems to continue.

YOU MAY HAVE A GAMBLING PROBLEM IF YOU:

- **Feel the need to be secretive about your gambling.** You might gamble in secret or lie about how much you gamble, feeling others won't understand or that you will surprise them with a big win.
- **Have trouble controlling your gambling.** Once you start gambling, can you walk away? Or are you compelled to gamble until you've spent your last dollar, upping your bets in a bid to win lost money back?
- **Gamble even when you don't have the money.** A red flag is when you are getting more and more desperate to recoup your losses. You may gamble until you've spent your last dollar, and then move on to money you don't have- money to pay bills, credit cards, or things for your children. You may feel pushed to borrow, sell, or even steal things for gambling money. It's a vicious cycle. You may sincerely believe that gambling more money is the only way to win lost money back. But it only puts you further and further in the hole.

CHANGING YOUR LIFESTYLE AND MAKING HEALTHIER CHOICES:

One way to stop yourself from problem gambling is to analyze what is needed for gambling to occur, work on removing these elements from your life and replace them with healthier choices.

- **A decision:** Before gambling occurs, the decision to gamble has been made. If you have an urge to gamble: *stop* what you are doing and call someone, *think* about the consequences to your actions, *tell* yourself to stop thinking about gambling, and *find* something else to do immediately.
- **Money:** Gambling cannot occur without money. Get rid of your credit cards, let someone else be in charge of your money, have the bank make automatic payments for you, and keep a limited amount of cash on you at all times.
- **Time:** Gambling cannot occur if you don't have the time. Schedule enjoyable recreational time for yourself that has nothing to do with gambling, find time to relax, and plan outings with your family.
- **A game:** Without a game or activity to bet on there is no opportunity to gamble. Don't put yourself in tempting environments or locations. Tell the gambling establishments you frequent that you have a gambling problem and ask them to restrict you from betting at their casinos and establishments. Block online gambling sites on your computer.

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

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

Lori-Anne

Diabetes & Dental Hygiene

People with diabetes should manage their dental health with as much care as their skin and feet.

Two Major Reasons Why Dental Health is Important:

- 1) Poorly controlled diabetes causes a high risk of cavities, gum sores or infection;
- 2) Any infection can raise blood sugar levels and hamper the control of diabetes.

Main Types of Oral Lesions






Cavities: Cavities destroy teeth. The main cause of cavities is dental plaque. The formation of dental plaque is encouraged by sweet foods, failure to brush teeth and gums, and alcohol, which reduces acidity levels in the mouth.

Gingivitis: Gingivitis is caused by the deposit of bacteria that creates dental plaque between the teeth and gums. The gum becomes bright red, inflamed and swollen and tends to bleed if touched.

Periodontitis: Periodontitis develops if gingivitis remains untreated. The germs along the roots of the teeth multiply and the inflammation spreads to areas deep within the gums and the bone supporting the teeth. The teeth become loose and fall out painlessly.



Dental Hygiene Measures People with Diabetes Should Practice:

-  Maintain blood sugar levels as close to normal as possible
-  Brush your teeth carefully after every meal
-  Use dental floss every day
-  See a dentist twice a year, or more often if necessary
-  Do not smoke

For more information, contact the Diabetes Program at 753-3312.



The Focus for Nutrition Month 2015 is: **EATING WELL 9 TO 5**



Eating well during the work day can help to increase our concentration, productivity and overall health. Here are some tips to help you out!

Tip #1: Start your day with breakfast

This morning meal helps fuel your brain and body, which helps to keep you alert and concentrate better in the morning.

Try this breakfast sandwich that takes less than 5 minutes!

1. Fry or microwave an egg.
2. Place the egg on a toasted whole-grain English muffin. Add cheese, sliced tomatoes, avocado and lettuce.

Tip #2: Need an afternoon energy boost?

Try skipping the caffeine and beat your mid-day slump with one of the following:

1. Drink water - staying hydrated can help avoid feeling sleepy. Try adding lemon, mint or cucumber to your water.
2. Have a small snack - try one of the ideas from tip #4!
3. Move! Do some stretches at your desk, take a walk, or stand up during a phone call.

Tip #3: Looking for lunch ideas?

Try using leftovers to make one of the following:

1. Leftover chicken/turkey + avocado + cheese + baby spinach + tortilla
2. Leftover barley, rice or quinoa + diced tomatoes + black beans + red onion + lime juice + hot sauce
3. Leftover roasted vegetables + feta cheese + lentils or canned tuna + drizzles of olive oil and balsamic vinegar



Tip #4: Snack Smart!

Sometimes we forget **there is a difference between a snack and a treat.** Foods such as cookies, chips or chocolate are low in nutrients and best saved for occasional enjoyment.

If you need a snack, try a piece of fruit and handful of unsalted nuts, whole grain crackers with low fat cheese, yogurt with granola, or vegetables with hummus.

LOOKING FOR IDEAS FOR SUPPER?

Join us for a Slow Cooker Workshop!

Make & Taste some Recipes; Lunch Provided

Each participant receives a slow cooker

Dates: Saturday March 7th at LCHC in Garden Village
Saturday March 28th at Nbisiing in Duchesnay

SPACE IS LIMITED

For help with your nutrition or for more information on Nutrition Month events in the community contact **Erika Weidl**, Community Nutritionist at **753-3312 x2258**

Elders' Exercise Class

Perform Daily Living Activities with Ease
 Improve and Maintain Joint Mobility
 Maintain Muscle and Bone Mass



Start: March 10th
End: April 2nd

We will be *walking* to improve our aerobic health and using *dumbbells* and *resistance bands* for muscle strength.

Join Ashley and Savannah at the NFN Band Office

Tuesdays & Thursdays from 10:00am - 11:30am

For more information, please contact Ashley Couchie at (705) 753-6971



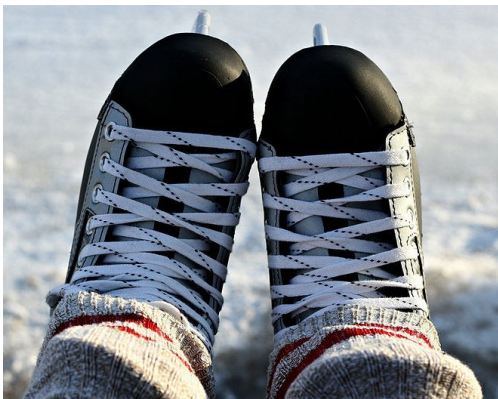
Shinny Hockey

Come out and play some fun ice hockey!

Refreshments and Snacks Provided

Bring your own: Skates, helmet, hockey stick

Goalie Equipment will be provided OR goalies can bring their own equipment



What: Hockey Games & Snacks

Where: Outdoor Rinks in Garden Village and Duchesnay

When: Saturday, March 7th from 1-3pm (Duchesnay)
 Saturday, March 21st from 1-3pm (G.Village)

For more information, contact Ashley Couchie at (705) 753-6971

Snowshoeing

14 Pairs of Snow Shoes Available



**Come enjoy a snowshoeing trek!
You will be guided through trails
in the Garden Village woods!**

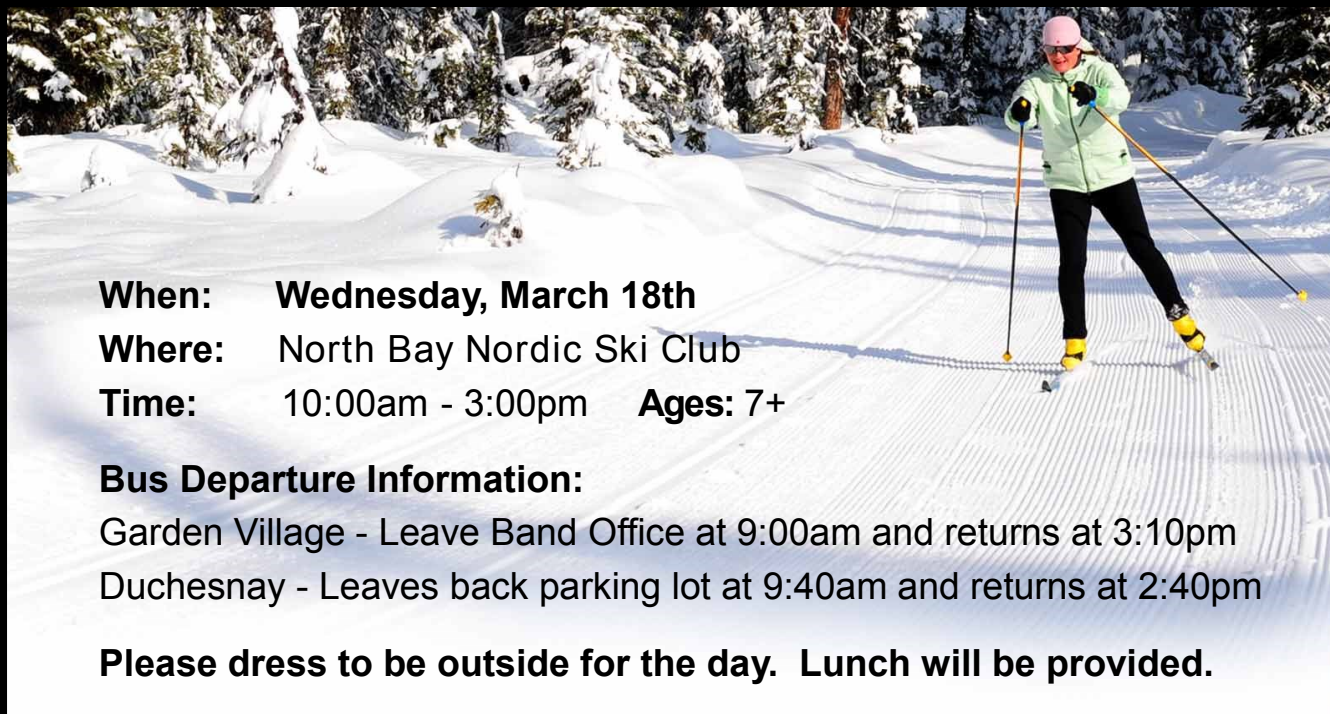
When: Sunday, March 1st

Where: Meet at Band Office

Time: 1:00pm - 3:00pm

**Please dress to be outside for the day
Refreshments will be provided.**

Nordic Ski Adventure



When: Wednesday, March 18th

Where: North Bay Nordic Ski Club

Time: 10:00am - 3:00pm Ages: 7+

Bus Departure Information:

Garden Village - Leave Band Office at 9:00am and returns at 3:10pm

Duchesnay - Leaves back parking lot at 9:40am and returns at 2:40pm

Please dress to be outside for the day. Lunch will be provided.

For more information please contact Ashley Couchie at 705-753-6971

GARDEN VILLAGE

GYM NIGHTS

Garden Village Band Office Complex

Mondays & Wednesdays

Date	Ages	Activity
Monday March 2	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Indoor Soccer Floor Hockey
Wednesday March 4	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Hockey Dodge Ball Dodge Ball
Monday March 9	NFN Public Library Launch	Tag Games Pop Up
Wednesday March 11	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Floor Hockey Soccer Baseball
Monday March 16 & Wed. March 18	MARCH BREAK No Gym Nights this week	Check out the listing of March Break activities
Monday March 23	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Create a relay race SPUD
Wednesday March 25	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Sideline Soccer Floor Hockey
Monday March 30	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Bottle Knock Over Dr. Dodge Ball



DUCHESNAY

GYM NIGHTS

Nbisiing Secondary School

Tuesdays & Thursdays

Date	Ages	Activity
Tuesday March 3	Age: 6-12 4:30pm - 6:30pm	Temple of Doom SPUD/Pop Up
Thursday March 5	Age: 6-12 4:30pm - 6:30pm	Hockey Dodge Ball Floor Hockey
Tuesday March 10	Age: 6-12 4:30pm - 6:30pm	Sideline Soccer Dr. Dodge Ball
Thursday March 12	Age: 6-12 4:30pm - 6:30pm	Human Foosball Human Bowling
Tuesday March 17 & Thurs. March 19	MARCH BREAK No Gym Nights this week	Check out the listing of March Break activities
Tuesday March 24	Age: 6-12 4:30pm - 6:30pm	Plastic Bottle Knock Down
Thursday March 26	Age: 6-12 4:30pm - 6:30pm	Rounders Hockey Dodge Ball
Tuesday March 31	Age: 6-12 4:30pm - 6:30pm	Pop Up Box Ball Game

What's Human Foosball?



MARCH BREAK 2015

Monday, March 16th

NIPISSING DAY - Offices are closed

Tuesday, March 17th

Matinee Movie @ Galaxy
11:15am-3:00pm

Sponsored by: NFN Health Committee
Transportation available

Free - Limited to 100 people. To register contact LoriAnne McLeod ext. 2266

Wednesday, March 18th

Snowshoe/Cross Country Skiing
8:45am - 3:00pm

Sponsored by: Recreation
Transportation available

Free - Limited to 15 people. For more information contact Ashley ext. 6971

Thursday, March 19th

Family Free Skate
1:00pm - 3:00pm

Sponsored by: Early Child Development
Sturgeon Falls Recreation Complex Rink

All Ages - Parents must attend with children

For more information contact Brandie ext. 3001 or Ashley ext. 6971

Human Foosball
10:00am - 12:00pm

Try out this new revamp on an old favourite!
Band Office Gym

Ages 8+ to Adult. Families Welcome! Transportation available from Duchesnay to Garden Village. Contact Ashley at 753-6971 to play.

Friday, March 20th

Bowling
12:00pm - 2:00pm

Sponsored by: NCWP & NFN Library
Chatelanes, Sturgeon Falls

Free - Limited to 50 people. Pizza Lunch Included. Transportation available.

To register contact Nathalie (705) 753-2050 ext. 1323

Due to space limitations, please register starting March 2nd.

What's Happening This Month...



**Cultural Arts
with Brenda Lee**

March 7 & 8

Garden Village
Culture Centre



**Weekend Painting Workshop
with Dan Commanda**

March 7 & 8

Garden Village, Culture Centre
Space is Limited. Sign up with Jules at
753-2050 ext. 1260 or julesa@nfn.ca



**Cultural Arts
with Dan Commanda**

March 21 & 22

Duchesnay
Nbisiing Secondary School

Call Out for Cultural Facilitators



For ALL cultural and traditional people who would like to apply to be part of a resource bank for Facilitators, and people to perform Cultural Workshops. ***We are looking for Facilitators for activities such as Cultural Arts, Drum Making, Drum Socials and Traditional Ceremonies.***

Applicants must be walking a good path and have a current CPIC. All applications will be reviewed and qualified persons will be reviewed by a committee. **Please apply by April 2nd to:**
Jennifer Lalonde, Human Resources Manager
36 Semo Road, Garden Village ON P2B 3K2
jenniferl@nfn.ca

MIIGWECH

The Culture & Heritage Department, along with the Culture & Powwow Committee, would like to send out a **Gchi-Miigwech** to everyone who helped make our February Events so successful. These special occasions just wouldn't be the same without your kindness and generosity.

To all of those who came out to the **Bear Feast** and honored the spirit of the Bear & the new life, Miigwech

To all of those who donated time, food, and/or purchased lunch at **Soup's On**, Miigwech

To the Women of the Seniors Craft Club who helped to make give away items for the **Round Dance**, Miigwech

And to all of those who continuously volunteer their time or make donations throughout the year, we thank you. Your kindness does not go unnoticed. Gchi-Miigwech

Full Moon Ceremonies

Maple Sugar Moon / Ziispaakdo Giizis

Third Moon of Creation

As the Maple sap begins to run, we learn of one of the main medicines given to the Anishnaabe which balances our blood and heals us. During this time we are encouraged to balance our lives as we would our blood sugar levels.



Duchesnay - Monday, March 2nd at 7:00pm

At the Ojibway Women's Lodge

Contact: Julie Dalglish, Crisis Support Worker
(705) 472-0233 or julied@nfn.ca

Garden Village - Thursday, March 5th at 6:00pm

At the Culture Centre with Virginia Goulais

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

The Full Moon Ceremony is an opportunity for women to come together to celebrate, acknowledge and give thanks for the unique and sacred gifts of each moon in creation. We do not pray to the moon, but to the Creator.

This Month in the Library

Books of the Month

All the Way: My Life on Ice
(Jordin Tootoo)

The Inconvenient Indian
(Thomas King)

The Longest Ride
(Nicholas Sparks)

Activities

Craft Night
March 18th @ 6:00pm

Bedtime Stories
March 25th @ 7:00pm

Book Club/Women's Night
March 13th @ 8:30pm

Library Hours:

Monday 9:00am - 4:00pm & 6:00pm - 9:00pm
Tuesday 9:00am - 4:00pm & 6:00pm - 9:00pm
Wednesday 6:00pm - 9:00pm
Thursday 9:00am - 4:00pm & 6:00pm - 9:00pm
Friday 9:00am - 12:00pm



Please join the Ojibway Women's Lodge for

International Women's Day

Friday, March 6th from 1:30pm - 3:30pm

Nipissing First Nation Band Office

Afternoon Tea & Desserts

Everyone Welcome



OJIBWAY WOMEN'S LODGE
Respect, Security, Harmony



GED Boot Camp: 2015



210 Holditch Street, Sturgeon Falls, ON • P2B 1S6

The GED® test allows adults who have not finished high school the opportunity to earn an Ontario High School Equivalency Certificate, which is widely accepted by employers.

The GED® test is available in English and French. The June 2015 tests will be administered in Sturgeon Falls. Take control of your future, graduation is within your grasp. Your hard work and commitment will pay off.

Schedule (Service in English only). Transportation support available to qualified applicants.

March 2nd to March 31st: GED Participant Intake

- Assessments
- Results Analysis
- Customized Lesson Plan

March 9th to April 30th: Customized Upgrading

- Individualized instruction and coaching
- Independent Study Materials

May 1st to June 19th: GED Boot Camp

- Intensive group session.
- Practice tests
- Simulated tests
- Tips and tricks to exam success

The week of June 22nd: Write the GED Exam in Sturgeon Falls (details to follow)

Call Nanditta Colbear to create your success story.



(705) 753-0537 | literacydsl@eastlink.ca
www.yes2literacy.ca



Know the Facts

The Children's Aid Society and Your Individual Rights

- ⇒ That it is ***your right*** to have your band representative present if Children's Aid requests a visit with you and your family whether you live on or off Nipissing First Nation.
- ⇒ Nipissing First Nation and the Children's Aid Society for the Districts of Nipissing and Parry Sound have an agreement/Protocol that requires CAS Nipissing and Parry Sound to notify our Native Child Welfare department prior to entering the First Nation.
- ⇒ It is also ***your right*** to refuse a visit until your band representative is present.
- ⇒ Your band representative will advocate on your family's behalf, to ensure the best interest of the child(ren).
- ⇒ This service is available to all band members on and off reserve within the Nipissing District.
- ⇒ The band has an obligation to ensure the ***best interest of the child***; whether or not the parent/family chooses to access services from the Native Child Welfare Program.
- ⇒ It is very important that if you become involved with the Children's Aid Society that you ***identify yourself as a Nipissing First Nation Member***.



Friday, March 13th

6:00pm - 10:00pm at the Library

For Ages 12 to 18 years

Beverages and pizza included along with some light snack items.

Games, Crafts and so much more...

Food Bank - March Hours

17 Philip Avenue, Garden Village

Closed Monday, March 16th

Open Tuesday, March 17th from 8:30am - Noon

Regular Hours Are:

Mondays 1:00pm - 4:30pm

Fridays 8:30am - Noon

If you have any questions, please contact Lisa Vega at (705) 753-6972 or lisav@nfn.ca

Fridge & Freezer For Sale

Please submit bids by March 31st to:

Debbie McLeod, Social Services Manager
(705) 753-2050 ext. 1230 or debbiem@nfn.ca



Garbage & Recycling Pick Up Dates

Garbage: March 9th & 23rd

Recycling: March 2nd, 17th & 23rd



Holiday Reminder: Landfill is closed on Monday, March 16th and there will be no curbside pick-up that day.

See magnetic calendar for more details. If you need a calendar, please contact Samantha Fryer at (705) 753-2050.

Reports of Flushable Wipes Causing Plumbing Problems

Wipes for babies or personal hygiene are causing back-ups and problems in our sewer pipes. Please do not flush wipes of any kind down your toilet.

Maybe those 'flushable' wipes aren't so flushable...

A roll of toilet paper is shown on the left. Below it are several packages of wipes: Kotex, Cottonelle Soft Care, and Clorox Disinfecting Wipes. To the right is a toilet with a red prohibition sign over it, indicating that these items should not be flushed.

Did you know that baby wipes may indicate they are flushable, but they should not be put in our wastewater system? This also includes adult wipes, cleaning wipes (Clorox, Lysol, etc.) and toddler wipes. In fact, the only paper product that should be 'flushed' is toilet paper. It is the only paper designed to break down as it travels through the wastewater treatment process. All others were NOT designed to breakdown and thus create problems within the system. They can cause blockages in your home's sewer line that could lead to costly plumber repairs.

NFN Weekly Bingo

Every Sunday - Tuesday - Thursday
at the NFN Band Office Complex

Doors Open @ 5:00pm

Mini Bingo Starts @ 6:45pm

Regular Bingo Starts @ 7:00pm

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



NFN Monster Bingo

Next Monster Bingo is Thursday, April 2nd!

\$5,000 MONSTER JACKPOT

First 80 people have a chance to win \$200

Get current information on our progressive pots by calling (705) 753-2180 or

Find us on Facebook by searching "NFN Bingo".



NFN BINGO

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Saturday & Sunday
10am to 3pm

All Seasons Wedding Ceremonies

*Ceremonies
With a Difference*

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1-800-545-3681

COMMUNITY CALENDAR



March 2015

Onaabani-Giizis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Snowshoeing Trek from 1-3pm, meet NFN complex	2 ASIST Training 8:30-4:30 Full Moon Ceremony 7pm @ OWL	3 ASIST Training 8:30-4:30 Council Meeting in Garden Village at 7:30pm	4 Integrated Diabetes Clinic @ LCHC Ontario Works @ UOI from 9-4	5 Full Moon Ceremony 6pm @ Culture Centre in GV	6 Int'l Women's Day Tea, 1:30-3:30, NFN complex	7 Cultural Arts with Brenda Lee in GV Weekend Painting Workshop Nbisiiing Shinny Hockey 1- 3pm in Duchesnay
8 Cultural Arts with Brenda Lee in GV Weekend Painting Workshop Nbisiiing	9 Senior Coffee Klatch from 9-12 @ NFN Complex	10 Elders' Exercise from 10-11:30 @ NFN Complex	11 Energy Projects Consultation 6:30pm @ NFN Complex	12 Energy Projects Consultation 6:30pm @ Nbisiiing School Elders' Exercise from 10-11:30 @ NFN complex	13 Finance @ UOI Offices from 9-4 Youth Night from 6-10pm @ Library Women's Night/ Book Club 8:30pm @ Library	14
MARCH BREAK						
15 Youth Retreat	16 NIPISSING DAY <i>Offices Closed</i>	17 Elders' Exercise from 10-11:30 @ NFN Complex Council Meeting in Duchesnay at 7:30pm	18 Nordic Skiing in North Bay Craft Night 6pm @ Library Ontario Works @ UOI from 9-4	19 Elders' Exercise from 10-11:30 @ NFN Complex	20	21 Cultural Arts with Dan in Duchesnay Shinny Hockey 1-3pm in GV
22 Cultural Arts with Dan in Duchesnay	23 Membership Clerk @ UOI from 9-4 Mom & Babe Drop-In from 1- 3:30pm @ LCHC	24 & 31 Elders' Exercise from 10-11:30 @ NFN Complex	25 Bedtime Stories 7pm @ Library Seniors' Movie Night @ Galaxy Bus time TBA	26 Elders' Exercise from 10-11:30 @ NFN Complex	27	28

Please Note:

We will be making changes to the format and delivery of the monthly newsletter in the coming months in order to reduce its size and make it easier to access for all members of the community.

We welcome your feedback as we work through these changes... this is *your* newsletter! Stay tuned for more information and please feel free to submit any feedback or suggestions to Gen Couchie, Communications Officer by calling 705-753-2050 ext. 1270 or by email to genc@nfn.ca.



Contact Us

Nipissing First Nation
36 Semo Road
Garden Village ON P2B 3K2
(705) 753-2050
www.nfn.ca