



ENKAMGAK

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

Binaakwii Giizis (Falling Leaves Moon)

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Get the newsletter by email

Sign up with genc@nfn.ca.



Thanksgiving
Monday
October 8th

Council Meetings

Tuesday, October 2nd
7pm - Garden Village

Tuesday, October 16th
7pm - Garden Village

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

Council Committee Portfolios

Committee portfolios were assigned at the regular Council meeting on Tuesday, September 18th.



All committees are still seeking NFN members to bring the voice of the membership to current issues and priorities, and help provide valuable context for decision-making.

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 or older to participate on committees.

Note: Committees marked with an asterisk (*) denote committees that have been combined this term.

NFN Committees - 2018-2021 Term

Anishinaabemwin Committee - Chair: June Commanda

Works on opportunities to encourage Anishinaabemwin, provides input into the Language & Culture Strategy and language translations.

Culture & Pow Wow Committee - Chair: Corey Goulais

Assists in the planning and coordination of the annual pow wow and provides input into cultural plans & initiatives.

Economic Development - Chair: Jane Commanda

Assists with identifying EcDev opportunities and projects for NFN, and with reviewing the Business Licensing law.

Education Committee - Chair: Muriel Sawyer

Reviews education reports and strategies from external agencies (school boards, KEB) and provides input for recruitment strategies at Nbisiing Secondary School.

Housing & Planning Committee * - Chair: Michael Sawyer

*** Formerly 2 committees: Housing Committee & Community Development Committee**

Provides input into housing needs and projects on NFN, and addresses community development from a grassroots perspective, including addressing community policy and/or advocacy matters.

Lands & Bylaw Committee - Chair: Brian Couchie

Promotes responsible stewardship of our lands, waters and natural resources by drafting land laws and policies.

Natural Resources Committee - Chair: Corey Goulais

Provides input into responsible harvesting of NFN's natural resources, as well as NFN's Fisheries Law & Justice Circles.

Social & Wellness Committee * - Chair: Rick Stevens

*** Formerly 2 committees: Community Wellness Committee & Health and Social Services Committee**

Addresses community policy and/or advocacy matters with regard to community safety, recreation, sport and leisure to enhance community wellness. Provides input into Wiidooktaadyang service delivery, child protection and other community health issues.

If you are interested in becoming a member of any of our committees, please complete the **Committee Application Form** available at www.nfn.ca, at the Band Office, or call 705-753-2050 to request a copy by email, mail or fax.

New NFN Citizenship Committee

Seeking 2 Youth, 2 Elders & 3 Citizens at Large

Nipissing First Nation Chief and Council are seeking registered NFN citizens (Debendaagziwaad) to participate on a Committee to develop a Citizenship Law for NFN under our Gichi-Naaknigewin.

This will be a long standing committee and members will receive a honorarium of \$100 per meeting. If you are interested in applying, please submit a letter of interest outlining your reason(s) for wishing to participate in the development of a Citizenship Law for NFN, and please indicate the category you are applying to represent (Youth, Elder or Citizen at Large).

Please submit your application no later than 4:00 p.m. on Friday, October 12th to:

Dwayne Nashkawa, Chief Executive Officer
Nipissing First Nation
36 Semo Road, Garden Village, ON P2B 3K2
Email: dwaynen@nfn.ca | Fax: 705-753-0207

This Citizenship Law will allow us, not the government of Canada, to determine “those who belong” to Nipissing Nation per our Gichi-Naaknigewin.

We look forward to receiving your letter of interest. If you have any questions about this committee, please feel free to contact Dwayne at 705-753-2050 ext. 1222 or by email to dwaynen@nfn.ca.

North Bay Indigenous Community Hub

Expression of Interest - Inaugural Board of Directors

The new North Bay Indigenous Community Hub is seeking **10 members** for its first Board of Directors.

The Indigenous Community Hub will be Indigenous-governed and managed to provide primary health care services through an Indigenous Interprofessional Primary Care Team (IIPCT) that includes Traditional Healers and health professionals, primary mental health care, primary palliative care, service coordination and chronic disease management programs, and many more services. It will also house an Indigenous EarlyON Centre and an Indigenous Day Care.

Key start-up activities for this inaugural Board of Directors will include providing oversight for: incorporation; recruitment of an Executive Director; approval and submission of the Indigenous Interprofessional Primary Care Team Business and Operational Plan (targeted for late October 2018); monitoring significant renovations to the main North Bay site and supporting program development. **Primary health care services will be extended to Dokis, Temagami and Nipissing First Nations.**

Each board member will serve on at least one Board Committee once the Indigenous Community Hub is operational and must be willing to commit 4-6 hours monthly.

The selection process will take place between October 10–17, 2018 by members of the existing planning groups. An orientation session is planned for the initial board members the afternoon of October 18, 2018. A public presentation of the proposed content for the Primary Care Team Business and Operational Plan from 5:30–8:00 p.m. at the North Bay Indigenous Friendship Centre will follow.

The deadline for submissions is Tuesday, October 9, 2018 at 4:30 p.m.

Expression of Interest packages are available at www.nfn.ca or by calling 705-753-3312 or by email to NBIndigenousHUB@gmail.com.



Gichi-Naaknigewin

Ratified August 8, 2013

Nipissing's Gichi-Naaknigewin (Constitution - what governs us) confirms the rights, responsibilities and freedoms of NFN's Debendaagziwaad (citizens - "those who belong" to NFN), its government and its governing institutions in relation to the jurisdictions set out in the Gichi-Naaknigewin as confirmed by the ratification by its Debendaagziwaad on August 8, 2013.



New Indigenous Interprofessional Primary Care Team Public Presentation

Community consultations were conducted in Dokis, Temagami and Nipissing First Nations, and at the North Bay Indigenous Friendship Centre.

We invite the community to come listen to information shared at these consultations.

Thursday, October 18th

5:30pm - 8:30pm

North Bay Indigenous Friendship Centre - 980 Cassells St., North Bay

Light Dinner Provided

Register: 705-753-3312

NBIndigenousHUB@gmail.com



Commercial Fishery now Closed for 2018 Season

This closure does not affect our inherent, treaty-protected rights to harvest fish for subsistence or for ceremonial purposes.

Members who plan to fish for subsistence or ceremony must follow our *Fisheries Law* and are asked to call our Fisheries Office in advance at 753-6971.

Chi-Miigwech to our registered and compliant commercial fishers, and to community members who follow our Fisheries Law and processes.

We appreciate your efforts to support the recovery of the walleye population.

For more information about NFN's Fisheries Law, regulations and processes, or to report compliance issues, please contact:

Jeff McLeod
 Natural Resources Manager
 705-753-2050 ext. 1325
jeffm@nfn.ca

Natural Resources Department Notices

Fall Walleye Index Netting (FWIN)

The Fall Walleye Index Netting (FWIN) project will be completed again on Lake Nipissing in October.

This marks the 20th year that the NFN Natural Resources Department has worked in partnership with the Ministry of Natural Resources & Forestry (MNRF) on FWIN projects. **20 YEARS**

This fisheries assessment is used to assess the health of the walleye population. Nets consist of different mesh sizes and are set randomly in deep and shallow areas of Lake Nipissing.

Each day, nets will be picked and fish will be brought back to NFN to be biologically sampled for total length, fork length, and weights. Age structures are also collected, and sex and maturity of walleye will be recorded. All edible fish are filleted and donated to the NFN Food Bank.

Hunting & Trespassing on NFN Lands



Over the past several years, NFN has received numerous complaints about trespassing or unauthorized access on NFN lands with a large spike taking place during hunting season.

NFN Enforcement Officers and members of the Anishinabek Police Service will be conducting joint patrols on bush roads to monitor for trespassing, minimize issues, and to ensure that no illegal hunting is taking place.

As a reminder, any guests wishing to hunt on NFN lands must contact the Natural Resources Department to purchase a hunting permit, must be in the company of a NFN Band Member, and must follow all Provincial hunting regulations that pertain to the species being hunted.

For more information, please call the Natural Resources office at 705-753-2050.

NFN Fire Department Training

Wildland Firefighter Training (SP103)

On September 8th and 9th, members of NFN's Volunteer Fire Department participated in training with the Ministry of Natural Resources and Forestry (MNRF). The training consisted of one day of theory and one day of practical learning, and enables participants to train their peers.

This training is important for our 34 volunteer firefighters to have the knowledge and skills they need to protect homes and community infrastructure should a forest fire threaten NFN in the future.





ANNUAL MEETING

Saturday, November 24th
Nbisiing Secondary School, Duchesnay



Join us from **9:00 a.m. until noon** on Saturday, November 24th for our annual community meeting.

Our leadership will provide updates on major community projects and plans while you enjoy a hot breakfast and have opportunities to visit with staff and ask questions.

More details to come in the November newsletter. *Save the Date!*



Neighbourhood BBQs were a hit!

NFN Programs & Services collaborated to bring “Neighbourhood BBQs” to 3 locations in the community: Garden Village, Yellek and Duchesnay.

The BBQs were opportunities to bring our community members and programs together to meet, socialize and enjoy some great food. It was an excellent way for everyone to gather in an informal community setting.

The 3 Neighbourhood BBQs welcomed more than 400 community members!



Christmas Distribution 2018

Funds will be distributed on December 6th & 7th

NOTE: SHARES DO NOT ACCUMULATE AND MUST BE PICKED UP OR REQUESTED EVERY YEAR

Christmas funds will be distributed to members starting on **December 6, 2018** until **March 31, 2019**.

Distribution dates are scheduled as follows for those wishing to pick up funds in person:

Thursday, December 6th
10:00 a.m. to 3:00 p.m.
NFN Complex, Garden Village

Friday, December 7th
10:00 a.m. to 3:00 p.m.
Nbisiing School, Duchesnay

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 who are still living at home.

To request a cheque or direct deposit instead of picking up, please complete and return the Request Form available at www.nfn.ca. The form will also be mailed to households in mid-October. Completed forms must be returned to the Finance Department by **November 5, 2018** to receive payment by cheque or direct deposit on December 6, 2018. Please contact the Finance Department at 705-753-2050 or finance@nfn.ca if you have questions or need more information.

NFN members will have until March 31, 2019 to pick up their shares.

Follow
Chief McLeod on Facebook
 Ogiima Zoongawbwi Chief Scott McLeod

Ogiima Zoongawbwi Chief Scott McLeod
 September 12 at 11:19 AM

Ontario Chiefs stand united in rejecting Canada's proposed Federal Recognition and Implementation of Indigenous Rights Framework which did not include First Nations in its development and did not include Aboriginal Title, UNDRIP Implementation, Free, Prior & Informed Consent, Treaty Obligations, Land Rights, Resource Sharing or Sovereignty



Ogiima Zoongawbwi Chief Scott McLeod
 September 13 at 7:39 PM

Enjoying our community BBQ this evening in NFN Lots of people enjoying great food and conversation, we even took in this traveller who wandered into our community, we fed her, fixed her headdress and sent her on her way! #NipissingFirstNation hospitality #coo



Ontario Regional Chief RoseAnne Archibald visited NFN's community BBQ at Nbisiing on September 13th

MIIGWECH

Miigwech to the volunteers, staff and community members who helped make these events successful.



Housing Manager Shawn Anderson & Director of Education Nancy Allaire

Out & About

Brushing at Couchie Memorial Daycare



Fallen tree at Paul Ave.



Program Contacts:
 Garry Leblanc
Beautification Program
 Samantha Fryer
Lawn Care Program
 705-753-2050 x 1262



REMINDER: Seniors must sign new snow plow waivers every year. See p. 16 for info.

Beautification & Lawn Care Program Updates

The Beautification Crew has been steadily busy within the community and with preparations for the 30th Annual Traditional Pow Wow. Some of our many projects have included:

Community Clean-Up

- Brushing of community entrances to improve lines of sight
- Cemetery maintenance - grass cutting and repairs
- Fallen tree removal on roadways
- Public beaches and playgrounds clean-up, grass trimming and weeding
- Roadsides and ditching



Pow Wow Preparations

- Brushing and nuisance tree removal at the grounds
- Coordination with NFN departments and outside organizations regarding entry to the grounds and delivery of equipment, supplies and set-up
- Creation of additional parking areas
- Fire wood splitting and piling
- Repair and maintenance to the arbor, sound stage (MC stand) and sacred fire arbor
- Roadsides and ditching at the grounds
- Sign placement for traffic and parking control
- Volunteering at the pow wow, including feast preparation and parking/traffic control

Seniors' Lawn Care Program

While the Lawn Care crew has been busy maintaining lawns for our seniors, they also helped with Pow Wow preparations when needed by delivering equipment and supplies, grass cutting/trimming at the grounds, and branch collection.



Beaucage Cemetery

Seeking Snow Plowing Tenders

It's hard to talk about snow on the same page as lawn care updates, but we all know the white stuff is just around the corner...

We are seeking tenders for the upcoming winter season and invite contractors to submit bids to provide snow plowing services for **Seniors' Driveways** and/or **Community Buildings**.

Detailed bid sheets are available at www.nfn.ca and from the Band Office reception areas. For more information, contact: Shayla Brunet, Facilities Clerk at 705-753-2050 ext. 1285 or shaylab@nfn.ca.

The deadline to submit tenders is Friday, October 26th, 2018 at 4:00 p.m.

Lowest or any tender not necessarily accepted.

Community Update Session

Waabnoong Bemjiwang Child Well-Being Agency Development Project



Monday, October 29th at 7pm @ NFN Complex Boardroom, Garden Village

NFN is reviewing options of leaving Children's Aid Society (CAS) Jurisdiction and working under this organization. Come and join us to learn more and ask questions. Snacks & Prizes available!

Background: The Waabnoong Bemjiwang Association of First Nations is developing a child and family agency that would replace the existing Children's Aid Society in seven (7) communities in the Sudbury, Nipissing and Parry Sound areas (Wasauksing, Shawanaga, Magnetawan, Henvey Inlet, Dokis, Nipissing and Wahnapiatae First Nations).

This new agency will better serve the needs of First Nation children, and members of the community will play an important role in developing the agency. The goal is to ensure that Indigenous families have access to culturally appropriate services. The agency plans to do things differently by giving children the opportunity to stay in their homes and connected to their communities.

There are currently ten First Nation child and family services agencies that are designated by the Ministry of Children and Youth Services. Waabnoong is one of four other agencies working towards receiving their designation. In an email statement last December, Minister Michael Croteau said:



"We know that the best place for a young person is as close to home as possible, and we must continue to build strong communities that allow young people to excel and reach their full potential. Together with Indigenous communities across Ontario, I am encouraged by these ongoing designations, and I am committed to transforming services so that Indigenous youth across Ontario have the tools they need to succeed."

Compiled with files from the CBC/Radio-Canada

Nipissing First Nation Daycares

Enrollment Update

The Nipissing Ojibway Daycare Centre in Garden Village currently has **2 preschool spaces** available, and the Couchie Memorial Daycare in Duchesnay has **4 preschool spaces** available. There are no toddler spaces available at either daycare. The preschool program is for children aged 2^{1/2} to 5 years.

Trip to the Pumpkin Patch

Both daycare centres will be visiting the Pumpkin Patch at Leisure Farms on **Monday, October 29th**. Parents of children who attend the daycares are welcome to attend with their children - we just ask you to please advise the daycare supervisor if you are planning to attend.

Booster Juice Fundraiser

Both daycare centres are selling full-size Booster Juice Vouchers for only \$5! Funds raised help to pay for the costs of outings, transportation and holiday celebrations. You can purchase vouchers from Kelsey (kelseym@nfn.ca), Jill (jillb@nfn.ca) or Brandie (brandief@nfn.ca).

Santa Fund

Chief & Council provides **low income families** with the benefit of the Santa Fund. Income needs to be verified against the 2017 Low Income Cut-Off Chart.

All eligible families are encouraged to apply for this benefit **no later than Friday, November 9th**.

In your letter of request, please include:

- Parent/guardian name
- Name, age & gender of each child
- Address & phone #
- Proof of low income (OW, ODSP, income tax)

Please mail or drop off your requests at the main reception desk at the Band Office, or to the Social Services Dept. in an envelope clearly marked "Santa Fund".

If you have questions or need more information, please contact:

Debbie McLeod
705-753-2050 ext. 1230

Ginger Penasse
705-753-2050 ext. 1324

Mailing Address:

NFN Social Services
36 Semo Road
Garden Village ON
P2B 3K2





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

Please visit our website www.nbsiing.com for registration forms and call to schedule a school tour and information session: (705) 497-9938. Check out our [Facebook Page](#) for our calendar of events and other school-related news!

Medicine Walk

Nbsiing students were able to participate in a Medicine Walk with Joseph Pitawanikwat. The students truly learned a lot and enjoyed being out on the land for the day. Chi-miigwech to NFN Culture & Heritage for allowing us to join in on the event and making sure we certainly did not go hungry. Thanks to you, we now have classrooms full of mshkiki.



Canadore College Welcome Pow Wow

Students from Nbsiing were lucky to attend the Canadore College Welcome Pow Wow again this year.

Nbsiing School was well represented with dancers, drummers, and singers who participated in the Pow Wow including Miss Nipissing First Nation, Brooklyn Sawyer, pictured on the right with Nbsiing's new Vice-Principal, Lacy Farrell.



Graduation Coach at Nbsiing

Aaniin, I would like to introduce myself in my new role as the Graduation Coach at Nbsiing. Monique Sawyer ndizhnikaaz. My goal is to support the students in their efforts to achieve success both academically and in reaching mno-bimaadziwin.

We have already had a visit from the Recruitment Office at Nipissing University and will be hosting the APSIP recruitment fair for both College and University on October 30th from 1:30 - 3:00 p.m. Please feel free to contact me at the school at (705) 497-9938 if you have any questions regarding your child's future education plan. I look forward to speaking with all parents and students in the near future. Miigwech.



Welcome BBQ

We held our annual Welcome BBQ on Thursday, September 13th. Miigwech to all parents and guardians who attended. We look forward to seeing you again soon!



Career & Contract Opportunities with NFN

Watch our Website & Facebook Pages for Current Postings

The following employment opportunities are currently available with Nipissing First Nation. The deadline for applications for each posting is specified below. To view complete job postings, please visit www.nfn.ca and click on the *Jobs* tab, come in or call the office at 705-753-2050 to request a copy by mail or email.

CAREERS:

Home and Community Care Nurse (2nd Round)

Permanent Part-Time with Benefits

Apply by Friday, October 5th at 4:30 p.m.

Student Success Teacher - Nbisiing Secondary School (2nd Round)

Permanent Full-Time with Benefits

Apply by Friday, October 12th at 4:30 p.m.

Special Education Teacher - Nbisiing Secondary School (1st Round)

Permanent Full-Time with Benefits

Apply by Friday, October 19th at 4:30 p.m.

CONTRACT POSITIONS:

Anishinaabemwin Teachers (2) for Community Classes

Contract to June 30, 2019

Apply by Friday, October 5th at 4:30 p.m.

Housing Administrative Assistant

Contract - 12 weeks (with possibility of extension)

Apply by Friday, October 5th at 4:30 p.m.

Student Library Worker

Contract to March 31, 2019

Apply by Friday, October 5th at 4:30 p.m.

Qualified individuals are invited to submit a letter of interest and resume with three (3) current references no later than 4:30 p.m. on the deadline date specified above 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

Miigwech to 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.



Did you Know?

Job posting titles are clickable and will direct you to the posting on our website.



NFN Jobs & Training



Need help with your resume or job search?

Our Employment & Training Office can assist you! Please contact:

Sarah Fisher, Employment & Training Administrative Assistant
705-753-2050 ext. 1243 or sarahf@nfn.ca

Health News

Diabetes & Smoking Don't Mix!

Indigenous people have a long history of using tobacco in ceremonies and in prayer, but smoking cigarettes is not a traditional use of tobacco.

Smoking can cause a lot of health problems, but it's even worse if you have diabetes.

If you smoke and have diabetes, you may have:

- Higher risk of a heart attack or stroke
- Higher risk of nerve damage and kidney problems
- Higher blood sugars and high blood pressure
- More colds or infections
- Problems with erections
- Damaged blood vessels which can make it harder for you to heal

No matter how long you have been smoking, your health will start to improve when you quit. There are many ways to quit smoking. Most of all, you have to want to do it. Make a plan and don't give up!

For more information, contact the Lawrence Commanda Diabetes Education & Resource Centre at 705-753-3312.



Support for Makenzy Lariviere & Family

Makenzy was diagnosed with Acute Lymphoblastic Leukemia (ALL) in June 2010 just days before his 2nd birthday. He reached remission and continued receiving treatment for the next 3 years and 3 months to ensure he remained in remission.

In September 2015, Makenzy started showing signs of a relapse. He again received high doses of chemo and other medication, but was not going into remission. In October 2015, his family was told that he needed a bone marrow transplant to beat it this time. Within one month, a match was found for Makenzy and he received his donor bone marrow in December after 9 rounds of radiation and even high doses of chemo to eliminate his immune system and the B-cells that were producing the ALL.

In August 2016, Makenzy relapsed with 2 ALL tumors in his testicle, but there were no other signs in his spinal fluid or bone marrow. It was isolated and the tumors were removed. Makenzy continued to be monitored monthly and was doing well.

In January of 2018, Makenzy had 2 spots appear on his face. Biopsies confirmed that ALL cells were present in his skin, but there were no other signs of relapse. In July, Makenzy started showing other signs. His abdomen was swollen and lumps were found. He started chemo treatment again. ALL was found in his bone marrow again. Makenzy will now be treated with CAR T-cell therapy.

Makenzy and his family thank their family, friends and community members for the continued support and well wishes on this long journey. To learn more about Makenzy's journey and how you can support him and his family, visit the [Support for Makenzy Lariviere](#) Facebook page.



Miigwech to the NFN community members, staff and partners who have organized draws and events, including the colour fun run & walk, to raise funds for the Lariviere family as they remain in Toronto for Makenzy's treatment. Our thoughts and prayers are with Makenzy & family.

Mental Health First Aid for First Nations

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

From this session, you can expect to gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis; gain greater recognition of mental health problems while decreasing stigma and improving mental health for yourself.



Monday, October 22nd to Wednesday, October 24th

8:30 a.m. to 4:30 p.m. @ Nbisiing Secondary School

Lunch & Refreshments Provided

No Cost for Nipissing First Nation Community Members

\$250.00 for others (cheques payable to Nipissing First Nation)

Register now to become certified in Mental Health First Aid

Please contact Lori-Anne McLeod at 705-753-1375 or lorianm@nfn.ca

Influenza Clinics Coming in November Get Your Flu Shot, Not the Flu!

FREE VACCINES available for Adults and Children 6 months of age and up! October vaccinations will be offered pending availability. Stay tuned for future announcements!

Clinics in Garden Village

Monday, November 5th from 3pm - 7pm @ Lawrence Commanda Health Centre

Thursday, November 8th from 9am - 1pm @ Lawrence Commanda Health Centre

Wednesday, November 14th from 11am - 2pm @ Diners' Club, NFN Complex

Wednesday, December 5th from 3pm - 6pm @ NFN Complex

Clinics in Duchesnay

Wednesday, November 7th from 10:30am - 1pm & 3pm - 7pm @ Nbisiing School

Tuesday, November 20th from 3pm - 6pm @ Nbisiing School

Saturday, November 24th from 9am - 12pm @ Nbisiing School (during Annual Community Meeting)

Wednesday, November 28th from 3pm - 6pm @ Nbisiing School



A clinic is scheduled at the **Anishinabek Nation Union of Ontario Indians** (south boardroom) on **Tuesday, November 6th** from 9:30am - 11:30am. The date and time of the clinic(s) in Jocko Point will be announced once confirmed.

New Community Health Nurse - Meet Carole Lafantaisie, RN, BScN



We are pleased to welcome Carole to the Lawrence Commanda Health Centre team. She has worked in the nursing field for over 20 years and will work in collaboration with other programs at the LCHC.

Carole has a background in community health nursing, mental health and addiction supporting youth, and also has experience in the emergency department and long term care ward at the West Nipissing General Hospital.

In her free time, Carole enjoys travelling, watching and playing sports, weightlifting and skidooring. She's a proud mom to 3 children and is excited to continue her nursing career with NFN. She can be reached at 705-753-23312 ext. 2257, by email to CHN@nfn.ca or stop in to say hi!

Health & Wellness Programs



Sisters in Spirit Candlelight Vigil - Thursday, October 4th

6pm - 7pm @ 131 Commanda Crescent - Duchesnay

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

Agenda: 6pm - Opening Remarks with Smudge; 6:15pm - Candlelight Vigil Walk; 7pm - Refreshments & Closing Remarks. **All Welcome!** Please dress warmly. If possible, please wear an item of red clothing in honour of the missing and murdered Indigenous women and girls. Contact Emily for more information at 705-472-0233 or emilyc@nfn.ca.

Hosted by the Ojibway Women's Lodge (OWL). Sponsored by Native Women's Association of Canada.



Breastfeeding Week Celebration - Friday, October 12th

10am - 12pm @ NFN Complex Gym - Garden Village

The first week of October is World Breastfeeding Week, a time to encourage communities and individuals to protect, promote and support breastfeeding. Join us on October 12th for guest speakers, games, information & prizes! Speakers from 10am - 11am & Open House from 11am - noon. Light refreshments will be served.

For more information, please contact Misty (or Erika at 705-753-3312).

Hosted by NFN's Maternal Health Nurse and Community Nutritionist



Gtigewin Community Garden Feast - Tuesday, October 16th

12pm - 1pm @ NFN Complex Gym - Garden Village

Come enjoy a meal made with food from our garden to celebrate the end of the season! For more information or to request a ride, please call 705-753-3312. *Prizes to be won!*

Hosted by NFN Health Services and our Community Nutritionist

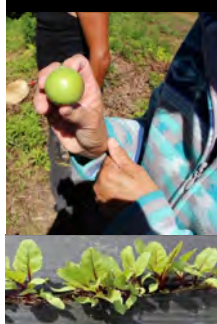


Assertiveness & Self-Confidence Workshop - Wednesday, October 17th

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

Transportation available; lunch provided. For details, please contact Karen McLeod, Family Well-Being Coordinator, at 705-753-2050 ext. 1268 or karenm@nfn.ca.

Hosted by NFN Health Services



Garden Social/Learn to Garden - Tuesday, October 23rd

5:30pm - 7pm @ Lawrence Commanda Health Centre Boardroom - Garden Village

Thinking about starting your own garden next year? Or want to learn some tips to help with your garden? Come learn the basics of starting a garden from our own Gtigewin Community Garden Horticulturalist!

Free seeds available & prizes! Coffee, tea and treats inspired by the Gtigewin Community Garden will be served. Limited number of seats available - please call Erika at 705-753-3312 to register.

Hosted by NFN Health Services and our Community Nutritionist

New Indigenous Interprofessional Primary Care Team

See page 2 for details of a public session to provide info about this new team serving North Bay & Area.

Child, Youth & Family Programs



Baby & Me Drop-In - Tuesdays, October 9th & 23rd

10am - 1pm @ NFN Kendaaswin (Library) - Garden Village

We discuss topics such as healthy child development and parent/child attachment. For more information, please call Katie at 705-753-2050 or katiel@nfn.ca. Transportation & lunch provided.

Hosted in partnership by the Native Child Welfare Prevention Program & NFN Health Services



Movie Night - Wednesday, October 10th (Ages 6-12)

6pm - 8pm @ New Wing Lobby - Garden Village

Hosted in partnership by the Native Child Welfare Prevention Program & NFN Kendaaswin (Library)



Teen Night - Friday, October 12th (Ages 13+)

6pm - 8pm @ New Wing Lobby - Garden Village

Hosted by the Native Child Welfare Prevention Program



Craft Night - Monday, October 15th (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library)

Hosted by the Native Child Welfare Prevention Program



Computer Night - Wednesday, October 17th (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library)

Hosted by the Native Child Welfare Prevention Program



"Is Your Child Safe?" Workshop - Friday, October 19th

10am - 12pm @ Lawrence Commanda Health Centre - Garden Village

Guest Speaker from Health Canada will be present to review consumer items and their safety. Light refreshments will be provided. For more information or to register, please call Misty or Erika at 705-753-3312.

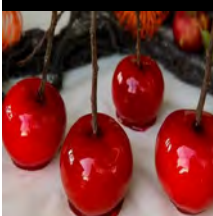
Hosted by NFN's Maternal Health Nurse and Community Nutritionist



Pumpkin Carving - Wednesday, October 24th (Ages 6-12)

6pm - 9pm @ NFN Kendaaswin (Library)

Hosted by the Native Child Welfare Prevention Program



Candy Apple Making - Friday, October 26th (Ages 13-24)

6pm - 10pm (location TBA). Supper provided! Come out and have fun making candy apples for the Hallowe'en party tomorrow (October 27th)!

Hosted by the Native Child Welfare Prevention Program

Family Hallowe'en Party - Saturday, October 27th

All Ages - See full details on next page!

Saturday October 27th 5PM-9PM
FAMILY HALLOWEEN PARTY
at NFN Complex
Limited to NFN membership and affiliates only

5:00 PM	Registration
5:30 PM	Pizza and Hotdogs
6:30 PM	Pumpkin Contest
	Costume Contest
7:30 PM	Video Dance

Admission is 1 non-perishable food item per person. Call Katie Lariviere, Joe McLeod or Jeff Stewart at 753-2050 to pre-register your children.

This event is sponsored by Nipissing's NCWP, Recreation, Library and Food Bank programs. Children under 12 must be accompanied by an adult.

Cultural Teachings & Events



Parflèche Workshops (Part 2) - For anyone who completed part 1 and wants to add finishing touches

Thursday, October 11th from 5:30-8pm

Culture Centre, Ktigaaning

Monday, October 15th from 5:30-8pm

Nbisiing Secondary School, Duchesnay

Please bring your own snacks & drinks. Contact Mindy at 705-753-2050 ext. 1260 for more information.



Family Drum & Dance Social - Thursday, October 18th

6pm - 8pm @ Teaching Lodge - Garden Village (move to Church Basement in event of bad weather)

Please feel free to wear your regalia pieces and to bring a snack to share. Everyone is welcome!

For more information, please contact Mindy at 705-753-2050 ext. 1260.



Porcupine Quilling (Part 4 of the Series) - Thursday, October 18th

Time TBA @ Culture Centre - Garden Village

For those who have completed the wiigwaas harvest, sweetgrass harvest and spruce root harvest workshops. This workshop we will pluck the porcupine and clean the quills.

For more information, please contact Mindy at 705-753-2050 ext. 1260.



Thirteen Moons Governance System Teachings

Anishinaabe Mskikiin - Traditional Medicines:

We were fortunate to have had Joseph Pitawanikwat of Creators Garden and member of Wiikwemkoong spend two days on NFN lands learning about the spiritual, nutritional and medicinal knowledge and intelligence of some of the trees, plants, berries, grasses and roots.

As always, we were reminded of the high importance of sustainable harvest. When we receive a gift from mother earth we thank her and give her a gift. We take only what is needed - we don't hoard, we share, we protect the plants and their habitat.

The last time Joseph has here at Nipissing we learned about a great bath made from barks that help us. This time we learned of medicines that should be in every home - of their habitats, how to respectfully harvest, prepare and use them safely.

It takes years and years to learn about medicines. A lot of climbing, walking, driving, digging, cutting, cleaning, chopping, shaving, the list goes on. All medicines in this country have come from the knowledge of these plants. The difference is that in pharmaceuticals, the properties are isolated, synthesized and sold. We learned a lot about habitats and how certain plants only grow in certain places.

Medicines can be made into salves, teas, syrups, smudges and baths. Our generation is not healthy due to autoimmune diseases. If we take our medicines up once again in our families, this will become a part of self-care routings and medical treatments, and can be seen as normal once more. It may take a few generations but we can restore the natural health that our ancestors enjoyed.

This project is sponsored by the Ontario Arts Council.

Respectful Spruce Root Harvest:

Earlier this summer we offered registration for our people to sign up for a 4-part series of harvesting gifts from the earth under the 13 Moons Governance System (harvesting in the proper time). To date the group has harvested wiigwaas, sweetgrass and spruce roots. Next we will take apart the porcupine that was found on the highway. We will first remove the quills, then we will dye and dry them.

The final workshop will be to create a bowl or knife sheath adorned with porcupine quills and sweetgrass, sewn together with spruce roots and protected with bear grease. What a beautiful project. We will post pictures of our final products. What beautiful gifts these would make. **Sponsored by the Ontario Arts Council.**

Respectful Fish Harvesting:

Together with the Native Child Welfare Department, we brought a group of youth out on the lake and taught them the spiritual aspects of harvesting creators gifts from the Creation Story and respectful protocols of sharing, taking only what is needed and when to harvest. Some of these youth had never been on a boat or fishing on the lake even though they have lived here all of their lives. What a memorable experience to be able to provide for and share with our youth. The youth were also treated to a fish dinner at Frank's Bay and spent some time swimming. Miigwech to all who helped make this day possible for our youth. **Sponsored by the Ontario Arts Council.**

For photos of these workshops & events, visit us on Facebook:

[NFN Culture & Heritage Events](#)

Nbisiing Anishinaabemwin

October - Binaakwii Giizis (Falling Leaves Moon)

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

Nga-kwejmin wii-wiidbiminaa nji-wii – nsidwi-shkiishgonaan,

Gchi-twaawendaagwak gaa zhijkaadeg 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 noogom kwedweyaan Gookmis, wii –bkidendaan waa kidyaan mina ge enendmaan.

Mnidoo-miikaasing e-chi-piitendaagwak washme minwa pii tkweshkaadyang

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 for 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.



Nishnaabeg Kidwinan (Words)

Dkwaagi - Fall	days light getting shorter
Mkadewaa	black
Gchi-miigwech Giizhak	Thanksgiving Day
Shkiigminan	cranberries
Shkiigminke	cranberry picking
Baashkminsige	making jams
Giiwse	go about hunting
Ndawenjgeng	hunting season
Ndawenjge	to go hunt
Moozwe	moose hunt
Waawaashkeshwe	deer hunt
Binewe	hunt partridge
Ndooshpe	duck hunt
Baarsigan mina mniins	gun and bullet
Baarsige	to shoot /fire the gun
Ninship	mallard duck

Community Nishnaabemwin Classes

Anishnaabemwin Community Language Classes began in mid-September and will continue through the fall and winter months.

Monday evenings in Duchesnay
at Nbisiing Secondary School from 6-8pm

Wednesday evenings in Garden Village
at the Church Hall from 6-8pm.

We will have registration forms for you to complete when you attend and we look forward to learning together!

- 1. Waabang nga-ndawenjge.** Tomorrow I’m going hunting
- 2. Nwii paa nda giiwse nidkwaagig.** I’m going to go hunt in the fall.
- 3. Enso dkwaagik ndoo paa –shkiigminke.** Every fall I go picking cranberries.
- 4. Mooz mina waawaashkesh ndoo- pkonaag.** I skin the moose and the deer.
- 5. Niin mina nwijkiwenh wii nda dooshpemin bi-waabang.** Me and my friend are going duck hunting early morning.



30th Annual Traditional Pow Wow

Gchi-Miigwech Kina Gegoo - Thank you for everything!

To all of the corporate and community sponsors who helped make our pow wow a great success...



GOLD SPONSORS

Peace Hills Trust - Feast Sponsor

SILVER SPONSORS

Auto Sports & Marine (Sturgeon Falls) - Head Female Dancer
 Caisse Populaire (Verner) - Head Male Dancer
 KPMG - Rock Your Moccs
 Mawer Investment Management - Elder
 Lincluden Investment Management Limited - Elder

BRONZE SPONSORS

Northgate Shopping Centre - Firekeeper
 WP Financial - Firekeeper

COMMUNITY SPONSORSHIPS

Mianskum Family - Miss NFN
 Mianskum-Commanda Family - Hand Drum Contest
 Family of the Late Ernie Dechesno - Invited Drum

FRIENDS OF NIPISSING

(Cash, Prizes & In-Kind Donations)

Anishinabek Nation
 Canadian Tire (Sturgeon Falls)
 Carla's Kitchen
 Dot Beaucage-Kennedy & Dot's Drive-Thru
 Enviro Trends
 Holiday Inn Express
 Home Hardware (Sturgeon Falls)
 Miller Paving
 Min's Outdoor Catering
 Nancy & Alysha Allaire
 Necessities
 NFN Culture & Heritage and Kendaaswin (Library)
 NFN Education Department
 Nipissing University
 The Dreamcatcher Fund
 Tim's Convenience
 True North Chev
 Young Forestry Services

It takes the cooperation, support, and efforts of many people to host our annual pow wow, and it simply would not be possible without every single person and business who steps up to help in any way. Each of you had a part in creating a memorable experience for all and we are grateful for your support.

Funders: Nipissing First Nation & Canadian Heritage

Organizers & Staff:

Culture Events Coordinator: Audrey Commanda
Culture & Heritage Manager: Glenna Beaucage
Contract Staff: Mindy Martel
Pow Wow Grounds Coordinator: Michèle Chretien, with support from NFN Facilities Department & Beautification Project
Vendor Coordinator: Marie Stevens
Hospitality Coordinators: Priscilla Goulais & Sue Robson
Corporate Donors: Kym Couchie
Security: Jeff Stewart & volunteer security workers
Fire keepers: Joe McLeod & youth firekeepers
Feast Coordinator: Carla Lewis (Carla's Kitchen)
Cook Coordinators: Hugh Martel & Rodney Beaucage & all helpers
Parking Coordinator: Brad Goulais & 22 Wing North Bay Canadian Armed Forces volunteers
Volunteer Coordinator: Kim Salvaneschi & all of our committed hard working volunteers

Treasurer: Jean Lariviere

Registration: Mindy Martel and Sarah Fisher

First Aid & Shuttles Coordinator: Eleanor McLeod & staff of LCHC

Ad Hoc Pow Wow Committee & Culture Committee:

Chair: Corey Goulais **Members:** Dan Commanda, Samantha Mianskum, Sue Robson, Dave Miner, Priscilla Goulais, Marie Stevens, Mindy Martel.

Pow Wow Line Up:

Head Dancers: Angel Armstrong, Steve Teekens, Georgia Mianskum & Trent Beaucage.
Host Drum: Young Eagle **Co-Host Drum:** Ottawa River Singers
Invited Drum: Big Train. **Reg. Drum:** High Ridge, Back Up Singers
Veteran Representative: Kim Munro
Arena Directors: Clifton Mianskum & Robert Stonepoint
Elders: Evelyn McLeod & Perry McLeod Shabogestic
M/C: Bob Goulais

Some people have been working at our pow wow for many years... This year we honored Marie Stevens for giving us 25 years of living and promoting culture at Nipissing and volunteering at the pow wow every year. She was presented with an eagle feather from her community for all these years of volunteer service.

Miigwech Marie for all of your hard work and service to NFN!

Facilities Department Reminders



Garbage Safety:

Use provided bins, face forward to the curb with handles on each side, and use quality bags/recycling bins.

Waste Cart Placement Guidelines:

BAG IT - Place bagged waste inside the waste bin. All waste must fit in your waste bin; however, additional bagged waste may be accepted if it is placed beside the waste bin.

Bins containing unbagged items may not be collected and increase loose litter on the roadways.

CLOSE IT - Ensure the lid is fully closed to keep trash from being scattered by the wind and wildlife. A bin with an open lid may not be collected.

PLACE IT - Roll your waste bin to your curbside/street by 7 a.m. on your collection day.

When placing your waste bin on your curb, ensure the wheels/handles are facing inward toward your home with the wheels touching the edge of the street or curb.

Be sure there is one meter of clearance on all sides of the bin and full clearance overhead – this includes between the waste bin, parked cars, fences, blue bag recyclables, and trees beside and above.



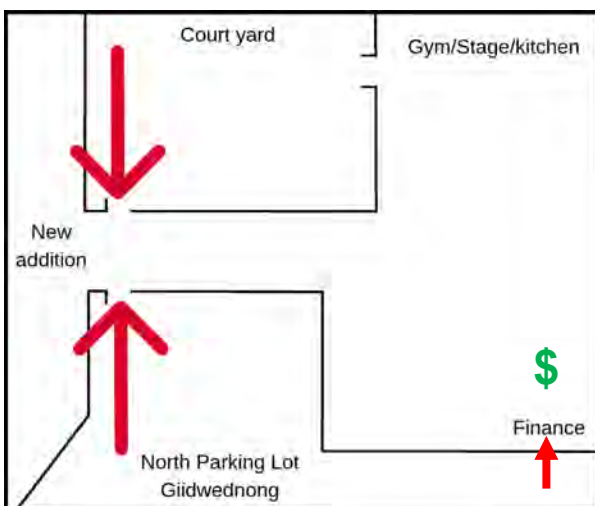
Helpful tips:

If your household waste items don't fit in your cart, do an assessment of what you are throwing in your garbage and ask yourself: Can it be reduced or recycled? Many of the items in your garbage may be recyclable.

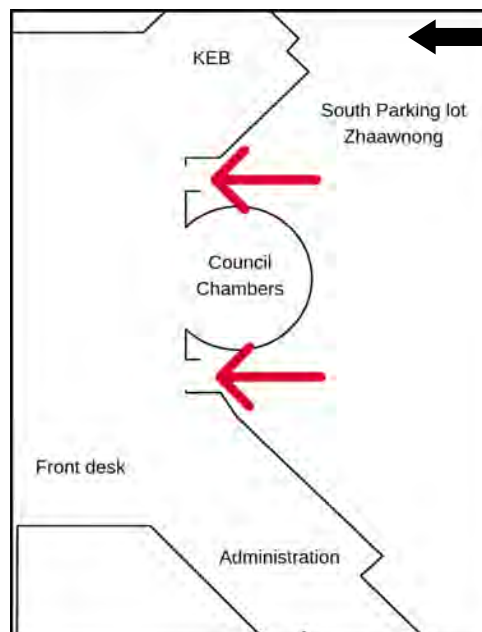


Accessing the NFN Administration Complex:

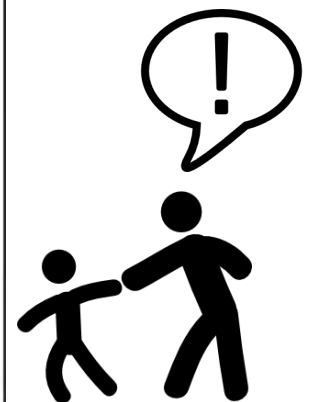
There are two entrances to the NFN Admin Complex located at the South and North parking lots. See images below. **These entrances are both accessible.**



North Entrance (new wing of building)



South Entrance (main reception area)



SENIORS SNOW PLOWING WAIVERS MUST BE SIGNED EVERY YEAR!

Waivers will be available at Diners' Club on October 10th or contact Shayla @ 753-2050 ext. 1285

Nipissing First Nation
Food Bank

THANKSGIVING RAFFLE

1st Prize Turkey Dinner
Gift Basket \$200 value

Includes roast pan, dish towels, oven mitts, bamboo cutting board, rolling pin, meat thermometer, stuffing, crackers, chocolates, cookies, coffee, tea, coffeemate, cranberry sauce, lemon pie filling, pumpkin pie filling, fruit cocktail, jams, candies, pickles, cake mix, icing, baking powder, cashews, gravy, flour, milk coupon and \$50 No Frills giftcard to purchase your turkey



2nd Prize Copper

Cookware Set \$150 value

Tickets are just \$2.00 each or 3 for \$5.00

Winners will be drawn on October 4th

To purchase tickets, contact

Becky Commanda 705-753-6972

Permit # 1019-117



Food Bank

We are open
 October 3rd
 October 17th
 9:00 AM - 4:00 PM
 705-753-6972

Donations of non-perishable food items will be accepted at the Social Services department.

It's never too early to teach your child about charitable giving. For a fun activity, have your child donate a birthday cake package to the Food Bank. We will give it to a client on their birthday.



Total Cost: \$4.25

**Advertise Your Business
 HERE!**

Contact Gen Couchie at
 705-753-2050 ext. 1270 or
genc@nfn.ca for details.



George Couchie
 705-494-6887

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 North Bay, ON P1B 8G5

couchie.george@gmail.com
www.nativeawarenesstraining.com

Challenger Mobile Wash Inc.
 Rob Couchie - 705.477.5347



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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 2018

Binaakwii Giizis (Falling Leaves Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Anishinaabemwin Community Class 6pm – 8pm @ Nbisiing School <i>Every Monday</i>	2 Council Meeting 7:30pm in GV Council Chambers	3  Food Bank OPEN 9-4 Anishinaabemwin Community Class 6pm – 8pm @ Church Hall in GV <i>Every Wednesday</i>	4 Sisters in Spirit Vigil for MMIWG 6pm @ Ojibway Women's Lodge Thanksgiving Raffle (see p. 18)	5 Job Posting Deadlines: Perm PT Nurse, Nishnaabemwin Teachers (2), Housing Asst., Library Worker	6
7	8  Thanksgiving <i>Wishing everyone a great weekend!</i>	9 Baby & Me Drop-In 10am – 1pm @ GV Library	10  Diners' Club 11am – 1pm @ NFN Complex Gym Kids' Movie Night 6-8pm @ New Wing Lobby in GV	11 Parflèche (Part 2) 5:30pm – 8pm @ Culture Centre GV <i>Workshop for those who attended Part 1 to finish projects</i>	12 Breastfeeding Week Celebration 10am – 12pm @ NFN Complex Gym Teen Night 6pm – 8pm @ New Lobby in GV	13 Job Posting Deadlines: Nbisiing School Student Success & Special Education Teachers. <i>Apply by Friday, Oct 12th</i>
14	15 Craft Night 6-8pm @ Library Parflèche (Part 2) 5:30pm – 8pm @ Nbisiing School <i>Workshop for those who attended Part 1 to finish projects</i>	16 Gt̃gewin Garden Feast Noon – 1pm @ NFN Complex Gym Council Meeting 7:30pm in GV Council Chambers	17  Food Bank OPEN 9-4 Assertiveness & Self-Confidence Workshop 10am - Noon @ NFN Boardroom in GV Computer Night 6pm – 8pm @ GV Library	18 Porcupine Quilling Time TBA @ Culture Centre GV Indigenous Hub Info Session 5:30-8:30pm @ NBIFC Drum Social 6pm – 8pm @ GV Teaching Lodge	19 Is your Child Safe? Workshop 10am – Noon @ LCHC Boardroom with guest speaker from Health Canada	20 Job Posting Deadline: Nbisiing Special Ed Teacher <i>Apply by Friday, Oct 19th</i>
21	22 Mental Health First Aid from October 22-24 8:30am – 4:30pm @ Nbisiing School	23 Baby & Me Drop-In 10:30am – 1pm @ GV Library Garden Social 5:30pm @ LCHC	24 Pumpkin Carving 6pm – 9pm @ GV Library	25	26 Candy Apple Making (13+) 6pm – 10pm @ GV Library Deadline for Snow Plowing Tenders	27 Hallowe'en Party All Ages – 5-9pm NFN Complex Gym <i>Please bring a donation for the NFN Food Bank.</i>
28	29 Waabnoong Child & Family Agency Community info & update session 7pm @ NFN Boardroom GV	30 APSIP College & University Recruitment Fair 1:30-3pm @ Nbisiing School	31  HAPPY HALLOWEEN	Important Dates November 5 th – Christmas Distribution request forms due to Finance for EFT or cheque payments. November 9 th – Santa Fund requests due in writing November 24 th – Annual Meeting in Duchesnay		



Contact Us

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P2B 3K2

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