

# ENKAMGAK

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

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Sign up to receive the newsletter by email!

Email Gen Couchie at [genc@nfn.ca](mailto:genc@nfn.ca) to be added to the list.

## Council Meetings:

Tuesday, March 1  
@ 7:30pm  
Garden Village

Tuesday, March 15  
@ 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 by email to [fredam@nfn.ca](mailto:fredam@nfn.ca).

## Ready for our Close-Up...

### Filming across NFN for *Hard Rock Medical* TV series

*Hard Rock Medical* is a Canadian television drama series that debuted on TVOntario in 2013 and on APTN in 2014. The series is filmed in Northern Ontario and is moving production to the North Bay area for season 3, which will include filming across parts of Nipissing First Nation. Season 3 is expected to air in late 2016, or early 2017.

### Schedule & Impacts

Filming will take place in Garden Village on March 18<sup>th</sup>, 19<sup>th</sup> & 21<sup>st</sup> and in Duchesnay on March 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>. Disruptions should be minimal, but there will be *temporary road closures* (lasting 2-3 minutes at a time) on Friday, March 18<sup>th</sup> at the corner of Semo Road and Ted Commanda Drive to film a street scene. You may also notice increased traffic and unit/equipment trucks in areas where filming is taking place.

### Filming on Yellek Trail for *Cardinal* TV series

Filming will also be taking place on March 1<sup>st</sup> or 2<sup>nd</sup> at the beach/playground area on Yellek Trail (looking towards the lake) as part of the *Cardinal* television series.

*Cardinal* is adapted from the book *Forty Words for Sorrow* by North Bay mystery writer Giles Blunt. Six one-hour episodes will air on CTV and Crave TV in 2016-17.



Season 3 of *Hard Rock Medical* will be filming on NFN from March 18-24

## Information Session Natural Gas Services

A general information session will be hosted on **Thursday, March 10<sup>th</sup>** starting at **7pm** at the **Nbisiing School Gym** for residents of **Art's Lane and Nova Beaucage / Yellek Trail** regarding the installation of natural gas services that is planned for these areas in the spring of 2017.

Residents wishing to connect to these services are encouraged attend this meeting to learn more about the project. For more information, please contact:

Tom Lambert at (705) 753-2050 ext. 6985 or [thomasl@nfn.ca](mailto:thomasl@nfn.ca)

## Call for Committee Members

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

- Anishinaabemwin Committee - seeking 1 member
- Community Development Committee - seeking 1 member
- Economic Development Committee - seeking 1 member
- Health & Social Services Committee - seeking 2 members
- 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.*



The Committee Member application form is available on our homepage at [www.nfn.ca](http://www.nfn.ca), at the front reception desk at the Band Office, or it can be faxed or emailed to you by request by contacting Gen Couchie at (705) 753-2050 ext. 1270 or [genc@nfn.ca](mailto:genc@nfn.ca).

## Couchie Memorial Daycare 4 Spaces Available

The Couchie Memorial Daycare Centre in Duchesnay currently has 4 part-time or full-time spaces available in the **Preschool room** (ages 2.5 - 6 years).

Please contact Jill Beaucage if you wish to register your child to attend a nurturing, fun and educational environment:

(705) 474-9860 or [jillb@nfn.ca](mailto:jillb@nfn.ca)

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

Wednesday, March 16<sup>th</sup>

Wednesday, March 30<sup>th</sup>

**Appointment Required:**

Call (705) 753-2058 to book.

### FINANCE

**Every 3rd Friday**

Friday, March 18<sup>th</sup>

### MEMBERSHIP

**Every 3rd Monday\***

Monday, March 21<sup>st</sup>

### 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 busy schedule.)



## Natural Resources

Our philosophy for managing impacts on the walleye population is that if we protect the spawning fish, we protect the lake... and our future.

*We believe this starts with a successful spring moratorium.*

As in previous years, our Natural Resources Enforcement staff will be out patrolling the lake every day.

If they approach you, they are just doing routine inspections to ensure that no netting or spearing is taking place.

**If you see suspicious activity, please contact the Natural Resources Department office:**

During regular office hours (8:30am - 4:30pm) Monday to Friday, call **(705) 753-2050**:

Clint @ ext. 1224

Clayton @ ext. 1236

After hours, call/text/email:

**Clint** (705) 492-6131  
[clintc@nfn.ca](mailto:clintc@nfn.ca)

**Clayton** (705) 498-3823  
[claytong@nfn.ca](mailto:claytong@nfn.ca)



## The Importance of the Spring Gill-net Moratorium

By now, most people are aware that there is a gill-net moratorium on Lake Nipissing during the walleye spawn, but we would like to highlight the benefits of having a successful moratorium.

From the NFN commercial fishermen who depend on a plentiful supply of walleye to the occasional angler who is satisfied with bringing home a small catch for the day, we all need to do our part to ensure that we can enjoy the resource that Lake Nipissing provides for us. Allowing the fish to have a successful spawn is a good place to start.

### Quick Facts:

- ⇒ **A 4-lb. female walleye will lay 100,000 eggs**, which means that the walleye population can replenish itself if we protect adult walleye.
- ⇒ **Spawning habitat on Lake Nipissing is ideal for walleye**, meaning if weather conditions are suitable and there are enough spawning fish, walleye will be able to produce large year classes of fish for the future.
- ⇒ **A gill-net surrounding a spawning shoal in the spring kills 100+ spawning fish and causes a loss of 2.5 million eggs (on average)**; this prevents thousands of walleye from reaching their prime-spawning habitat, which can cause a loss of at least 25 million more eggs.

## Fisheries Regulations

In response to the feedback provided by members during the Fisheries Consultation meetings held in 2014, Council reviewed and approved changes to Fisheries Regulations in April 2015. Some of the changes that were implemented include:

- Eliminating spear fishing during the walleye spawn for a number of years
- Reducing the number of nets permitted from 5 to 3 for a number of years, changing the allowable net size to a minimum of 3.75" and offering a net exchange program
- Changing the opening of the season to coincide with the sports fishery (May 21<sup>st</sup>)
- Closing the season by August 31<sup>st</sup> (or sooner, depending on harvest reports and data from NFN's Natural Resources Department about the state of the fishery)

Further, Chief & Council are moving forward with a Memorandum of Understanding with the Ministry of Natural Resources & Forestry that will help us implement and enforce NFN's Fisheries Law. This agreement *does not* allow for the surrender of the existing treaty rights of the Nipissing people, but is about maintaining our right to fish developing our capacity (financial & technical).

The 3 new positions that we are recruiting for in our Fisheries Department (2 Technicians & 1 Enforcement Officer) are examples of the enhanced capacity that will allow us to strengthen our priority position as stewards of Lake Nipissing by better managing and protecting our natural resources.





# Anishinabek Police Services

## Monthly Report

For the Period of December 7, 2015 to January 10, 2016

CALLS FOR SERVICE	# OF CALLS
Alarm	6
Animal Complaints	0
Community Services	4
Drug Offences	3
Landlord Tenant	0
Mental Health Act	1
Noise Complaints	0
Police Assistance / Police Information	12
Prisoner Escorts	0
Property Checks / Reports Concerning Property / Trespass	2
Provincial Offences Act (Hwy / Traffic Complaints)	8
Theft / Fraud / Break & Enter	3
Threats / Disputes / Harassment / Domestic / Assault	8
R.I.D.E.	19
Warrants / Breach of Probation	5
Vehicle Collision	2
Weapons	1
Other; Missing Person, Suspicious Person, Person Check-In,	3

*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) 472-0270.

**In cases of Emergency, please call 911.**

## Reminders for Secondary & Post Secondary Students:

**Secondary Students** - please submit a copy of your first semester report card to be reviewed for Educational Incentive and Attendance awards.

The yearly cut-off for **Post Secondary Applications** is **May 15<sup>th</sup>**. Submit your application prior to this date to secure funding for 2016-17.

We are accepting applications for **Part Time Studies** on a first come, first served basis. Get your application in early to ensure you have funding for Part Time studies.

Please visit the [Education](#) section of our website for more information, or contact the Education Office by calling (705) 753-6995 or [charleneb@nfn.ca](mailto:charleneb@nfn.ca).

## APS Curling Team - Champs Again

On January 15-16, 2016, Tyeler Commanda and teammates from the Anishinabek Police Service and OPP repeated as Northern Ontario Police Curling Champions. The team will be competing in the Canadian Police Curling Championships taking place March 26 - April 2, 2016 in Chilliwack BC where they will be hoping to improve on their 2015 bronze medal performance. You can follow the tournament here:

<http://www.policecurling.ca/policecurling/chilliwack/>



L-R: Cst. Tyeler Commanda APS - Sagamok, PC David Lawes OPP Almaguin Highlands, Superintendent Jim Szarka OPP Northeast Region, and Cst. Steve Mitchell APS - Wahnapiatae



## REGISTRATIONS

Are you thinking about registering at a High School for second semester? Are you entering High School in the Fall of 2016? Make an appointment with the Student Success teacher at Nbisiing Secondary School, Ontario's finest First Nation High School! We would be pleased to provide a personalized tour of our school and speak with you about the educational and cultural programming available. We welcome all Native and non-Native students.

To arrange a personalized tour, visit our website at [www.nbisiing.com](http://www.nbisiing.com), call us at 705-497-9938 or check us out on Facebook. We look forward to meeting you soon!

## CLASS UPDATES

**Grade 10 English** is reading the *Blues Quartet* by Curve Lake writer Drew Hayden Taylor. We will be practicing for the Ontario Secondary School Literacy Test which takes place on March 31<sup>st</sup>.

The **Raising Healthy Children** course is looking for community volunteers to come in to give traditional teachings on child rearing or any child related ceremonies.

All grades (9-12) of **Health and Physical Education** are running this semester. Right now, we are focusing on volleyball and have been working hard to improve our fitness levels. In health class, we are learning about healthy eating and holistic health (physical, emotional, mental and spiritual).

Chi Miigwech to Parents/Guardians of students who came to our **Parent Night** on February 9<sup>th</sup> to meet teachers and pick up report cards.

On March 9<sup>th</sup>, we will be having a **Literacy Night** for Parents, Guardians and Community Members. Food will be provided! Watch for me information coming soon on our Facebook page.

Students continue to meet with Elder Virginia for our **Drum/Social Group** where we drum and sing, and take part in story telling, ceremonial teachings and traditional crafts.



While other local schools have a PD Day on Monday, February 29<sup>th</sup>, Nbisiing is organizing a **Winter Science Carnival** to celebrate the marvels of science through fun activities.

NFN students from grades 7 & 8 through high school are invited to come take part in this activity-packed day, which kicks off with a full breakfast, and also includes a great lunch - all provided at no cost to participants!

If you are not currently a Nbisiing student and are interested in participating, please have your parent/guardian arrange transportation by calling the school at 705-497-9938.



# ANISHINABEK Educational Institute

## 2017-18 PROGRAMS

**OPEN HOUSE**

March 4<sup>th</sup>  
9am - 4pm  
Main Office

### DIPLOMA

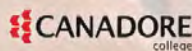
- Business
- Practical Nursing
- Native Community Worker
- Native Early Childhood Education
- Social Service Worker
- Paramedic

### CERTIFICATE

- First Nation Child Welfare Advocate
- Fetal Alcohol Spectrum Disorders
- Pre-Health Sciences
- General Arts & Sciences
- Personal Support Worker
- Autism & Behavioural Science

APPLY ONLINE OR DOWNLOAD/MAIL APPLICATION PACKAGES AT:  
[www.aeipostsecondary.ca/aeiregistration.asp](http://www.aeipostsecondary.ca/aeiregistration.asp)

In partnership with



**Main Office**  
Nipissing First Nation

**Satellite Office**  
Munsee-Delaware Nation



1-800-334-3330

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



# Aboriginal Women in Trades

**Do you want to develop your skills in the trades in a relaxed environment? Are you interested in the trades but are not sure which trade is right for you?**

This 12 week, culturally-based work readiness training program is geared to Aboriginal women who want to explore four key trade areas: Building Construction, Electrical, Plumbing and Carpentry.

**Start Date:  
June 2016 to August 2016**

There is no cost for this training as all books, personal protective equipment, bus passes, health and safety training fees are covered for each participant. If you live outside of the North Bay area, Canadore College Student Residence space will be available for private accommodations. Residence space or other living expenses during the training must be covered by a sponsor.



Upon completion, participants will receive a Certificate of Completion. As each participant works to attain their identified goals, they will also be guided and supported into further pathways.



**For further information contact:**

Judy Manitowabi  
Manager, Community Based and Contract Training  
First Peoples' Centre, Canadore College  
[judy.manitowabi@canadorecollege.ca](mailto:judy.manitowabi@canadorecollege.ca)

**GREAT THINGS HAPPEN HERE**

# 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 **Friday, March 11<sup>th</sup>** to:

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

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

**Complete Job Postings can be viewed on our website at [www.nfn.ca/jobs\\_internal.php](http://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*

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

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## Finance Clerk (1<sup>st</sup> Round Posting)

Full Time Permanent Position

As an integral part of the Finance Department, the Finance Administration Clerk will provide support to the department by recording and retrieving financial documentation for the organization. Maintain current filing system and assist with the preparation of Accounts receivable/payable transactions.

### **QUALIFICATIONS:**

- Must be a Registered Nipissing First Nation Member.
- Must have Secondary School diploma or equivalency, Post-Secondary education considered an asset.

### **REQUIRED SKILLS:**

- Able to work with minimal supervision.
- Possess strong written and communication skills.
- Experience working in an office environment considered an asset.
- Computer Skills: ability to utilize Windows operating systems, Microsoft Office applications.
- Knowledge of budgeting and financial reporting is a definite asset.
- Must have strong data entry skills and the ability to be highly accurate with strong attention to detail.
- Knowledge of AccPac a definite asset.

### **DUTIES:**

- Reports to the Chief Financial Officer and provides clerical and administrative support such as drafting correspondence and reports, and other related office duties.
- Provides support in Payroll, Accounts Payable/Accounts Receivable.
- Answers questions about records and files.
- Eliminates outdated or unnecessary materials, destroying them or transferring them to inactive storage according to file maintenance guidelines and/or legal requirements.
- Finds and retrieves information from files in response to requests from authorized users.
- Modifies and improves filing systems, or implements new filing systems.
- Scans or reads incoming materials in order to determine how and where they should be classified or filed.
- Sorts or classifies information according to guidelines such as content, purpose, user criteria, or chronological, alphabetical, or numerical order.
- Adds new material to file records, and create new records as necessary.
- Other duties as required.

***A current Criminal Reference Check is required for all new Nipissing First Nation employees.***



## Ojibway Daycare Supervisor (2<sup>nd</sup> Round Posting)

6 Month Contract Position - *with possibility of an extension*

Appointed, as Daycare Supervisor, to manage the First Nation Daycare Centre and to provide child care programs, information and services within the administrative policies and procedures established and directed by the Social Services Manager.

### QUALIFICATIONS:

- Must be a Registered First Nation Member or a non-member spouse of a Nipissing First Nation member.
- Must meet the requirements of the Day Nurseries Act.
- Must have an Early Childhood Education Diploma and be in good standing with the college of ECEs.
- Experience in Day Care Centre Supervision and/or 2 years' experience in a Licensed Daycare Centre.

### DUTIES:

- Planning, supervising and implementing the program for the Pre-school and Toddler program in accordance with the policies and philosophy of the Nipissing Ojibway Day Care Centre.
- Gearing the program to the needs of the individual child including his/her interests, special talents and needs.
- Helping each child to become aware of his/her role as an integral member of a group.
- Ensuring a warm, welcoming environment for both children and families.
- Conducting staff meetings.
- Planning and implementing methods of establishing a positive liaison with parents.
- Responsible for preparing art activities and circles according to the week's theme and incorporating the Early Learning Framework.
- Responsible for the administration and scheduling of Teachers.
- Responsible for maintaining assigned budgets under the guidance of the Social Services Manager.
- Responsible for including culture and language in the daily routine of the Centre.

*A current Vulnerable Persons Check is required upon employment.*

## Personal Support Workers - Home & Community Care (3<sup>rd</sup> Round Posting)

Casual Employment

Under the direction and supervision of the Home and Community Care Coordinator / Registered Nurse, the Personal Support Worker will be responsible for providing culturally appropriate assistance in personal support and homemaking services. This service will enable individuals who do not have immediate family available for support, who are elderly, frail, chronically ill, or convalescing after surgery, injury, or short-term illness to function independently in their own homes in their own community for as long as possible. Personal Support Workers will be required to travel within all areas of Nipissing First Nation to provide services. Hours for this position are based on client need.

### QUALIFICATIONS:

- Must have a Personal Support Worker Certificate, a valid Driver's License and access to a reliable vehicle.
- Available to work flexible hours including evenings and weekends.
- Experience in working with the elderly and/or in a health care setting.
- Ability to communicate and organize effectively, and work in a manner respectful of First Nations culture, values, and beliefs.
- Ability to work as a multi-disciplinary team member.
- Ability to protect the personal health information of clients and maintain high degree of confidentiality.
- Current certification in Standard First Aid and CPR or willingness to obtain.
- Must be willing to complete privacy training and OH&S training.

*A current CPIC, including a Vulnerable Persons Check, is required upon employment.*



## Upcoming Events & Programs



### March is Nutrition month!

Watch for Nutrition-themed events taking place in the community!

**MAR**  
**5**

### Homemade Soups Workshop - Saturday, March 5<sup>th</sup>

Lawrence Commanda Health Centre from 10:00am - 2:00pm

We will make some soups as a group and share a meal together.

Please call (705) 753-3312 to register as seating is limited.

**MAR**  
**9&10**

### Diabetes Blood Glucose Testing - Wed, March 9<sup>th</sup> & Thurs, March 10<sup>th</sup>

Wednesday, March 9<sup>th</sup>: Band Office Complex from 10:00am - 1:00pm

Thursday, March 10<sup>th</sup>: Lawrence Commanda Health Centre from 10:00am - 2:00pm

Open to all community members... bring a friend! Snacks provided.

**MAR**  
**22**

### Label Reading Session - Tuesday, March 22<sup>nd</sup>

Lawrence Commanda Health Centre from 1:30pm - 3:00pm and 6:00pm - 7:30pm

For anyone who wants to learn more about reading nutrition labels. Snacks provided.

Please call (705) 753-3312 to register as seating is limited.

**MAR**  
**23**

### Integrated Diabetes Care Clinic - Wednesday, March 23<sup>rd</sup>

Lawrence Commanda Health Centre

See a range of health care professionals in a confidential, one-on-one setting.

The upcoming clinic will include a Pharmacist, Nurse Practitioner, Dentist, Chiropracist (foot assessment), Registered Dietician, and a Mental Wellness worker. You can attend this clinic if you are a community member who has been told that you have pre-diabetes and borderline diabetes, have been diagnosed with type 2 diabetes, and/or if you are having trouble managing your diabetes symptoms.

Please call (705) 753-3312 to register or for more information.

**MAR**  
**30**

### Taste Testing - Wednesday, March 30<sup>th</sup>

Lawrence Commanda Health Centre from 11:00am - 1:00pm

Drop by and try samples of different recipes and foods - maybe try something new!

The Lawrence Commanda Health Centre Diabetes Team would like to

**THANK YOU FOR YOUR SUPPORT**

Our diabetes programs are a success with your attendance!

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

Hello, Aaniin, Boozhoo, Aniish na?

I have heard there are more people in NFN who are trying to Quit Smoking. 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 Benefits if you are a status member. You will require a prescription for your doctor or nurse practitioner. If you are non-status, you can go your nearest public health unit for assistance.

I would like to say a huge Thank you from The Right Path and Recreation programs to all the families and volunteers who came out to the Community Wellness Dance on February 13<sup>th</sup>. We had a really great turn out of 58 people of all ages who came to shake off the winter blues, despite the freezing cold weather. We are now gearing up for the March Break & Little NHL. March Break Activities are posted on page 15 of this month’s newsletter.

Seeing the month of March is Problem Gambling Awareness month I have included some information about gambling.

## 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.**



## Chronic Complications - Diabetes & Your Eyes

*After several years of unmanaged blood glucose levels, complications can develop and affect your eyes.*

### How Diabetes Can Affect Your Eyes:

- Hyperglycemia can cause changes to the small vessels in the back of your eye, which can compromise blood circulation and can hemorrhage, this is called diabetic retinopathy.
- If not adequately treated, it can lead to blindness.
- Diabetic retinopathy is the leading cause of blindness among people ages 20 to 64 years old.

### How to Know if Your Eyes Have Been Affected by Diabetes:

- You may see spider webs or spots in your field of vision.
- Temporary changes, such as blurriness, can be a result from blood glucose variations, but is corrected when blood glucose is normalized.

### When to Have Your Eyes Examined:

- It is very important to consult an ophthalmologist or optometrist regularly.
- People with type 1 diabetes should have an eye exam within 3-5 years after initial diagnosis and once a year afterwards, as well as when pregnant.
- People with type 2 diabetes should have an eye exam at the time of diagnosis and yearly thereafter, as well as when pregnant.
- With both type 1 and 2 diabetes it might be necessary for an eye exam more often if the eyes show signs of damage progression.

### How to Protect Your Eyes:

- Keep blood glucose levels as close to normal as possible.
- Have an eye exam regularly.
- Control your blood pressure.
- Quit smoking, if possible.



**For more information, please contact the Diabetes Program at (705) 753-3312.**



## March Hours

**17 Philip Avenue, Garden Village**

**CLOSED** on Monday, March 14<sup>th</sup>, Friday, March 25<sup>th</sup> & Monday, March 28<sup>th</sup>

**OPEN** on Tuesday, March 15<sup>th</sup>, Thursday, March 24<sup>th</sup> & Tuesday, March 29<sup>th</sup>  
from 8:30am - 12:00pm

### Regular Hours are:

Mondays from 1:00pm - 4:30pm & Fridays from 8:30am - 12:00pm

**For more information, please contact Lisa Vega at (705) 753-6972 or [lisav@nfn.ca](mailto:lisav@nfn.ca).**

## Gym Nights in Garden Village

### Mondays & Wednesdays at the Band Office Gym

Date	Ages	Activity
Wednesday March 2	Ages: 6-12 4:00pm - 6:00pm Ages: 13-18 6:00pm - 8:00pm	Four Corners Tails Game
Monday March 7	Ages: 6-12 4:00pm - 6:00pm Ages: <b>Teens &amp; Adults 6:30pm</b>	Frisbee Dunk, Volleyball Baskets <b>ZUMBA</b>
Wednesday March 9	Ages: 6-12 4:00pm - 6:00pm Ages: 13-18 6:00pm - 8:00pm	Chuck the Chicken Floor Hockey
Monday March 14	<b>MARCH BREAK ACTIVITIES</b> Ages: <b>Teens &amp; Adults 6:30pm</b>	<i>See page 15 for schedule</i> <b>ZUMBA</b>
Wednesday March 16	<b>MARCH BREAK ACTIVITIES</b>	<i>See page 15 for schedule</i>
Monday March 21	Ages: 6-12 4:00pm - 6:00pm Ages: <b>Teens &amp; Adults 6:30pm</b>	Crab Walk Soccer, Pop Up <b>ZUMBA</b>
Wednesday March 23	Ages: 6-12 4:00pm - 6:00pm Ages: 13-18 6:00pm - 8:00pm	Pinball Dodge Ball Dr Dodgeball
Monday March 28	<b>NO ACTIVITIES</b>	<b>Easter Monday</b> <b>ZUMBA moved to Friday, April 1<sup>st</sup></b>
Wednesday March 30	Ages: 6-12 4:00pm - 6:00pm Ages: 13-18 6:00pm - 8:00pm	Hoop Ball Wizards Ball



**6 weeks of Zumba**  
**Every Monday Night**  
**Starting March 7<sup>th</sup>**

**When:** Mondays from **6:30pm - 7:30pm** (for 6 weeks starting on March 7<sup>th</sup>)

**Where:** Band Office in Garden Village

**Cost:** **\$10 registration fee** (one time fee/per person)

Contact Ashley at (705) 753-6971 for more information.



## Gym Nights in Duchesnay

### Tuesdays & Thursdays at the Nbisiing School Gym

Date	Ages		Activity
Tuesday March 1	Ages: 6-12 All Ages:	4:30pm - 6:30pm 6:30pm - 7:30pm	Rounders / Pop Up <b>Walking Club</b>
Thursday March 3	Ages: 6-12 All Ages:	4:30pm - 6:30pm 6:30pm - 7:30pm	Temple of Doom <b>Walking Club</b>
Tuesday March 8	Ages: 6-12 All Ages:	4:30pm - 6:30pm 6:30pm - 7:30pm	Tails Game / Pac Man <b>Walking Club</b>
Thursday March 10	Ages: 6-12 All Ages:	4:30pm - 6:30pm 6:30pm - 7:30pm	Chi master <b>Walking Club</b>
March 15 & 17	<b>MARCH BREAK ACTIVITIES</b>		<i>See page 15 for schedule</i>
Tuesday March 22	Ages: 6-12	4:30pm - 6:30pm	Hoop Ball, Frisbee Toss
Thursday March 24	Ages: 6-12	4:30pm - 6:30pm	Glow N Dark, Egg Hunt & Badminton
Tuesday March 29	Ages: 6-12	4:30pm - 6:30pm	Seals & Sharks, Helicopter
Thursday March 31	Ages: 6-12	4:30pm - 6:30pm	Basketball Throws, Lacrosse Catch

**Check out the Schedule of Activities for  
March Break on the next page!**





# MARCH BREAK 2016

**Monday, March 14<sup>th</sup>**

**NIPISSING DAY - Offices are closed**

**Tuesday, March 15<sup>th</sup>**

**Matinée Movie**

**Galaxy Cinemas**

**11:15am - 3:00pm**

Free - Limited Space.

**Sponsored by: Community Wellness Committee  
North Bay**

**Transportation available**

Call (705) 753-3312 to register



**Wednesday, March 16<sup>th</sup>**

**Gym Activities**

**Band Office Gym**

**11:00am - 12:00pm**

**1:00pm - 3:00pm**

Free

**Sponsored by: Early Child Development/Recreation  
Garden Village**

**TODDLER PLAY (Parents & Children aged 2-5 years)**

**For children aged 6 - 14 years**

Call Ashley at (705) 753-6971 for more information.

**Thursday, March 16<sup>th</sup>**

**Snowshoe/Cross Country Skiing**

**Nordic Ski Club**

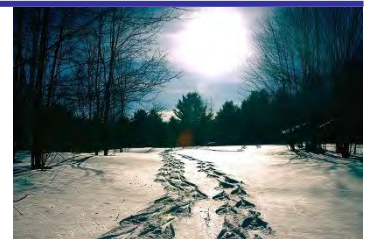
**10:00am - 2:00pm**

Free - Limited Space

**Sponsored by: Recreation  
North Bay**

**Transportation available**

Call Ashley at (705) 753-6971 to register.



**Friday, March 18<sup>th</sup>**

**Bowling & Pizza Lunch**

**Chatelanes**

**12:00pm - 2:00pm**

Free - Limited to 50 people.

**Sponsored by: Native Child Welfare  
Sturgeon Falls**

**Transportation available**

Call Natalie at (705) 753-2050 ext. 1323 to register.



**Due to space limitations, please register starting March 1<sup>st</sup>.**

## Cultural Events for March



### Feasting our Bundles With Peter Beaucage

Sunday, March 6<sup>th</sup> ~ 2pm  
Nbisiing Secondary School

A gathering & ceremony to Feast our Bundles. Bring your bundle, feast food and tobacco. All are welcome.

For more information, contact Jules:  
753-2050 ext. 1260 or [julesa@nfn.ca](mailto:julesa@nfn.ca)



### Back Pack Making Workshop With Bryan & Laura Bellefeuille

Saturday, March 19<sup>th</sup> ~ 10am - 3pm  
Culture Centre in Garden Village

AND

Sunday, March 20<sup>th</sup> ~ 10am - 3pm  
Nbisiing Secondary School

\$20/person. Register with Jules:  
753-2050 ext. 1260 or [julesa@nfn.ca](mailto:julesa@nfn.ca)



### Watch for More Information About Upcoming Workshops

April 23<sup>rd</sup> & 24<sup>th</sup>  
Quill Design Workshop

AND

May 14<sup>th</sup> & 15<sup>th</sup>  
Hand Drum Making Workshop

\$20/person. Register with Jules:  
753-2050 ext. 1260 or [julesa@nfn.ca](mailto:julesa@nfn.ca)

Workshops are proudly  
co-sponsored by:



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



## North Bay Round Dance

Saturday, March 5<sup>th</sup> from 4pm - 11pm  
Nbisiing Secondary School



Hosted by the North Bay Regional Health Centre, Nipissing First Nation, Nbisiing Secondary School, and Nipissing University - Office of Aboriginal Initiatives

**Theme:** Connecting with our Youth. **MC** is Kirby Mianskum and **Lead Singers** are: Lester K Mianskum, Brennan Govender, Darren Nakogee, Blair Beaucage, Jordan Mowat & Gerry McComb

### 4pm: Pipe Ceremony facilitated by Peter Beaucage

Please respect the start time by entering quietly and taking a seat.

### 5pm: Feast supplied by Nish Dish catering

We ask that you bring your feast bundle with you to avoid waste. Water will be supplied via large camping dispensers. No water bottles will be supplied.

**\*Singers who would like to participate have to sign in by 6pm at the latest. No exceptions.\***  
\$1500 in Contest Prizes graciously provided by Nipissing First Nation. Pendleton Blanket and other draws.

Vendors are welcome - \$25/spot and spaces are limited. Please contact Jules Armstrong for information.

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

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

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

# Words & Dialogue for March

## Ziispaaktoke Giizis (Sugar Moon)

### KIDWINAAN:

(Words for March)

<b>Ziispaaktoke Giizis</b>	<i>Sugar Moon</i>	<b>Zhiywaagmizgan</b>	<i>syrup</i>
<b>Ni-nookmik</b>	<i>early spring</i>	<b>Mnise</b>	<i>go get fire wood</i>
<b>Ziigwan</b>	<i>spring</i>	<b>Waagaakwad</b>	<i>axe</i>
<b>Aabwaa</b>	<i>mild</i>	<b>Msan</b>	<i>wood</i>
<b>Ninaatig</b>	<i>maple tree</i>	<b>Daashgase</b>	<i>splitting wood</i>
<b>Ziispaaktoke</b>	<i>to make maple syrup</i>	<b>Boodwe</b>	<i>make fire</i>
<b>Ziisbaaktokaan</b>	<i>sugar bush</i>	<b>Nga-Boodwe</b>	<i>I will make fire</i>
<b>Ziispaaktowaaboo</b>	<i>sap</i>	<b>Nga-goonaa kik shkodeng</b>	<i>I'm hanging the pot over the fire</i>
<b>Kaadkik</b>	<i>cast iron pot</i>	<b>Skigmizekwe</b>	<i>boiling down the sap</i>
<b>Zekwekik</b>	<i>boiling pot</i>	<b>Ziispaaktokedaa</b>	<i>let's make maple syrup</i>
<b>Gwaabigan</b>	<i>ladle /scoop</i>	<b>Gii shkwaa ziispaaktoke</b>	<i>down making maple syrup</i>
<b>Newebigan</b>	<i>stirring ladle</i>	<b>Zhiywaabmizge</b>	<i>making maple syrup</i>
<b>Bgiwzigan</b>	<i>taffy</i>		

### Third Moon

#### Ziisbaaktoke Giizis

*Nswo giizis egoojing gaa zhichgaasod,*

*Ziisbaaktoke Giizis zhinkaazo.*

*Mii maa pii shki maadziwin waamdawegaadeg*

*Minwa mshikiin, enji- maadziimag kina gegoo*

*Wii-biinag.*

*Ninaatig go wa bezhik ezhi-mshikiwid,*

*Zhemnidoo gaa-miingoyang wii-biinaagwak  
miskwiimnaan*

*Pii ni-nookmig.*

*Aabchi-mshkawziimgat maa mshkiki dbishko -*

*Gonaa kina enmaajiigwang, jiihkensan  
emwidoowaad.*

*Mii maa egnawaamdangang pii  
miigwechiwenmang.*

#### Sugar Moon (March)

*Sugar Moon is the third moon of Creation.*

*This is a time when new life begins to show itself*

*And provide the medicines from all creation for  
purification.*

*The sugar maple is one of the medicines that the  
creator*

*Has given us to balance our blood, that along with  
the season of spring.*

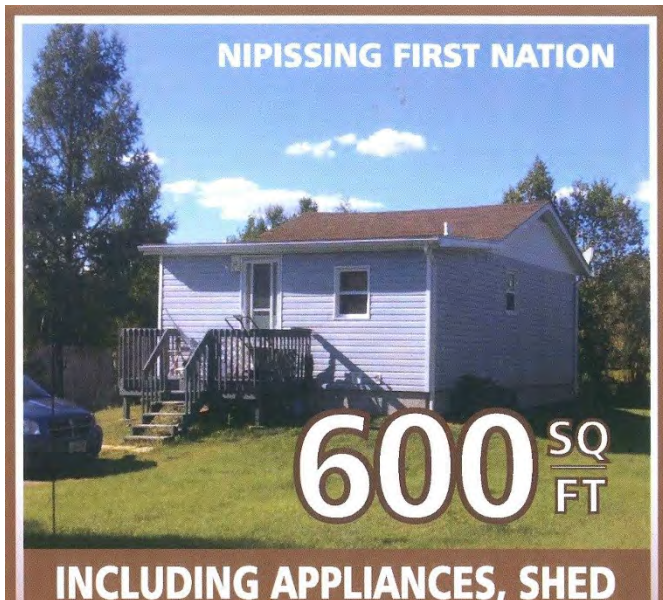
*It is a strong medicine, that along with the other  
plants, roots, herbs,*

*Carry the spirit of healing within.*

*For this we acknowledge that we are forever  
thankful.*



## Homes & Items for Sale



**124 Veteran's Road, Sturgeon Falls**

600 square foot home

Appliances and Shed included

**Asking \$80,000 or Best Offer**

For more information, please contact  
Delia at (705) 753-4917



**83 Jocko Point Road (Lot 2-2)** ~ A great starter home (located close to the highway; overlooking the Little Sturgeon River). This single level two-bedroom, one-bathroom house is in good condition and has a new roof that was replaced in June 2015. Primary source of heat is electric (with secondary source being a wood-burning stove). A large hot water tank and whirlpool are included. Masonry and cedar shakes have been added to the exterior. On this large lot, there is a woodshed/loft, car port, and a workshop (that is equipped with electricity and a small wood-burning stove) ~ perfect for a craftsman.

**Asking Price is \$100,000.00** (open to offers)

Serious inquiries only, please contact Vickie at 705-753-4656 (weeknights after 5:30pm and weekends).

### Solid Pine Storage Cabinet

Dimensions: 49" wide X 24" deep x 26" high



Can be viewed at the Lawrence Commanda Health Centre: 58 Semo Road, Garden Village. For more information or for viewing, contact Eleanor at 753-3312 ext. 2224.

**Reserve Bid of \$100.** Bids are to contain:

- Your Name and contact information (phone #, email)
- Your Bid for the cabinet

### Kodak Easy Share DX4330

Digital Camera, charger, cables and carrying bag.



Can be viewed at the Lawrence Commanda Health Centre: 58 Semo Road, Garden Village. For more information or for viewing, contact Eleanor at 753-3312 ext. 2224.

**Reserve Bid of \$10.** Bids are to contain:

- Your Name and contact information (phone #, email)
- Your Bid for the camera

Please address bids to: Nipissing First Nation Health Services - "Cabinet Bid" or "Camera Bid"  
58 Semo Road, Garden Village ON P2B 3K2 by **Noon on Friday, March 25, 2016.**  
*Successful bidder will be contacted by the contact information provided in your bid.*



# HOPE FOR HUNTER

License # 1019-85



Duchenne-Muscular Dystrophy Fund  
for

## Hunter Perasse

who needs help with medical supplies.

Affiliation: Nipissing First Nation

Tickets are \$10.00 each  
3 draws of \$5,000.00 each

There are only 3,000 tickets available

For tickets call or text **705-493-2064**

*Draw will take place once all tickets are sold!*



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Nipissing First Nation

Cell: 1-705-493-5577

Email: [dotbeaucagekennedy@gmail.com](mailto:dotbeaucagekennedy@gmail.com)

[www.allseasonsweddings.com](http://www.allseasonsweddings.com)

(1-800-545-3681..by request)

## SUPPLIES FOR THE SOUL

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

**Phone: 471-0472**

Leathers & Rawhides, Beads, Yarns, Fabrics, Fringe, Specialty Bead Threads & Needles

Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.

Artwork & Jewelry by First Nations Artists

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

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





# March 2016

## Ziispaaktoke Giizis (Sugar Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Weekly Events:</b> Adult Education Sessions & Anishinaabemwin Classes occur throughout the month (with the exception of March Break).		<b>1</b> Adult Ed Session 5-9pm @ Nbisiing <i>Every Tuesday</i> Council Meeting 7:30pm in GV	<b>2</b> Anishinaabemwin Classes in GV & DV 6-8pm @ Church Hall & Nbisiing <i>Every Wednesday</i> except March Break	<b>3</b> Adult Ed Session 12-4pm @ Library <i>Every Thursday</i> Poker Walk 6:30- 8pm @Nbisiing	<b>4</b> Anishinabek Educational Inst. OPEN HOUSE 9am – 4pm @ UOI Building	<b>5</b> Homemade Soups Workshop @ LCHC 10am-2pm Round Dance @ Nbisiing 4-11pm
<b>6</b> Feasting our Bundles w/ Peter Beaucage – 2pm @ Nbisiing School	<b>7</b> ZUMBA classes start in GV & run every Monday from 6:30-7:30pm @ Band Office <i>6 week program</i>	<b>8</b> Int'l Women's Day Tea 1-3pm @ Band Office. <i>Hosted by Ojibway Women's Lodge</i>	<b>9</b> Diners' Club 11am – 1pm @ Band Office Glucose Testing @ Band Office 10am-1pm	<b>10</b> Natural Gas Info 7pm @ Nbisiing <i>Yellek &amp; Art's Lane</i> Glucose Testing @ LCHC from 10am-2pm	<b>11</b> Anishinaabemwin Immersion Class 6-8pm @ Church Hall, Garden Village <b>Deadline to Apply for Job Postings</b>	<b>12</b>
<b>13</b>	<b>MARCH BREAK</b>					<b>19</b> Back Pack Making Workshop w/ Bryan & Laura 10am – 3pm @ Culture Centre in Garden Village <b>\$20/person</b>
	<b>14</b> <i>Nipissing Day</i> NFN Offices & Food Bank <b>CLOSED</b> ZUMBA in GV 6:30-7:30pm	<b>15</b> Food Bank Open 8:30am – 12pm Matinée Movie @ Galaxy 11am-3pm Council Meeting 7:30pm Duchesnay	<b>16</b> Gym Activities 11am - 12pm for Toddlers & from 1pm - 3pm for ages 6-14 years @ Band Office	<b>17</b> Snow Shoe / Xcountry Skiing 10am – 2pm @ Nordic Ski Club	<b>18</b> Bowling 12-2pm @ Chatelanes Anishinaabemwin Immersion Class 6-8pm @ Church Hall, Garden Village	
<b>20</b> Back Pack Making Workshop w/ Bryan & Laura 10am – 3pm @ Nbisiing School <b>\$20/person</b>	<b>21</b> ZUMBA in GV 6:30-7:30pm @ Band Office	<b>22</b> Label Reading Sessions @ LCHC 1:30-3:00pm OR 6:00-7:30pm	<b>23</b> Integrated Diabetes Care Clinic @ LCHC <i>Call for appt.</i> <i>See p. 10 for more information</i>	<b>24</b> Food Bank Open 8:30am – 12pm Holy Thursday Mass @ Holy Spirit Church 5:30pm	<b>25</b> <i>Good Friday</i> NFN Offices & Food Bank <b>CLOSED</b> Mass @ Holy Spirit Church 3pm	<b>26</b> Snow Shoe / Xcountry Skiing 10am – 2pm @ Nordic Ski Club
<b>27</b> <i>Easter Sunday</i> Mass @ Holy Spirit Church 9am	<b>28</b> <i>Easter Monday</i> NFN Offices & Food Bank <b>CLOSED</b> ZUMBA on Friday	<b>29</b> Food Bank Open 8:30am – 12pm	<b>30</b> Taste Testing @ LCHC 11:00am- 1:00pm. <i>Come try new recipes!</i>	<b>31</b>	ZUMBA in GV 6:30-7:30pm @ Band Office <i>Moved from Easter Monday</i>	



### Contact Us

36 Semo Road  
Garden Village ON  
P2B 3K2

TEL: (705) 753-2050  
FAX: (705) 753-0207  
Email: genc@nfn.ca

Connect with Us!



Nipissing First Nation Administration



@Nipissing\_FN

www.nfn.ca