

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

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Council Meetings:

May 5th @ 7:30pm
Garden Village

May 19th @ 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

Our Newsletter's New Name

Thank you to everyone who submitted name suggestions for this newsletter. 45 entries were received, which made it difficult to decide on a winner, but **Enkamgak** was recommended by the sub-committee, and chosen by Council, as the winning entry.

Congratulations to **Muriel Sawyer** for submitting the winning name! Muriel graciously donated the \$100 cash prize to our Food Bank. Miigwech!

Important Updates:

Community Consultations

Boundary Claim Trust Income

Three community meetings were held the week of April 20th to discuss the proposed strategy to reinvest/distribute the boundary claim trust income revenues. We are now in the process of compiling the public input that was gathered and are preparing the follow up report for Council and the public.

Renewable Energy Projects

Council has approved continuing negotiations with Innergex, a renewable energy developer, to submit bids for two projects (one wind, one solar) in response to the Province of Ontario's Request for Proposals for Large Renewable Procurement - a competitive process in which 35 renewable energy developers have been invited to bid.

A website - www.nfnenergy.com - has been created to provide details about these projects rather than doing a mail-out to all members. If you don't have a computer or internet access, please call Michael Harney at 753-2050 ext. 1264 or Gen Couchie at 753-2050 ext. 1270 to request information by mail.

Election - Notice of Nomination Meeting

See the notice on [page 4](#) from Nipissing First Nation's Electoral Officer.

Fisheries Law Changes

See [page 3](#) for a summary of the Fisheries Law changes that were approved by Council based on recommendations from last fall's community meetings.

ELECTIONS 2015

**NFN Satellite
Office @ UOI**
9:00am to 4:00pm

Ontario Works
(every 2nd Wednesday)
Wednesday, May 13th
Wednesday, May 27th

Finance
(every 3rd Friday)
Friday, May 15th

Membership
(every 3rd Monday - except holidays)
Monday, May 25th

Health Centre
(by appointment only)

NOTICE OF NIPISSING FIRST NATION 2015 ELECTION NOMINATION MEETING

Notice is hereby given that there shall be a meeting of Nipissing First Nation electors for the purpose of Nominating candidates for Nipissing First Nation Chief and Council on **Friday May 22, 2015** between the hours of **7 pm and 9 pm** at **Nipissing First Nation community center** located at 36 Semo Road, Garden Village, Ontario.

In order to be a nominator or seconder of a nomination for a candidate for the position of Chief or Councillor you must be an eligible voter of Nipissing First Nation.

In order to be eligible candidate for a position of Chief or Council the person nominated must be:

- a) an "eligible voter" as defined in the Nipissing First Nation Custom Election Regulations;
- b) "resident of Nipissing First Nation lands" as defined in the Nipissing First Nation Custom Election Regulations;
- c) take a leave of absence from his/her employment effective from the date of acceptance of nomination until the results of the election have been finalized, if employed by Nipissing First Nation.
- d) comply with Nipissing First Nation code of ethics for Candidates.

Given under my hand at Nipissing First Nation, this 13th day of April, 2015.



Fred Bellefeuille
Nipissing First Nation Electoral Officer
P.O. Box 24058,
North Bay, ON P1B 0C7

Any questions concerning the nomination meeting can be directed to the Electoral Officer, Fred Bellefeuille at 705-303-6868.

Newsletter Delivery

A reminder that the newsletter is currently only mailed to local elders (65+), but it can be sent to you by email or viewed on our website at www.nfn.ca.

To request email delivery, please contact Gen Couchie at (705) 753-2050 ext. 1270 or at genc@nfn.ca to provide your email address.



Contact Us

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

2015 Treaty Payment

Thursday, June 4th

Please be advised that the cash distribution of TREATY PAYMENTS for NFN will be held on June 4th at the following locations:

Duchesnay - Nbisiing Secondary School
10:00am - 11:30am

Garden Village - NFN Community Complex
1:00pm - 4:00pm

We encourage Band Members to have their Status Cards available to ensure greater efficiency and to expedite the Treaty Payment process.

Please be reminded that Third Party pick-ups are no longer allowed; however one can collect for a spouse, and parents can collect for children under the age of 18 who are still living at home.



Changes to Fisheries Law

A notice was sent in the April mid-month mail-out to local community members to communicate the following changes to the Fisheries Law.

Summary of Changes

ALL MEMBERS

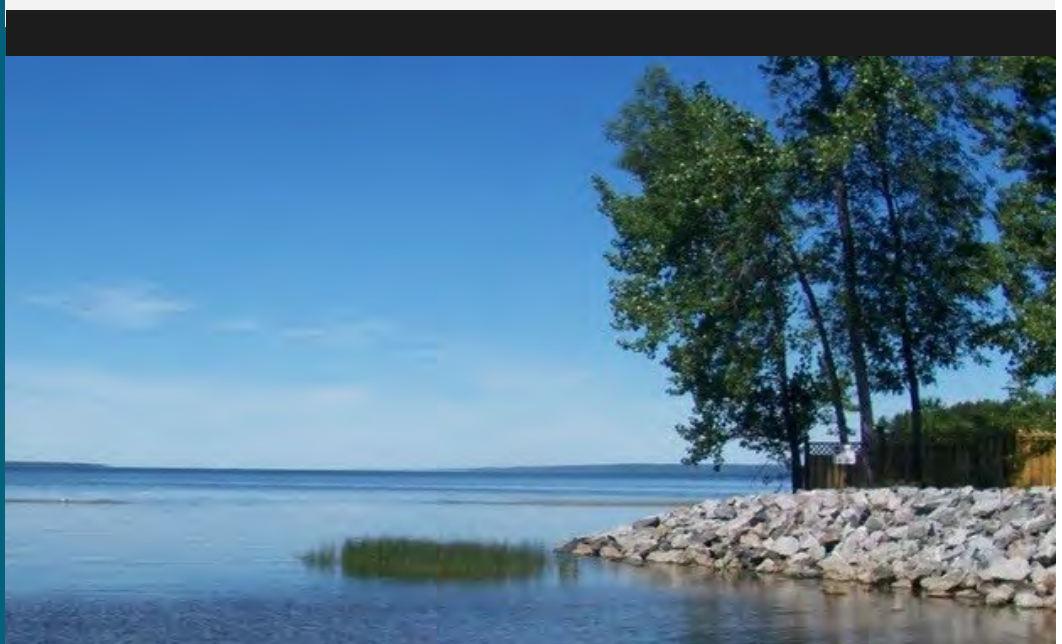
1 YEAR MORATORIUM on spear fishing

COMMERCIAL FISHING

- Gill net moratorium during the walleye spawn
- Season will open May 16
- Number of nets **reduced from 5 to 3** per person
- Allowable net size changed to a **minimum of 3.75"**
- Season will close when target number is reached, which will be decided by Council based on monthly catch reports provided by the Natural Resources department.

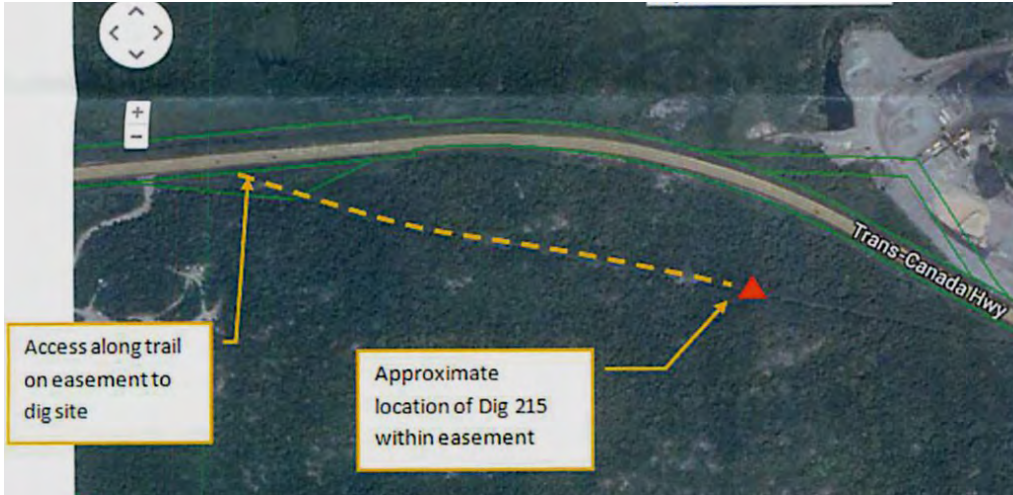
Why are these Changes Needed?

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. By protecting the spawning and young fish, we protect the lake... and our future.



Lands Notice to Membership

Union Gas will be conducting maintenance of their natural gas pipeline at the location shown on the sketch below.



The area is south of Highway 17 and across from the Miller Quarry. This work will start in early May and carry into June and July 2015.

Should you have any concerns or questions, please contact the Lands Office at (705) 753-2922.

Public Works, Water Department

Please be advised that spring hydrant flushing will start the week of May 4th and will continue until mid-month.



Hydrant flushing is necessary to maintain water quality and system infrastructure. Residents may experience a drop in water pressure and slight water discoloration. If you have rust-coloured water please run your cold water tap until the water clears.

If you have any questions, please contact the Public Works Department at (705) 753-4167.

See pages 26 & 27 for information about this year's Goods Exchange, Spring Cleanup and Hazardous Waste Pick-Up.

Grass Burning Notice



Don't let this happen to you!

Please use caution if you are planning on burning yards this spring and be respectful of your neighbours.

Make sure you have on hand: A shovel, a bucket of water or water source nearby to contain the burning within your property.

NEVER leave your fire unattended. With spring weather and dryer grass, fires can spread very easily and cause damage to other people's properties.

Please use respect and caution if you decide to burn this spring.

In case of emergency, **call 911.**

Thank you from the Nipissing First Nation Fire Department





Nbisiing grade nine students participated in a trial online EQAO Ontario Secondary School Literacy Test that will better prepare students for the electronic literacy test platform available in 2016. Grade 10 students wrote the OSSLT on March 26th.



Our hospitality students demonstrate their skills during the practical component of their midterm

Nbisiing students who participated in the school Wiidooktaadwin Aboriginal Mentorship Initiatives program this semester went to Nipissing University for a full day to celebrate working together. The conferences surround traditional Aboriginal teachings, the importance of helping one another, and having fun.

Grade 9 geography class participated in the campaign to promote Earth Hour on Saturday March 28th, from 8:30pm-9:30pm. The students wrote letters to City of North Bay Mayor Al McDonald and The Fox Radio Station to raise awareness about Earth Hour. The students also used social media; Facebook and Twitter to promote clean energy and encourage people reduce carbon emissions.



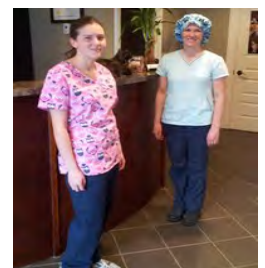
Our Green Industries and Business classes visited Parview Dairy Farm in West Nipissing on April 1st. The students went on a tour of the facilities, which included state-of-the-art robotic milking machines. They also got to meet and talk with the owner, James Parsons. The students found the visit informative and relevant to their studies. They also really enjoyed the sights, sounds and hands-on experience of the agri-food business.

The leadership students at our school were given an opportunity to participate in a two-day conference to begin a Safer and Vital Communities Project for youth on Whitefish Lake Community with presentations from leaders in the field of community wellness and safety. Presenters included Dr. Brenda Restoule, Scott Restoule and APS inspector Marc LeSage. Our Students enjoyed how practical the information was and were excited to come back to school and share with their peers.

Thank you goes out to Josh Goulais. He was hired on contract through KNET to participate in I.T. training and support at Nbisiing. Thank you to Harley Saunders, our tech teacher for providing support for Josh. Miigwech to you both for your hard work in keeping the computer network system operating smoothly.

A Chi-Miigwech goes out to James Horner, Mark Burns and Emily Gray who worked very hard to ensure Nbisiing's Robotics team was a success again this year. The late hours and your dedication to working with the students to build their robot is commended.

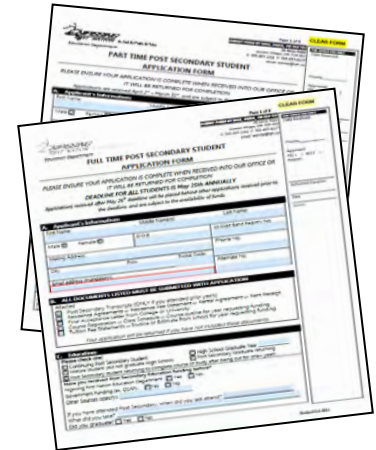
Our school offers exciting, career-readiness training programs like co-operative education. Here is one of our students - Brittany, at her placement, Bay City Animal Hospital with her veterinarian supervisor, Dr. Christina Karkanis.



Full Time
Application
Deadline
May 25th-4pm



The Post Secondary Educational Assistance Program



Education Office

70 Semo Rd.
Garden Village
Ph. 705-753-6995
Fx. 705-753-5827

Applications for Full Time and Part Time studies are available on our website at www.nfn.ca, or stop by the Education Office. Questions can be addressed to Wendy by visiting the office, phone or email at wendyl@nfn.ca

Part Time Application Requests for April 2015 - March 2016 are still being accepted.



Toronto, March 25, 2015 – University and college students wanting meaningful employment opportunities are being urged to build their profiles with Magnet, a new network powered by cutting-edge job-matching technology.

The Magnet network, which launched last September, is radically changing how youth engage with potential employers to find good jobs that match their experience and career aspirations. Students who sign-up gain a significant competitive advantage in their job hunt, and using the system is free, including registration.

What is different about Magnet is its accuracy, speed and efficiency. Students can simply build their profile by uploading their resume or importing their LinkedIn profile. Once the profile is registered, the system immediately provides the candidate with specific job postings that match their skills, qualifications and preferences.

Connect with MAGNET

www.magnet.today

Twitter: @MagnetToday
www.twitter.com/MagnetToday

Facebook: www.facebook.com/pages/MagnetToday/274575159393143

LinkedIn: www.linkedin.com/company/magnet-today

YouTube:
youtu.be/6XhtNzQp-18
youtu.be/xT9-3v7s138

Post-Secondary Students

- Positions are for High School Graduates and for continuing Post-Secondary Students only - must provide documentation to validate.
- All applicants must have a current CPIC prior to the first day of employment.
- Birth date must be from 1990/01/01 on to be able to apply for summer positions (25 years or younger)

ANISHINAABEMWIN WORKER: (Garden Village)

1 Position

Start June 1, 2015 (12 weeks)

- Assist with planning and preparation of the annual Pow-wow
- Working with the Language Worker, create a beginners home language package for our communities.
- Attend cultural and language workshops as needed (medicine camp, language events, etc)
- Assist the Cultural Coordinator with Pow-wow grounds preparation
- Learn to erect and tear down the tee pee.

LIBRARY/HERITAGE WORKER: (Garden Village)

1 Position

Start June 1, 2015 (12 weeks)

- To create Anishinabek Story Bundles
- Create Anishinaabemwin audio clips for text documents
- Update and organize NFN heritage photos
- Research and create manual of aboriginal websites, including language
- Photograph and record community events
- Operate Automated Library software – circulation desk
- Organize heritage collections and promotions
- Training in Knowledge Ontario and Service Ontario data bases

INFORMATION TECHNOLOGY ASSISTANT: (Garden Village)

1 Position

Start June 1, 2015 (12 weeks)

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

OJIBWAY WOMENS LODGE- SUPPORT WORKER: (Duchesnay)

1 Position

Start June 1, 2015 (12 weeks)

- Reports directly to the Ojibway Women's Lodge Program Supervisor
- Provide supportive and assist with the day to day operations of the shelter
- Assist with childcare, household duties and meal preparations
- Other duties as required

DAY CARE ASSISTANT: (Garden Village and Duchesnay)

4 Positions

June 1, 2015 (12 weeks)

- To assist with supervising a group of four to eight children 2 1/2 to 5 years of age
- To assist with the arrangement and learning environment of the classroom
- To assume an equal share of housekeeping responsibilities
- To become aware of allergy list or other health condition
- To prepare art activities and circles according to the weeks theme

Stewardship Youth Ranger Team Lead

Short Term Contract Position (June 1 - August 28, 2015)

The Stewardship Youth Ranger Program provides youth with the opportunity to work outdoors, learn about environmental issues affecting their community and acquire the valuable skills and work experience needed to launch their future careers. As a Team Lead, you will:

- Provide group leadership to a team of Stewardship Youth Rangers on a variety of field projects
- Research and identify learning opportunities for the group
- Ensure the availability of required resources and equipment
- Ensure compliance with workplace safety regulations

What we are looking for:

Group leadership skills:

- You have working knowledge of the workplace safety legislations and related regulations (e.g. Occupational Health & Safety Act)
- You can motivate and provide direction to SYR team members and assist with performance appraisals

Communication Skills:

- You can liaise with a variety of internal and external stakeholders (e.g. ministry staff, parents, community groups, clients, etc.)
- You can explain technical information and instructions and develop written reports.

Technical Knowledge:

- You have knowledge of environmental stewardship activities (tree planting, stream clean-up, monitoring/removal of invasive species, etc.)
- You are proficient in the use of related tools and equipment (e.g. hand saws, hammers, shovels, etc.)

General Skills:

- You have planning and coordination skills to manage projects and ensure required material resources are available
- You have analytical and problem solving skills to monitor and evaluate project progress and effectiveness
- You are proficient with a variety of computer software applications (e.g. word processing, spreadsheets, electronic mail, etc.)

Mandatory Requirements:

- You hold a valid Ontario driver's licence – class “G” or equivalent as recognized by the Province of Ontario
- You hold or have the ability to obtain a valid Standard First Aid Certificate
- You hold or have the ability to obtain a valid Pleasure Craft Operators Card

A current Criminal Records Check must be provided upon employment. Please submit a Cover Letter and Resume by **Friday, May 15, 2015 at 4:30pm** to:

Jennifer Lalonde, Human Resources Manager
Nipissing First Nation
36 Semo Road
Garden Village, ON P2B 3K2
Fax: (705) 753-0207
Email to: resumes@nfn.ca

Summer Children's Program Coordinator **Short Term Contract Position (June 1 - August 21, 2015)**

Under the direction and supervision of the Social Services department, the Summer Children's Program Coordinator will organize Nipissing First Nation Summer Children's Program in Duchesnay.

QUALIFICATIONS:

- Must be a registered Nipissing First Nation Member
- Must have minimum Post-Secondary education and have proven experience and skills in leading a team.
- Knowledge in recreation and leisure services will be considered an asset.
- A valid Driver's License and access to a vehicle.

REQUIRED SKILLS:

- Must be able to work with minimum supervision and be punctual and reliable.
- Must have ability to work as a team member and have excellent written/verbal communication skills.
- Ability to communicate with parents about child needs; Excellent communication and interpersonal skills.
- Exceptional customer engagement skills and well developed problem solving abilities.
- Excellent administrative and organizational skills and ability to prioritize.
- Experience working with children in a recreational setting.

DUTIES AND RESPONSIBILITIES:

- Responsible for the safety and welfare of groups of children
- Supervision of Camp leaders and Assistants through proper scheduling
- Daily communication with Parents, staff. Use of conflict resolution skills to manage and solve problems.
- Provide opportunities for campers to have fun in a constructive way through a program, which is balanced in both quiet and active play.
- Actively participate in games and activities.
- Determine what supplies and equipment are needed on a daily/weekly basis.
- Maintain an accurate roster of camper attendance.
- Assist, as needed, during lunch, activities and craft time.
- To assist in the execution of all camp activities.
- Perform all duties in the safest possible manner and report all incidents and health & safety concerns to the supervisor or manager
- Perform general clerical duties to include photocopying, faxing, mailing, and filing.

A current Criminal Records Check must be provided upon employment

Please submit a Cover Letter and Resume by **Friday, May 15, 2015 at 4:30pm** to:

Jennifer Lalonde, Human Resources Manager
Nipissing First Nation
36 Semo Road
Garden Village, ON P2B 3K2
Fax: (705) 753-0207
Email to: resumes@nfn.ca

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

Public Works - Office Clerk

1 Year Contract Position

Under the direction of the Public Works Supervisor, the Officer Clerk develops, implements and coordinates effective clerical and administrative procedures for the Public Works Department. Responds to and directs public inquiries, both by telephone and in person.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Band Member.
- Postsecondary diploma in Office Administration or equivalent combination of education and experience.

REQUIRED SKILLS:

- Must have strong written, communication and organizational skills.
- Must have advance knowledge of Microsoft Office software.
- Able to work with minimum supervision.
- Knowledge of budgeting and financial reporting.
- Must be reliable, punctual and dependable.

DUTIES:

- Responsible for providing clerical, secretarial and administrative assistance for the Public Works Dept;
- Duties to include taking minutes, typing, filing, all correspondence;
- Provides clerical, which will include submission of MTO and AANDC Reports, monthly Financial Reporting and Cheque Requisitions;
- Responds to telephone enquiries;
- Assists in ordering and arranging deliveries of Public Works material and supplies;
- Performs other related duties as may reasonably be required by the Public Works Supervisor.

Deadline for Applications is **Friday May 15, 2015**. Please forward Letter of Application, Resume and Three (3) References to:

Jennifer Lalonde, Human Resources Manager
Nipissing First Nation
36 Semo Rd.
Garden Village, ON P2B 3K2
Fax (705) 753-0207
Email: resumes@nfn.ca

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

Lands - Data Management Clerk 3 Month Contract Position

Under the direction of the Lands Manager, the Data Management Clerk will ensure the transfer of current files to electronic copies. This is a contract position for 3 months with the possibility of extension.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Band Member.
- Must have post secondary or equivalent training and experience related to this position.
- Additional specialized training courses in word processing, data entry and administrative support considered an asset.
- Must have experience in data management.
- Must have advance knowledge of Microsoft Office software.
- Experience and knowledge of Laserfinche software considered an asset.

REQUIRED SKILLS:

- Must have strong written, communication and organizational skills.
- Must have strong attention to detail.
- Ability to work under pressure and meet deadlines.
- Able to work with minimum supervision.
- Must be reliable, punctual and dependable.

DUTIES:

- Prepares source data for computer entry by compiling and sorting information.
- Ability to input information accurately.
- Organizing and filing of paperwork.
- Maintains operations by following policies and procedures.
- Other administrative duties as required.

Please submit a Cover Letter, Resume and Three (3) References by **Friday, May 15, 2015 at 4:30pm** to:

Jennifer Lalonde, Human Resources Manager
Nipissing First Nation
36 Semo Rd.
Garden Village, ON P2B 3K2
Fax (705) 753-0207
Email: resumes@nfn.ca

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



IMPORTANT NOTICE!

If you ever receive the Good Food Box, please read the following about changes being made to the program starting June 2015.

Due to an increase in participants, we will be making some changes to help the program continue to run successfully.

Changes to the Good Food Box starting June 2015:

- 1) Good Food Boxes will be assembled on the **third Thursday** of each month.
- 2) **For all participants who live on reserve but outside of Garden Village:**
Your box will be delivered on the **third Thursday** of each month.
- 3) **For participants who live in Garden Village:** You can pick up your box at the Food Bank from 8:30am to 12:00pm on the **third Friday** of each month.
- 4) **For CPNP participants who live in Garden Village:** You can pick up your box at the Lawrence Commanda Health Centre from 1:00pm to 4:30pm on the **third Thursday** of each month.
- 5) If you need assistance picking up your box, please let us know.
- 6) There will be **no Good Food Box in the month of December**. The Good Food Box program will instead be assisting the Nipissing First Nation Santa Fund.

There will be no changes to the May 2015 Good Food Box.

Thank you for your cooperation. If you have any questions, concerns or would like to know specific dates, please contact:
Erika Weidl, Community Nutritionist, (705) 753-3312 x 2225



food
bank

17 Philip Avenue,
Garden Village

May Hours

CLOSED on Monday, May 18th for Victoria Day, but we will be **OPEN** on Tuesday, May 19th from 8:30am to 12:00pm

REGULAR HOURS:

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

Please contact Lisa Vega at 753-6972 or email lisav@nfn.ca if you have any questions.

Northern Ontario School of Medicine Students

We are pleased to welcome two First Year Medical Students from the Northern Ontario School of Medicine.

Okasana Motalo & Sean C. Thomas arrived on April 26th and will live in our community for a month to learn about First Nation communities through experience and interaction as they study to become doctors.

Brief Biographies:

Oksana is originally from Timmins and has been living in Sudbury since 2008. Oksana graduated from Laurentian University in 2012 with a Bachelor's degree in Nursing, and worked as a Registered Nurse in the medical/oncology/palliative department at Health Sciences North for 2 years post-graduation. Her clinical areas of interest include general surgery, plastic and thoracic surgery. Her community areas of interest include mental health, health promotion, and disease prevention. She also has an interest in working with older clients.



During this placement, Oksana would like to learn more about the community and the daily life of its residents. She is interested in learning more about Indigenous culture in general, as well as community-specific norms, values and beliefs.

Sean is originally from India, and has travelled to (and lived for varying periods of time) in Iran, Syria, Turkey and Eritrea before settling in Sudbury in 2007. Sean graduated from Laurentian University with a Bachelor of Arts degree in Psychology and a Bachelor of Science (Hons) in Biochemistry, as well as a Master's degree in Experimental Psychology.



Sean's area of interest is Family Medicine and he would love the opportunity to learn more about Aboriginal culture and how everyone works together. He is particularly interested in learning about the various beliefs and customs that will affect his interactions as a future physician.

Parental Mental Health Day

- WHEN:** Thursday, May 7th from 11:00am to 12:00pm
- WHERE:** Nipissing Early Years Centre (171 Chippewa Street, North Bay)
- CONTACT:** Kat Jodouin at jodouink@gmail.com for more information about this FREE event hosted by the Nipissing Postpartum Mood Disorder Network

FEATURING:

Photovoice Exhibit · Information · **Reception** · Reading of the Proclamation · **Four Flags Launch**



Pre-Diabetes

Pre-diabetes refers to blood sugar levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Like type 2 diabetes, pre-diabetes can occur without you even knowing it, so being aware of your risks and being tested are important.

It is important to know if you have pre-diabetes as research has shown some long-term complications associated with diabetes, such as heart disease and nerve damage, may begin during pre-diabetes.

Risk Factors for Type 2 Diabetes:

- ⇒ Being 40 years of age or older;
- ⇒ Having a parent or sibling with type 2 diabetes;
- ⇒ Being a member of a high risk population such as those of Aboriginal, Hispanic, Asian, or African descent;
- ⇒ Having a history of impaired glucose tolerance;
- ⇒ Having evidence of the complications of diabetes, such as eye, nerve or kidney problems;
- ⇒ Having heart disease;
- ⇒ Having a history of gestational diabetes;
- ⇒ Having a high blood pressure;
- ⇒ Having a high cholesterol;
- ⇒ Being overweight, especially around your abdomen.



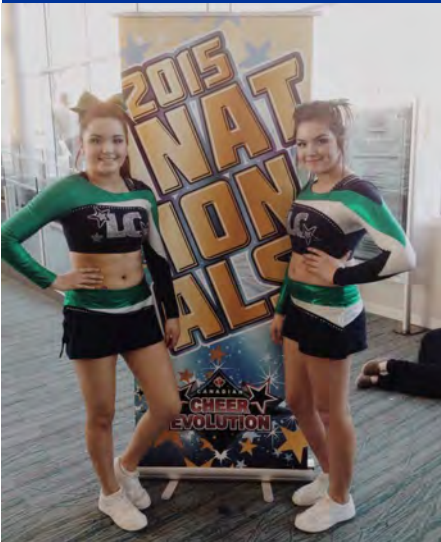
Research has shown that if you take steps to manage your blood sugar when you have pre-diabetes, you can **delay or prevent** type 2 diabetes from developing. You may be able to reduce blood sugar levels with simple lifestyle changes, such as increasing your physical activity and enjoying a healthy, low fat meal plan.

The important thing to remember about pre-diabetes is that it doesn't always lead to diabetes.

Determining whether or not if you have it gives you a chance to change your future to one that doesn't include type 2 diabetes.

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





Trista (left) & Megan (right)

Congratulations to **Trista and Megan** who competed at the 2015 National Cheerleading Competition in April!

Trista and Megan were approved for the *Youth Who Excel* fund, which supports Nipissing First Nation Youth who compete at a provincial or national level.

Please contact Brandie Fong at (705) 753-3312 ext. 3001 if you would like more information, or visit: www.nfn.ca/documents/recreation/ for more details.

May Walking Program

Learn and feel the benefits of **Urban Polling** while taking advantage of this FREE PROGRAM! *It only take 10 mins to learn the technique!*

Begins Saturday, May 9th at the North Bay Waterfront

Group Meeting Places

Tuesdays & Thursdays from 7:00pm - 8:00pm
at Nbisng Secondary School

Saturdays from 2:00pm - 3:00pm
at North Bay Waterfront

** Weather Permitting **

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



Sponsored by: Aboriginal Healing & Wellness Program

Drum Fit Program (Adults)

WHO: Adults 18+

WHEN: Wednesday Nights starting May 6th
7:30pm - 8:30pm

WHERE: NFN Complex, Garden Village

The Drum Fit Program is a fun way to work up a sweat by rhythmic drumming on AB Balls to music.

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

Garden Village

GYM NIGHTS

Garden Village Band Office Complex

Mondays & Wednesdays

Date	Ages	Activity	
Monday May 4	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Kaboom Ball Knee/Elbow Tag, Hide 'n Seek
Wednesday May 6	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Hockey Dodge Ball Soccer
Monday May 11	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Pop Up Alien Tag, Hide 'n Seek
Wednesday May 13	Ages: 6-12 Ages: 13-18 ADULTS	4:00pm - 6:00pm 6:00pm - 7:30pm 7:30pm - 8:30pm	Balloon Volleyball Skilltastic Game Drum Fit
Monday May 18	<i>Victoria Day Holiday</i>	<i>NO ACTIVITIES</i>	
Wednesday May 20	Ages: 6-12 Ages: 13-18 ADULTS	4:00pm - 6:00pm 6:00pm - 7:30pm 7:30pm - 8:30pm	Scooter Challenge Skilltastic Game Drum Fit
Monday May 25	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Open Water Wisdom Games
Wednesday May 27	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 7:30pm	Skilltastic Game Human Foosball



Duchesnay

GYM NIGHTS

Nbisiing Secondary School

Tuesdays & Thursdays

Date	Ages	Activity
Tuesday May 5	Ages: 6-12 4:30pm - 6:30pm	Temple of Doom Scooter Style
Thursday May 7	Ages: 6-12 4:30pm - 6:30pm	Grounder Rubber Chicken
Tuesday May 12	Everyone Welcome - 6pm - 7pm	BUBBLE SOCCER & INFLATABLE JUMPER
Thursday May 14	Ages: 6-12 4:30pm - 6:30pm	Kaboom Game Big Ball Soccer
Tuesday May 19	Ages: 6-12 4:30pm - 6:30pm	Swampland Volleyball
Thursday May 21	Ages: 6-12 4:30pm - 6:30pm	Character Skills Game Dodge Ball
Tuesday May 26	Ages: 6-12 4:30pm - 6:30pm	Grounder Lacrosse
Thursday May 28	Ages: 6-12 4:30pm - 6:30pm	Open Water Wisdom Games



Annual Seniors' Trip *overnight*

Toronto Blue Jays Game

TUESDAY, MAY 5TH

Bus leaves NFN Band Office at 12:00pm (noon)

Pick-up in Duchesnay at approximately 12:30pm



Please call 753-3312 by May 1st to register.

Reminder: All meal and spending money is the responsibility of the participant.



Bubble Soccer & Children's Inflatable

FUN FOR THE HEALTH OF IT

In recognition of CANADA HEALTH DAY

Refreshments & Snack provided

WHEN: Tuesday, May 12th from 6:00pm - 8:00pm

WHERE: Nbisiing Secondary School, Duchesnay

WHO: **Children's Inflatable - for ages 3-11 years** (Open from 6:00pm - 7:15pm)
Bubble Soccer * - for ages 12+ only

* Height & Weight Restrictions due to bubble soccer capacity and size: must be under 6'5" and 250 lbs

CONTACT: Call (705) 753-3312 for more information

24th Annual Charity Golf Tournament

Saturday, July 4th at Laurentide Golf Club

3 PERSON SCRAMBLE - 18 HOLES (Rain or Shine)

Registration includes round of golf, dinner & prizes for everyone

\$90 PER PERSON (early bird registration)

\$100 per person after June 19th

Please register early by contacting:

Melvin McLeod at (705) 753-4319 or Freda Martel at (705) 753-2050

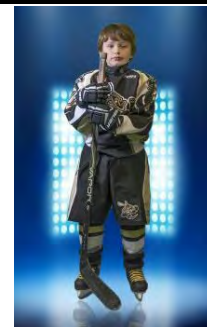
REGISTRATION AT 8:00 am, SHOTGUN START AT 9:30 am

Golf carts will be coordinated by Melvin McLeod. Payment for golf carts must be made by the golfer at Laurentide Golf Club the morning of the tournament.

*All proceeds to the Nipissing First Nation Food Bank
& Little NHL Tournament Fundraising*

Miigwech to Louie McLeod (Necessities Convenience Store)

Owen Head and his family would like to say Miigwech to Louie McLeod for his support in Owen's endeavour to play Novice Rep hockey with West Nipissing Sting. The support provided to Owen gave him the opportunity to play and experience hockey in an elite level hockey program. Owen participated in several tournaments and finished **1st place** in the **NDHL Championship**.



The generous support from Louie McLeod assisted Owen with the opportunities to attend tournaments with the Novice Rep West Nipissing Team such as: "**Sudbury Regional Silver Stick**" where the West Nipissing Sting placed 1st place and playing in the "**International Silver Stick Tournament**" in Michigan. Miigwech for the support from Louie, Necessities Convenience Store and Nipissing First Nation Community Members!



Nipissing Warriors Novice & Tykes teams
take this opportunity to publicly Thank/Miigwech



Dreamcatcher Charitable Foundation

For their support of our participation in the Little NHL Hockey in Mississauga during March Break 2015

Both teams brought home Silver in the Recreation Division



NOVICE ~ SILVER, "B" Division

Back row L-R:

Destiny Beaucage, Ava Couchie, Kiigin Bellefueille,
Jade Stevens, Hunter Goulais, Jaxon Beaucage,
Alivia Restoule, Elton Beaucage-McLeod

Middle Row:

Reyen Goulais, Rylan Fisher, Liam Moorhead-
Favrea, Talon Beaucage, Conner Henry,
Brok Beaucage

Front Row:

Mylene Langlois, Owen Head,
Ernest Dokis, John Fisher

Coach: Rodney Beaucage

Asst Coaches: Bradley Fisher & Nick Restoule

Managers: Christina Beaucage & Jennifer Beaucage



TYKES ~ SILVER, "B" Division

Back row L-R:

Landen Goulais, Logan Tompkins, Marley Beaucage-
McLeod, Alexis Beaucage, Jake Bull, Trent Beaucage,
Bronte McLeod, Robert Restoule

Front row:

Kaden McLeod, Macey McLeod, Bentley Commanda,
Keaton Goulais, Ethan Chartand, Dawson Commanda

Coach: Melvin McLeod

Asst Coaches: Randy Beaudette,
Aaron Beaucage & Wayne Commanda

Managers: Christina Beaucage & Jennifer Beaucage

This Month in the Library

Reading Caterpillar Challenge

The Library has been having a Reading Challenge for kids; it's not too late to get your name in the Draw



Come in and read a book!
We are drawing a Fliker Scooter

Activities

CRAFT NIGHT
May 4th @ 6:00pm
Mother's Day Craft

BEDTIME STORIES
May 13th @ 7:00pm

LIBRARY HOURS:

Monday, Tuesday & Thursday 9am - 4pm
Wednesday CLOSED
Friday 9am - 12pm

Nipissing First Nation Public Library

take this opportunity to publicly Thank/Miigwech



Dreamcatcher Charitable Foundation

For their support of First Nation Public Library Week (FNPLW). Former librarians were honoured during FNPLW at Nipissing First Nation's Public Library in Garden Village.



(L-R) Nipissing First Nation librarian Christina Beaucage with former librarians Glenna Beaucage, Rita Goulais and Karen Commanda.

YOUTH NIGHT



Friday, May 8th from 6:00pm to 11:00 pm at the Library

Girls aged 11-18 years are invited to a **Girls Night In!** Activities will include making your own lip gloss, mask making, Mani's and Pedi's and more!
Feel free to wear your PJs & slippers; bring a friend and whatever you like (such as nail polish, make-up, your own music, etc.)

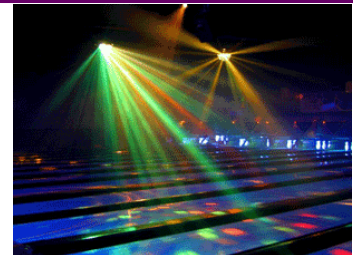


Snacks and beverages will be provided. Participants require their own transportation and must register with Natalie at the Native Child Welfare Office before 4:30pm on Thursday, May 7th.

Contact: Natalie - 753-2691 ext. 1323 or natalieo@nfn.ca.

Friday, May 22nd from 9:00pm to 11:00 pm at Partners Billiards & Bowling - 361 Main St. E, North Bay

Youth are invited to an evening of **Glow in the Dark Bowling** in North Bay! The cost of bowling and shoes is covered, but you will require your own transportation and money for snacks if you like.



Space is limited to 10 participants ~ Please register with Natalie at the Native Child Welfare Office, before 4:30pm on Wednesday, May 20th.

Contact: Natalie - 753-2691 ext. 1323 or natalieo@nfn.ca.



Monday, May 25th from 6:00pm to 8:00pm & Thursday May 28th from 6:00pm to 8:00pm at the Library

Youth are invited to join us for **Craft Night** and make their own Shakers & Rattles.

For more information, please contact Natalie at the Native Child Welfare Office 753-2691 ext. 1323 or natalieo@nfn.ca.



What's Happening This Month...



Full Moon Ceremony
with Virginia Goulais
Wednesday, May 6
7:00pm

Garden Village, Culture Centre
Fifth Moon of Creation



Traditional Teaching

with Peter Beaucage
Thursday, May 28

10:00am

Garden Village, Main Dock
More Details Below



Grandmothers' Circle

with Isabel Meawaasige

Thursday, May 28

5:00pm

Garden Village, Church Basement
More Details on Next Page



Traditional Water Ceremony

The Culture Centre and Nbisiing Secondary School invite you to join them at the main dock in Garden Village on **Thursday, May 28th** at **10:00am** to honour the water and the life that lives in the water.



Women's Drumming

with Virginia Goulais

Thursday, May 7

6:00pm - 8:00pm

Garden Village, Culture Centre

Bring your drum or shaker!



Cultural Arts with Brenda Lee

May 2 & 3 ~ 10:00am - 2:30pm

Garden Village, Culture Centre

Cultural Arts with Dan Commanda

May 23 & 24 ~ 11:00am - 3:30pm

Duchesnay, Nbisiing Secondary School

***NEW* \$10 Participation Fee**

To cover cost of materials



Men's Circle

with Blair Beaucage

Tuesday, May 12

6:00pm - 8:00pm

Garden Village, Culture Centre

All Men are Welcome!

Topic: Relationships

For more information, contact:

Jules Armstrong, Cultural Events Coordinator

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

Check out our new website at www.nfnculture.ca

Gookmisag Enmaadbiwaad Mina Kwewag

Grandmothers' Circle and Women's Gathering with

Isabel Meawaasige

Initiating Grandmothers & Shawl Presentation

Aandi Pii (When):

Shpinganwan (Consecration) - Thursday

Waabgowan Giizis (Flower Moon) - May

Niizhtana shiNshwaaswi - 28th

Naan dibagane shi aabta - 5:00 pm
(beginning with pot luck supper)

Aandi Maa (Where):

Church Basement in G'Tigaaning Bay
(Garden Village)

For more information, please contact:

Evelyn McLeod - (705) 753-2050
or evelynm@nfn.ca

Waabgowan Giizis Na'mewin ~ May Prayer



Waabgowan Giizis, npkidnaa semaa mina nbiinaaksigoo abji go dbasendis,
mooshkne n'dey, nmooshneskaagooyaan mshkawziwin dbishkoo gonaa shki-bmaadziwin.

Gookmis, gchi-kinoomaagewin mshkawziimgadoon, aapchi

Gchi-piitendam gaan go gegoo kidwinan tesnoowan ekidyamban

ezhi-webzing pii maanjiwding, maa enamjiwing pii goojing Waabgowanii Giizis.

Gookmis, nbasendis kidtaan ngo-ntaminaag da wendaan kina waa-ni-Nishnaabe naadziwin.

Ngi-kendaan ngi-kendaam wa, Gzhe-mnidoo ge ezhi-ndawenmiyan.

Waabgowanii Giizis ntaamgo niibwa kenzowaan. dbasendizyaan, kwedweyaan wii boon

Flower Moon is the fifth moon of creation. Life-giving energies focus on the continuum of Creation, as the Creator had planned it to be.

At this time, all plants present their spiritual identities and adversities in the form of multiple colors, shapes, textures and aromas, that radiate a positive energy throughout Turtle Island.

This positive force is the most powerful of medicines in the healing process of Mother Earth.



Goods Exchange Weekend 2015

May 9th and 10th

Goods Exchange is an enjoyable way to divert USABLE unwanted items and materials from landfill disposal. Re-usable items may include furniture, clothing, books, tools, sporting goods, toys, doors, windows, small appliances, etc.

We are asking NFN Community Members to place your unwanted but still usable items at the curb after **8:00 am on Saturday, May 9th, 2015**. Everyone is encouraged to take a look around and pick-up items that they can re-use. As always, please drive carefully, watch for pedestrians in their quest for curb side bargains.

****All items left at the curb after May 11th will be picked up by Public Works the following week.***

Spring Cleanup Days ~ May 12th to 14th

PICK UP DATES:

Tuesday, May 12th	Garden Village, V.L.A, Mosquito Creek Road
Wednesday, May 13th	Jocko Point, Beaucage Subdivision, Beaucage Village
Thursday, May 14th	Yellek Subdivision, Duchesnay, Art's Lane
Friday, May 15th	NO COLLECTION

***** ALL ITEMS MUST BE PLACED ON THE CURBSIDE NO LATER THAN 7:30 AM on the day of scheduled pick up according to your area listed above*** For NFN Band Membership ONLY.**

Electronic Recycling: tv's, radios, pc's, old cell phones (please place in a separate pile)

Tire Recycling: Standard sized tires - rims removed (please place in a separate pile)

Household Hazardous Waste: See next page for more information.

ITEMS THAT WILL NOT BE PICKED UP: Railroad ties, construction materials, and White Goods (Appliances with Freon) or ANY RECYCLABLE ITEMS. Any recyclable items should be set out on the Recycling pick up dates as indicated on the Magnetic Calendar. Thank you for helping beautify the Community of Nipissing First Nation



Household Hazardous Waste Depot

Kindly be reminded that residents of Nipissing First Nation may dispose of their household hazardous waste at the depot located at **112 Patton Street** in North Bay.

The depot is OPEN Wednesday to Saturday from 8am to 6pm YEAR ROUND.

Free of Charge!

The depot also accepts organic waste and recycling.

Here are examples of hazardous wastes you might have in your home:

Aerosol cans	Antifreeze	Asphalt tar	Auto Fluids
Batteries	Brake fluid	Bug & tar removers	Car wax & polish
Degreasers	Disinfectant	Drain cleaner	Dye
Engine flushes	Flea collars	Floor stripper	Fungicide
Furniture Polish	Gasoline	Glues	Grease
Heating oil	Herbicides	Household cleansers	Insecticides
Jewelry cleaner	Kerosene	Laundry stain remover	Lighter fluid
Lubes	Lye or caustic soda	Metal polish	Mothballs
Motor oils	Nail polish	Oil filters	Oven cleaner
Paint	Paint & brush cleaner	Paint thinners	Paint removers
Pesticides	Photo chemicals	Poisons	Propane tanks
Radiator flushes	Rock salt	Roofing tar	Rust-proofers
Solvents	Spot remover/Cleaning fluid	Stain	Swimming pool chlorine
Syringe	Turpentine	Varnish	Wood Preservative

KONO SEPTIC SERVICE

Servicing North Bay & Area

Septic Pumping Service

Snow Plowing Service

Portable Toilet Rentals



o/o Kent Workman Ltd.

705-840-5566

Tower Dr (North Bay)

Emergency Preparedness Week

May 3-9, 2015



Emergency Preparedness is everyone's responsibility.

Some individuals may not have the support or capacity to deal with emergencies. Reach out to neighbours, family and friends who may be vulnerable or unable to support themselves during an emergency.



Learn more at "[I Am Ready, We Are Ready](#)" or contact our Fire Department for more information and to inquire about a starter kit - (705) 753-4319.



Rabies Clinic ~ Thursday Thursday, June 11th



FREE Dog Tag Registration for the first 32 registered NFN members at each location.
Non-members must pay a \$20 fee for each vaccine. All Welcome.

Garden Village Fire Hall

Ted Commanda Drive

June 11th from 5pm - 6pm

Nbisiing Secondary School, Duchesnay

Couchie Memorial Drive

June 11th from 6:30pm to 7:30pm

REGISTRATION FORM (Please Complete):

Dog/Cat Name: _____ Female: Male:

Breed: _____ Spayed or Neutered: YES NO

Markings: _____ Age: _____

Owner Name: _____ Phone: _____

Address: _____

Dog Tag #: _____ Membership #: _____

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



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TUESDAY 5PM TO 7PM

THURSDAY 5PM TO 7 PM



SATURDAY 10AM TO 2 PM

FROM DUTRISAC RD, LEFT ON GARDEN VILLAGE RD,
FOLLOW COCKBURN RD, LEFT ON GERALD CRES



May 2015

Waabgowan Giizis (Flower Moon)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Flower Moon is the fifth moon of creation. Life-giving energies focus on the continuum of Creation, as the Creator had planned it to be.</i></p>					<p>1 Registration Deadline for Seniors' Trip to Toronto Blue Jays on May 5th</p>	<p>2 Cultural Arts with Brenda Lee in GV 10am – 2:30pm *New* \$10 fee</p>
<p>3 Cultural Arts with Brenda Lee in GV 10am – 2:30pm *New* \$10 fee</p>	<p>4 Hydrant Flushing starts, til mid-May Craft Night @ Library 6pm</p>	<p>5  Annual Seniors' Trip – TO Blue Jays Council Meeting in GV at 7:30pm</p>	<p>6 Moon Ceremony in GV at 7pm Drum Fit in GV 7:30-8:30pm</p>	<p>7 Parental Mental Health Day @ Nip Early Years Centre 11am – noon Women's Drum in GV 6-8pm</p>	<p>8 Girls Night In @ Library 7-11pm (Ages 11-18 yrs) </p>	<p>9 Goods Exchange Weekend Walking Program @ N.Bay Waterfront from 2pm – 3pm</p>
<p>10 Goods Exchange Weekend </p>	<p>11 Garbage Collection (Every Monday, except holidays - moves to next day)</p>	<p>12 Bubble Soccer & Kids Inflatable @ Nbsiing 6-8pm Mens Circle in GV 6pm – 8pm Walking Program 7-8pm @ Nbsiing</p>	<p>13 Diners Club @ NFN Complex 10:30am – 1pm Meditation Session LCHC Boardroom 6:30pm – 8:00pm Ontario Works @ UOI from 9-4 Bedtime Stories @ Library 7pm Drum Fit in GV 7:30-8:30pm</p>	<p>14 Walking Program 7-8pm @ Nbsiing</p>	<p>15 Finance @ UOI from 9-4 NFN Job Postings Application Deadline</p>	<p>16 </p>
<p>SPRING CLEAN UP DAYS – May 12-14 (see page 26)</p>						
<p>17</p>	<p>18 VICTORIA DAY NFN Offices & Food Bank Closed</p>	<p>19 Food Bank Open 8:30am – noon Membership Clerk @ UOI from 9-4 Walking Program 7-8pm @ Nbsiing Council Meeting Duches. @ 7:30pm</p>	<p>20</p>	<p>21 Walking Program 7-8pm @ Nbsiing</p>	<p>22 ELECTION Nomination Mtg @ NFN Complex from 7pm-9pm Glow Bowling @ Partners in N.Bay from 9pm-11pm</p>	<p>23 Cultural Arts with Dan C. in Duchesnay 11am – 3:30pm *New* \$10 fee</p>
<p>24 Cultural Arts with Dan C. in Duchesnay 11am – 3:30pm *New* \$10 fee</p>	<p>25 Craft Night @ Library 6pm FT Postsecondary Application Deadline</p>	<p>26 Walking Program 7-8pm @ Nbsiing (+ Thurs, May 28)</p>	<p>27 Ontario Works @ UOI from 9-4 Drum Fit in GV 7:30-8:30pm</p>	<p>28 Water Ceremony GV Dock @ 10am Grandmothers Church @ 5pm Craft Night @ Library 6pm</p>	<p>29</p>	<p>30 No events on May 31st</p>