



ENKAMGAK

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

Waabgowan Giizis (Flower Moon)

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Sign up to receive the newsletter by email!

Contact genc@nfn.ca

Council Meetings:

Tuesday, May 8th
@ 7:30pm
Garden Village

Tuesday, May 22nd
@ 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.

All Ontario Chiefs Conference coming to NFN Three Day Conference will be hosted June 26th to 28th

We are pleased to announce that we are hosting the 44th annual All Ontario Chiefs Conference (AOCC) from Tuesday, June 26th to Thursday, June 28th in Garden Village.

The main conference will take place in the multi-use sportsplex (outdoor rink in the winter), and will also require the use of all available meeting and event spaces, including the gymnasium, Council Chambers, Library, Culture Centre and Church Basement. Some of our programming will be impacted as a result, including the cancellation of Bingo on Tuesday, June 26th.

Hosting this conference represents an excellent opportunity to showcase our community to 300 delegates from 133 First Nations, as well as ministers and dignitaries from across the province.

We estimate that this conference will generate over \$250,000 in economic activity for our region, including hotel room bookings, meals and tourism-related spending. As hosts, we are responsible for all of the venue logistics and arrangements, including catering, security, shuttle services, and evening entertainment. We look forward to hosting a successful conference!

Be Part of It!

There will be opportunities for NFN members and businesses to provide goods and/or services to support this conference. We will be advertising business, employment and volunteer opportunities in the coming weeks. Community members will also be invited to participate in some of the evening elements, which may include a Feast, Open Mic night and Anishinaabemwin Bingo.

Business Opportunities will be shared with registered NFN businesses by our Economic Development Department. To inquire about opportunities, or register your interest in supplying goods and/or services, contact: Michael Harney at 705-753-2050 ext. 1264 or michaelh@nfn.ca
There will also be opportunities for vendors to set up near the conference space.

Employment & Volunteer Opportunities will be posted to our website at www.nfn.ca and to our [NFN Administration Facebook page](#). To inquire or apply for short-term contracts, contact Human Resources at 705-753-2050 or resumes@nfn.ca for more information.

This conference provides a great opportunity to display our community's strengths, to support local businesses, and to stimulate tourism and investment in our region.



June 26th - 28th
Garden Village



Chiefs of Ontario is an advocacy forum and secretariat for collective decision-making and action for Ontario's First Nations communities

Keeping in mind the wisdom of our Elders, and the future for our youth, we continue to create the path forward in building our Nations as strong, healthy Peoples respectful of ourselves, each other, and all of creation.

Fish-WIKS Presentations on May 9th Researchers Returning to NFN to Share Knowledge

We invite community members to join us on **Wednesday, May 9th** for presentations from Ph.D candidates **Nicole Latulippe** and **Lisa Blenkinsop**. **Chief Scott McLeod** will also share the presentation that he is invited to give at First Nations Fisheries Conferences across the country.

Two sessions will be held in the NFN Complex Gym in Garden Village from:

1:00pm - 4:00pm (following *Diners' Club*)

5:30pm - 9:00pm (presentations will begin at 6pm, following a light dinner)

Nicole and Lisa are Fish-WIKS Ph.D and Master students from Ontario who have worked with NFN to explore the significance of intergenerational transfer of knowledge between youth and elders and the governance of fisheries by Nipissing First Nation. They recently presented their research at AFN's Elders Gathering in February, and we are honoured to welcome them to share their knowledge with us.

Fish-WIKS explores how the different processes by which knowledge is acquired, transmitted and used can be harnessed to enhance Canadian fisheries policy. Learn more at <http://fishwiks.ca/>



Fish-WIKS

understanding how **Western and Indigenous Knowledge Systems** can improve the sustainability of Canadian fisheries

Moratorium in Effect until May 19th

The spring moratorium is the most important management tool we have to protect spawning fish and ensure the long-term health 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.

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.

Those who choose not to follow NFN's Fisheries Law will be subject to provincial laws and measures, which may include the seizure of boats, fishing gear and fish*.

* Any fish seized will be donated to the NFN Food Bank

Report suspicious activity to the Natural Resources Department office:

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

Jeff @ ext. 1325, Clayton @ ext. 1236 or Tyler @ ext. 1224

After hours, call/text/email: Clayton (705) 498-3823 or claytong@nfn.ca or Tyler (705) 498-2506 or tylerc@nfn.ca

To register as a commercial fisher, please visit the Natural Resources office:
17 Philip Avenue, Garden Village or call 705-753-2050 for more information.

Satellite Offices at Nbisiing School

Effective May 1st, we kindly ask members to make an appointment if they wish to meet with a staff member from one of the following offices:

Ontario Works
705-753-2050

Finance
705-753-2050

Membership
705-753-2922

Health Centre
705-753-3312

Chief McLeod
705-753-2050

Yellek Floating Dock Installation

We are aiming to have the floating dock in Yellek installed by June 15th.

If you have any questions or concerns, contact:

Terry Lariviere
Public Works Supervisor
705-753-4001
terryl@nfn.ca



Election Code



SURVEY RESULTS

Miigwech to everyone who participated in the survey conducted by the Election Code Review Committee. Your feedback is helping guide discussions about possible future changes to our Election Regulations.

Important Note:

No changes to NFN's Election Code will take place until after the NFN election this July.

To read the report, visit www.nfn.ca, or request a copy by mail or email: Gen Couchie, 705-753-2050 ext. 1270 or genc@nfn.ca.

Smoking Law In effect May 16th

NFN's Smoking Law will be enforced starting on Friday, May 18, 2018. It applies to all places of employment on NFN (including privately owned businesses and vehicles used for business purposes). A copy of the law is available at www.nfn.ca or call 705-753-2922.



Notice of Election Nomination Meeting

Friday, May 18th from 7pm to 9pm at NFN Complex

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 18, 2018** between the hours of **7pm and 9pm** at the Nipissing First Nation Community Complex 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, which is someone who is a member of Nipissing First Nation and who has attained 18 years of age on or before the date of the vote.

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

- a) Be an "eligible voter" as defined in the Nipissing First Nation Custom Election Regulations;
- b) Be a "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's Code of Ethics for Candidates.

Given under my hand and at Nipissing First Nation this 17th day of April, 2018:



Fred Bellefeuille
Nipissing First Nation Electoral Officer
P.O. Box 24088,
North Bay, ON P1B 0C7

Any questions concerning the nomination meeting can be directed to:

Fred Bellefeuille, Electoral Officer
705-978-0205

Treaty Annuity Payments

The dates and times for the Treaty Annuity Payments for Nipissing First Nation are as follows:

Thursday, May 31, 2018 - 10:00 a.m. to 3:00 p.m.
NFN Council Chambers, Garden Village

Friday, June 1, 2018 - 10:00 a.m. to 1:00 p.m.
Nipissing Secondary School, Duchesnay



Disorderly Conduct & Nuisance Bylaw

Reminder to Community Members about Firearms & Fireworks

In light of recent noise complaints in Garden Village and concerns about the noise being from firearms or fireworks, we wish to remind all community members of the following guidelines:

Firearms are not to be discharged within 1km of residential areas. As per our Hunting Policy, Nipissing First Nation strongly recommends all hunters obtain the Canadian Firearms Safety Course or equivalent and follow all laws pertaining to gun ownership and use to ensure personal safety and the safety of others.

Fireworks - while there are no specific federal laws or NFN bylaws about the use of recreational fireworks, we ask residents to limit use to special occasions out of respect for other community members as the noise they make can be considered a nuisance.

NFN's Bylaw for the Prevention of Disorderly Conduct and Nuisances is in place to ensure that we can all safely enjoy our residential areas. Per the bylaw, "disorderly conduct" means any act or behavior that disrupts public order on the reserve, or causes public inconvenience, annoyance or alarm. "Nuisance" means any act, activity or condition that materially impairs, otherwise than by direct physical interference, the use and enjoyment of a person's property, or that prejudicially affects a person's health, comfort or convenience or the public health, safety or welfare of the community.

For more information, you can read the Bylaw at www.nfn.ca under Lands > Land Laws or click here: <http://www.nfn.ca/lands/Land%20Laws/Conduct%20&%20Nuisances.pdf>

If you have any questions, please contact Tyler Couchie, Community Liaison/Bylaw Officer at 705-753-9184 or tylerc@nfn.ca.

Seniors' Lawn Care Program

Reminder to Register before Program Begins

The Seniors' Lawn Care program will begin on **Tuesday, May 22nd**. To be eligible for the program, seniors must be over the age of 65 years and meet the criteria of the Seniors Grass Cutting Policy. A reminder that waivers need to be signed every year.

For more information, or to request a waiver, please contact:

Shayla Brunet, Facilities Clerk

705-753-2050 ext. 1285 or email shaylab@nfn.ca

Road Maintenance Update

Half Load Restrictions & Enforcement

Due to the spring thaw and the effects fluctuating weather conditions have had on NFN Roads, HALF LOAD restrictions are in place and will be strictly enforced. Preparations for repairs on Yellek and Jocko Point Road due to the Natural Gas Line installation will be ongoing.

Public Works is keeping watch on thawing culverts and ask member residents to inform the office of any issues with blockages, or freezing that the resident is unable to handle.

Grading has begun in all communities and will continue along with annual spring maintenance in all areas. Contact Public Works with issues or questions: 705-753-4167 or terryl@nfn.ca.

CBC Coverage of Nipissing Warriors

Speaking of disorderly conduct, it appears that Nipissing Warriors legend Frank Couchie was a force to be reckoned with back in the day...

All kidding aside, Frank graciously agreed to take part in an interview with CBC Sudbury in March, and even laced up his skates for the occasion. He joined Chief McLeod on the ice of the new Outdoor Rink in Garden Village on March 23rd to help recount the Warriors legacy and what it meant to the community and future generations.

"Those Warriors teams contributed to pulling us out of those dark periods and into the thriving community we are today," said Chief Scott McLeod. "It was about more than just hockey."

NFN was invited to help CBC celebrate its 40th anniversary by submitting an interesting story to be featured on air (Up North segment) and online.

If you missed it, you can catch the audio clip and read the full story here:

<http://www.cbc.ca/news/canada/sudbury/nipissing-warriors-hockey-hall-e>



Photo Credit: Erik White, CBC Sudbury



N B I S I I N G S E C O N D A R Y S C H O O L

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.

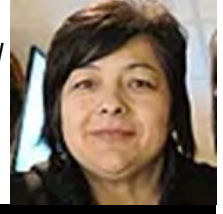


Welcome Amanda Bellefeuille & Renee Restoule!

We are pleased to welcome Amanda Bellefeuille as the newest member of the Nbsiing team. Her years of experience at the Ojibway Women’s Lodge have provided the knowledge and skills required for this new position as a *Wellness Lead*. In this role, Amanda will provide support and access to the services necessary for students to be successful in reaching mno bimaadziwin. Amanda will be another crucial member of the Student Success Team.

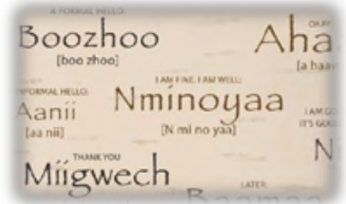


It is with great pleasure that we also welcome Renee Restoule to the Nbsiing Staff as our *Special Education Teacher*. Her previous experience as both a teacher and a former Principal, will be beneficial in her role in supporting the students at Nbsiing, particularly in the development of student Individual Education Plans.



Language Conference

Two of Nbsiing’s teachers attended the 24th Annual Language Conference in Sault Ste. Marie Michigan. The conference focused on *Ge-zhi-naanaagide'enmongba gdoo-kiimnaa - how we can look after our environment*. Miigwech Blair and Alex for bringing back this valuable knowledge to our staff and students!



Jersey Day for the Humboldt Broncos

The staff and students wore Jerseys on Thursday, April 12th and the Drum group dedicated their morning song to the honour and memory of those who lost their lives in the Humboldt Broncos bus crash.



George Couchie shared teachings with the staff and students of Nbsiing for a Gambling awareness day organized with Lori-Anne McLeod from the Lawrence Commanda Health Centre and Stephanie Peplinski from the U.O.I.

During the week of April 16th-20th, Nbsiing hosted a program that was developed in partnership with the Indigenous Studies Department at Nipissing University. The “Joining the Circle” program is an educational support that facilitates empowerment while fostering safe, strong and healthy environments for youth. Self-esteem, peer support and self-assertion are some of the themes of the workshops that will help prevent bullying.

Nbisiing Bus Lines Survey

The Education department has created a survey to help develop a deeper understanding of what we're currently doing well, and what is required to expand and enhance the value of student transportation for students and our community.

The survey is available at www.nfn.ca (Administration > Education > Nbisiing Bus Lines) or click here: http://www.nfn.ca/documents/education/nbisiing_bus_lines_survey_418.pdf

For more information, please contact Charlene Bellefeuille at 705-753-6995 or charleneb@nfn.ca.

Post Secondary Educational Assistance Program

Applications for Full Time and Part Time studies are now available on our website www.nfn.ca (Administration > Education > Post-Secondary)

You can also stop by the Education Office located at 70 Semo Road in Garden Village or contact us at (705) 753-6995 to request applications by mail or email.

The annual 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.

If you have any questions, please contact Geraldeana at (705) 753-6995 or by email to gerryg@nfn.ca.

New Dates Adult Education

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

Tuesday only
6-8pm @ Library in Garden Village

Anishinabek Educational Institute

Summer Upgrading Courses

English *Math* *Biology* *Chemistry*



**AEI can give you the competitive edge you need.
Take the first step towards your
post-secondary career with our summer courses**

Start Date
May 2018

Location
Anishinabek Educational Institute



**Contact Jazmine Glass
for any additional information 705- 497-9127 ext 2261 or
jazmine.glass@anishinabek.ca**

Waabgowan Giizis (Flower Moon)

KIDWINAAN: (Words for May)

<i>Naano Giizis</i>	fifth month
<i>K'tigaan</i>	garden
<i>Gtige</i>	planting
<i>Shki-giizis</i>	new month
<i>Mno- giizhgate</i>	good day, nice day
<i>Ni- gzhide</i>	warming up
<i>Ngo – giizis</i>	in one month
<i>Maaji giisong</i>	beginning of the month
<i>Aabtoongizod Giizis</i>	middle of the month
<i>Shkwaanzod Giizis</i>	end of the month
<i>Skimeg</i>	mosquitoes
<i>Biigjiisgak</i>	blackflies
<i>Naanookaasens</i>	humming bird
<i>Memengwaa</i>	butterfly
<i>Gii-zhaakamik</i>	lake clear of ice
<i>Ga-waasiike</i>	go catfishing
<i>Gaaming</i>	across the lake

DIALOGUE:

Ezhchigeyaan Enso- Giizhgak
(What I do every day)

<i>Kizhebaagak ndoo nishkaa.</i>	In the morning I get up
<i>Ndoo gziibiigzhe.</i>	I take a shower
<i>Ndoo gziibiigaapte.</i>	I brush my teeth
<i>Ndoo binaakwew.</i>	I comb my hair
<i>Ndoo biiskonye.</i>	I get dressed
<i>Ndoo biiskizne.</i>	I put my shoes on
<i>Ndoo kizhebaawiisin.</i>	I eat breakfast

Ngii zhiitaayaan nji-nokiyaan. I'm ready for work

Youth Transportation to Weekly Anishinaabemwin Classes in GV

Need a ride to class? No problem!

Contact Joe McLeod at 705-753-2050 ext. 1340

Classes are every Wednesday in Ktigaaning
from 6pm - 8pm at the Church Hall

...and every Monday at Nbisiing from 6pm-8pm

Waabgowan Giizis

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 maanjwiding, maa enamjiwing pii gooijing Waabgowanii Giizis .

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

Ngii-kendaan ngii-kendaam wa, Gzhe-mnidoo ge ezhi-ndawenmiyan.

Waabgowanii Giizis ntaamgo niibwa kenzowaan. dbasendizyaan, kwedweyaan wii- boonendmaan iw gaanendmaan mii dash mina tkweshkaadyang, wewena ga-nendis ezhi-aaw'yaan .

Flower Moon (May)

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 the Turtle Island.

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



Nbisiing Language & Culture Planning Update

Aanin. Chief and Council have contracted the services of Nbisiing Consulting Inc. to meet with the Nbisiing Anishnaabeg nation for our input as to what we want/need to see for reclaiming Nbisiing culture and language for our future. The process is for our people to prioritize our goals and create an operational plan that will be a pathway to those goals.

The goals of the Strategic Planning are to:

- ⇒ Set our priorities as to where to focus our energy and resources
- ⇒ Ensure that we are working towards common goals
- ⇒ Establish a consensus of our outcomes and results

To date, we have met with:

- ⇒ Language and Culture committee members and Culture staff, and key cultural leaders,
- ⇒ Neyaaba'aakwaang (Duchesnay) minwa Yellek
- ⇒ Ktigaaning (Garden Village)
- ⇒ We have input from our Anishinaabemwin teachers
- ⇒ We will next meet with NFN Leadership and Staff.

The people have been asked to list their priorities under the headings of strengthening and reclaiming:

- ⇒ Anishinaabemwin
- ⇒ Culture
- ⇒ History/Heritage
- ⇒ Spirituality

Not everyone is available to meet as a group, so we will be creating a survey that people can also complete. We also welcome community members to attend our monthly meetings, with the next being on **Thursday, May 17th** at 6pm at the Culture Centre. If you wish to send in your views under the above 4 headings, and prioritize by importance (yes, it's difficult but necessary), please feel free to send these to: glennab@nfn.ca or info@bobgoulais.com. ahaaw, miigwech

Cultural Events for Youth



Making Satchels - Saturday, May 12th (Ages 13-24)

10am - 4pm @ NFN Complex Lobby (new addition), Garden Village

Limit of 10 participants. Lunch provided. Contact Joe at 705-753-2050 ext. 1340 to register.

Co-hosted by the Native Child Welfare Prevention Program & NFN Culture & Heritage Department.



Firekeeper Teachings - Sunday, May 13th (Ages 13-24)

1pm - 4pm @ NFN Culture Centre Grounds, Garden Village

With Perry Shabogesic. Contact Joe at 705-753-2050 ext. 1340 to register or for transportation.

Co-hosted by the Native Child Welfare Prevention Program & NFN Culture & Heritage Department.



Fishing for Sustenance - Saturday, May 26th (Ages 13-24)

7am - Noon - Meet at NFN Fisheries Building, Garden Village

With Corey & Clayton Goulais. Contact Joe at 705-753-2050 ext. 1340 to register.

Hosted by the Native Child Welfare Prevention Program.

Youth & Family Programs



Family Movie Night - Friday, May 4th (All Ages)

5pm - 8pm @ NFN Complex Gym, Garden Village

Movie to be announced. Please bring non-perishable food items for a chance to win prizes! Pizza, snacks and beverages will be available to purchase.

Co-hosted by the Native Child Welfare Prevention Program and NFN Food Bank.



Anishinaabemwin Bingo - Saturday, May 5th (Ages 13-24)

1pm - 4pm @ Location TBA, Garden Village

With Tory Fisher. Prizes up for grabs! Contact Joe at 705-753-2050 ext. 1340 for transportation.

Hosted by the Native Child Welfare Prevention Program.



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

10am - 3pm @ NFN Complex Boardroom (new addition), Garden Village

Hosted by the Native Child Welfare Prevention Program



Game Night - Tuesday, May 8th (Ages 6-12)

6pm - 8pm @ NFN Complex Boardroom (new addition), Garden Village

Hosted by the Native Child Welfare Prevention Program



Craft Night (Mother's Day) - Wednesday, May 9th (All Ages)

6pm - 8pm @ NFN Library, Garden Village

Join us to prepare a special craft for Mother's Day! Everyone is welcome.

Co-hosted by the Native Child Welfare Prevention Program and NFN Kendaaswin (Library)



Teen Pizza Night - Friday, May 11th (Ages 13 & up)

6pm - 10pm @ NFN Complex Boardroom (new addition), Garden Village

Hosted by the Native Child Welfare Prevention Program



Kids' Social in Duchesnay - Monday, May 14th (Ages 6-12)

6pm - 8pm @ Nbising Secondary School, Duchesnay

Hosted by the Native Child Welfare Prevention Program



Kids' Movie Night - Wednesday, May 16th (Ages 6-12)

6pm - 8pm @ NFN Library, Garden Village

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



Family Night in Duchesnay - Tuesday, May 22nd (All Ages)

6pm - 8pm @ Nbising Secondary School, Duchesnay

Join us for an evening of family fun, including games, snacks and activities!

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

SPECIAL EVENTS



Computer/Homework Night - Wednesday, May 23rd (Ages 6-12)

6pm - 8pm @ NFN Library, Garden Village

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



Family Social in Garden Village - Sunday, May 27th (Everyone welcome)

10am - 3pm @ NFN Complex Boardroom (new addition), Garden Village

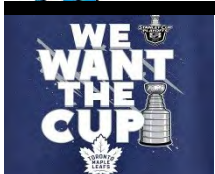
Hosted by the Native Child Welfare Prevention Program



Kids' Movie Night - Monday, May 28th (Ages 6-12)

6pm - 8pm @ NFN Library, Garden Village

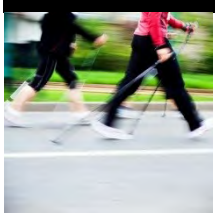
Co-hosted by the Native Child Welfare Prevention Program & NFN Kendaaswin (Library)



Pizza & Leafs Playoff Games - May 3rd, 8th, 19th, 24th * (All Ages)

7pm - 10pm @ Lobby in New Wing of Band Office, Garden Village

*Come out and cheer on the Leafs in the Playoffs! *Dates subject to change*



Lunch Time Walking Group - Every Monday to Thursday in May (All Ages)

12:00pm - 12:30pm @ Outdoor Rink, Garden Village

Come out and catch the new wave of fitness! Learn how to Urban Pole or just join us for a walk.

Hosted by the NFN Recreation Department

NFN Kendaaswin (Library) News & Events



The NFN Kendaaswin (Library) is updating its collection and offering a wide variety of **free books** to the public! Check out the cart in the NFN Complex Lobby (gym side) to see what's available. Books are in excellent condition and are available on a first come, first served basis. Get them while they last! There is also a free World War II encyclopedia set available. Please contact Randy Penasse at 705-753-2050 or randyp@nfn.ca for more information.

Our Kendaaswin has started a change in how we service Nipissing Nation. We will be focusing more on First Nation books, contemporary biographies, magazines, fiction and others. A survey will be available to provide feedback. All completed surveys will be entered into a draw for a family movie night package (dinner & tickets). Surveys can be obtained from the Kendaaswin and will be accepted until June 30th.



Starting June 1st, we will be holding draws at the end of each month. For every book you check out, your name gets entered into a draw for a \$25 gift card!

TRANSITIONS

27th Annual Charity Golf Tournament

Saturday, July 7, 2018

Laurentide Golf Club

Registration 8:00a.m.

Shot gun start 9:30a.m.

- \$90 per person
- \$40 Golf Carts/\$20/Rider
- 4 Person Scramble
- 18 Holes

Laurentide
GOLF CLUB



Silent auction of sports memorabilia including signed NHL jerseys and photos. Proceeds go to Nipissing First Nation Food Bank and LNHL Fundraising

Cost includes:

Registration

Gifts

Fish Dinner

Prizes

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

Registration and payment due by June 22nd, 2018

GYM NIGHTS

Mondays from 6:00pm - 7:00pm @ NFN Complex Gym, Garden Village

Thursdays from 4:30pm - 6:30pm @ Nipissing School, Duchesnay

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



Health & Wellness Events



Mommy & Me Group

Tuesday, May 15th & Tuesday, May 29th

10:30am - 1:00pm at the NFN Library, Garden Village

Moms & children are invited to come together to socialize, talk about parenting, meal planning... anything goes! Transportation and lunch provided.

For more information or to register, call 705-753-2050 - Melanie ext. 3000 or Katie ext. 1323.



Seniors' Annual Trips (Overnight)

Thursday, May 10th - Blue Jays Ball Game & Saturday, May 19th - Petula Clark

For both these overnight trips, the bus will depart from the Band Office complex at 11:00 a.m. Stops can be made along the highway and Nbisiing School will be the last pick-up location. Please inform us of where you will be boarding the bus. We will return the following day for both trips.

In fairness to all community members, we will only accept names to hold seats starting at 8:30 a.m. on Tuesday, May 1st. **ALSO** if you want to attend both events, you must provide your first choice when you call in as we have a limited number of seats for each event. **If there is high demand for both events, you may only be able to attend one event.**

Please call 705-753-3312 to register, and ask for Liz if you have questions.

Protect Your Vision From **DIABETES**

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T Take your medications as prescribed by your doctor.



R Reach and maintain a healthy weight.



A Add more physical activity to your daily routine.



C Control your ABC's—A1C, blood pressure, and cholesterol levels.



K Kick the smoking habit.



For more information, contact the Diabetes Program at the Lawrence Commanda Health Centre: 705-753-3312

A prescription for maintaining healthy eyes with diabetes

Diabetes is the single largest cause of blindness in Canada.

Over time, diabetes can cause changes in the retina at the back of the eye. Your retina helps you see by acting like a film projector in the back of your eye, projecting the image to your brain. The change is called retinopathy and there are a couple of different types that affect people with diabetes. The macula, which is the part of your retina that helps you to see colour, becomes swollen (macular edema) and this can cause blindness. A second complication is the growth of new weak blood vessels that break and leak blood into your eye so the retina cannot project images to your brain (proliferative diabetic retinopathy). The result is a loss of sight.

How do I know if I have retinopathy?

In the early stages there may be no symptoms, which is why it is important to have regular eye exams. Symptoms, if present, can include: blurred vision, flashes of light in the field of vision, sudden loss of vision, and blotches or spots in vision.

How can I prevent retinopathy?

Retinopathy affects 23% of people with type 1 diabetes and 14% of people with type 2 diabetes on insulin therapy. The good news is that there are steps you can take to catch this complication early and prevent its progress, including visiting your optometrist at least once per year, maintaining optimal blood glucose levels, blood pressure and blood cholesterol, and knowing your A1C (a test of your average blood glucose level over three months—most people should aim for 7.0 or less).

Who should be screened for retinopathy?

- Any individual older than 15 with type 1 diabetes should be screened annually beginning five years after the onset of diabetes and all individuals with type 2 diabetes should be screened at the time of diagnosis and annually thereafter.
- Women with type 1 or type 2 diabetes or women who hope to become pregnant should be screened before conception, during the first trimester, pregnancy and the first year post partum.



Three Steps to *Emergency* Preparedness



If an emergency happens in your community, it may take emergency workers some time to get to you. You should be prepared to take care of yourself and your family for a minimum of 72 hours. By taking a few simple steps today, you can become better prepared to face a range of emergencies – anytime, anywhere.

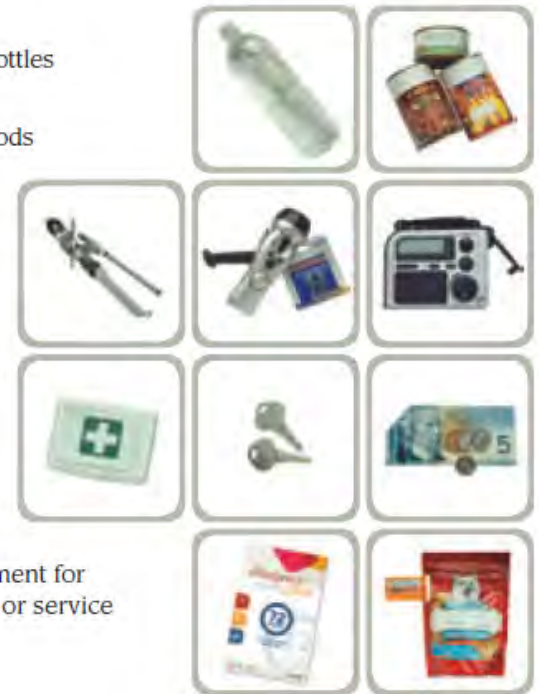
**IS YOUR FAMILY
PREPARED?**



GetPrepared.ca | 1 800 O-Canada (1-800-622-6232)
TTY: 1-800-926-9105

Basic emergency kit

- △ Water – at least two litres of water per person per day. Include small bottles that can be carried easily in case of an evacuation order
- △ Food that won't spoil, such as canned food, energy bars and dried foods (Replace food and water once a year).
- △ Manual can opener
- △ Wind-up or battery-powered flashlight (and extra batteries)
- △ Wind-up or battery-powered radio (and extra batteries)
- △ First aid kit
- △ Extra keys to your car and house
- △ Some cash in smaller bills, such as \$10 bills and change for payphones
- △ A copy of your emergency plan and contact information
- △ Special items such as prescription medication, infant formula, equipment for people with disabilities or food, water and medication for your pets or service animal (personalize your kit according to your needs)



1

KNOW THE RISKS

2

MAKE A PLAN

3

GET AN EMERGENCY KIT

PUBLIC WORKS

Goods Exchange Days

May 3 & 4

All NFN Communities

Place unwanted, but *re-usable* items at the roadside after 8a.m.



Small Appliances

Sporting Goods



Furniture

Toys

Clothing

Doors

Books

Windows



As always, please drive carefully and watch for pedestrians in their quest for curbside bargains.

A free and enjoyable way to keep good re-usable items and materials out of the landfill.

Safely bag and gather remaining items for regular garbage pick up on Monday, May 7.

Prevent misunderstandings by ensuring items not intended for free pick up such as children's bikes, toys, and gardening tools are not left near the curb on Goods Exchange Days.

More Info: Shayla Brunet, Facilities Clerk (705) 753-2050 ext. 1285 shaylab@nfn.ca



SPRING CLEAN UP DAYS 2018

Membership Households Only

Wed, May 9 Garden Village, VLA, Mosquito Creek

Thurs, May 10 Jocko Point, Beaucage

Fri, May 11 Yellek, Duchesnay, Art's Lane

Place items on the curbside by 7:30a.m. on the scheduled pick up date.

Acceptable Items

Bulky items
Small Furniture
Metal Items
Household items (bagged or bundled safely)



Unacceptable Items

Construction Material
Recyclables
Propane Tanks
Railroad ties
Freon Appliances
Household Hazardous Waste



Please place electronics and tires (no rims) in a separate pile.

Any items deemed unsafe or unacceptable will not be picked up by NFN Public Works, and will be member's responsibility to remove.

Regular recycling/garbage pickup occurs Mon, May 14.

More info: Shayla Brunet (705) 753-2050 ext. 1285 shaylab@nfn.ca



DON'T FLUSH THAT! X

Wastewater treatment equipment is designed for toilet paper and human waste. Below is a list of items unsuitable to flush. Flushing these items can cause equipment failure, pose a health and safety risk to staff – and can even put your home at risk of sewage back-ups.



1 FOOD, OIL AND GREASE (FOG)

Grease should never be poured down any drain. It may look like a liquid but when it cools, it will congeal and clog up your pipes. Collect your grease in a glass jar and throw it in the trash, or save the grease and reuse it.



2 FEMININE PRODUCTS/CONDOMS

These products are designed to be absorbent and they'll expand past the point of where they can't pass through the pipes. Their fabric is not designed to be biodegradable.



3 BABY WIPES/WET WIPES/SPONGES

Most wet wipes will have a noticeable DO NOT FLUSH symbol on the package. Throw them away in a trash can.



4 DENTAL FLOSS

Floss is not biodegradable and can cause serious clogs and environmental damage. In addition, it can easily get tangled and wrap itself around pipes, thus contributing to a clog.



5 Q-TIPS/COTTON BALLS

Cotton cannot break down; it can clump together causing stoppages at bends in the pipes.



6 DIAPERS

Diapers are made to expand with liquid. In the unlikely case you actually get the diaper to flush, it will likely get caught in the U-bend of the pipe.



7 MEDICATIONS

Pills have toxic effects on groundwater supplies and wildlife. There are many community-based "Take Back Your Meds programs."



8 PAPER TOWELS/TISSUES

Tissues and paper towels are not made to dissolve like toilet paper. Paper towel/tissues are considerably thicker than toilet paper. Throw them in the trash.



9 CIGARETTE BUTTS

Cigarette butts contain harmful and toxic chemicals that can end up in the groundwater supply. If you have to smoke, throw the butts away properly. Soak cigarette butts and ashes in water before throwing them away.



10 FISH

Whether they're dead or alive, fish may carry diseases and parasites that can be transmitted to native species. Fish that cannot be cared for should be re-homed or seen by a veterinarian.



11 HAIR

Hair can wreak havoc on your pipes. Not only can it clog drains, but it can also trap other things leading to unpleasant odors and slow drains.



12 KITTY LITTER

Kitty litter expands with water and potentially will clog pipes. While what the cat waste isn't toxic, there are toxic ingredients in the kitty litter that shouldn't be introduced to the water system.



For more information contact: Patrick Stevens, Facilities Manager
(705) 753-2050 patricks@nfn.ca

Employment Opportunities

The following employment opportunities are currently available with Nipissing First Nation. Qualified applicants are invited to forward a cover letter, resume, and three (3) current work references no later than 4:30 p.m. on the closing date to:

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

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

Job Postings can be viewed/downloaded 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.*

Food Bank Coordinator - 1st Round - Open to NFN members only

Permanent Part Time Position

Closing Date: Friday, May 11, 2018 at 4:30pm.

Fisheries Technicians (2) - 1st Round - Open to NFN members only

Full Time Contract Position - 25 weeks

Closing Date: Friday, May 4, 2018 at 4:30pm.

Stewardship Youth Ranger - Team Lead

12 Week Contract Position - June 4th to August 24th

Closing Date: Friday, May 11, 2018 at 4:30pm.

Summer Children's Program Coordinator

Full Time Contract Position - June 4th to August 24th

Closing Date: Friday, May 11, 2018 at 4:30pm.



Post-Secondary Summer Student Jobs

Applicants must be 25 years old or younger and have been in high school for the 2016-17 school year and enrolled in college or university for 2017-18, or returning to college or university in the fall of 2018.

Start date for all positions is June 4th and include: Culture/Pow Wow Worker, Information Technology Assistant, Recreation/Maintenance/Multi-Use Sportsplex Attendant, Ojibway Women's Lodge Worker, Daycare Assistants (3 at each location in Garden Village and Duchesnay), Land Clerk, and Summer Children's Program Leaders.

Closing Date: Friday, May 11, 2018 at 4:30pm.

Note: High School student positions will be posted in June 2018.



House for Sale



- Available to NFN members only.
- Location: 123 Gerald Crescent in Garden Village
- 1,000 square feet, single story
- Lot is 100 x 200
- 3 bedroom house, NEW renovations include: roof shingles, deck, propane furnace with central air, doors, vinyl siding and windows
- **Asking \$160,000. Serious inquiries only.**
- Please call 705-493-2064

Dreamcatcher Thanks - Alexis Beaucage

Alexis Beaucage would like to thank the Dreamcatcher Charitable Fund for providing her assistance to play the game that she loves. Alexis has completed her Season with 2 Gold medals and 2 Silver medals, her team finished 2nd overall in their regular league season. Alexis has had many over the top Shut-outs and was awarded MVP awards at each of her tournaments.

Alexis has now made the PeeWee A Ice Boltz in North Bay as an Underage Goalie. This was all possible from the support of the Dreamcatcher Charitable Fund. All the best to Alexis in her upcoming season!



Youth Who Excel Fund

Destiny Beaucage, Zoe McLeod and Keisha McLeod-Penasse played for the PeeWee Ice Boltz in North Bay this past year. They participated in their first O.W.H.A. Provincial in Mississauga from April 5-8. They worked hard over the weekend, beginning with a win and then a heartbreak of a loss in the last 30 seconds of their last game. It will be a weekend that they will always remember. **Miigwech Nipissing for your support!**

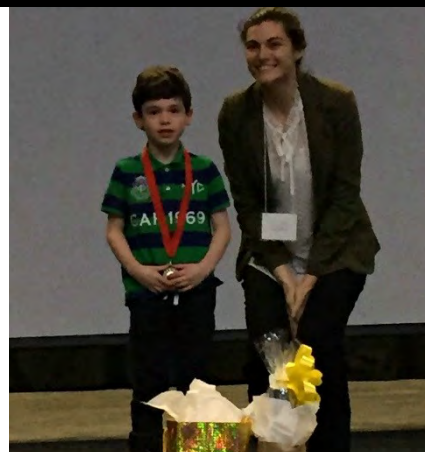
North Bay Regional Science Fair

Vincent Palangio attends St. Alexander School in North Bay. His mother is Lisa Palangio (Goulais) and his grandparents are Phil and Lorraine Goulais.

Vincent won Gold in the North Bay Regional Science Fair with his Science project on Elephant Toothpaste-Exothermic Reaction.

On Wednesday April 11, 2018 Vincent received a medal at Nipissing University for his science project.

Congratulations Vincent! Keep up the awesome work!



Do you have a story to share about a community member's accomplishments?
 Contact Gen Couchie at 705-753-2050 ext. 1270 or genc@nfn.ca to share it here!

Call-Out for Ladies Interested in Crafting & Learning Together

Every Tuesday morning at 10:00 a.m., we gather at our Elders Complex in Garden Village. We are hoping more Nish-kwe will join us to learn what we were taught and are still learning.

We would like to break the trail for you, our next generation.
Nipissing First Nation ladies aged 18 years & up are invited to join us!

Miigwech and Baamaapii

 <p>George Couchie 705-494-6887</p> <p>286 Nova Beaucage Road North Bay, ON P1B 8G5</p> <p>couchie.george@gmail.com www.nativeawarenesstraining.com</p>	<p>Challenger Mobile Wash Inc. Rob Couchie - 705.477.5347</p>  <p>Residential, Commercial, Equipment, Fleets & Vehicles</p>
<p>Dot Beaucage Kennedy, Elder Nipissing First Nation</p> <p>Wedding Officiant 705-493-5577</p> <p>Weddings, Anniversaries, Funerals dotbeaucagekennedy@gmail.com</p> 	<p>CAROL COUCHIE BHSc, RM</p> <p>P.O. Box 117, 488 Main St. Powassan, ON P0H 1Z0</p> <p>P: (705) 724-BABY (2229) F: (705) 724-1487 E: ktigaaning.midwives@gmail.com</p>  <p>WWW.KTIGAANINGMIDWIVES.COM</p>

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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



May 2018

Waabgowan Giizis (Flower Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Weekly Adult Education Sessions <i>Every Monday & Wednesday</i> from 6-8pm @ Nbisiing School & <i>Every Tuesday</i> from 6-8pm @ NFN Library, Garden Village Weekly Anishinaabemwin Classes <i>Every Monday</i> from 6-8pm @ Nbisiing School, Duchesnay & <i>Every Wednesday</i> from 6-8pm @ Church Hall, Ktigaaning		1 Walking Group Every Mon-Thurs Noon @ Outdoor Rink in GV	2	3 Open Gym Night 4:30pm-6:30pm @ Nbisiing School <i>Every Thursday</i>	4 Family Movie Night (all ages) 5-8pm @ NFN Complex Gym <i>Please bring food bank donations</i>	5 Anishinaabemwin Bingo w/ Tory 1-4pm @ TBA in Garden Village Ages 13-24
Goods Exchange Days (May 3-4) – see p. 14						
6 Kids' Social in GV 10am - 3pm @ NFN Boardroom (New Addition GV) Ages 6-12	7 Teen Gym Night 6-7pm @ GV Gym <i>Every Monday</i>	8 Game Night 6pm - 8pm @ NFN Boardroom (New Addition GV) Ages 6-12 Council Meeting 7:30pm @ Council Chambers, GV	9 Diners' Club 11am-1pm @ NFN Complex Gym FishWIKS presentations 1-4pm & 6-9pm @ NFN Complex Gym Craft Night 6-8pm @ Library (all ages)	10  Seniors' Trip to Blue Jays Game Call in May 1 st <i>See p. 12 for details</i> Open Gym Night 4:30pm-6:30pm @ Nbisiing School	11 Teen Pizza Night 6pm - 10pm @ NFN Boardroom (New Addition GV) Ages 13 & up	12 Making Satchels 10am - 4pm @ NFN Complex Lobby (new wing) Ages 13-24, max of 10 participants
Spring Clean Up Days (May 9-11) – see p. 14 for details						
13  Firekeeper Teachings w/ Perry 1pm - 4pm @ Culture Centre Ages 13-24	14 Teen Gym Night 6-7pm @ GV Gym Kids' Social in DV 6pm - 8pm @ Nbisiing School Ages 6-12	15 Deadline for Post-Secondary Apps. Mommy & Me 10:30am @ Library	16 Kids' Movie Night 6-8pm @ Library Ages 6-12	17 Open Gym Night 4:30pm-6:30pm @ Nbisiing School Language/Culture Meeting 6pm @ Culture Centre, GV	18 NFN Election 2018 Nomination Mtg 7pm - 9pm @ NFN Complex Smoking Law comes into effect	19 Spring Gill Net & Spear Fishing Moratorium ends Seniors' Trip to see Petula Clark Call in May 1 st <i>See p. 12 for details</i>
20	21 Victoria Day All NFN Offices & Food Bank Closed	22 Family Night in DV 6-8pm @ Nbisiing Council Meeting 7:30pm @ Nbisiing School	23 Computer & Homework Night 6-8pm @ Library (Ages 6-12)	24 Open Gym Night 4:30pm-6:30pm @ Nbisiing School	25	26 Fishing for Sustenance 7am - 4pm @ Fisheries Bldg Ages 13-24
27 Family Social in GV 10am - 3pm @ NFN Boardroom (New Addition GV) All Ages	28 Teen Gym Night 6-7pm @ GV Gym Kids' Movie Night 6-8pm @ Library	29 Mommy & Me 10:30am @ Library	30	31 Treaty Annuity Payments 10am - 3pm @ Council Chambers, GV	June 1 Treaty Annuity Payments 10am - 1pm @ Nbisiing School, Duchesnay	



A-Kii, Bemaadzjik, E-Niigaanwang
The Land, the People, the Future

Contact Us

36 Semo Road
Garden Village ON
P2B 3K2

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

