

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

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The newsletter is available online at www.nfn.ca or by request: shaylab@nfn.ca

Council Meetings:

Tues, Dec 6th
@ 7:30pm
Nbisiing SS

Tues, Dec 20th @ 7:30pm
Garden Village

Tues, Jan 10th @ 7:30p.m.
Garden Village

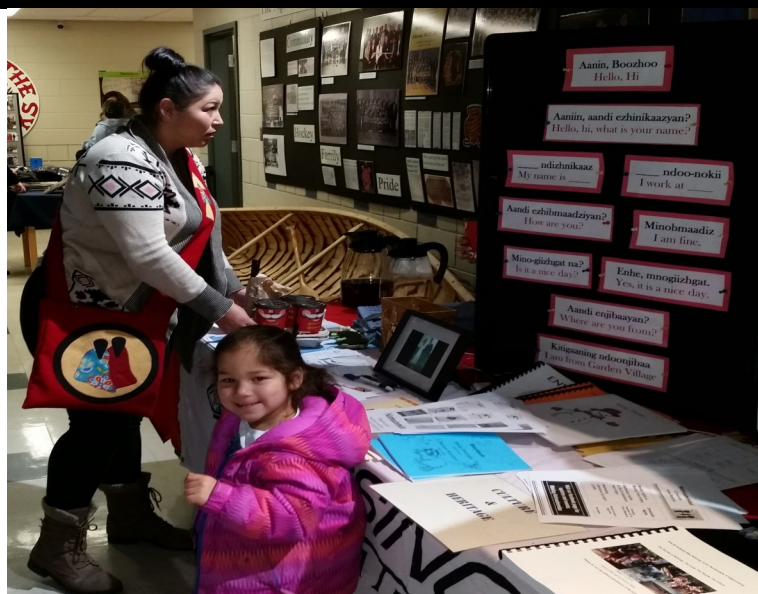
Tues, Jan 24th @ 7:30p.m.
Nbisiing SS

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

Remembrance Day Ceremony



Flag and Staff Carriers from NFN lead the way in the Remembrance Day Ceremony held on Friday, November 11th in Garden Village. Approximately 240 people attended.



Community members checking out a booth at the Annual Meeting held at Nbisiing Secondary School on Saturday, November 19th. Approximately 250 community members attended. In addition to department updates, breakfast, there was a book signing by Jenny Kay Dupuis and an Advanced AES Poll. Miigwech to the organizers and community members who attended.

UPDATES

BUS UPDATE/CHANGE---January 9th, 2017

We are planning to add a new bus route for Duchesnay & Yellek. Due to increased students and bell time changes, we will move students attending Woodlands to another route.

Students who are on Bus Route #4 who attend Woodlands School will be on a separate route/bus as of Monday, January 9th, 2017. Both pick up times will start off in Yellek.

ESTIMATED (Woodlands School)	ESTIMATED (All other Schools)
Pick up time: 7:30-7:35 A.M.	Pick up time: 7:50-7:55 A.M.
Drop off time: 3:05-3:10 P.M.	Drop off time: 3:20-3:30 P.M.

We hope this added change will assist with getting all students to school in a safe and timely manner and provide time for Parents/Guardians to make accommodations for your child/ren with the new pick up & drop off times.

Any questions please call the education department at (705) 753-6995.

Nancy Allaire, Director of Education
Charlene Bellefeuille, Bus Coordinator



NFN Departments Satellite Office has Moved!

Nipissing First Nation (NFN) Members please be advised that NFN Administration Satellite Office has relocated from the Union of Ontario Indians to Nipissing Secondary School effective Tuesday, November 1, 2016. In order to better serve members located on the east end of NFN.

NFN's Satellite Office is available from **9:00am to 4:00pm** on the following dates (unless otherwise specified):

ONTARIO WORKS

Every 2nd Wednesday of the Month

Wed. Dec. 7th

Wed. Jan. 18th

Appointment Required:

Call (705) 753-2058 to book.

FINANCE

Every 3rd Friday

Fri. Dec. 19th

Fri. Jan 16th

MEMBERSHIP

Every 3rd Monday

Mon. Dec 19th

Mon. Jan 16th

HEALTH CENTRE

By appointment only:

Call (705) 753-3312 to book.

CHIEF McLEOD

Every 3rd Thursday from

10am - 4pm *

*(*confirmed on a month to month basis.)*

Call for Committee Members

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

Community Development Committee - seeking 1 member

Economic Development Committee - seeking 1 member

Housing Committee - seeking 2 members

Natural Resources Committee - seeking 2 members

Culture/Pow Wow Committee seeking 1 member

Committee meetings are held once per month and members are paid an honorarium of \$50 for each meeting that they attend. Members must be 18 years of age and over to participate on committees.

Note: Applicants are allowed to participate on a maximum of two committees. Applicants must complete a separate application for each committee.

The Committee Member application form is available on our homepage at www.nfn.ca, at the front reception desk at the Band Office, or it can be faxed or emailed to you by request by calling (705) 753-2050.



Daycare Spots Available

There are part-time, and full - time Pre-School spots available at the Duchesnay Daycare. Please call (705) 474-9860.

NFN Offices Closed:

Christmas Break

Wednesday, December 21st,
2016-Tuesday, January 3rd,
2017.

Food Bank Hours

Closed Dec. 23rd, 26th, 30th and
Jan. 2nd. Open: Thurs, Dec 29th
9am-12pm. Regular Hours com-
mence Jan. 6th, 2017 8:30a.m.-
12p.m. Regular Hours Monday
1p.m.-4:30p.m. and Friday,
8:30a.m-12p.m.

2013 Boundary Claim Trust Income Update Available

Provides an update to the
Debendaagziwaad
(Membership) on the current
and proposed use of funds de-
rived from interest and income
from the 2013 Boundary Claim
Settlement. Distributed at the
NFN Annual Meeting. Available
upon request.

Annual Report Available

The 2015-2016 Annual Report
was distributed at the Annual
meeting on Sat, Nov. 19th, at
Nbisiiing Secondary School.
Available at the Band Office, or
by request to shaylab@nfn.ca.
The Report provides a summary
of Nipissing First Nation pro-
grams, and services.



Natural Gas Online Applications Due

Residents of Lower Beaucage, Jocko Point, Nova Beaucage, Yellek and Art's Lane communities interested in having their homes connected to natural gas in 2017 need to register as soon as possible. To date Union Gas has received the required minimum 47 homes (70% residents) to proceed with the project.

We have a shortfall in Art's Lane of 3 homes for the project to move forward in 2017. To date Union Gas has received only 2 registrations. There is a requirement of 7 additional homes for Lower Beaucage of and 56 homes need to sign up in Jocko Point.

The Natural Gas Project is set to begin in spring for the above mentioned areas. It is crucial that all home owners in these areas complete this application as soon as possible. Complete the Ap-
plication here: <http://www.uniongas.com/naturalgasinquiry> Please select "My neighbourhood is currently working with a Union Gas representative" when prompted. You will receive notification of successful completion. Delays in completing the online Form will could possible result in cancellation of the Natural Gas installation for the areas.

Please register as soon as possible. Should you not have access to the internet please contact Thomas Lambert at 705-753-6985 and he will be willing to assist the homeowners to register.

Thomas Lambert EDO/Manager of Employment & Training
thomasl@nfn.ca 705-753-6985.

Community Energy Plan Study

Nipissing First Nation is commencing the development of a Commu-
nity Energy Plan (CEP). The purpose of the study is to provide a
guide for the Nipissing First Nation to meet their current and future
energy needs in a socially acceptable, economical, and environ-
mentally sustainable manner.



The CEP will allow Nipissing Nation to assess: the existing and future energy demand; existing energy sources and capacity; estimate environmental impacts of current energy sources; conser-
vation measures and impacts upon demand (including public education component); renewable energy alternatives; and will assist NFN in developing a community energy plan, which meets the needs of the 20 year development plan.

Success of the study will depend on participation of the Nipissing Nation Members. Over the next few weeks, community members will be asked to participate in a household community energy survey which will seek to identify current energy usage within the community; participation in en-
ergy conservation methods; and express views on renewable and alternate energy projects. Community members will also be asked to participate in two Community Meetings over the next year.

Community Meeting No. 1 will discuss the results of the household survey including current and future energy demand; energy source; environmental impacts; use of conservation measures; and preliminary discussion on energy source alternatives to meet the future requirements of the community.

Community Meeting No. 2 will provide the opportunity for the community to review the results of the study to date and provide comment on the study prior to developing the Community Energy Plan. The meeting will include presentation discussion on:

- ◇ Existing Energy Use within the Community
- ◇ Conservation Measures and Existing Conservation Programs
- ◇ Energy Source Alternatives

If you have any questions please contact:
Michael Harney, Economic Development Manager
(705) 753-2050 Ext. 1264



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

Are you thinking about registering at a High School? Make an appointment with the Student Success teacher at Nbisiing Secondary School, Ontario's finest First Nation High School! We would be pleased to provide a personalized tour of our school and speak with you about the educational and cultural programming available. We welcome all Native and non-Native students. To arrange a personalized tour, visit our website at www.nbisiing.com, call us at 705-497-9938 or check us out on facebook.



(see left) Zachary Couillard has completed the Electrical Techniques Dual Credit through our school with Canadore College. Amber Fryer is taking the Counseling Dual Credit.

Grade 9 Physical and Health Education students have finished their volleyball unit and are moving into their much anticipated basketball unit. In Health we are learning about substance abuse and addictions.

Grade 10 History students have been working on board games which demonstrate life in the 1930s. A variety of games were modified by students to show this including monopoly, snakes and ladders and even scrabble.

The students participated in the Game Brain presentation again this Fall at Nbisiing Secondary School on Monday November 7th. This was an interactive, educational game show style presentation hosted by Jason Agnew and Matt Philips. This event is offered free of charge to Ontario high schools thanks to funding by the Ministry of Health and Long-Term Care. This one hour game-show style workshop required students to get up on stage and through playing games, answer questions about the realities of gambling; the risks associated with gambling, the signs of a gambling problem and where to go to access help resources. It was an awesome way to start our week here at Nbisiing!

On Halloween, the hospitality class organized an hour of activities for all of our students including eating challenges, relay races and delicious snacks!



ADULT EDUCATION PROGRAM

Looking to achieve your Grade 12?
Need help getting a transcript?
Not sure what options are out there?
What are maturity credits?



Tentative session dates

Tuesday and Thursday

6p.m. - 9p.m.

Nbisiing S.S. Duchesnay

Monday and Wednesday

6p.m. - 9p.m.

Garden Village-NFN Library

MATURITY CREDITS & P.L.A.R. (Prior Learning Assessment & Recognition)

Your high school diploma might be closer than you think! You may be eligible for maturity or equivalency credits based on how long you have been out of school and your life experience. An evaluation is required and will be arranged upon registration.

A transcript of your credits earned from previous secondary school(s) and a resumé are required before an evaluation can be done.

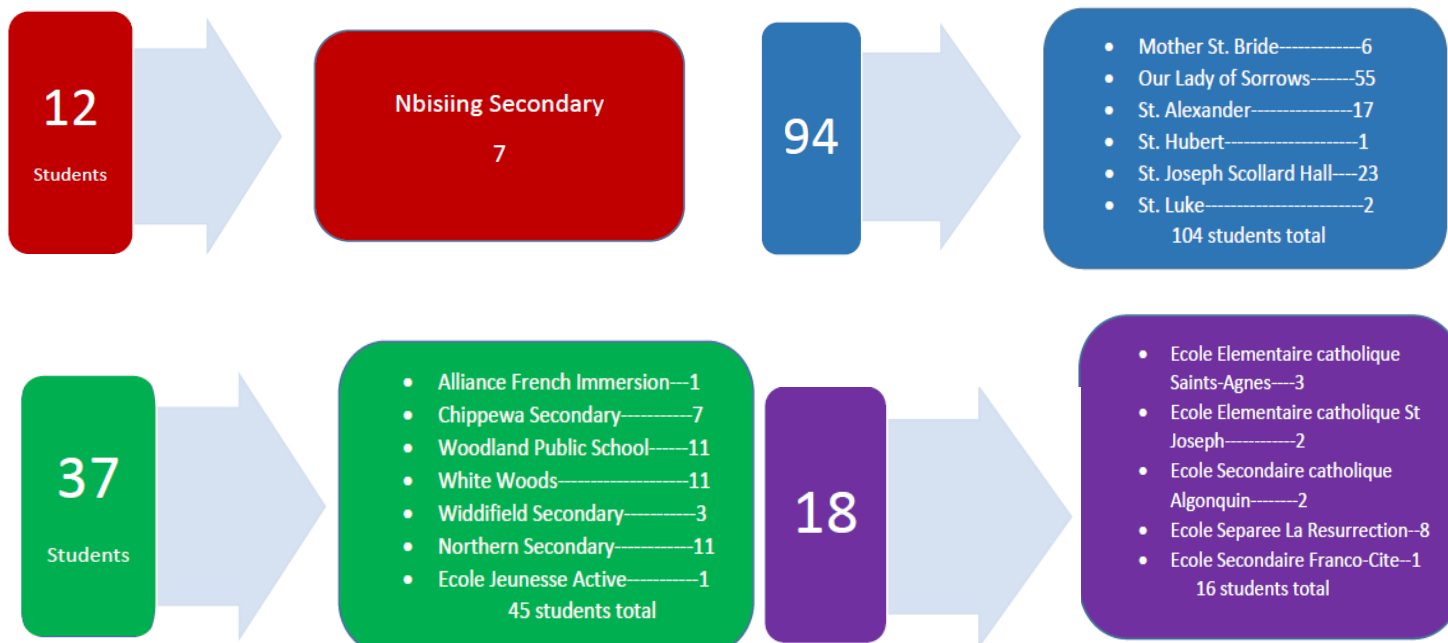
Registration is required

Contact:



NFN Education Office 753-6995 or
NFN Ontario Works 753-2058

2015-2016 Statistics of Enrollment



Cultural Events



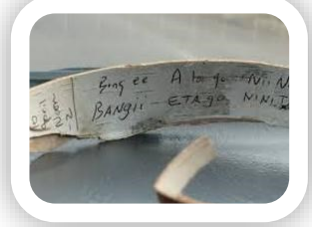
Full Moon Ceremony
Thurs, Jan. 12th ~ 7p.m..
GV Culture Centre



Drum Social
Thurs, Jan. 12 ~ 6p.m.
Garden Village



Peyote Stitch Workshop
Sat, Jan 21~ 10a.m.-3p.m.
Garden Village
&
Peyote Stitch Workshop
Sun, Jan 22~ 10a.m.-3p.m.
Nbisiing SS
With Amanda Bellefeuille



Anishnaabemwin Classes
Every Monday 6-8p.m.
Nbisiing Secondary School
&
Every Wednesday 6-8p.m.
GV Church Basement
Call Jane (705) 753-2050
Janec@nfn.ca

Immersion nights:
Sat, Dec. 10, 2016
Fri, January 13, 2017
Fri, January 27, 2017

**Anishnaabemwin
Niibaanimaang
Mnowaazowin**

(Christmas Anishnaabemwin
Language Social)

Aandi Maa (Where): Gchi-Anishnaabeg Endaawaad (Seniors Home)
Ktigaaning (Garden Village)

Aandi Pii (When): Maaniigiizhgak (Saturday) Niibaanimaang Giizis (December)
Mtaaswi (10th); Newo Dibagane (4:00pm) – Ngodwaaso Dibagane (6:00pm)

Immersion class for Anishnaabemwin Kinoomaagejik—(language teachers)

Community invited to participate in an evening of Anishnaabemwin Niibaanimang
Ngamnan minwa Twaagewin (Anishnaabe Christmas Songs and games)

Enmikweng (Refreshments) minwa Miigwewin (door prizes)

KIDWINAN: (Words for December)

Niibaanimaang
Naang –
Kidaanmikoon
Nimkodaading -
Gaamiisaagdooned
Aazhenii
Miigwe

Christmas
star
greeting to you
new years
mishoomis – santa
angel
to give a gift

Nmiingoo
Nmadshiwe
Jiimdawag
Niimidwin
Skigwendiwag
Boozhookdaadwak

I receive a gift
visiting
they're kissing
there's a dance
They're hugging
- they're shaking hands

KIDWINAN: (Words for January)

Goon
Mooshne Giizis
Dbaaajmonan
Ghi-gsinaa
Giowedin

snow
full moon
stories
very cold
north wind

Ma'iingan
Waabshkaa
Nistotam
Gookmis
Mishoomis

wolf
white
you understand
grandmother
grandfather

Workshops are proudly
sponsored by:



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

an Ontario government agency
un organisme du gouvernement de l'Ontario

Anishinaabemwin Words & Dialogue for December

Mnidoo Giisoons ~ Little Spirit Moon

Mnidoo Giisoons
 Niibaanamaang Giizis
 Mnidoo Giisoons Little Spirit Moon
 Mtaaswi shi-niizh giizis egoojing gaa-zhinkaazod ,
 Mnidoo Giisoons zhinkaazo mii maa aabchi-mnidooyang
 maadziwin
 Mii maa maadziwin emkawaabmigaadeg
 Maa miikan wa- Gzhe- Mnidoo gaa-tood
 Mii dash pii Mnidoo- Giisoons wii ni-zhaad
 Mkinaak Mnising ge ezhinkaadeg
 Mtakmikwe ni- naandwiwed minwa
 Wii-waamdang m'yaa maadziwin enjibaamgak.
 Mii maa wii- gwekwendaagwak,
 Mshkawziwin minwa gchi-mshkawendmowin
 Pane nji-nishing, ni waamdaweng pane maa miikan
 Enmok wedi Mndoo-kiing.

Little Spirit Moon

Little Spirit Moon is the twelfth moon of Creation,
 a very spiritual time .

At this time all is being reminded of their journey set
 out by the creator.

During this time , the little spirit moon journeys to Tur-
 tle Island,

As a healer and a seer in the hearts of all Creation.

of Creation, can flourish with the identity to make the
 journey from this world to the next.

Miigwech

Anishinaabemwin Words & Dialogue for January

Mnidoo Giizis - Spirit Moon

Nshki-tam Giizis egoojing gaa-zhinkaazod,
 (Mnidoo Giizis Zhinkazo)
 e-piitendjigaadeg kinoomaagewin pii giizis mooshned,
 nji-kenmang noongom pii Gookmis kinoomaaged Maadziwin
 mii dash ge Mnidoog bi-maanjidiwaad
 gchi—twaa shkodeng nmadbiwaad Semaan gii-pkitnaawaan,
 nji-bznindamwaad Gchi-kinoomaagwin Gookmis-miigwed.
 Mii maa pii mnidoosag ge wiinwaa bi-yaawaad pii shkode
 ndaapteg
 Mii dash gii-shkwaa kinoomaageng, goki maa kiing bi-zhaawak,
 Pii ge waamjigaazwag bi-mi yaawaad giizhgong.
 Enaandwiwewaad zhinkaazwak,
 Waaseyaa Dbikak

Spirit Moon is the first moon of Creation.

**A time when the teachings of life is being honored in
 silence. In this great moment of the full moon,**

**We understand this time as a time of Gookmis or the
 spirit that teaches the meanings of the continuum of
 life from this world to the next.**

**At this time our spirits are called to sit at the sacred
 fire with our tobacco and listen to these teachings
 from Gookmis. When the sacred fire begins, the path of
 the spirits can be seen clearer than any other time .**

**Following the teachings, the spirits return to the earth
 and can be seen traveling across the night sky. They
 are the healers of the universe or the Northern Lights.**

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

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

www.nfnculture.ca



Water is Life

Water Spirituality Cultural Awareness

Fri, Dec. 9th, 2016 @ 10 a.m.

Nbisiing Secondary School,

469 Couchie Memorial Dr. North Bay.

Light refreshments served at noon by
Nbisiing Hospitality & YMCA Youth Exchange Students

*Please join us to honour and respect
the lifeblood of Mother Earth...water.
First Nation members are invited to a
ceremony to discover the Traditional
roles surrounding our sacred waters.*

*Ladies, please wear ceremony skirts during
the water ceremony.*



Opening and closing ceremonies:

"Water Walker" Gookmis (Grandmother) Josephine Mandamin

Ojibwe of Wiikwemikoong Unceded Territory and Lieutenant Governor's
Ontario Heritage Award for Excellence in Conservation recipient



Elder Gookmis Evelyn McLeod, Nipissing First Nation

Language (Ojibwe) Culture Educator

Also in attendance:

Chief Scott McLeod

Master of Ceremony George Couchie

NFN Red Hawk Drummers

NFN flag carrier Matt Gauthier

Sacred Firekeeper Rob Poucachiche

Eagle flag carrier Wolf Sackaney

NFN Councillors

For more info:

(705) 753-2050

Michele Chretien, Event Coordinator

michelec@nfn.ca



Nibii Bimosemin - Walking with Water

The Land, the People, the Future

Funded By:



Health
Canada

Santé
Canada

First Nations and Inuit Health Branch
Public Health Project Funding

Influenza Immunization



Free Vaccines Available for Adults and Children 6 months of age and up.

Wed, December 14th: 11am-1pm @ **Diners Club in Garden Village**

Walk-ins welcome

For detailed immunization information, or to book a private appointment call:

Community Health Nurse or Maternal Child Health @ the Health Center (705) 753-3312



Vaccinations and Booster Shots Available!

The 10 year booster dose of Tetanus, Diphtheria and Whooping cough, are available at the Lawrence Commanda Health Centre and very important as these diseases are still found around the world! The Shingles vaccine is now available and FREE for people 65-71 years old. Call Kayla, Community Health Nurse @ LCHC for more information or to book an appointment. 705-753-3312 ext 2257.



Kids Can Cook with Confidence Program Winter Session

We will be unveiling some new and improved recipes



We will be offering a **LEVEL 2** program for any interested children ages 9 to 12 years old who have not previously attended this program.

STARTING TUESDAY FEBRUARY 7, 2017

6 Spaces Available

Program dates will be:

Tuesdays February 7, 14, 21 & 28, 2017

**4:00-5:45pm - LCHC Boardroom
Garden Village**

Must register by **Thursday February 2nd**
Please contact Cheryl Shawana @ 705
753-1375 to register or for more
information



Health's Kitchen! Easy Breakfasts and Lunches Workshop

Sat, Dec 3rd LCHC 10am to 2pm –

Will make some recipes as a group to share in a meal together and take home –

*call LCHC to register, spaces limited

Erika Weidl, RD, CDE, MScA

Community Nutritionist

Nipissing First Nation Health Services

P: 705-753-3312 ext. 2225

F: 705-753-5087

erikaw@nfn.ca

Are you pregnant or do you have a child less than 1 year old?

Are you a resident or member of Nipissing First Nation?

If so, you should consider registering with our Canada Prenatal Nutrition Program! Once registered, you may be able to:

- ✓ Receive a monthly Good Food Box
- ✓ Receive a monthly milk coupon, if breastfeeding
- ✓ Access gifts such as the Baby Bundle or Welcome Baby Bag

Once your child turns 1 year old, they may be enrolled in the Aboriginal Healthy Babies Healthy Children Program and continue receiving milk coupons until they turn 7 years old!



For more information contact:

Misty Arbour, Maternal Child Health Nurse
705-753-3312 x 2227



Chronic Complications ~ Diabetes and Your Kidneys

Possible Long Term Effect of Diabetes on the Kidneys:

In the long term, hyperglycemia can cause changes in the small blood vessels of the kidneys. This compromises the blood filtration and purification functions; this is called diabetic nephropathy.

If diabetes is not properly controlled, diabetic nephropathy can develop into

- ⇒ complete loss of kidney function. In such a case, dialysis or a kidney transplant is necessary.

How to Know if Your Kidneys Have Been Affected by Diabetes:

The effect of diabetes on the kidneys can be detected through a laboratory analysis that detects small amounts of albumin in the urine. This test requires only a urine sample.

A rise in blood pressure can also signal the onset of damage to the kidneys.

How to Protect Your Kidneys:

You can protect your kidneys by:

- ⇒ Keeping blood glucose levels as close to normal as possible;
- ⇒ Check for albumin in the urine once a year;
- ⇒ Check blood pressure regularly and treating high blood pressure aggressively;
- ⇒ Quit smoking; and
- ⇒ Take prescribed medications to slow the progression of kidney disease. Your doctor may suggest them if needed.

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

Hello, Aannii, Boozhoo, Aniish na? How are you?

I hope this festive season is finding everyone well and looking forward to the new year. It is so important to take care of our physical, mental, emotional and spiritual health, in order to enjoy life to the fullest. It was a very busy November for the LCHC staff, all the events held for the month of November were: Diner's Club luncheon, Good Food Box, NFN World Diabetes Day breakfast, NFN Community meeting, the NFN Health Fair, Immunizations and last but not least our 6th Annual Embrace Life - the Survivors of Suicide Day Thursday November 10th.

These types of information sessions are very important not only to the speakers, but also for community members to learn about how suicide impacts everyone and how we can all help when tragedies arise in the community. It also allows the speaker time to talk openly about their loved ones. For your reading pleasure for December and January newsletter, I have included some information on a depression that many people do not realize they or someone they know is suffering from, and also some information on partying safely during the holidays. With the winter season some people suffer from Seasonal affective disorder (SAD) is a type of depression that tends to occur (and recur) as the days grow shorter in the fall and winter. It is believed that affected people react negatively to the decreasing amounts of sunlight and the colder temperatures as the fall and winter progress. It is important to note that although seasonal affective disorder usually presents in the fall and winter there are those who suffer from this condition during the summer instead of, or in addition to, during the fall or winter. Some symptoms of SAD may consist of difficulty waking up in the morning, morning sickness, tendency to oversleep and over eat, especially a craving for carbohydrates, which leads to weight gain. Other symptoms include a lack of energy, difficulty concentrating on or completing tasks, and withdrawal from family and friends. All of this leads to depression, feelings of hopelessness, and lack of pleasure which characterize a person suffering from this disorder. People who experience spring and summer depression show symptoms of classic depression including insomnia, anxiety, irritability, decreased appetite, weight loss, social withdrawal, decreased sex drive, and suicide.

There are many different treatments for classic (winter-based) seasonal affective disorder, including light therapy, counselling and medications to name a few. If you or someone you know is experiencing some of these symptoms of depression talk to your physician or nurse practitioner. Or call the Right Path at 705-753-1375

The Holiday season is drawing near, and people plan on celebrating or partying during the holidays. Parties are a highlight of the holiday season; it's fun to get together with family and friends to celebrate. If you're planning a party or gathering, you know there is much preparation from food and drink to decorations and music. But there are a few safety tips for you to keep in mind while enjoying your Holiday season especially if you plan on hosting a party.

The best party is a safe party. You should always take every precaution to make sure all of your guests remain safe. This includes inviting designated drivers to the party, calling taxis for people and possibly even taking the keys away from some of your friends. A proper party host tries not to get too intoxicated. After all, it is your household and if things get out of control, you are going to be

expected to take care of it. This may include talking with the police, breaking up an argument between friends, and more.

When planning your party, this checklist can help you have fun and stay safe.

- 1) Be sure your front walk, steps, driveway and sidewalk are cleared of snow and ice, to make sure your guests are safe.
- 2) Serve food throughout the party to help guests slow their alcohol absorption. Also, food can help fill people up, so they may drink less.
- 3) Have plenty of non-alcoholic beverages on hand so people have the option not to consume alcohol.
- 4) Plan fun activities. If people are busy dancing or playing games, they will likely drink less.
- 5) Stay sober. As the host, you are responsible for your guests, and the only way accurately assess whether a guest has had too much to drink is to avoid drinking yourself.

You may also have to act as designated driver for the evening to ensure guests get home safely. Or Should guests become impaired, be sure to have options available for getting them home, such as the number for a local taxi service, as well as cash on hand for the fare.

- 6) Have plenty of extra blankets and sleeping bags on hand and invite guests to stay the night. The holiday party could turn into a slumber party...But at least you'll know everyone is safe.

Remember there are consequences to impaired driving if you are convicted of a impaired either by alcohol or substance use you will face serious legal consequences. If stopped by a RIDE

Program when asked if you have had anything to drink, if you answer no, you are on your way. But if a police officer has a reasonable suspicion that you've had even one drink, or impaired by substances you're probably in for an unpleasant experience. If the officer decides to investigate further, he may ask you to provide a breath sample into a roadside screening device. If you fail, you're off to the police station to provide further breath samples, a process that can consume many hours. Legal implications can be very costly.

Motorists should plan ahead. If you expect to drink, make alternate travel arrangements. If you're driving and then decide to drink, leave your car where it is and take a taxi or the bus. The best way to avoid serious and costly problems is simple: either don't drink – or don't drive.

If you need any information on Mental Health or Addiction Services Call Giyak ~ Moseng -The Right Path Counselling & Prevention Services @705-753-1375

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

From the Right Path Staff, Lori-Anne, Cheryl, Dr. Brenda, Lisa L, Maxine, Julie, Tyler, Janice, and Zan

BUSTING HIV / HEP C TESTING MYTHS

MYTH:

People get HIV or Hepatitis C because of their life choices.

FACT:

Health is determined by a wide range of issues. Risk for HIV and Hepatitis C is increased by:



Those facing these issues are **STRONG**.

THE ONLY WAY TO KNOW YOUR HIV OR HEP C STATUS IS TO GET TESTED.

MYTH:

HIV is a gay man's disease.

FACT:

Each year nearly one in six people diagnosed with HIV in Ontario is **FEMALE**.

• 79% OF NEW HIV INFECTIONS AMONG FEMALES DUE TO HETEROSEXUAL SEX.
• 21% OF NEW HIV INFECTIONS AMONG FEMALES DUE TO INJECTION DRUG USE.

2014 STATISTICS CANADA

When there is a power imbalance or inequality women often do not get the support and resources they need to ensure their well-being.



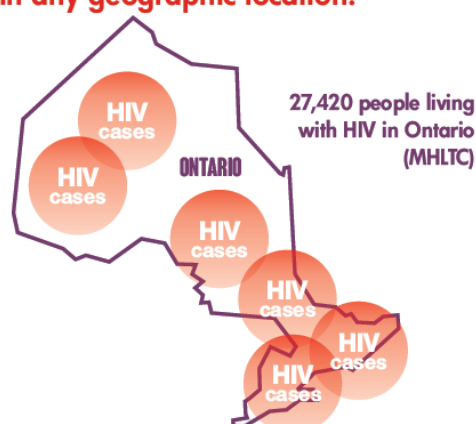
THE ONLY WAY TO KNOW YOUR HIV OR HEP C STATUS IS TO GET TESTED.

MYTH:

HIV is only a big city problem and not a problem in the north.

FACT:

HIV doesn't discriminate. People can become HIV positive in any geographic location.



THE ONLY WAY TO KNOW YOUR HIV OR HEP C STATUS IS TO GET TESTED.

WHA Women & HIV/AIDS Initiative



HIV/HEP C Testing is Available

Wed, Nov 30th, 5p.m.-7p.m.

Open Arms Café
(301 McIntyre St. East)

North Bay

&

Mon, Dec. 5th 2-5p.m.

North Bay Indian Friendship Centre
(980 Cassells St.)

Gym Nights in Garden Village

Mondays & Wednesdays at the Band Office Gym

Date	Ages	Games
Monday	Ages: 6-12 4:00pm-6:00pm	SPUD, Dr Dodge Ball &
Dec 5	Ages: 13-18yrs 6:00pm-8:00pm	Circle Games
Wednesday	Ages: 6-12 4:00pm-6:00pm	FI Hockey &
Dec 7	Ages: 13-18yrs 6:00pm-8:00pm	Handball

Gym Nights in Duchesanay

Tuesdays and Thursdays at Nbisiing Secondary School

Date	Ages	Games
Thursday	Age: 6-12 4:30pm-6:30pm	Hoops and HOOPLA
Dec 1		Scooter Hockey
Tuesday	Age: 6-12 4:30pm-6:30pm	Badminton/Balloon Tennis
Dec 6		21 Basketball

WINTER SURVIVAL SKILLS—NFN RECREATION

HOW TO SURVIVE IN COLD WEATHER

Saturday January 14th

10am-6pm

Dokis First Nation

Interested Participants will embark on a full day of hands on learning in the Great outdoors with local trail guide Norm Dokis.

Transportation and Lunch Provided

***Registration required * Limited Space**

Please Contact Ashley at 705-753-6971 or by email at ashleyc@nfn.ca



Employment Opportunity

Post-Secondary Support Worker

Full Time- Permanent

Nipissing First Nation requires a Post-Secondary Support Worker to provide clerical, administrative and support services to the Education Department within the administrative policies and procedures established by the Nipissing First Nation Chief and Council and as directed by the Director of Education.

The anticipated start date of this position will be January 2017.

QUALIFICATIONS:

- Must be a registered member of Nipissing First Nation.
- Graduate from a post-secondary program in Education and/or Social Work, or related discipline, office administration skills at a high level; good knowledge of office practice.
- Working knowledge of the legislation, policies and procedures that impact First Nation Education programs and services.
- Must have significant experience with financial, budget planning and reporting processes.
- Familiarity with post-secondary institutions, their programs, credit systems and support services.

REQUIRED SKILLS AND ABILITIES:

- High level of organization, written and verbal communication skills.
- Displays initiative and strong interpersonal skills.
- High level computer and word processing skills.
- Good public relations, including an appreciation of the need for confidentiality, tact and discretion.

DUTIES INCLUDE:

- Manage and maintain financial obligations pertaining to the post-secondary students (e.g. bi-weekly student allowance payments, reimbursements, tuition payments etc.).
- Maintain electronic data base for post-secondary students.
- Assist with the completion of the Elementary, Secondary and Post-Secondary Nominal Roll as required annually by Aboriginal Affairs and Northern Development Canada.
- Assist students with academic/career counseling as requested. This may include referrals to other sources for such assistance and communicating with post-secondary institutions.
- Maintain electronic contact list for all post-secondary students to provide them with newsletters, notices and reminders. Provide at least monthly correspondence.
- Maintain education (elementary, secondary and post-secondary) student files ensuring that all information including that relating to funding is up to date.
- Prepare and keyboard correspondence, reports and submissions related to Education programs as requested by the Director of Education.
- Perform other duties as may reasonably be required by the Director of Education.

The successful applicant will require to submit a Vulnerable Sector Check upon hire. Please submit your letter of interest, resume and three (3) references no later **Friday, December 16th, 2016 at 4:30 p.m.** to:

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

We thank all applicants for their interest, however, only those who qualify for an interview will be contacted.

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



Employment Opportunity

Ojibway Daycare – Part Time Cook/Cleaner & Part Time Teacher

Full Time- Permanent

Nipissing First Nation requires a Part-Time Cook/Cleaner & Part Time Teacher to work 35 hours per week, Monday to Friday at the Ojibway Daycare in Garden Village. The anticipated start date of this position will be January 2017.

QUALIFICATIONS:

- Must be a Nipissing First Nation Member.
- Must have Early Childhood Educator Diploma.
- Must be able to work with minimum supervision.
- Must have Safe Food Handler Training or willing to obtain.
- Must be familiar with WHMIS or willing to obtain.
- Must have a valid Driver's License and access to a vehicle.

DUTIES INCLUDE:

- Reports directly to the Daycare Supervisor.

Cook/Cleaner Duties

- Prepare nutritious meals and snacks for Daycare children based on the Canadian Food Guide.
- Purchase food and supplies required for the daily preparation of meals and snacks.
- Clean Daycare as per schedule.

Teacher Duties:

- Planning, supervising and implementing the program for the classroom in accordance with the policies and philosophy of the Couchie Memorial Day Care Centre and the cognitively oriented curriculum.
- Gearing the program to the needs of the individual child with concerns for his/her interests, handicaps, special talents and place of learning.
- Assisting the children with their personal needs.
- Being responsible for the ordered arrangement, appearance décor, and learning environment of the classroom, including related domestic responsibilities.
- Attending all staff meetings.
- Participating in recommended training programs, conferences, courses, other aspects of professional growth.
- Planning and implementing methods of establishing a positive liaison with parents.
- Responsible for preparing art activities and circles according to the week's theme.
- Other duties as required.

The successful candidate will require a current CPIC/Vulnerable Sector Check. Please submit letter of interest and resume with three (3) current references no later than **December 16th, 2016** at 4:30 pm 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

Only those who qualify for an interview will be contacted.

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



Employment Opportunity

Finance Accounts Receivables Clerk

Full Time- Permanent

Nipissing First Nation requires a Finance Accounts Receivable Clerk, to perform the accounts receivable functions and related bookkeeping, clerical and administrative services for the First Nation, and administer financial processes within policies and procedures. Successful candidate to start January 2017.

QUALIFICATIONS:

- Must be registered Nipissing First Nation member.
- Must be a graduate from a post-secondary program in Accounting.
- Must have experience in business accounting and understanding of best practices.
- High level computer and word processing skills; working knowledge of computerized accounting programs, such as AccPac for Windows.
- Must be bondable.

REQUIRED SKILLS AND ABILITIES:

- High level accounting skills.
- High level of sensitivity to Native issues.
- Excellent public relation skills, including an appreciation of the need for tact, discretion and a positive, cheerful and informed approach with the public.
- Displays initiative, strong interpersonal skills and high level organization skills.

DUTIES INCLUDE:

- Under supervision of the Chief Financial Officer.
- Performs the accounts receivable function, including the receipt, recording and monitoring of all First Nation revenues, such as grant/funding revenues, service charges, rents, renovation and mortgage loan repayments, special fees, charges and fines in accordance with the Nipissing First Nation's Financial and Procedures Policy and by laws.
- Ensures receipt of revenues owing; pursues accounts in arrears and recommends compliance in accordance with the First Nation financial administration policies.
- Researches and prepares statistical, financial, policy, and other reports as required by the Finance Manager.
- Prepares monthly and year-end revenue reports.
- Assist in First Nation and program audits.
- Attends meetings of Finance Committee meetings.
- Answers enquiries directly and by telephone, and provides factual information to the public.
- Prepares and summarizes lists and reports, as required.
- Assists in the maintenance of the filing system.
- Provides clerical, bookkeeping, administrative and other related duties.

The successful candidate will require a current CPIC. Please submit letter of interest and resume with three (3) current references no later than **December 16th, 2016** at 4:30 pm 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

Only those who qualify for an interview will be contacted.

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



Employment Opportunity

Personal Support Workers – Home & Community Care

Casual Employment

Under the direction and supervision of the Home and Community Care Coordinator / Registered Nurse, the Personal Support Worker will be responsible for providing culturally appropriate assistance in personal support and homemaking services. This service will enable individuals who do not have immediate family available for support, who are elderly, frail, chronically ill, or convalescing after surgery, injury, or short-term illness to function independently in their own homes, in their own community, and for as long as possible.

Personal Support Workers will be required to travel within all areas of Nipissing First Nation to provide services. Hours for this position are based on client need. Hourly rate: \$16.80

Benefits: Paid sick days
 Paid mileage per km
 Extended Paid Christmas Holidays

QUALIFICATIONS:

- Must have a Personal Support Worker Certificate.
- Available to work flexible hours including evening and weekends.
- Experience in working with the elderly and/or in a health care setting.
- Ability to communicate and organize effectively.
- Ability to work independently and follow care plans.
- Utilizes proper body mechanics and transfer techniques in order to carry out safe lifts and/or transfers.
- Prepares nutritious meals and snacks; including special diets, as determined by the care plan, and uses proper food preparation, storage and hygiene practices.
- Ability to work in a manner respectful of First Nations culture, values, and beliefs.
- Ability to work as a multi-disciplinary team member.
- Ability to protect the personal health information of clients and maintain a high degree of confidentiality.
- Current certification in Standard First Aid and CPR or willingness to obtain.
- Must be willing to complete privacy training and OH&S training.
- Valid driver license and access to a reliable vehicle required.

A current CPIC, including Vulnerable Person Check, is required upon employment. Please submit your letter of interest, resume and three (3) current references no later than **4:30pm on Friday, December 2nd, 2016** to:

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

Only those who qualify for an interview will be contacted.

SPECIAL EVENTS

Saturday, December 3rd

11a.m. to 4p.m.

NFN Community Building – Garden Village

Pennysale, Draws, Bingo, Lunch, Children's games, etc....

Please mark this date on your calendar!

Everyone welcome!

All proceeds to the Holy Spirit Church operation and maintenance costs!



*** FOR SALE BY TENDER *** KITCHEN COMMERCIAL EQUIPMENT

1 Garland Gas Restaurant Range, Model/Series G280 1992;

1 Moyer Diebel Undercounter Dishwasher. 2003

Both of these items are being sold "**AS IS**" and the sale is **final**. They are not in working order and parts will be required.

If bidding on both, please submit bid price per item.

For more information please call 753-2050 and ask for Patrick R Stevens.

Please submit sealed tenders clearly marked "Confidential – Kitchen Equipment" to the address below no later than Thursday, December 15th, 2016 by 4:00 p.m.

Tenders should be delivered to:

Dwayne Nashkawa, Executive Director

Nipissing First Nation, 36 Semo Road

Garden Village, ON

P2B 3K2

No tenders received after the deadline at the designated office will be accepted. Only amendments to bids can be faxed to following number: (705) 753-0207 prior to closing date.

Seniors Christmas Party

Dinner & Dance

Fri, Dec 9

5:30p.m. Garden Village Gym

If you did not receive your invitation, please contact Rick or Liz Stevens

705-753-3312



***A recent change to the policy for the Christmas Distribution dependent age is now under 16, instead of 18.

Please see the amended the Request Form and Notice to reflect this change. Now any band member age 16 and over must complete a separate form, the parent cannot include them in their request.***



Christmas Distribution Notice



**The Christmas Distribution payments will be given out on the following dates:
Thursday, December 8th in Garden Village & Friday, December 9th in Duchesnay.**

Registered Nipissing First Nation members will have until March 31, 2017 to pick up their shares. These shares do not accumulate and must be picked up or requested separately each year.

A form is provided for anyone requesting a cheque or direct deposit. Please return the form to the Finance Department by November 10, 2016 to receive payment on December 8th, 2016. The form is also available at www.nfn.ca.

Mail requests to: Nipissing First Nation
36 Semo Road
Garden Village ON P2B 3K2

or email to: finance@nfn.ca
or fax to: (705) 753-0207

For those picking up, please have your status card available on Christmas Distribution day to ensure greater efficiency for the payment process.

Third party pick-ups are no longer permitted; however one can collect for a spouse and a parent may collect for children under the age of 16 still living at home.

Christmas Distribution will be given out on the following dates:

Garden Village Complex Thursday, December 8, 2016 10:00a.m. – 3:00 p.m.	Nbisiing Education Centre Friday, December 9, 2016 10:00 a.m. – 3:00 p.m.
--	--

These shares will be available at the Nipissing First Nation Finance Department from December 12, 2016 until March 31, 2017.

*** REMINDER ***

Christmas distribution monies will be applied to any outstanding money owing to the Band at the time of distribution.



Christmas Distribution Request Form

The funds will be distributed starting **December 8, 2016** until **March 31, 2017**. Please allow 4-6 weeks for processing. These shares do not accumulate and must be picked up or requested separately each year. This form must be filled out and **sent each year**. Please return the form to the Finance Department by **November 10, 2016** in order to receive payment on December 8, 2016. Additional forms are available at www.nfn.ca or at the Band Office.

Please have your status card available on Christmas distribution day to ensure greater efficiency for the payment process.

****Third party pick-ups are no longer permitted; however one can collect for a spouse and a parent may collect for children under the age of 16 still living at home.** Applicants 16 yrs of age or older must complete their own application***

Mail requests to: Nipissing First Nation
36 Semo Road
Garden Village ON P2B 3K2

or email to: finance@nfn.ca
or fax to: (705) 753-0207

Please choose:

- ☐ Cheque or; (US/UK applicants will be mailed a money order, direct deposit not available for out of country banks)
☐ Direct Deposit/EFT (bank info provided **MUST** be an account in your name, cannot be deposited in someone else's acct)

Last Name		First Name		Middle Name	
Registry Number (Band number 10 digits starts with 2200....)				Date of Birth (mm/dd/yyyy)	
Address					Apt/Unit
City		Province		Postal Code	
Telephone No.		Email Address			
Bank info on file?		Name & Address of Financial Institution (for direct deposits)			
☐ Yes - on file from previous year(s) ☐ No - provide info below and/or attach void cheque					
Branch Number (3 digits)	Transit Number (5 digits)	Account Number (minimum 7 digits up to 12 digits)			

Please list dependents below - For the purpose of Christmas Distribution "dependent means a spouse or a minor child under the age of 16 who are band members and for whom you have custody."

Applicants 16 yrs of age or older must complete their own application

Family name	Given name	Date of Birth (mm/dd/yyyy)	Registry # (10-digit) Start with 2200.....
			2200
			2200
			2200
			2200
			2200
			2200
Signature- Required		Date	

REMINDER

Christmas Distribution will be applied to any outstanding money owing to the Band at the time of distribution.

Anishinabek Education System Ratification Vote Days

November 28th–December 2nd, 2016

Ways to Vote

- ⇒ Mail-In Ballot
- ⇒ Off-Reserve Voting Stations
- ⇒ On-Reserve Voting Stations
- ⇒ In person with a Regional Officer

A reminder that Regional Officers, and a toll-free inquiry line are available to answer questions you may have, or to assist you.



ON-RESERVE VOTING

Voting on-Reserve will take place on November 30, December 1 and 2, 2016 between the hours of 9:00 a.m. and 8:00 p.m. Voting stations will be located at:

November 30, 2016 – Nipissing First Nation Band Office, 36 Semo Road, Garden Village

December 1, 2016 – Nipissing Secondary School, 469 Couchie Memorial Drive

December 2, 2016 – Nipissing First Nation Band

OFF-RESERVE VOTING

Off-Reserve Voting Stations will be open November 28 and 29, 2016 between the hours of 9:00 a.m. and 8:00 p.m.

Toronto:

Native Canadian Centre of Toronto, 16 Spadina Road, Toronto, Ontario

Thunder Bay:

Victoria Inn, Carlton Room, 555 Arthur Street West, Thunder Bay, Ontario

Sault Ste. Marie:

The Indian Friendship Centre in Sault Ste. Marie, 122 East Street, Sault Ste. Marie, Ontario

Sudbury:

N'Swakamok Native Friendship Centre, 110 Elm Street, Sudbury, Ontario

London:

N'Amerind Friendship Centre, 260 Colborne Street, London, Ontario

You can obtain a copy of the Anishinabek Nation Education Agreement, the Anishinabek Nation Education Fiscal Transfer Agreement, the Education Implementation Plan, or your First Nation constitution by contacting the First Nation Ratification Officer or Urban Centre Ratification Officer at the address below.

Nipissing First Nation
36 Semo Road
Garden Village, ON P2B 3K2
Phone: 705-753-2050 ext 1265
Fax: 705-753-0207

TOLL-FREE 1-877-497-3799

**ANISHINABEK
EDUCATION
SYSTEM
VOTE**



All votes will be counted at the First Nation Voting Station located at Nipissing First Nation Band Office, 36 Semo Road, Garden Village on December 2, 2016 after the close of polls on the Voting Period.

Preparing for Winter Storms

Winter storms kill more Canadians than tornadoes, thunderstorms, lightning, floods and hurricanes combined.

Hazard Information

Heavy snowfall and ice can make the roads treacherous and interrupt the power supply.

You can check local weather and forecasts online.

Interactive maps, road conditions and driving information is available through Traveller Information Services.

Check with your local school board for information on cancelled classes and buses.

Check with your local municipality for information on snow removal services and special rules in place during a snow emergency.

Safety Tips

- Avoid unnecessary travel
- Wear layers of lightweight clothing, mittens and a hat (preferably one that covers your ears)
- Wear waterproof, insulated boots to keep your feet warm and dry and to keep from slipping on ice and snow

• Regularly check for frostbite — numbness or white areas on your face and body (ears, nose, cheeks, hands and feet in particular)

• Avoid overexertion when shoveling snow by taking frequent breaks

• Bring pets inside and move livestock to sheltered areas with non-frozen drinking water

If power outage results:

• Important fire safety tips during power outages

Prepare Now

Take the following steps so you and your family are prepared in the event of an emergency:

- Winterize your home to retain heat: ◦insulate walls and attics;
- caulk or weather-strip doors and windows;
- install storm windows or cover windows with plastic
- Get heating equipment and chimneys cleaned and inspected once a year
- Add extra blankets and warm clothes to your emergency survival kit

1.5 million Kidde NightHawk smoke detector, carbon monoxide alarms recalled

Recall applies to KN-COSM-IBCA and KN-COSM-ICA models manufactured between June 2004 and March 2011

A national recall has been issued for 1.5 million Kidde smoke detector and carbon monoxide alarms in Canada because they may not chirp in the case of an emergency. The recall applies to two Kidde NightHawk models that are hard-wired into a home's electricity and were manufactured between June 2004 and March 2011. The affected models are:

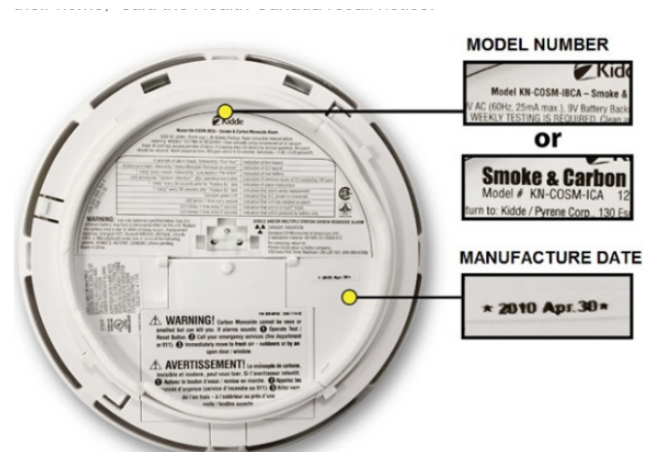
KN-COSM-IBCA, which has a battery backup

KN-COSM-ICA, which doesn't have a battery backup

The issue is the alarm may no longer chirp in the model with battery backup even after the original batteries have been replaced. In the case of the model without battery backup, the chirp may not work if power is removed and then restored. "This could lead consumers to believe it is still working, which poses a risk to consumers not being alerted to a fire or carbon monoxide incident in their home," said the Health Canada recall notice.

People with the recalled alarms should stop using them and can contact Kidde for a free replacement or a discount on a new alarm. Kidde Canada can be contacted at 1-855-239-0490 between 8:00 a.m. and 5:00 p.m. ET Monday to Friday or at the website.

<http://www.kiddecanada.com/Pages/ProductAlerts.aspx>



The model and manufacturing information of the recalled smoke detector and carbon monoxide alarms is located on the backs of the devices. (Health Canada)

'Tis the Season to be Careful



ENJOY A FIRE SAFE HOLIDAY

WHAT'S THE RISK?

Smoking and cooking are the **top 2 causes of fatal fires** during the holidays (Nov, Dec, Jan).

Injuries caused by smoking account for **1 in 10 home** fire injuries during the holidays.

Smoking accounts for **30%** of all home fire deaths during the holidays.

Cooking fires account for **19%** of all home fires during the holidays.

27% of all home fire injuries occur in cooking fires during the holidays.

**Alcohol is a factor in many fatal fires involving smoking and cooking.
DRINK RESPONSIBLY!**

How do I protect my family during the holidays?

- ❖ Always stay in the kitchen while cooking. If you must leave, turn off the stove.
- ❖ Keep an eye on any drinkers in your household and make sure all cigarettes are properly extinguished and the stove is off before going to bed.
- ❖ Cigarettes can smoulder among upholstered items for hours before igniting. Check sofas and chairs for cigarettes that may have fallen between the cushions.
- ❖ Provide large, deep ashtrays for smokers.
- ❖ Wet cigarette butts with water before discarding.

ARE YOU PROTECTED BY SMOKE AND CO ALARMS?

- ❖ In 34% of fatal home fires there is no smoke alarm warning.
- ❖ Install smoke alarms on every storey of your home and outside all sleeping areas.
- ❖ CO alarms are required outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.



Homes for Sale

59 Paradise Lane, Jocko Point, North Bay.

1-1/2-story house that will give you 1,678 sq ft of generous space on beautiful Lake Nipissing. 3 bedroom, 2 bathroom home with a 2-stall garage, as well as a sleep camp and gazebo. Situated in a friendly community of Jocko Point, 5 minute walk to NFN Pow Wow grounds and just thirty minutes from the beautiful City of North Bay or the quaint little Town of Sturgeon Falls. Asking \$250,000.00 will negotiate.

Wayne B McLeod

wayne_mcleod@live.com (705)499-8820



40 Gerald Crescent, Garden Village.

4 bedroom, 2 baths, Large kitchen. Full dry basement . Built 1992. Large front yard and back yard. Wraparound porch. Approx. 4,000sq feet. Asking \$130,000 OBO.

Call Steve Bailey (705) 474-4500, or 705-493-0481

sbailey39@cogeco.ca



George Couchie

705-494-6887

286 Nova Beaucage Road
North Bay, ON P1B 8G5

couchie.george@gmail.com

www.nativeawarenesstraining.com

Carol Couchie BHSc, RM

P.O. Box 117, 488 Main St.
Powassan, ON P0H 1Z0

P: (705) 724-BABY (2229)

F: (705) 724-1487

E: ktigaaning.midwives@gmail.com

WWW.KTIGAANINGMIDWIVES.COM

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Nipissing First Nation

Cell: 1-705-493-5577

Email: dotbeaucagekenedy@gmail.com

www.allseasonsweddings.com

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

HOPE FOR HUNTER

License # 1019-85



Duchenne-Muscular Dystrophy Fund
for

Hunter Penasse

who needs help with medical supplies.

Affiliation: Nipissing First Nation

Thank you for your support!!!

705-493-2064

Rob Couchie
Owner/Operator

705-477-5347

Challenger Mobile Wash Inc.

ACTION ROOFS AND RENOS

Anthony Commanda (705) 478-9833 actionroofandreno@outlook.com www.facebook.com/actionroofandreno	Roofing Specialist 144 Fifth Avenue North Bay FREE ESTIMATES
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Leaning Tree
yoga

Michèle Chrétien
Certified Traditional Classical Hatha Yoga Teacher
RYS Yoga Alliance

More than 20 years experience in Hatha yoga.
Graduate of Rishikesh Yog Peeth Teacher Training.
Graduate of Georgian College Yoga Teacher Training.
Registered and Certified Member of Yoga Alliance.

Bring awareness and peace into your daily life.

Mj.chretien@yahoo.ca (705) 715-6119

THE curvy CLOSET

The Curvy Closet is North Bay's newest consignment store. We sell women's clothing of all sizes with a focus on sizes 14+ we also sell shoes and accessories for all occasions.

188 Oak St W, North Bay ON P1B 2S7.
www.thecurvycloset.ca

Facebook: thecurvyclosetnorthbay.
(705)478-5668

SUPPLIES FOR THE SOUL

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

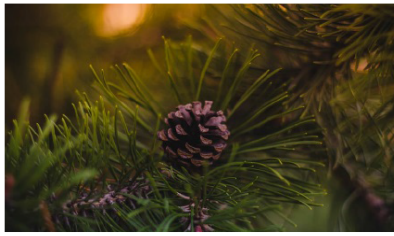
Phone: 471-0472

Leathers & Rawhides, Beads, Yarns, Fabrics, Fringe, Specialty Bead Threads & Needles
Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.

Artwork & Jewelry by First Nations Artists

PENDLETON PRODUCTS in stock * Yellow Hominy Corn / Wild Rice

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



December 2016

& January 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Anishinaabemwin Classes in GV & Duch. 6-8pm @ Church Hall <i>Every Wednesday</i> 6-8pm @ Nbisiling SS <i>Every Monday</i> Immersion Nights: Fri, Nov 25, Sat, Dec 10, Fri, Jan 13, Fri, Jan 27				1 AES Vote Nbisiling 9am-8pm Monster Bingo GV 7pm	2 AES GV Voting 9am-8pm	3 Christmas Tea GV 11am-4pm Breakfast & Lunch Workshops LCHC 10am-2pm
4	5	6 Council Meeting Nbisiling 7:30pm	7	8 Xmas Distribution Pick-Up GV 10am-3pm Seniors Xmas Party (FRIDAY) 5:30pm GV Gym	9 Water is Life Event Nbisiling SS 10a.m. Xmas Distribution Pick-Up Nbisiling 10am-3pm	10 Christmas Anishnabemwin Social GV 4-6pm
11	12	13	14 Diner's Club GV	15	16	17
18	19	20 Council Meeting GV 7:30pm	21 <i>*All offices closed until Jan. 4</i>	22	23 <i>Food Bank Closed</i>	24
25 Christmas Day 	26 Boxing Day Food Bank Closed	27	28	29 Food Bank open 9-12	30 Food Bank Closed	31 New Year's Eve 
1 New Year's Day	2 <i>Food Bank Closed</i>	3	4 NFN Offices Re-Open	5	6 Food Bank Regular Hours	7
8	9	10 Council Meeting 7:30pm GV	11 Diner's Club GV Noon	12 Full Moon Ceremony 7pm GV Drum Social 6pm GV	13	14 Winter Survival Dokis 10am-6pm
15	16	17	18	19	20	21 Peyote Stich 10-3pm GV
22 Peyote Stich 10-3 Nbisiling 30	23 31	24 Council Meeting 7:30pm Nbisiling	25	26	27	28

36 Semo Road
 Garden Village, ON K2B 3K2
shaylab@nfn.ca



Connect with Us!



[Nipissing First Nation Administration](#)



[@Nipissing_FN](#)

www.nfn.ca