



ENKAMGAK

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

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Sign up to receive the newsletter by email!

Contact genc@nfn.ca

Council Meetings:

Tuesday, March 6
@ 7:30pm
Garden Village

Tuesday, March 20
@ 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 by email to fredam@nfn.ca.

Strategic Collaboration on a Shared Resource NFN & MNRF win award for Lake Nipissing management efforts

Nipissing First Nation and the Ontario Ministry of Natural Resources and Forestry (MNRF) won the 2017 Gold award at the Institute of Public Administration of Canada (IPAC) Public Sector Leadership awards in February. This award recognizes organizations that have demonstrated outstanding leadership and innovation through advancements in public policy and management.

We submitted our joint application in October 2017 for our strategic collaboration and shared resource stewardship efforts on Lake Nipissing. After being selected as a finalist from a pool of 10 other entries from across Canada, NFN and the MNRF jointly presented to a panel of peers. This led to our entry being placed in the top three, and our success in winning the Gold award was announced in Toronto on February 5th.

Background

Two years ago, NFN and the MNRF signed a Memorandum of Understanding (MOU). Under this agreement, we aim to work together toward the common goal of sustainability managing the Lake Nipissing fishery. This cooperative work supports the recovery of the walleye fishery and the full implementation of NFN's Fisheries Law, without affecting the inherent treaty-protected rights of our members to fish commercially and for subsistence under our law.

We continue to see improvements to Lake Nipissing's walleye population as a result of MOU activities, including ongoing data sharing, harvest monitoring, and enhanced enforcement and training capacity to support the successful implementation of our Fisheries Law. However, the walleye population is still under pressure and requires additional time to rebuild their numbers. Miigwech to our compliant fishers who follow the Fisheries Law and support our efforts.

Community Information Sessions

Join us for an update on the 2017 season and to learn about plans for the 2018 season:

Tuesday, March 20 from 6 p.m. - 8 p.m.

Nbisiing Secondary School, Duchesnay

Wednesday, March 21 from 6 p.m. - 8 p.m.

NFN Complex Gym, Garden Village



NFN & MNRF were presented with the 2017 Gold IPAC Leadership Award on February 5th

The Importance of the Spring Gillnet & Spear Fishing Moratorium

The spring moratorium is the single most important management tool we have to protect the spawning fish and ensure the long-term health, growth and sustainability of Lake Nipissing and our fishery.

The annual gillnet moratorium is in effect from April 1st - May 19th (subject to amendment by Council). The temporary moratorium on the cultural practice of spear fishing remains in effect to boost the success rate of the spawn.

From the NFN commercial fishers 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.**



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.*

Our Natural Resources Enforcement staff will be out patrolling the lake daily. 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**:

Jeff @ ext. 1325

Clayton @ ext. 1236

Tyler @ ext. 1224

After hours, call/text/email:

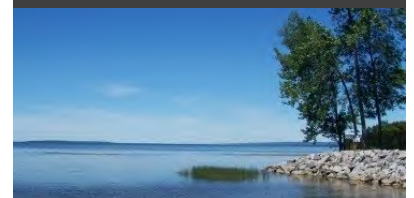
Clayton (705) 498-3823
claytong@nfn.ca

Tyler (705) 498-2506
tylerc@nfn.ca

MOU Update 2017-2018

An official joint update on our Memorandum of Understanding with the Ministry of Natural Resources and Forestry (MNRF) will be released in mid-March, however some of the highlights of our collaborative efforts include:

- Hiring four technicians for sampling commercial fishery catches and conducting joint fisheries assessment projects and monitoring surveys to assess the state of the lake
- Receiving support for additional enforcement and technician training initiatives:
 - A second NFN enforcement officer graduated from the Ontario Police College (OPC)
 - One NFN enforcement officer graduated from Ontario Provincial Police (OPP) Provincial Liaison Training
 - Funding additional NFN enforcement officer and technician training initiatives
- Working together on joint communication materials and outreach activities to raise awareness of NFN's Fisheries Law and commercial fishery
- Being recognized nationally for ground-breaking relationship building and natural resource management efforts (IPAC award) and outreach activities such as hosting the Assembly of First Nations' National Fisheries Committee in October 2017 to highlight some of our fisheries initiatives and successes to First Nation Chiefs and technicians.



Education & Election Code Consultations

Community consultations were held in February to obtain feedback from the membership about two important initiatives:

NFN Education Law

We are in the process of enacting education laws to govern the delivery of programs and services for NFN under the Anishinabek Education System (AES). Sessions were held on February 5th & 12th, and the draft law is available at www.nfn.ca or contact the Education Office at 753-6995 to request it by mail/email.

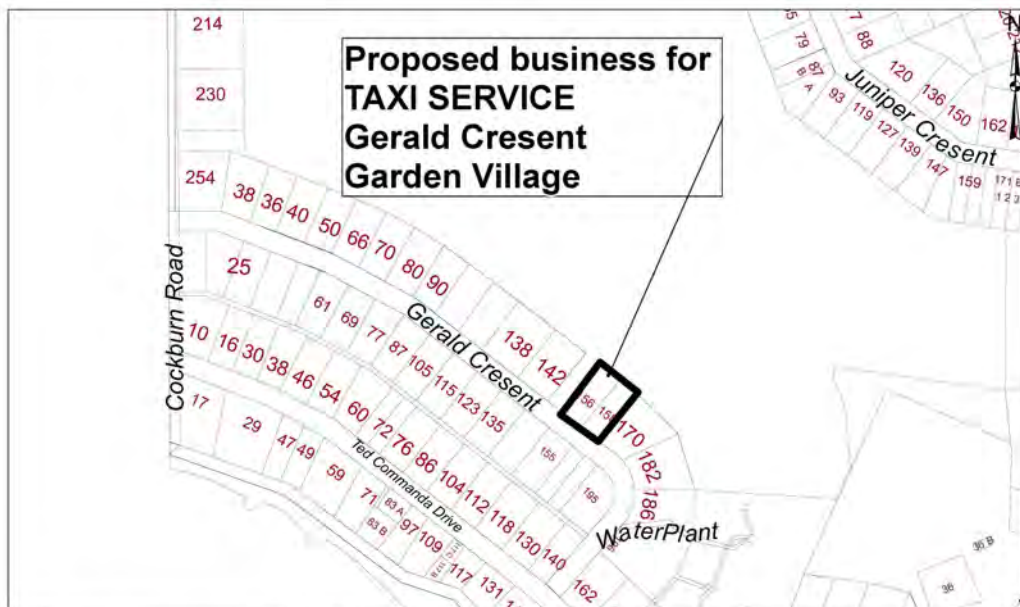
Election Code Review

Sessions were held on February 7th & 8th and a community survey was also distributed by mail, website and social media. Survey results will be available to view on our website in mid-March.

Business License Application

Proposed Taxi Service Business in Garden Village

Nipissing Nation received an application for a Commercial Land Use Permit to operate a taxi stand in the area of Gerald Crescent in Garden Village on a Nipissing Nation member's owned lands. The location is noted on the key plan set out below.



TAXI SERVICE Gerald Crescent, Garden Village

Date: 2/9/2018

Should you wish to express any concerns or valid objections about this proposed business, please submit them in writing by March 16, 2018 at 4:30pm to:

Dwayne Nashkawa, Chief Executive Officer
36 Semo Road, Garden Village ON P2B 3K2

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

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

RECYCLING & GARBAGE SCHEDULE 2018

Month	S	M	T	W	T	F	S
January	1	2	3	4	5	6	7
February	1	2	3	4	5	6	7
March	1	2	3	4	5	6	7
April	1	2	3	4	5	6	7
May	1	2	3	4	5	6	7
June	1	2	3	4	5	6	7
July	1	2	3	4	5	6	7
August	1	2	3	4	5	6	7
September	1	2	3	4	5	6	7
October	1	2	3	4	5	6	7
November	1	2	3	4	5	6	7
December	1	2	3	4	5	6	7

Public Works Events:
 May 3-4 Goods Exchange Days | May 9-11 Clean Up Days | May 19 GW, V.A. Woodruffe-Cook | May 10 Jocko Point & Area | May 11 Yellow/Duchowaty | May 20-26 National PW Appreciation Week

Recycling & Garbage Schedule:
 Recycling: 1st, 3rd, 5th, 7th, 9th, 11th, 13th, 15th, 17th, 19th, 21st, 23rd, 25th, 27th, 29th, 31st
 Garbage: 2nd, 4th, 6th, 8th, 10th, 12th, 14th, 16th, 18th, 20th, 22nd, 24th, 26th, 28th, 30th

Acceptable Fibres & Containers: Visit nfn.ca

Office Closure - Nipissing Day

A reminder that all NFN offices are closed on Monday, March 12th for Nipissing Day. The Landfill site will also be closed for the day, and garbage collection will be on Tuesday, March 13th.

The Recycling & Garbage schedule is available on our website: nfn.ca/admin_public.php

We wish everyone a safe and happy March Break, and especially wish our young **Nipissing Warriors** hockey teams great fun and success at Little NHL, which is taking place from March 11-15.

See page 9 for a listing of the activities planned for March Break.

Employment Opportunity

The following employment opportunity is currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) current work references no later than 4:30 p.m. on **Friday, March 2, 2018** to:

MAIL: Jennifer Lalonde, Human Resources Manager FAX: (705) 753-0207
36 Semo Road, Garden Village ON P2B 3K2 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
Miigwech to all applicants for their interest; however only those who qualify for an interview will be contacted.*

School Wellness Lead - Nbisiing Secondary School (1st Round Posting)

Contract Position (March 5 to June 22, 2018 & September 4, 2018 to March 29, 2019)

Nbisiing Secondary School is seeking a highly qualified and motivated individual to provide mental health programming and prevention supports. This individual will work with health and social services professionals to implement mental health services with students, staff and the community of Nbisiing Secondary School.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Member.
- Bachelor's Degree in Social Work or Mental Health Discipline from a recognized post-secondary institution and eligible for registration with an accredited professional association (i.e. College of Social Workers and Social Service Workers or College of Psychotherapists) **OR** Diploma in a related discipline and a minimum of 3 years direct work experience in addictions including assessment, treatment and intervention **OR** Diploma in Indigenous or Alternative wellness program with a minimum of 3 years of relevant community-based work experience;
- Knowledge of best and promising practice approaches and interventions (both western and traditional) to address mental health and/or addictions issues;
- Demonstrated cultural competence in addressing First Nation mental health and addictions issues;
- Crisis intervention training, Critical Incident Stress Management/Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST) an asset;
- A valid Ontario Class "G" Driver's License and access to a reliable personal vehicle.

RESPONSIBILITIES:

- Promote awareness of, and ensure access to, mental health and addiction services for students at Nbisiing.
- Provide education and health promotion including cultural understanding targeted to First Nations youth to support healthy development and enhance life skills, coping and resiliency;
- Provide clinical client referrals;
- Facilitate referral services as appropriate;
- Effectively liaise with various agencies or service providers involved in client care;
- Participate in case management and after-care processes to support client wellness;
- Maintain client records in a confidential and secure manner as per policies and procedures;
- Build relationships and mentor students and implement strategies that provide a comprehensive collaborative and student focused system of school based support for at risk students.

A recent Criminal Record Check and Vulnerable Persons Screening is required for the successful candidate.

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

Gaa-Bi Kidwaad Maa Nbisiing: The Stories of Nbisiing Anishinaabeg

Reminders for
Secondary &
Post-Secondary
Students:

Secondary

Students - 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 on **May 15th**. Submit your application prior to this date to secure funding for the 2018-19 year.

Please visit the [Education section of our website](#) or contact Tracy Hanzlik at the Education Office by calling (705) 753-6995 or by email to tracyh@nfn.ca for more information.



NEW DATES

Monday & Wed.
6-8pm @ Nbisiing School, Duchesnay

Tuesday only
6-8pm @ Library in Garden Village



COURSE:
HIS 1006 SI

DATES:
August 20-30, 2018

TIME:
Monday - Thursday
9:00 AM - 1:30 PM

LOCATION:
Nbisiing Secondary School,
Nipissing First Nation

INSTRUCTORS:
Elder John Sawyer and
Erin Dokis (erind@nipissingu.ca)

Course open to NFN community members, including grade 12 students who have graduated.

Please contact NFN Post-secondary Education Department to arrange for part-time registration fees (application required for approval).

Post-secondary Worker: gerryg@nfn.ca - 705-753-6995





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

Community Partnerships

The Native Child Welfare Prevention Department and two Elders will be working with 20 senior students from Nbsiing on March 7th and 8th to provide teachings on healthy relationships and traditional male and female roles. The next day, this group will make **Mossbags** and **Tikinagans** that will be gifted to the *Welcoming Babies* Ceremony in the Spring.



Six students from our school are heading to the Canadian Roots Exchange Youth Conference to present a workshop they've developed—*Nishnaabe Bmaadziwin: Language and Culture as Reconciliation*. The students will be sharing their personal journeys to connect with culture and language, and will be providing an Ojibwe language lesson.



Another exciting semester has begun at Nbsiing Secondary School. Shane is enrolled in the Canadore College Dual Credit for Aviation program. We have three other students in Dual Credits, including Motive Power, Building Construction and Graphic Design.



Ontario Secondary School Literacy Test (OSSLT) Tuesday, April 10, 2018



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

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

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

E-kinoomaagooyang nishnaabemong maa nbsiing (what we are learning here at nbsiing)

Aandi ekdong ____ nishnaabemong? - how do you say ____ in ojibwe?

Q. Aandi ekdong **"where are you going?"** nishnaabemong?

A. **Aandi ezhaayan?**

Aandi ekdong ____ zhaagnaashiimong? - how do you say ____ in english?

Q. Aandi ekdong **"Aandi ezhaayan?"** zhaagnaashiimong?

A. **Where are you going?**

Ziisbaaktoke Giizis (Sugar Moon)



KIDWINAAN: (Words for March)

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

TEACHING:

Sugar-making -- happened for several weeks in ziigwan (Spring) during the Ziisbaaktoke Giizis.

The Ojibwe headed north by canoe to our Spring camps as this was the time of maple syrup tapping and spear fishing. Our main building material, wiigwaas (birch bark), could be transported anywhere by canoe or dog sled to make a wigwam (lodge shelter).

Maple sugar meant more to our Ojibwe people than simple sustenance. It symbolized harmony with each other and with the natural and supernatural worlds.

Maple sugar-making began any time from late March to early April with the arrival of the first crow. Seeing this bird or hearing its call signaled the arrival of Spring and the end of the long, hard Winter.

Small bands would break up into smaller groups of families, usually around early spring time, and move into temporary "mapleing" camps. These camps, located in preselected areas for each family, would then become home for a few weeks to a few months while the family tapped, collected, processed and stored maple syrup and maple sugar.

The sugar was then used for trade and augmented the Ojibwe diet of wild rice, corn, squash, berries fish, venison, bear and moose meat. As the Woodland Ojibwe had no salt, they used maple syrup to season all of their food.

Third Moon

Ziisbaaktoke Giizis

Nswo giizis egoojing gaa zhichgaasod,

Ziisbaaktoke Giizis zhinkaazo.

Mii maa pii shki maadziwin waamdawegaadeg

Minwa mshkikiin, enji- maadziimag kina gegoo

Wii-biinag.

Ninaatig go wa bezhik ezhi-mshi-kiwid,

*Zhemnidoo gaa-miingoyang wii-biinaagwak
miskwiimaan*

Pii ni-nookmig.

Aabchi-mshkawziimgat maa mshkiki dbishko -

Gonaa kina enmaajiigwang, jibkensan emwidoowaad.

Mii maa egnawaamdang 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.



Cultural Events for March



Family Drum Social - Thursday, March 1st

6pm - 8pm at Church Hall in Ktigaaning (Garden Village)

Come out and learn some songs and jingle dress dancing with Angel Armstrong. Bring your regalia and a snack to share if you like. Everyone welcome!



Natural Law & Harvesting Workshop - Friday, March 2nd

9am - noon in the NFN Complex Gym in Ktigaaning (Garden Village)

Facilitator: Norm Dokis, Traditional Eco-Knowledge Keeper

Lunch and transportation provided. For more information or to register, please contact Jeff Stewart at 705-753-2050 ext. 1260 or jeffs@nfn.ca.



Ribbon Skirt Making in Ktigaaning - Saturday, March 3rd

10am - 4pm at NFN Complex Boardroom (new wing of building), Garden Village

Come out and learn how to make a ribbon skirt. Cost is \$10 if you bring your own material & ribbons, or \$20 without. Sewing machines are available, but you are welcome to bring your own. Register with Glenna at 705-753-2050 ext. 1232 or glennab@nfn.ca. Please bring your own lunch, snacks, etc.



Ribbon Skirt Making in Neyaaba'aakwaang - Saturday, March 10th

10am - 4pm at Nbsiing Secondary School, Duchesnay

Come out and learn how to make a ribbon skirt. Cost is \$10 if you bring your own material & ribbons, or \$20 without. Sewing machines are available, but you are welcome to bring your own. Register with Glenna at 705-753-2050 ext. 1232 or glennab@nfn.ca. Please bring your own lunch, snacks, etc.



North Bay Round Dance

Saturday, March 24th from 3pm - 1am

Nbsiing Secondary School



MC: Kirby Mianskum **Stickman:** Dave Hookimaw **Elder:** Perry McLeod-Shabogesic **Singers:** Tyler Eagle, McKenzie Ottereyes Eagle, Blair Beaucage, Jordan Mowat, Darren Nakogee, Cody Sutherland, Junior Ottawa

Pipe Ceremony at 3pm, Feast at 5pm & Round Dance from 7pm to 1am

Bring your water bottles and feast bundles!

*** Drumming Competition with \$1,500 in Prizes! ***

Hosted by the North Bay Regional Health Centre, Nipissing First Nation, Nbsiing Secondary School, North Bay Indigenous Friendship Centre, and Nipissing University Enji Giigdoyang - Office of Indigenous Initiatives



Anishinaabemwin Immersion Events

Every 2nd Friday from 6-8pm in the Church Hall, Ktigaaning

Upcoming Dates for March: Friday, March 9th & Friday, March 23rd



March Break Activities For Children & Youth



Monday, March 12th

NIPISSING DAY - All NFN offices are closed

Tuesday, March 13th

Matinée Movie (Child & Chaperone)

Time TBA - Cineplex North Bay (Transportation available)

Free - Limited Space (50 people only - NFN members)

To register, contact Lori-Anne at 705-753-3312

Sponsored by: Right Path

Beaded Earrings (ages 13 - 24)

11:00am - 4:00pm in the NFN Complex Boardroom, Garden Village

Free - Limited Space

To register, contact 705-753-2050 - Tamara (ext. 1323) or Joe (ext. 1340)

Sponsored by: Native Child Welfare

Wednesday, March 14th

Drum Making Workshop (ages 13 - 24)

4:30pm - 9:00pm in the NFN Complex Gym, Garden Village

Free - Limited Space

To register, contact 705-753-2050 - Tamara (ext. 1323) or Joe (ext. 1340)

Sponsored by: Native Child Welfare

Thursday, March 15th

Archery Tag (ages 9 - 16)

3:00pm - 5:00pm in the Nbisiiing School Gym, Duchesnay

Free - Limited Space Transportation available All safety gear and archery equipment provided

To register, contact Ashley at 705-753-3312

Sponsored by: Recreation

Friday, March 16th

Bowling (family event)

11:00am - 4:00pm at Chatelanes Bowl, Sturgeon Falls

Free - Limited space Transportation available Pizza Lunch Included

To register, contact 705-753-2050 - Tamara (ext. 1323) or Joe (ext. 1340)

Sponsored by: Native Child Welfare

Please contact individual program staff directly to register.

Child & Youth Events - March



Kids' Social in Garden Village - Sunday, March 4th (Ages 6-12)

10am - 2pm @ NFN Complex Boardroom (new wing), Garden Village

Hosted by the Native Child Welfare Prevention Program



Kids' Social in Duchesnay - Tuesday, March 6th (Ages 6-12)

6pm - 8pm @ Nbising Secondary School, Duchesnay

Hosted by the Native Child Welfare Prevention Program



Kids' Movie Night - Wednesday, March 7th (Ages 6-12)

6pm - 8pm @ NFN Library, Garden Village

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



Teen Movie Night - Wednesday, March 21st (Ages 13-18)

6pm - 8pm @ NFN Library, Garden Village

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



Kids' Movie Night - Wednesday, March 28th (Ages 6-12)

6pm - 8pm @ NFN Library, Garden Village

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



Making Maple Syrup with Tom Stevens - Saturday, March 31st (Ages 13-24)

11am - 4pm @ Tom's Sugar Shack in Garden Village (watch our Facebook page for details)

Hosted by the Native Child Welfare Prevention Program

HEALTH'S KITCHEN: A Twist on Your Favourite Foods



For youth **ages 13-24**

Do you like cooking or want to get more comfortable in the kitchen?

Join us in Health's Kitchen to learn to cook some of your favourite recipes with a twist. Prepared recipes will be shared for lunch.

Prizes to win!

There are 2 days and locations to choose from:

March 4: 11:00am-3:00pm @ the Lawrence Commanda Health Centre

March 25: 11:00am-3:00pm @ Nbising Secondary School

Call LCHC @ 753-3312 to register.

You must register in advance as spaces are limited.

Hosted by: the Nutrition Program and Native Child Welfare

**Grand Opening
Agenda of Activities**

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

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

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

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

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

2:15pm: Warriors Alumni Hockey Game

3:20pm: Hockey Puck Shoot Out for Prizes

For more information or to volunteer, contact:

Ashley Couchie at 705-753-6971 or ashleyc@nfn.ca

Everyone Welcome!



**OUTDOOR RINK
GRAND
OPENING**

Saturday, March 3
10am - 4pm
36 SEMO ROAD, GARDEN VILLAGE

Guidelines for Using the Outdoor Rink

- Access is through the change rooms. Please remove all personal property and litter.
- Washrooms are available during daytime hours and lights will automatically turn off at 10 p.m.
- There will be an ice attendant on duty periodically, however the facility is unsupervised.
- Children should be accompanied by an adult and helmet use is strongly encouraged.
- No smoking, alcohol, drugs or pets are permitted on the property.
- Users assume full risk and individual responsibility for use of the facility. NFN Management is not responsible for any accidents or injuries resulting from the use of this facility.

GARDEN VILLAGE OUTDOOR RINK SCHEDULE

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

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

Recreation Events - March

Zumba Fitness Drop-In Session (Adults & Youth 15+)

Monday, March 5th from 6pm - 7pm

NFN Complex Gym, Garden Village

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



Puck Handling & Power Skating with Mike & Matthew Penasse (Ages 6-12)

Sunday, March 4th from 1pm - 4pm

Outdoor Rink, Garden Village

Increase your knowledge of hockey and skating with Nipissing Warriors legend Mike Penasse and his son, world class figure skater Matthew Penasse.

Hosted by the Native Child Welfare Prevention Program



Leafs Game, Board Games & Pizza! (Ages 13-24)

March 3rd @ 8pm, and March 5th, 15th, 17th, 20th, 24th & 26th @ 7pm

NFN Complex Boardroom (in new wing), Garden Village

Hosted by the Native Child Welfare Prevention Program



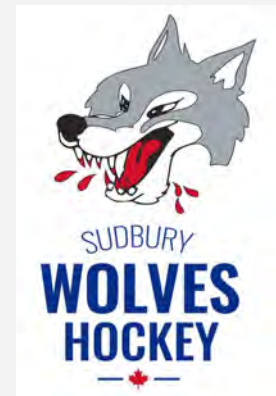
Congratulations to Brett Shawana

Congratulations to NFN's Brett Shawana on being named the Top Defensive Forward for the 2018-19 season in the Great North Midget League.

Brett plays centre for the Sudbury Nickel Capital Major Midget Wolves and will be representing NFN at the Little NHL tournament from March 11-15.



PLAYER INFO	
Season:	2017/2018 Playoff
Team:	Sudbury Nickel Capital Major Midget
Jersey Number:	6
Position:	Centre
Date of Birth:	September 26th, 2000
Age:	16
Height:	5'10" (70 in.) - 1.78m
Weight:	156lbs - (70.8kg)



Upcoming Events

Open Gym Nights @ Nbisiiing School

Thursdays from 4:30pm - 6:30pm (except March 15th)

Ages 6-18 years. Contact Ashley at 705-753-6971 or ashleyvc@nfn.ca for more info.



Survival Day

Camps with

Jeff Stewart...

Watch for dates

& details later

in March!

Public Health Bulletin

Orillia Dentist

An investigation by the Simco Muskoka District Health Unit (SMDHU) identified that patients who received dental services at the Joe Philip & Associates dental clinic between January 1, 2012 and December 18, 2017 may have been exposed to improperly cleaned & sterilized instruments used for dental procedures. The clinic is located at 18 Wyandotte Street in Orillia.

The risk of disease transmission is very low, however as a precaution, exposed patients should consider being tested for Hepatitis B, C & HIV.

Contact the North Bay Parry Sound District Health Unit at 705-474-1400, or NFN Health Services at 705-753-3312 for more information or for assistance with follow-up care.

Health Centre Events - March

Addictions Awareness Groups with Amanda Dokis

Fridays from 1pm - 3pm

NFN Complex Boardroom (in new wing), Garden Village

March 2nd - Week 4 – History, Trauma, Resiliency

March 9th - Week 5 - Relapse Prevention, Community Withdrawal Management & Treatment

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

The next session, "Life Skills Awareness", begins March 21st.



More to
LIFE

Art Therapy Sessions with Emily Couchie

FOR YOUTH (Ages 11-16) - 2 spots left

March 7th from 6pm - 8pm

Lawrence Commanda Health Centre, Garden Village

FOR ADULTS (17 & up) - 4 spots left

March 27th & 28th from 5pm-8pm

Nbisiing Secondary School, Duchesnay

Snacks & Refreshments available. Please call Lori-Anne at 705-753-1375 to register.



Men's Circle & BBQ Dinner

Thursdays March 8th & 22nd from 5pm - 7pm

Culture Centre, Garden Village

Hosted by the Culture & Heritage Department



International Women's Day - Afternoon Tea & Desserts

Thursday, March 8th from 1pm - 3pm

NFN Complex Gym, Garden Village

Hosted by the Ojibway Women's Lodge



International
Women's Day

Seniors' Movie Night

Tuesday, March 27th - Time TBA

Cineplex, North Bay

Contact Liz Stevens at 705-753-3312 for more information or to reserve your seat.



Jordan's Principle & Wiidooktaadyang - Dinner & Presentations

Monday, March 26th from 5pm - 7pm

NFN Complex Gym, Garden Village

Wednesday, March 28th from 5pm - 7pm

Nbisiing Secondary School Gym, Duchesnay

Learn more about the new programs available in Nipissing and how they can support our children/youth and our community's wellness.

Call Lori-Anne or Stella at 705-753-3312 to RSVP by March 19th.





Nutrition Month March 2018

Diabetes: What You Eat Matters

Diabetes is a serious disease and what you eat can help prevent and manage it.

Eating Well with Canada's Food Guide – First Nations, Inuit and Métis shows the types and amounts of foods to eat to get the nutrients your body needs.

Following Canada's Food Guide will also help you lower your risk of obesity, type 2 diabetes, and heart disease.

What are some tips for healthy eating?

- Choose a variety of foods from each of the four food groups
- Eat at least one dark green and one orange vegetable each day
- Have vegetables and fruit more often than juice
- Make at least half your grain products whole grain each day, for example, whole wheat bannock, bran cereal, and wild rice
- Drink 2 cups of skim, 1% or 2% milk or fortified soy beverage each day
- Choose lean meat, poultry and fish prepared with little or no fat or salt
- Try meat alternatives such as beans and lentils
- Use lower fat cooking methods such as grilling, boiling, stewing and baking
- Enjoy traditional foods such as wild meat and fish when you can
- Read the nutrition label at the grocery store to help you choose healthier foods

Limit foods and drinks which contain a lot of calories, fat, sugar or salt, such as:

- pop, fruit flavoured drinks, sweet drinks made from powder, and sports and energy drinks
- candy, chocolate, ice cream and frozen desserts
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- french fries
- chips and other salty snacks
- alcohol



Cooking Demo With Chef Hiawatha Osawamick

March 27 Time to Be Determined @ Nbsiing Secondary School

Join us to see a professional chef in action and learn some tips and recipes!

Call LCHC @ 753-3312 for more information and to register

Hope to see you there!



For more information, contact:

Lawrence Commanda Diabetes Education and Resource Centre
705-753-3312

In Loving Memory of Ernie Decheno

Pow Wow Fund Donors - \$1,000

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March 2018

Ziisbaaktoke Giizis (Sugar Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
Weekly Events: Adult Education Sessions 6-8pm @ Nbisiing School, Duchesnay <i>Every Monday & Wednesday</i> 6-8pm @ NFN Library, Garden Village <i>Every Tuesday</i>		Gym Nights in Duchesnay 4:30pm – 6:30pm @ Nbisiing School <i>Every Thursday (except March 15th)</i> 		1 Drum Social 6-8pm @ Church Hall in GV Open Gym Night 4:30pm-6:30pm @ Nbisiing School <i>Every Thursday</i>	2 Natural Law & Harvest Wkshop 9am – noon @ GV Gym Addictions Awareness Groups 1pm – 3pm in GV Boardroom	3 GV Outdoor Rink Grand Opening 10am – 4pm Ribbon Skirt Making in GV 10am – 4pm in GV Boardroom	
4 Kids' Social GV 10am – 2pm in GV Boardroom Health's Kitchen 11am – 3pm @ Health Centre	5 Puck Handling & Power Skating 1pm – 4pm @ GV Outdoor Rink On March 4 Zumba 6pm-7pm @ GV Gym	6 Kids' Social DV 6pm – 8pm @ Nbisiing School Council Meeting 7:30pm @ Council Chambers in GV	7 Kids' Movie Night 6pm – 8pm @ NFN Library, GV Art Therapy for Youth 6-8pm @ Health Centre	8 Int'l Women's Day Tea & Desserts 1-3pm @ GV Gym <i>Hosted by OWL</i> Men's Circle 5-7pm @ Culture Ctr	9 Anishinaabemwin Immersion Class 6-8pm @ Church Hall, Ktigaaning Addictions Awareness Groups 1pm – 3pm in GV Boardroom	10 Ribbon Skirt Making in Duchesnay 10am – 4pm @ Nbisiing School	
11 Good luck to all Nipissing Warriors who are heading to Little NHL!	12 Nipissing Day All NFN Offices, Food Bank and Landfill Site are CLOSED	13 Matinée Movie @ Cineplex - Time TBA <i>Child & Chaperone</i> Beaded Earrings 11am-4pm @ GV Boardroom	MARCH BREAK			16 Family Bowling 11am-4pm @ Chatelanes Bowl	17 Happy St. Patrick's Day! 
	18	19	20 Council Meeting 7:30pm @ Council Chambers in GV Fisheries 2018 Info Session 6-8pm @ Nbisiing	21 Teen Movie Night 6pm – 8pm @ NFN Library, GV Fisheries 2018 Info Session 6-8pm @ GV Gym	22 Men's Circle 5-7pm @ Culture Centre, GV Open Gym Night 4:30pm-6:30pm @ Nbisiing School	23 Anishinaabemwin Immersion Class 6-8pm @ Church Hall, Ktigaaning	
25 Health's Kitchen 11am – 3pm @ Nbisiing School	26 Jordan's Principle Wiidooktaadyang 5-7pm @ GV Gym. Dinner & Presentations Cooking Demo @ Nbisiing, Time TBA On March 27	27 Art Therapy for Adults 5-8pm @ Nbisiing School March 27 & 28 Seniors' Movie Night @ Cineplex	28 Kids' Movie Night 6pm – 8pm @ NFN Library, GV Jordan's Principle Wiidooktaadyang 5-7pm @ Nbisiing	29 Open Gym Night 4:30pm-6:30pm @ Nbisiing School	30	31 Making Maple Syrup with Tom 11am – 4pm @ Tom's Sugar Shack in Garden Village	



Contact Us

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

