



# ENKAMGAK

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

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The newsletter is available online at [www.nfn.ca](http://www.nfn.ca) or by request: [shaylab@nfn.ca](mailto:shaylab@nfn.ca)

### Council Meetings:

Tues, Oct 4<sup>th</sup>  
@ 7:30pm  
*Garden Village*

Tues, Oct 18<sup>th</sup>  
@ 7:30pm  
*Nbisiing*

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](mailto:fredam@nfn.ca).

## Anishinabek Education System Vote Ramping Up



NFN community Members line up to cast their ballots in the AES in the Advanced Poll on Mon, Sept. 26<sup>th</sup>.

## Pow Wow 2016



The 2016 NFN Pow Wow had approximately 5,000 visitors over the Labour Day weekend. Miigwech to everyone who attended, volunteered, donated, and participated.

## 2nd Round Posting Seeking Members for NFN Advisory Council

As a follow up to the Advisory Council session that took place this past spring, Chief and Council are seeking debendaagziwaad to represent the community on an NFN's Advisory Council. The Advisory Council will assist and provide guidance to Chief & Council on important community issues. This Advisory Council will also keep members engaged through community forums.

The Advisory Council members will meet once per month and will be provided an honorarium of \$75. for meetings they attend. Chief and Council are seeking the following NFN debendaagziwad representatives for this Council as follows:

- Youth – Youth (must be between the ages of 16 to 25 years of age).
- Elders (Ekendaaswad) – Must be of 55 years of age and over.
- Women.

Members of the Advisory Council will be selected by Chief & Council. If you are interested in representing NFN on this Advisory Council, please complete the application no later than Friday, October 14<sup>th</sup>, 2016 and submit to:

Chief Scott McLeod, Nipissing First Nation, 36 Semo Road, Garden Village, ON P2B 3K2. Or by email to [scottm@nfn.ca](mailto:scottm@nfn.ca) or by fax to 705-753-0207

For more information on NFN's Advisory Council, please contact Freda Martel, Director of Administration at 705-753-2050 Ext 1223.

Please note: If you already applied there is no need to apply again.

## 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

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

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

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

## UOI Satellite Office Hours

In order to better serve members located on the east end of NFN, the following departments offer a satellite office at the Union of Ontario Indians.

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

### ONTARIO WORKS

**Every 2nd Wednesday**

Wed. Oct 12<sup>th</sup>

Wed. Oct 26<sup>th</sup>

**Appointment Required:**

Call (705) 753-2058 to book.

### FINANCE

**Every 3rd Friday**

Fri. Oct 21<sup>st</sup>

### MEMBERSHIP

**Every 3rd Monday**

Mon. Oct 17<sup>th</sup>

### HEALTH CENTRE

**By appointment only:**

Call (705) 753-3312 to book.

### CHIEF McLEOD

**Every 3rd Thursday from**

**10am - 4pm \***

(\*While the Chief intends to be available at the UOI every 3rd Thursday, dates will be confirmed on a month to month basis due to his busy schedule.)



**Zhemaagnishii Giizhgak ~ Remembrance Day 2016**

PLEASE JOIN US AS WE REMEMBER

AND HONOUR OUR VETERANS

100 Years of Service for NFN Veterans

Friday, November 11<sup>th</sup>, 2016

Garden Village

**AGENDA**



10:45 am Form Up and Parade to Cenotaph

11:00 am Remembrance Day Ceremony at Cenotaph

*Light lunch and refreshments at NFN Community Building Hall.*

*Come and view the Veterans "Wall of Fame"*

*We encourage our members to wear their regalia for this day and be part of the parade to the cenotaph!*

**\*\* If you require transportation, please call the NFN office by 4pm Friday, November 4<sup>th</sup>, 2016 \*\***

*This event made possible by NFN & Veteran Affairs Canada Community Engagement Partnership Fund*

**For more information, please contact Michael Sawyer at 705-753-2050 ext.1229. Miigwech!**

**Everyone Welcome!**

**Senior's Fire Extinguisher Program**

Wednesday, October 12<sup>th</sup> at 1:00p.m.

Garden Village Fire Station Parking Lot.

TransCanada Fire and Safety will be on site to demonstrate the proper use of Fire Extinguishers and participating Senior's will receive a small fire extinguisher to take with them that is easy to handle. \*Seniors 55 and older.

**Members Mailing Address Update**

**If you have moved or plan on moving**, please contact the Membership Office to update your contact information.  
**If you have recently received your status card**, please contact the Membership Department to add your contact information on file to receive Membership News, mail and updates. Miigwech!



Alice McLeod (705) 753-2922 or [juliettem@nfn.ca](mailto:juliettem@nfn.ca)

**Note: The Lands office is at 289 Ted Commanda Drive., Garden Village. (Beside the Church)**

**Parking Disruption**

The installation of the water service will start at the west side of the Administration Building (Social Services Office) late September. A pedestrian walkway will be maintained. Please exercise caution.

**Anishinabek Police Service**

Miigwech to the APS for their diligent work for addressing the recent break-ins in Garden Village. A suspect was placed in custody on September 23<sup>rd</sup>, 2016.

**Community Cooperation**

Thank you to NFN Members for your cooperation in keeping your properties well-maintained which has assisted with keeping wildlife from wandering into the communities.

*Chief & Council*

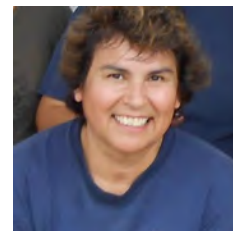
**Holiday Office Closures**

NFN Offices will be closed for Thanksgiving on Mon, Oct. 10<sup>th</sup>. The NFN Food Bank will be closed as well, but open on Tues, Oct 11<sup>th</sup>, from 8:30a.m.-12p.m. Regular access days are Monday 1:00pm to 4:30pm and Friday 8:30a.m. to 12:00p.m.

## EDUCATION

### Special Education Advisory Committee: *Your Representative*

Aanin (Hello) I am Jane Commanda, board member for the Nipissing Parry Sound Separate School Board (Special Education Advisory Committee). I would be pleased to address any concerns you may have with your child(ren) attending schools within our region. I have inserted a link to the website where you can find more information. If you have any other questions, I will bring them forward to the committee as needed. We meet on the second Tuesday of each month.



<http://www.npsc.ca/programs/special-education/special-education-plan/other-related-information-required-for-community/the-boards-special-education-advisory-committee-seac/>

Also, please find a link to a guide for parents and students below:

<http://www.npsc.ca/programs/special-education/a-guide-for-parents-and-students>

I can be reached at the band office 705 753-2050 (leave a message). I am looking forward to serving you, our membership. Miigwech.

### Homework Assistance Centre for Kids (HACK) PROGRAM

Starting at 3:45p.m.—5:45p.m. on Monday, September 26<sup>th</sup>, the HACK Program will run Monday, Tuesday, and Wednesday of each week, in Garden Village at the Library. Please request or complete the Registration Form as soon as possible and return to the Education Department. Biidaaban Community Service Learning Students from Nipissing University will be participating again this school year. A one-time registration fee of \$5 is requested to help offset the cost of snack. Education Department 705-753-6995.

3:45-4p.m.	Nutritional Break—Library
4-5:30p.m.	Homework Assistance
5:45p.m. Dismissal	
If students are done work a program supervisor will escort and supervise students at Gym Night and return student for dismissal at 5:30p.m. from the Library	If you have questions please contact Nancy Allaire
Note: Registration forms will be handed out.	



### HACK PROGRAM SURVEY

The Education Program is partnering with the Biidaaban Community Service – Learning Program at Nipissing University ([www.nipissingu.ca/servicelearning](http://www.nipissingu.ca/servicelearning)) to support our students with homework support. We are assessing the needs to see if an after school homework assistance program at Nipissing secondary school is required for our students. Transportation services maybe provided based on need and numbers. Survey results will be posted in the newsletter.

Send survey to: Education department Fax: 705-753-5827 or email [nancya@nfn.ca](mailto:nancya@nfn.ca) For further details, please contact the Education Department at 705-753-6995

Yes	Student Name Grade School	Home Address	My Children will require transportation after the program	My children will walk home after the program
No I am not interested at this time				



**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? Will you be entering High School in the Fall of 2016? Make an appointment with the Student Success teacher at Nbsiing 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.nbsiing.com](http://www.nbsiing.com), call us at 705-497-9938 or check us out on Facebook. We look forward to meeting you soon

Congratulations Carole Couillard on being the recipient of the Bernadette Goulais Award. She has been working at the school since 1997. Her dedication to her role as teacher and V.P. is to be commended. She has empathy, understanding, and compassion for all of the students. She has an understanding of both Colonialism and the impacts on Native people as well as an understanding of Native educational philosophies.



Both students and staff look up to Carole for support and advice. She is always willing to lend an ear when necessary. As a team leader, she strives to enhance the work environment by promoting a culture of safety and collaboration. Her positive attitude and clear direction for the school, staff and students is evident in all that she does.

Teaching our Strengths Youth Workshop; was held at Nbsiing, local schools Our Lady Of Sorrows, St. Joesph-Scollard Hall, Northern all participated in Building self-esteem workshops that included Medicine Wheel Teachings, 7 Grandfather Teachings, Shaker making and making a Lodge at Nbsiing and the Ojibwe Women's lodge.

Thank you Lori Anne McLeod, George Couchie, Carole Guppy, Christina Beaucage, & Jules Armstrong!!

Nbsiing hosted our annual Welcome BBQ September 15<sup>th</sup> and welcomed many Students, Parents and Alumni. Thanks to everyone who attended!

On September 27<sup>th</sup> – 30<sup>th</sup> James Horner, Blair Beaucage and Students from Nbsiing will be going moose hunting after completing a gun safety course at Nbsiing September 20-21. Check out our Facebook page for an update on how they are doing

## Pow Wow Thank You!

We had 30 vendors from all over Ontario. Miigwech to the Drummers and Dancers from near and afar. A special shoutout to our Community Helpers: Michele Chretien, the Beautification Staff, Joe McLeod, Kelly McLeod, Dan Pilon, the Pow Wow Committee, Dan Commanda, Evelyn McLeod, Bob Goulais, Ruby Green, Young's Forestry, Hydro One, Canadian Heritage, MPP's and the many volunteers and people who donated.

Miigwech to everyone who came to celebrate a beautiful day with us!



Canadian  
Heritage

Patrimoine  
canadien

## Cultural Events



### Drum Social

Thurs, Oct 13<sup>th</sup> ~ 6-8p.m.

**Tipi in Garden Village**

Drum Social will be held in the Tipi behind the Culture Centre. For colder months, it will move back to the Church Basement in GV.



### Open Sew

Sat, Oct 1<sup>st</sup> ~ 10a.m.-2p.m.

**GV Culture Centre**

**AND**

Sun, Oct. 2<sup>nd</sup> ~ 10a.m.—2p.m.

**Nbisiing Secondary School**



### Ribbon Skirt Making

*With Brenda Lee*

Sat, Oct. 22<sup>nd</sup> ~ 10a.m.-2p.m.

**GV Culture Centre**

**AND**

Sun, Oct. 23<sup>rd</sup> ~ 10a.m.—2p.m.

**Nbisiing Secondary School**



### Full Moon Ceremony

*With Virginia Goulais*

Mon. Oct. 17th

7p.m.

GV Culture Centre



### Anishnaabemwin Classes

Every Monday 6-8p.m.

**Nbisiing Secondary School**

**AND**

Every Wednesday 6-8p.m.

**GV Culture Centre**

Call Jane (705) 753-2050

[Janec@nfn.ca](mailto:Janec@nfn.ca)



### Cultural and Traditional Facilitators

Apply to be part of a resource bank for Facilitators and people to perform Cultural Workshops.

To facilitate for activities such as Cultural Arts, Drum Making, Drum Socials and Traditional Ceremonies.

[jenniferl@nfn.ca](mailto:jenniferl@nfn.ca) (705) 753-2050

Workshops are proudly sponsored by:



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

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

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

# Anishinaabemwin Words & Dialogue for October

*Binaakwii Giizis (Falling Leaves Moon.)*

## KIDWINAAN:

(Words for October)

*Niibiishan mgsinooon – leaves falling*

*Dkwaagik - Fall days getting shorter*

*Mkadewaa - black*

*Gchi-miigwech Giizhak - Thanksgiving Day*

*Shkiigminan - cranberries*

*Shkiigminke - cranberry picking*

*Baashkminsige -making cranberry jam*

*Giiwse - go about hunting*

*Ndawenjgeng - hunting season*

*Ndawenjge - to go hunt*

*Moozwe - moose hunt*

*Waawaashkeshwe - deer hunt*

## Tenth Moon

*Binaakwii Giizis - Falling Leaves*

*Binaakwii Giizis, nga-bgidnamoon semaa mina ndoo – gbasendis ge shi-waamdayaan.*

*Nga-kwejmin wii-wiidbiminaan njida-wii – nsidwinang - shkiishgonaan,*

*Gchi-twaawendaagwak gaa zhichkaadeg maa e-bi-zheshkaag naaniibwiyaan*

*Gookmis, wii – kwejmin wii- noondmaan n'de pane washme wii- mno- mnidoowiyaan pii dash a'yaawid mii gonaa ni-mshkawziimgag ga-chi-shkozmin pii Binaakwiid Giizis goojing.*

*Mii dash noongom kwedweyaan Gookmis, wii – bkidendaan waa kidyaan mina ge enendmaan.*

*Mnidoo-miikaans e-chi-piitendaagwak washme minwa pii tkweshkodaadyang*

*Binaakwii Giizis.*

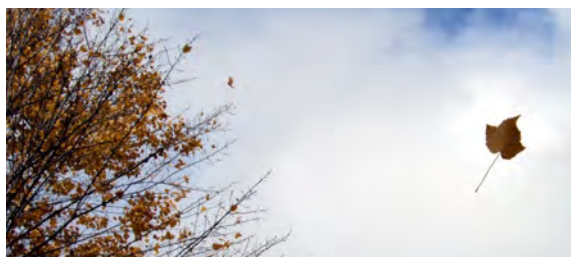
*Miigwech*

*Falling Leaves Moon. I offer my tobacco and humble myself to you for what you have shown me . I ask that I may sit and absorb ,through my eyes the miracles of Creation unfolding in front of me.*

*Gookmis, I hear the sounds of my heart with every passing moment becoming more spirit than human. Once again, me spiritual energies are awakened, in this union of the Falling Leaves Moon.*

*I ask forgiveness for what I do not speak of and the things I have forgotten So I may be able to respect myself more the next time we meet, in the time of the Falling Leaves Moon. Until then, for all that I am,*

*Miigwech.*



## Dialogue

1. Waabang nga-ndawenjge Tomorrow I 'm going hunting
2. Nwii paa nda giiwse ni-dkwaagig . I'm going to go hunt in the fall.
3. Niin minwa nwiiikiwenh wii nda – dooshpemin wiiba kizhep.
3. Me and my friend are going duck hunting early in morning.
4. Enso dkwaagik ndoo paa –shkiigminke. Every fall I go picking cranberries
5. Mooz mina waawaashkesh ndoo- pkonaag. I skin the moose and the deer .

# HEALTH SERVICES

## Please Join Us for Our 9<sup>th</sup> Annual Mental Illness Awareness Week “Let’s face This”

Tuesday, October 4<sup>th</sup>

Lawrence Commanda Health Centre

5p.m. – 8p.m.

Dinner & Presentation

Guest Speaker: *Melanie Beaucage*

Every journey toward wellness can inspire hope, support change and recovery. Together let’s reduce stigma!

Transportation Available call 705-753-3312. Please call by October 3<sup>rd</sup> at noon.



## Influenza Immunization Clinics



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

**Clinics in Duchesnay @ Nbsiing School**

October 18<sup>th</sup> : 2pm-7pm

Oct 26<sup>th</sup> : 2pm-7pm

November 3<sup>rd</sup>: 3pm-6pm

November 22<sup>nd</sup>: 3pm-6pm

**Clinics In Garden Village**

October 12<sup>th</sup>: 1030-1pm **Diners Club for Seniors**

October 13<sup>th</sup>: 9am– 1pm **All NFN Staff @ Health Center**

October 19<sup>th</sup>: 1100am -1pm **@ NFN Band Office**

October 24<sup>th</sup>: 2pm -7pm **@ Health Center**

November 1<sup>st</sup>: 3pm-6pm **@ Band Office**

November 9<sup>th</sup>: 11am-1pm **@ Diners Club**

November 21<sup>st</sup> : 3pm-6pm **@ Health Fair**

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

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

**Gtigewin Community Garden Feast**

Come enjoy a meal made with food from our garden to celebrate the end of the season!

October 7<sup>th</sup> ~ 12-1p.m.

Band Office Gym

Prizes to be won! Call if ride needed: 753-3312. *For NFN community.*





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

Having good mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental, reaching a balance is a learning process. Mental illnesses can take many forms, just as physical illnesses do. Mental illnesses are still feared and misunderstood by many people, but the fear will disappear as people learn more about them. No one regardless of social status, economic condition or educational level is immune from suffering from mental illness. Mental illness can affect anyone, regardless of intelligence, social class or income level. The lives of people with mental health conditions are often plagued by stigma as well as discrimination.

**What is stigma?** Stigma is a mark of disgrace that sets a person apart. Stigma brings experiences and feelings of, shame, blame, hopelessness, distress, misrepresentation in the media, and leads to a reluctance to seek and /or accept necessary help. When a person is labelled by their illness they are seen as part of a stereo -typed group. Negative attitudes create prejudice which leads to negative actions and discrimination. Three out of four people with a mental illness report that they have experienced stigma.

A person with a mental health problem has a higher risk of having a substance use problem, just as a person with a substance use problem has an increased chance of having a mental health problem. People who have combined, or concurrent, substance use and mental health problems are said to have concurrent disorders.

Concurrent disorders can include combinations such as:

- An anxiety disorder and a drinking problem.
- Schizophrenia and cannabis dependence.
- Borderline personality disorder and heroin dependence.
- Depression and dependence on sleeping pills.

Many other concurrent disorders are possible, because there are many types of mental health and substance use problems. Concurrent disorders are also sometimes called:

- Dual disorders.
- Dual diagnosis.
- Co-occurring substance use and mental health problems.

## How common are concurrent disorders?

30 per cent of people diagnosed with a mental health disorder will also have a substance use disorder at some time in their lives. This is close to twice the rate found in people who do not have a lifetime history of a mental health disorder.

37 per cent of people diagnosed with an alcohol disorder will have a mental health disorder at some point in their lives. This is close to twice the rate found in people who do not have a lifetime history of a substance use disorder.

53 per cent of people diagnosed with a substance use disorder (other than alcohol) will also have a mental health disorder at some point in their lives. This is close to four times the rate found in people who do not have a lifetime history of a substance use disorder.

The most common combinations are:

Substance use disorders + anxiety disorders, and

Substance use disorders + mood disorders.

### Anxiety disorders

In general, 10 to 25 per cent of all people will have an anxiety disorder in their lifetime.

Among people who have had an anxiety disorder in their lifetime, 24 per cent will have a substance use disorder in their lifetime. co-occurring substance use and mental health problems.

#### When do concurrent disorders begin?

Mental health and substance use problems can begin at any time: from childhood to old age. When problems begin early and are severe, recovery will probably take longer, and the person will need to work harder and have more support. On the other hand, if the problem is caught and treated early, the person has a better chance of a quicker and fuller recovery. People often ask, "Which came first: the mental health problem or the substance use problem?" This is a hard question to answer. Often it is more useful to think of them as independent problems that interact with each other.

### Major depression

In general, 15 to 20 per cent of all people will have major depression in their lifetime.

Among people who have had major depression in their lifetime, 27 per cent will have a substance use disorder in their lifetime.

### Bipolar disorder

In general, one to two per cent of all people will have bipolar disorder in their lifetime.

Among people who have had bipolar disorder in their lifetime, 56 per cent will have a substance use disorder in their lifetime.

### Schizophrenia

In general, one per cent of all people will have schizophrenia in their lifetime.

Among people who have had schizophrenia in their lifetime, 47 per cent will have a substance use disorder in their lifetime.

For more information on Mental Health or Addiction issues

Call us at Giyak~Moseng -The Right Path Counselling & Prevention Services 705-753-1375

Baa maa Pii, Until next time,

Lori-Anne, Cheryl, Dr. Brenda, Lisa L, Julie, Maxine, & Janice



## Diabetes & High Blood Pressure

### What is High Blood Pressure?

Blood pressure is considered high if it is greater than or equal to 140/90. People with diabetes, however, the criteria is more rigorous and blood pressure is considered high if it is greater than 130/80. Why Should People with Diabetes Treat High Blood Pressure Aggressively? High blood pressure significantly increases the complications of diabetes that affect the eyes, nerves, kidneys, heart and blood vessels. It has been shown that treating high blood pressure in people with diabetes significantly decreases the development and progression of complications associated with diabetes. For more information contact:

Lawrence Commanda Diabetes Education and Resource Centre

705-753-3312



## So what are Shingles...?

Shingles are a reactivation of the chicken pox!

Shingles infection causes pain and blistering to only one side of the body.

It can be spread person to person through the skin lesions that are created by Shingles. It can be even spread through the air, or by coming into contact with someone's clothing if they have Shingles.

People with Shingles are contagious until all their lesions are crusted over.

Occurs most frequently in the older population, or people who have weak immune systems. 2/3 of Shingle infections occur in people over the age of 50. The severity and complications of Shingles increases significantly with age, especially those over 65 years old.



Complications are potentially severe and may include sight-threatening eye infections, central nervous system infection, impairment in nerve function, and bacterial infections. The most frequent complication is post-herpetic neuralgia (PHN) which is characterized by prolonged and often debilitating nerve pain that persists for more than 90 days from the onset of rash

Speak with your nurse or doctor about ways to treat active Shingles, and how to prevent the occurrence of Shingles.

For more information: Kayla King, RN, BScN, Community Health Nurse, Nipissing First Nation Health Services, Phone: (705) 753-3312 (ext. 2257), [chn@nfn.ca](mailto:chn@nfn.ca).

## Alzheimer's Awareness Information Session

Wednesday, October 5<sup>th</sup>

Location TBD based on interest.

Learn about Alzheimer, how it effects the person, family and caregivers.

Q&A about Alzheimer topics, and living with Alzheimer/Dementia.

Opening Speaker: Kayla King, NFN Community CHN

Keynote Speaker: Cathy Gaudaur, Alzheimer Society

Special Guest Speaker: Joyce Beaucage, NFN Community Member

Dinner served at 4:30p.m. Please call Liz at 705-753-3312 to reserve your seat for dinner and presentations. Please notify us if transportation is required.



## Volunteers Needed for Good Food Box and Diners' Club

**Good Food Box** is every third Thursday of the month.

- Volunteers are needed between 8:30am - 3:30pm for grocery pick-up, packing and delivery.

**Diners' Club** is every second Wednesday of the month. (Wed, Oct 12<sup>th</sup>).

- Volunteers are needed between 8:30am - 3:30pm for set up, cooking and clean up.

**Please contact Evelyn Chevrier @ (705) 753-3312 ext. 2229**

## Gym Nights in Garden Village

**Mondays & Wednesdays at the Band Office Gym**

Date	Ages	Activity
Monday Oct 3	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Ultra Chic Ball Dice Soccer
Wednesday Oct 5	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Four Line Hockey Hockey Dodge ball
<b>Monday Oct 10</b>	<b>Thanksgiving Holiday</b>	<b>No Activities Scheduled</b>
Wednesday Oct 12	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Bucket Ball / Dr Dodge Ball Capture the Chickens
Monday Oct 17	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	SPUD Game 4 Post Soccer game
Wednesday Oct 19	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Dragon Tails 3 Ball Kick ball
Monday Oct 24	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Balloon Rope Tennis Floor Hockey
Wednesday Oct 26	Age: 6-12 4:00pm-6:00pm Age 13-18 6:00pm-8:00pm	Indoor Soccer Base-vol
<b>Monday Oct 31</b>	<b>Go Trick or Treating</b>	<b>No Activities Scheduled</b>

## Gym Nights in Duchesanay

**Dates at the Nbising Secondary School**

Date	Ages	Activity
Tuesday Oct 4	Age: 6-16 4:30pm-6:30pm	Pop up/Dodge Ball Hockey Dodge Ball
Thursday Oct 6	Age: 6-16 4:30pm-6:30pm	Floor Hockey Scooter Hockey
Tuesday Oct 11	Age: 6-16 4:30pm-6:30pm	Bucket Ball Kan Jam
Thursday Oct 13	Age: 6-16 4:30pm-6:30pm	3 Ball Kick ball Capture the Chicken
Tuesday Oct 18	Age: 6-16 4:30pm-6:30pm	Badminton Soccer Tennis
Thursday Oct 20	Age: 6-16 4:30pm-6:30pm	21 Basketball Clothes Pin Tag
Tuesday Oct 25	Age: 6-16 4:30pm-6:30pm	Seals & Sharks Ships Ahoy!!
Thursday Oct 27	Age: 6-16 4:30pm-6:30pm R.P.S * Rock paper scissors	Poison Hoop & Alien Tag Standing Alone RPS Foot Ball RPS

# Celebrating Our Kids!

Each month we will be highlighting and CELEBRATING our youngest citizens who are positive role models by participating in a diverse spectrum of sports and other recreational activities.



Above: Roman Lem - Ottawa - Fencing



Above: Hayden Commanda - North Bay - Soccer



Above (front row/thumbs up): Roman Lem - Ottawa - Tennis

These children/youth have received support from the:

**Recreation Reimbursement Fund.**

For information, please contact:  
Brandie Fong (705) 753-3312

## Financial Literacy Workshop

**Wed. Oct. 19<sup>th</sup>**

**Nbisiing High School**

**(496 Couchie Memorial Dr. North Bay, ON)**

**6:00p.m.**

Transportation Arrangements: Contact Lorianne/Stella at (705) 753-3312.

Bus/Vehicle departs GV at 5p.m. and will make stops on the way to Nbisiing.

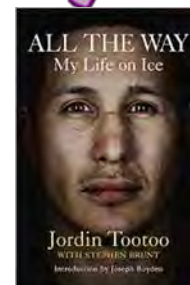
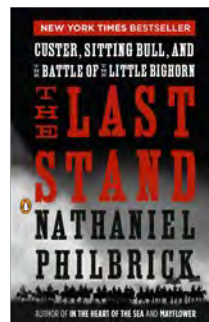
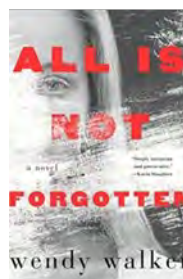
The financial literacy workshop will provide:

- Working knowledge of NFN's financial statements.
- Discussion and review of NFN Statements of Financial Position, Operations and Accumulated Surplus.
- Key elements will be explained, so attendees understand the results for the year, and gain an appreciation for the overall financial position of the First Nation.
- The presenter will walk through the statements, explaining the points, their underlying financial make-up and significance.



# This Month in the Library

Bi-Waamdan Mzinigan  
Books of the Month



Shkinokiigii- Zhgad Monday	Niizhgiizhgad Tuesday	Aabtawse Wednesday	Shpinganwan Thursday	Jiibiiyaati- Gogiiizhgad Friday	Maanii- giizhgad Saturday	Namegiizhad Sunday
9AM-12PM 1-4PM HACK 3:45-5:45PM	6-9PM HACK 3:45-5:45PM	9AM-12PM 1-4PM 6-8pm HACK 3:45-5:45PM	9AM-12PM	CLOSED	CLOSED	CLOSED

Please check the NFN Public Library website [www.kendaaswin.ca](http://www.kendaaswin.ca) for updates and changes to the hours of operation. Miigwech!

## Sisters In Spirit Candlelight Vigil

October 4th is a day where we honour the lives of missing and murdered Aboriginal women and girls. The violence experienced by Aboriginal women and girls in Canada is a national tragedy. We must take the time to give thanks to the families who are our reason we all continue to demand action.

### Agenda

Tuesday October 4th 2016

6:30pm: Meet at the church basement in Garden Village (285 Ted Commanda Drive)

7:00pm - 8:00pm: Candlelight Vigil Walk

8:00pm - 8:30pm: Closing Remarks & Light Refreshments

**All Welcome!**

Please dress warmly.

If possible, please wear an item of red clothing in honour of the missing and murdered indigenous women.



Sponsored by:  
Native Women's  
Association of  
Canada

More Information at:  
[www.october4th.ca](http://www.october4th.ca)  
When you visit, you will be invited to light a candle and leave a dedication.



OJIBWAY WOMEN'S LODGE  
Respect, Security, Harmony

Ojibway Women's Lodge,  
121 Commanda Crescent, North Bay,  
ON P1B 8G5. Tel: (705) 472-3321.  
Fax: (705) 472-3376. [ofrc@nfn.ca](mailto:ofrc@nfn.ca)

Contact: Emily Couchie for further information [emilyc@nfn.ca](mailto:emilyc@nfn.ca) or (705) 472-0233

# NFN Santa Fund

Nipissing First Nation Chief & Council will provide *LOW INCOME FAMILIES* with the benefit of the Santa Fund. Any income will need to be verified with the "Low Income Cut-Off Chart." All Band member Family Units of the Communities of NFN, considered to be in the low income category, are encouraged to apply for this benefit no later than **November 4<sup>th</sup>, 2016**. In your Letter of Request please include the ages of your children and indicate their gender.

There will be a financial assessment completed to ensure qualification to access this benefit. Verification of income and special circumstances can be reviewed. Please mail or drop off your request at the Band Office main desk reception, or at the Social Services Department in an envelope clearly marked "Santa Fund" Please have the following information on your written Letter of Request form.

If you have any questions please contact:

Deborah McLeod at 753-2050 or

Ginger Penasse at 753-2058

36 Semo Road, Garden Village, ON. P2B 3K2

2016 Low Income Chart # of persons	Amount
1 person	19,266
2 persons	23,983
3 persons	29,484
4 persons	35,799
5 persons	40,602
6 persons	45,793
7 or more persons	50,984

## Santa Fund Written Request

(place in envelope)

Parent/Legal Guardian Name: \_\_\_\_\_

Address and Phone Number: \_\_\_\_\_

1st Childs Name \_\_\_\_\_

Age \_\_\_\_\_ M/F \_\_\_\_\_

2nd Childs Name \_\_\_\_\_

Age \_\_\_\_\_ M/F \_\_\_\_\_

3rd Childs Name \_\_\_\_\_

Age \_\_\_\_\_ M/F \_\_\_\_\_

4th Childs Name \_\_\_\_\_

Age \_\_\_\_\_ M/F \_\_\_\_\_

To: SANTA, NORTH POLE

Dear Santa Claus:



This year, I hope you bring me some fun toys.

Love, \_\_\_\_\_

## **Employment Opportunities**

The following employment opportunities are currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) current work references by 4:30pm on the specified date:

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

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

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

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

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

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## **CULTURAL FACILITATORS**

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Call Out for all cultural and traditional people who would like to apply to be part of a resource bank for Facilitators and people to perform Cultural Workshops.

To facilitate for activities such as Cultural Arts, Drum Making, Drum Socials and Traditional Ceremonies.

A current CPIC's required prior to, for consideration.

Please submit your letter of interest, resume and three (3) current references no later than **4:30pm on Friday, October 28<sup>th</sup>, 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](mailto:resumes@nfn.ca)

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







## Employment Opportunity

### Facilities Office Clerk

#### Full Time Permanent

The Facilities Office Clerk, under the supervision of the Facilities Manager of Nipissing First Nation will take on a supportive role with all administrative functions such as; assist with research reports, funding proposals, liaison between organizations and the public/staff, filing documents and other material according to subject matter and file system.

#### QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Band Member.
- Must have a Post-Secondary Education in Office Administration or Business related course, and 2 years' experience in an office setting.
- Must have advance knowledge working with of Microsoft Office software.
- Must have a valid Driver's License and access to a vehicle.

#### REQUIRED SKILLS AND ABILITIES:

- Able to work with minimum supervision.
- Knowledge and work experience of budgeting and financial reporting.
- Possess strong written and communication skills.
- Must be reliable, punctual and dependable.

#### DUTIES INCLUDE:

- Reports to Facilities Manager.
- Budget updating and financial reporting.
- Provides clerical and administrative support such as drafting correspondence and reports, and funding applications and other related office duties.
- Organizes, schedules and attends meetings, including contacting participants, and booking rooms.
- Answers questions about records and files.
- Sort or read incoming materials in order to determine priority.
- Filing responsibility for Office and documentation.
- Responds to telephone and personal inquiries by providing factual information, or directing the person calling to the appropriate staff member; takes messages when other staff is unavailable.
- Purchases and maintains office supplies.
- Prepares newsletter inserts in relation to Public Works, Recycling, Roads Management, Waste Management, Infrastructure, Water & Wastewater operations.
- Assist in development of Policy and Procedures.
- Handles operations with Ontario Electronic Stewardship and Ontario Tire Stewardship.
- Responsible for submitting annual Datacall in relation to Recycling Program.
- Performs other duties as required.

The successful candidate will require a current CPIC. Please submit letter of interest and resume with three (3) current references no later than **October 14<sup>th</sup>, 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](mailto: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*



### Research Reflection #5: The Nation-to-Nation Relationship (and Beyond)

Last month I wrote that respect for natural law, effective self-governance, and nation-to-nation relations support healthy fish ecologies. Because fish have their own cycles and do not observe political boundaries, at least some cooperation between governments is necessary. Thinking about cooperation and coexistence, in this reflection I explore the relationship between First Nations and non-First Nations involved in Lake Nipissing fisheries.

These days, NFN cooperates with MNR on fisheries assessment, monitoring, and now enforcement of NFN Law. This is incredible to me considering that intimidation and harassment, surveillance, and arrests are a living memory in the community. Relations with government have improved; however, they have yet to exceed settler-colonialism. Settler-colonialism is not an event or even a collection of events, but an enduring structure built on certain logics, interests, and technologies or mechanisms that shape relations between people and with other beings and the land itself. Because fisheries management has been used to establish and maintain colonialism in Canada, can relations between First Nations and the Crown ever really improve?

Historically, the creation of reserves, together with new fisheries management and law, worked to dispossess First Nations of their land and open the resource to settlers. According to a research participant at NFN, “the camps didn’t want the Natives setting nets”; however, non-Native communities benefited from their own netting, a thriving commercial sturgeon fishery, and of course from the tourist camps. Across Ontario, powerful mid-19th century sportsmen’s associations influenced the early development of fisheries management, establishing arguments against Aboriginal rights, recasting Indigenous fishing systems as a serious threat to conservation, and contributing to the criminalization of Anishinaabeg fisheries. Their ‘truth statements’ about “equality” and rights frozen in time endure in the online comments and present-day lobbies. These, combined with fisheries management principles (like, the privilege afforded to non-Native interests, even in the courts, and government efforts to limit Aboriginal fishing practices), continue to obstruct Anishinaabeg fishing systems.

While settler-colonialism exerts an oppressive force on communities and their fishing practices, it is also productive. Fishers, families, and the community as a whole are forced to respond to colonial interventions. In this way, colonialism produces new ways of being, knowing, governing, and so on. For instance, when traditional economies were suppressed to make way for settler economies, guiding became an important survival strategy. When guiding work became scarce (or replaced by non-Native guides), commercial fishing occupied the void. Covert strategies to catch and market fish were carved out of repressive times. Adaptive strategies and logics that emerged then, also endure today: distrust of government, resistance to scientific data and centralized resource management, and firm defense of rights. Whether it’s racism, a threatened way of life, or internal tensions, difficult challenges facing the community are products of colonialism.

Regarding my question above, consider the findings of the TRC: that governments wished to divest themselves of legal and financial obligations to

Aboriginal people and gain control over their lands and resources (assimilation means no reserves, no Treaties, and no Aboriginal rights).

Like residential schools, the suppression of Aboriginal fisheries was an assimilative tool, another colonial mechanism. Research participants understand that government efforts to “legislate us out of existence” were deeply entwined with those to “get Native people off the lake”, “exclude us from the economy”, and “eliminate our rights to the fishery”. That colonialism works through the legal capture of fish is revealed in many ways: an abundance of fisheries-related conflicts (Saugeen, Burnt Church, Wisconsin Walleye War, British Columbia, etc.), glut of Supreme Court cases dealing specifically with Aboriginal and Treaty-based fisheries, failure to implement hard-won commercial fishing rights, and, on Lake Nipissing, the “tidbit” offered by MNR in the form of changing the slot size. Cooperation and coexistence are deeply challenged by colonialism’s shape-shifting nature: it constantly evolves to find new ways of securing Aboriginal lands and resources. After 150 years of treaty violations, the relationship between governments will likely remain cautious and strategic, with First Nations leveraging shared interests only where it is perceived to advance their rights, claims, and interests (like the MOU).

Having said all this, maybe I’ve not posed the right question. Wrongly, I’ve assumed that First Nations’ liberation is based on the (unlikely) goodwill and generosity of the colonial state, its agents, and the nation-to-nation relationship. More compelling questions start with the actions of First Nations themselves: In what ways are knowledge holders, harvesters, and leadership transforming western science and resource management for the better? What long-standing principles and values can be drawn from traditions within the community to deal justly with internal challenges? What can love and the seven grandfather teachings, transformation, cyclical time, and agency from an Anishinaabe worldview teach about sustainable futures? The capture of fish has been deliberate and specific, and it has worked to entrench colonial relations of power between people and environments. But fish have also been central to First Nations’ resistance, proving that colonialism is not inevitable or complete. Resilience and a refusal to accept inequality run deep. What opportunities stem from here? What futures become possible from this position of strength? And how does the community (with its neighbours?) get there?

I welcome your comments, concerns, or questions, and can be reached at: [Nicole.latulippe@mail.utoronto.ca](mailto:Nicole.latulippe@mail.utoronto.ca).



## Chief McLeod calls on MNRF to consider closing Winter Recreational Fishery

The Chief and Council of Nipissing First Nation called on the Ministry of Natural Resources and Forestry (MNRF) to close the winter walleye fishery for the 2016-2017 ice fishing season as a temporary measure to address stressed walleye stocks. In a Press Released issued by NFN, it stated, "Data shows that the recreational fishery puts significant pressure on the fishery. Nipissing First Nation was courageous enough to close their fishery for the benefit of the walleye. It is hoped that the the MNR, outfitters and cottage association will support the request."

The decision to close our own commercial fishery is for the benefit of the walleye, the fishery and for the generations of people to come. It hasn't been without economic stress on our community members, and our people with families, children and dealing with real poverty.

There are thousands more recreational fishers than there are commercial fishers. There are entire cities of ice huts on Lake Nipissing each year, that are much bigger than our entire community.

This doesn't mean people can't fish, but we are seeking another sustainable solution, asking the MNR, outfitters, cottage associations and others, to focus on other species, especially those that have healthy, abundant populations like yellow perch.

Nipissing First Nation has developed its own *Fisheries Law* and management regime that is recognized by the province of Ontario, and has demonstrated that an approach that respects the traditional role of First Nations as stewards of the resource can work. Taking this precautionary step of closing the winter recreational walleye fishery accomplishes many objectives in addition to the shared goal of preserving a shared resource. It demonstrates understanding and support on the part of government and treaty partners toward the fishers of Nipissing First Nation, it takes pressure off the fish population and still allows people to enjoy winter angling.

For more information please contact:

Natural Resources, Nipissing First Nation

705-753-6991

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## NFN Energy Plan



The Independent Electricity Systems Operator (IESO) supports aboriginal communities develop energy plans through the Aboriginal Community Energy Plan program (ACEP). Over 85 First Nation Communities have accessed funding from this program to develop energy plans so far. Nipissing First Nation applied for and was granted funding to develop the NFN Energy Plan. This plan will be developed over the next 18 months with the help of First Nations Engineering Services Ltd.

The NFN Energy Plan will be a comprehensive long-term plan to accomplish the following goals:

- Identify ways to improve energy efficiency and reduce electricity consumption
- Evaluate options for green / alternate energy generation solutions
- Manage energy costs for the NFN community (Band members, Band Administration, NFN Businesses)
- Reduce hydro bills
- The planning process will include gathering input from NFN residents by conducting a survey to establish a baseline on energy consumption and efficiency. Public meetings will also be held to share findings and gather feedback.

For more information please contact Michael Harney

**NFN Fire Prevention Week BBQ**



Come out and enjoy a BBQ hamburger or hotdog! Gift bags for the children and Fire Prevention Information for the adults. Please come out and meet our fire fighters. Miigwech and hope to see you there.

Tues, Oct. 11 <sup>th</sup>	Wed, Oct. 12 <sup>th</sup>	Thurs, Oct. 13 <sup>th</sup>
6p.m. @ Duchesnay Fire Station	6pm @ Garden Village Fire Station	6p.m. @ Jocko Point Fire Station

**Fire Prevention Week - October 9-15<sup>th</sup>**  
**Join the Don't Wait, Check the Date Selfie Challenge!**



Nipissing First Nation – October 1<sup>st</sup>, Fire Prevention Week is October 9-15<sup>th</sup>, and the Nipissing First Nation Fire Services wants you to join the Don't Wait, Check the Date! selfie challenge.

“The theme of Fire Prevention Week this year is Don't Wait, Check the Date of your smoke alarms,” says Fire Chief Melvin McLeod “Smoke alarms don't last forever. So we challenge everyone to take a selfie of their family checking the expiry date of their smoke alarms and post it on social media, to show everyone your alarm's up to date.”

Smoke alarms wear out over time and need to be replaced within the time frame indicated by the manufacturer, usually 10 years. The date of manufacture is indicated on the back of the smoke alarm and the expiry date is taken from that date. While smoke alarms typically last 10 years, some have different expiry time frames. Check the manufacturer's instructions for the expiry time frame of your smoke alarms.

The Nipissing First Nation Fire Services also reminds you that smoke alarms are required on every storey of your home and outside all sleeping areas. Test all of your smoke alarms monthly by pushing the test button on the alarm, and replace batteries at least once a year or when the alarm's low battery signal begins to chirp.

The Nipissing First Nation Fire Services is hosting Fire Extinguishers Demonstrations on Tuesday October 11<sup>th</sup> at the Duchesnay Fire Station at 73 Couchie Industrial Road starting at 6pm and on Wednesday, October 12<sup>th</sup> at the Garden Village Fire Station at 6pm and on Thurs. October 13<sup>th</sup> at the Jocko Point Fire Station at 6pm in support of Fire Prevention Week and this year's campaign. The event will include gift bags for the children, Fire Prevention Information for the adults as well as BBQ hamburger and hotdogs.

For more information about smoke alarms, visit the Office of the Fire Marshal and Emergency Management's website at [www.ontario.ca/firemarshal](http://www.ontario.ca/firemarshal).

**Niagara Falls Adult Trip**

**(21 to 54 years of age) Friday, October 21<sup>st</sup> & Saturday Oct. 22<sup>nd</sup>, 2016**

\$55.00 per person (Includes bus transportation and accommodation 2 people per room). All other costs meals etc., are the responsibility of the participant. IN FAIRNESS TO ALL COMMUNITY WE WILL ONLY ACCEPT NAMES TO HOLD SEATS STARTING AT 8:30a.m. Tuesday October 4<sup>th</sup>. (If there are any extra seats on the bus then anyone over this age may also attend, by submitting your name on the waiting list .Only 2 names per call.) Bus will leave the Band office at 6a.m. on Friday, Oct. 21<sup>st</sup> & return Saturday , Oct. 22<sup>nd</sup> leaving Niagara Falls approximately 3:00 PM.

Call to reserve your seat. Payment required by Friday, Oct. 14<sup>th</sup> and if cancelation is required it must be done 48 hours (2 days) prior to departure.

For more information call 705-753-3312.

Motor coach financially funded by Chief & Council

Accommodation is at the Fallsview Comfort Inn 6645 Fallsview Blvd, Niagara Falls, ON, Phone: (905) 358-9353 .





## Christmas Distribution Notice



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

Registered Nipissing First Nation members will have until March 31, 2016 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](http://www.nfn.ca).

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

or email to: [finance@nfn.ca](mailto: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 18 still living at home.

**Christmas Distribution will be given out on the following dates:**

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

\*Form available for download on [www.nfn.ca](http://www.nfn.ca), from [finance@nfn.ca](mailto:finance@nfn.ca), or contact the main office at 36 Semo Road, Garden Village, ON, P2B 3K2\*

## Homes for Sale



### 124 Veteran's Road, Sturgeon Falls

600 square foot home  
Appliances and Shed included

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

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

**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

**Rob Couchie**  
Owner/Operator  
**705-477-5347**  
**Challenger Mobile Wash Inc.**

**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



**ACTION ROOFS AND RENOS**

<b>Anthony Commanda</b> (705) 478-9833 actionroofandreno@outlook.com www.facebook.com/actionroofandreno	<b>Roofing Specialist</b> 144 Fifth Avenue North Bay FREE ESTIMATES
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*All Seasons Wedding Ceremonies*

**Dot Beaucage-Kennedy (Elder)**

Wedding Officiant • Anniversaries • Funerals

**Nipissing First Nation**  
Cell: 1-705-493-5577

Email: dotbeaucagekennedy@gmail.com  
www.allseasonsweddings.com  
(1-800-545-3681..by request)



**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

**HOPE FOR HUNTER** License # 2019-85



Duchenne-Muscular Dystrophy Fund  
for

**Hunter Perasse**

who needs help with medical supplies.  
Affiliation: Nipissing First Nation

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

There are only 3,000 tickets available

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

\*\*\*Draw October 28th, Noon GV Gym !!!\*\*\*



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



# October 2016

## Binaakwii Giizis (Falling Leaves Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>Food Bank Hours: Monday's 1:00pm to 4:30pm &amp; Friday's 8:30am to 12:00pm  <i>Closed Mon, Oct 10<sup>th</sup>, Open Tue, Oct. 11<sup>th</sup> – 8:30am-12pm.</i></p> <p><b>Recreation Gym Nights (See Pg. 12)</b>            Garden Village <i>Every Monday and Wednesday</i> 4-6p.m. (Ages 6-12)            6-8p.m. (Ages 13-18)            Nbisiing School Gym <i>Every Tuesday and Thursday</i> 4:30-6:30 (Ages 6-12)            6:30-7:30p.m. (Ages 13-18)</p>				<p><b>Anishinaabemwin Classes</b>            Every Monday Nbisiing SS 6-8pm &amp;            Every Wednesday GV Culture Centre 6-8pm</p>		<p><b>1</b>  <b>Open Sew</b> GV Culture Centre 10am-2pm</p>
<p><b>2</b>  <b>Open Sew</b>            Nbisiing 10am-2pm</p>	<p><b>3</b></p>	<p><b>4</b>  <b>Council Meeting</b>            7:30pm GV Chambers            "Let's Face This" (Pg. 8) LCHC 5-8pm  <b>Sisters in Spirit Vigil</b> GV Church 7pm</p>	<p><b>5</b>  <b>Alzheimer Info Session.</b> Location TBD 4:30pm (Pg. 11)  <b>Thanksgiving Food Bank Raffle</b> GV 3pm</p>	<p><b>6</b></p>	<p><b>7</b>  <b>Gtigewin Garden Community Feast</b>            12-1pm GV Gym</p>	<p><b>8</b></p>
<p><b>9</b></p>	<p><b>10</b>  <b>Thanksgiving</b>            NFN Offices &amp; Food Bank Closed</p>	<p><b>11</b>  <b>Fire Station BBQ</b>            Duchesnay Station 6pm</p>	<p><b>12</b>  <b>Seniors Fire Extinguishers</b>            GV Fire Station 1p.m.  <b>Fire Station BBQ</b>            GV Station 6pm  <b>Diners Club</b>            GV Noon</p>	<p><b>13</b>  <b>Drum Social</b>            GV Tipi 6-8pm  <b>Fire Station BBQ</b>            Jocko Station 6pm</p>	<p><b>14</b></p>	<p><b>15</b></p>
<p><b>16</b></p>	<p><b>17</b>  <b>Full Moon Ceremony</b>            GV Culture Centre 7pm</p>	<p><b>18</b>  <b>Council Meeting</b>            7:30pm Nbisiing SS</p>	<p><b>19</b>  <b>Financial Literacy Workshop</b>            Nbisiing SS 6pm</p>	<p><b>20</b></p>	<p><b>21</b>  <b>Niagara Falls Adult Trip</b>            (Registration Required, Fri &amp; Sat)</p>	<p><b>22</b>  <b>Ribbon Skirt Making</b> GV Culture Centre 10am-2pm</p>
<p><b>23</b>  <b>Ribbon Skirt Making</b>            Nbisiing 10am-2pm</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b>  <b>Hope For Hunter Draw</b> GV Gym at Noon</p>	<p><b>29</b></p>
<p><b>30</b></p>	<p><b>31</b>  <b>HALLOWEEN</b></p>	<p>Flu Clinics throughout the Month at Nbisiing &amp; GV Gym. (See Pg. 8 for schedule).            Fire Prevention Week <i>Check the Date Selfie Challenge</i> ~ Oct. 9-15<sup>th</sup> (Pg. 20)</p>				

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