



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

In This Issue

UPDATES:

- Administration.....2
- Fisheries.....3
- Reminders.....4

EVENTS:

- Special Events.....5
- Youth & Family.....6
- Pow Wow.....7-8

CULTURE.....9

HEALTH.....10-12

EMPLOYMENT.....13

ADVERTISING.....14-15

CALENDAR.....16

Sign up to receive the newsletter by email!

Email genc@nfn.ca to be added to the list.



Council Meetings:

Sept. 5th @ 7:30pm
Garden Village

Sept. 19th @ 7:30pm
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 email to fredam@nfn.ca.

Anishinabek leaders sign historic Education Agreements

On August 16th, a delegation from Nipissing First Nation travelled to Chippewas of Rama First Nation to participate in the signing of a historic Master Education Agreement (MEA) and Anishinabek Nation Education Agreement (ANEA), which together will support the implementation of the Anishinabek Education System (AES).

The MEA creates a new relationship between the participating First Nations and the Government of Ontario that supports Anishinabek student success and well-being in the AES and the provincially-funded education system. The ANEA is the largest sectoral self-government agreement of its kind and was signed between participating First Nations and Canada. This commitment brings respectful relationships and partnerships to prepare Anishinaabe citizens for success through provision of quality education based on Anishinaabe standards in education.

For Nipissing, this means that our high school, Nbsiing Secondary School, will have full control over all aspects of education, including developing and implementing curriculum, and we will have a new relationship with provincial school boards to enhance student success and well-being, secure predictable funding and benefit from new core funding to run the Anishinabek Education System.

More photos from this landmark event are available on our Facebook page at [Nipissing First Nation Administration](#).



At a glance: the Anishinabek Education System



First Nations control education from JK to Grade 12 on reserve



Promotes Anishinaabe culture and language



Creates Anishinabek education standards to support transition of students between schools



Kinooamaadziwin Education Body and Regional Education Councils support education programs and services for PFNs



Funding support continues for post-secondary students

Learn more about the Anishinabek Education System: www.sayvestoaes.ca



The Anishinabek Nation Education Agreement

Canada and the Anishinabek Nation have negotiated an agreement that recognizes Anishinabek control over education for 23 Participating First Nations (PFNs) and creates the Anishinabek Education System (AES).

Looking back



Who is included?



23 Anishinabek First Nations in Ontario

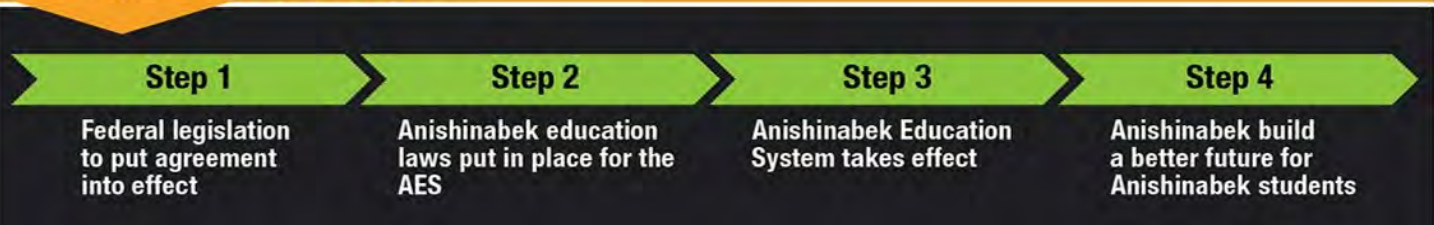
about **25,000** Anishinabek

about **2,000** students on reserve from JK to Grade 12



- | | |
|---------------------------------------|---|
| 1 Long Lake #58 First Nation | 13 Moose Deer Point |
| 2 Pic Mobert First Nation | 14 Nipissing First Nation |
| 3 Biigtigong Nishnaabeg | 15 Magnetawan First Nation |
| 4 Biinjitiwaabik Zaaging Anishinaabek | 16 Wahnapiatae First Nation |
| 5 Atikameksheng Anishnawbek | 17 Wasauksing First Nation |
| 6 Michipicoten First Nation | 18 Aamjiwnaang First Nation |
| 7 Aundeck Omni Kaning First Nation | 19 Beausoleil First Nation |
| 8 Sheshegwaning First Nation | 20 Chippewas of Georgina Island |
| 9 Whitefish River First Nation | 21 Chippewas of Rama First Nation |
| 10 Zhiibaahaasing First Nation | 22 Mississaugas of Scugog Island First Nation |
| 11 Dokis First Nation | 23 Munsee-Delaware Nation |

Looking ahead: next steps



Making Progress

NFN has made significant strides in working to protect Lake Nipissing's stressed walleye population while balancing Aboriginal treaty and harvesting rights.

New regulations were put in place in 2015 under the NFN *Fisheries Law* to help address concerns identified by community members in consultation meetings. This included reducing the number of gill nets permitted from 5 panels to 3 per fisher, and increasing the minimum mesh size to 3.75".

We also continued our annual spring moratorium and introduced a temporary moratorium on the cultural practice of spear fishing to protect the spawning fish.

NFN is demonstrating leadership in the management of the commercial fishery on Lake Nipissing and continues to deliver outreach and education activities to support our management goals.

The Government of Ontario recognizes NFN's Gichi-Naaknigewin and Fisheries Law - a first for Ontario that supports a new approach to fisheries management and government-to-government relationship building.

Our cooperative work with the MNRF supports the recovery of the walleye fishery and the full implementation of NFN's Fisheries Law.

We are starting to see signs of recovery in the walleye population and need to stay the course to ensure a healthy, sustainable fishery now, and for the future.

Enforcement of Commercial Fishing Season Closure

As advised on July 18, Nipissing First Nation's commercial fishery will close for the season on Thursday, August 31, 2017. All gill nets must be lifted by 9 a.m. that day, and the closure will remain in effect until the end of the spring 2018 moratorium.

This closure does not affect the rights our members have to harvest for subsistence purposes. However, members who plan to fish for subsistence must fish according to our *Fisheries Law* and are asked to notify our Fisheries Office ahead of time by calling 705-753-6991 or visiting the office at 17 Philip Avenue in Garden Village.

Anyone who is reported to be selling fish that was harvested under the pretense of subsistence fishing will be considered to be in non-compliance and subject to our *Fisheries Law*.

Enforcement staff from NFN's Fisheries Department, the Anishinabek Police Service (APS) and the Ministry of Natural Resources and Forestry (MNRF) will work together to patrol for compliance following the closure.

Compliance patrols are critical to achieving NFN's management goals and ensuring a healthy, sustainable fishery now and for the future. Our Fisheries staff have consistently made efforts to work with commercial fishers and encourage compliance with our *Fisheries Law*.

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

These efforts are required to curb chronic non-registered/non-compliant fishers from continuing to ignore community-mandated fisheries management goals.

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

Miigwech to the registered fishers who follow our law and processes. We appreciate your efforts and respect for the will of the community. Due to continued compliance with our law, we have had significant successes in our efforts to protect the walleye population and maintain safe harvest levels within our commercial fishery, consistent with Aboriginal treaty and harvesting rights. As a result, we are starting to see signs of recovery in the walleye population.

Nipissing First Nation plays a fundamental role in promoting the health and recovery of the Lake Nipissing fishery, and remains committed to principles of sustainability and the protection of resources.

Together, we can strengthen our priority position as stewards of Lake Nipissing and protect our jurisdiction by upholding the values and principles reflected in our Gichi-Naaknigewin.

For more information, or to report compliance issues, please contact:

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

New Recreation Reimbursement Policy

The Recreation Reimbursement amount has been increased and will be granted for **100% of registration costs up to \$500 per child, per year** (April 1 – March 31) for each child/youth who is a registered member of Nipissing First Nation (on and off reserve members).

Requests for assistance must include the original receipt outlining the cost for the activity. An application needs to be submitted and payments may take up to be 30 days to be processed.

Please [click here](#) to view the policy and application. If you have any questions or require any additional information, please contact:



Brandie Fong, ECD/Recreation Program Coordinator
705-753-3312 ext. 3001 | brandief@nfn.ca

*** IMPORTANT NOTE *** Please obtain a separate receipt for each child OR have the service provider outline the cost breakdown for each child on receipt. We will be unable to process reimbursements when costs per child are not clearly outlined.

Education Department Reminder

Please contact the Education Department if you have had a change of address, a change of schools, and/or new JK and SK registrations.

A reminder that student incentives that weren't collected at the distribution dates in August can be picked up from the Education office starting on August 31st.

We wish all students a happy return to school and best wishes for your continued academic success!

Education Office
705-753-6995
70 Semo Road



NFN Satellite Office Hours Nbisiing School

In order to better serve members located on the east end of NFN, the following departments offer a satellite office at Nbisiing Secondary School.

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

ONTARIO WORKS

Every 2nd Wednesday

Wednesday, September 6th

Wednesday, September 20th

Appointment Required:

Call 705-753-2050 to book.

FINANCE

Every 3rd Friday

Friday, September 15th

MEMBERSHIP

Every 3rd Tuesday

Tuesday, September 19th

Appointment Required:

Call 705-753-2922 to book

HEALTH CENTRE

Appointment Required:

Call 705-753-3312 to book

CHIEF McLEOD

Appointment Required:

Call Mike Sawyer at 705-753-2050

Police Services Survey Report

Miigwech to all of the Debendaagziwaad and Endaawaad who took the time to complete the Community Satisfaction Survey concerning Police Services on Nipissing Nation. A total of 84 surveys were completed and provided valuable input to Chief and Council about how residents perceive the current level of policing services across our communities.

Residents were asked about the number of patrols and presence of the Anishinabek Police Service (APS), ease of contacting the APS and response times, what they think the top crime, traffic and safety issues are, how safe they feel in their community and whether they feel the current level of policing is the same, better or worse than five years ago.

The final report summarizing the community's feedback will be posted to our website shortly. To request a copy of the report by mail or email, please contact Gen Couchie at 705-753-2050 ext. 1270 or genc@nfn.ca.

Special Events

Community Garden Stands

Check out the dates and locations below to find out when you can pick up fresh free vegetables from the Gtgewin Community Garden!

Garden stands will be open from Noon - 3pm while supplies last.

Please note: dates may change due to weather or crop availability. Check Facebook or contact the Health Centre for updates 705-753-3312.

Distribution Dates & Locations:

Friday, Sept. 1st

Duchesnay - Nbisning Secondary School

Tuesday, Sept. 5th

Yellek - Playground

Friday, Sept. 8th

GV - Seniors' Complex



Saturday, Sept. 16 - Nipissing Warriors Documentary Screening

11am at the Norman Weaver Auditorium, Nipissing University



Come out to watch a screening of the Nipissing Warriors documentary, which was recently inducted into the Hockey Hall of Fame!

BBQ Lunch to follow

To request transportation, contact Joe at 705-753-2050 ext. 1290.

Tuesday, Sept. 26 - Elder Circle to discuss Children's Services

10am - 1pm at the Band Office Boardroom (located in the new addition)

Waabnoong Bemjiwang Child Well-Being Agency Development Project invite the Elders of Nipissing Nation to a Circle. We want to hear your voice in the development of a Children's Services Agency for Nipissing.



Lunch Provided. Door Prizes!

For more information, or to request transportation, please contact Wendy or Tamara at 705-753-2691.



Saturday, Sept. 30 - Teaching Lodge ~ Death & Grieving With Special Guest Tom Porter

10am - 5pm in the Lodge or Band Office Gym (weather dependent)

Thomas R. Porter-Sakokwenionkwas is a member of the Bear Clan of the Mohawk Nation of Akwesasne. Located in Albany, New York, Tom is an Honorary Doctor, author, consultant, former Chief and respected Spiritual Teacher.

He brings his knowledge, wisdom and experience to Nipissing First Nation to share through his teachings about the death and grieving processes of life, freedom, language, traditions and culture of Indigenous people.

Light Lunch will be served. For more information, or to request transportation, please contact Joe at 705-753-2050 ext. 1290.

Monday, October 2 - "Let's Face This" Dinner & Presentations

5pm - 8pm at the Lawrence Commanda Health Centre Boardroom

Join the Right Path for their 10th Annual "Let's Face This" event in recognition of Mental Illness Awareness Week. The themes for 2017 are: Wellness through an Indigenous lens & My journey 10 years later, with special guest speakers Perry McLeod-Shabogesic and Vicky Laforge.



For more information, or to reserve your seat by **September 14th**, contact Lori-Anne McLeod at 705-753-1375.

Youth & Family Events



Every Monday in September is Floor Hockey Night!

Ages 6-12 from 4pm-5pm & Ages 13-18 from 5pm-6pm @ the Outdoor Rink



Every Tuesday & Thursday in September is Lacrosse Night!

Tuesdays - Youth Game

Ages 13-18 from 5pm-7pm @ the Outdoor Rink

Thursdays - Children's Game

Ages 6-12 from 5pm-7pm @ the Outdoor Rink

Please bring your hockey helmet and gloves. *Hosted by NFN Recreation*



Wed, Sept. 6 - Movie Night (Ages 6-12) 6pm-8pm @ the Library

We will be showing a new release each month! Snacks & Drinks will be served!

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

Friday, Sept. 8 - Teen Night (Ages 13-17) 6pm-10pm @ the Library

Hosted by the Native Child Welfare Program

Sunday, Sept. 10 - Kids Social (Ages 6-12) 10am-2pm @ the Health Centre

Hosted by the Native Child Welfare Program



Tuesday, Sept. 12 - Kids Social (Ages 6-12) 6pm-8pm @ Nbisiing School

Hosted by the Native Child Welfare Program

Wed, Sept. 13 - Computer Night (All Ages) 6pm-8pm @ the Library

Hosted by the NFN Kendaaswin (Library) and Native Child Welfare Program

Saturday, Sept. 16 - Teen Cooking (Ages 13-17) 10am-2pm @ the Seniors' Lodge in Garden Village.

Hosted by the Native Child Welfare Program



Saturday, Sept. 16 - Love your Selfie, A Youth Retreat (Ages 13-21)

9 a.m. - 3:45 p.m. @ the Outdoor Rink in Garden Village. Join us for activities including: harvesting vegetables from our community garden, cooking over a fire, Ribbon of Life craft and canoeing on the lake, all while learning about diabetes.

Lunch & snacks provided. You could even win a \$200 Northgate Gift Card!

CALL 705-753-3312 to register by Wednesday, September 13th at 4 p.m.

Monday, Sept. 18 - Mom & Baby Drop In 9:30am-2pm @ the Library

Moms, Dads and Children welcome! *Hosted by the Native Child Welfare Program*



Wed., Sept. 20 - Teen Movie Night (Ages 13-17) 6pm-8pm @ the Library

Hosted by the NFN Kendaaswin (Library) and Native Child Welfare Program

Friday, Sept. 22 - Teen Night (Ages 13-17) from 6pm-8pm @ the Library

Hosted by the Native Child Welfare Program

Sunday, Sept. 24 - Kids Social (Ages 6-12) 10am-2pm @ the Health Centre

Hosted by the Native Child Welfare Program



Tuesday, Sept. 26 - Teen Social (ages 13-17) from 6pm-8pm @ Nbisiing S.S.

Hosted by the Native Child Welfare Program

Wed., Sept. 27 - Baseball Night (ages 6 & up) from 6pm - 7:30pm at the ballfield in Garden Village.

Some equipment and gloves provided.



29TH ANNUAL TRADITIONAL

POWWOW

"Water is Life"

DATE: SEPTEMBER 2 & 3 2017
LABOUR DAY WEEKEND

Address: NFN Cultural Lands 23km's West of North Bay on Hwy
17W Turn South on Jocko Point Road.
To 2100 Paradise Lane.

Host Drum: Young Creek
Co-Host: Young Eagle
Elder: Dan Commanda
Head Veteran: TBA
Head Male Dancer: Clifton Mianskum
Head Female Dancer: Amanda Bellefeuille

11:00am - Registration
12:00pm - Grand Entry
7:00am - Sunrise starting Thursday,
August 31st to Sept 3rd

www.nfnculture.ca

For event info please contact
event coordinator at julesa@nfn.ca or
705-753-2050 ext.1260

FEATURING:

MISS N.F.N - Friday Night

Annual Rock Your Moc's
Competition

Traditional Feast priority
for Drummers, Dancers, & Elders

VENDORS MUST REGISTER
FREE ADMISSION
EVERYONE IS WELCOME!
ROUGH CAMPING 18+
***ABSOLUTELY NO DRUGS,**
ALCOHOL OR PETS.



Canadian
Heritage

Patrimoine
canadien

Feature Dancers at NFN's Annual Traditional Powwow



Lead Male Dancer - Clifton Mianscum

Clifton Couchie, I am an Oji-Cree from Nipissing First Nation. I have been a traditional dancer now for 17 years and will continue to dance my style.

I dance for my people, my ancestors, my family and for those who can't dance, like my mother Kim Couchie who has M.S. I will continue to dance hard to hopefully inspire the young ones to start dancing and tell their stories too.

Aho Miigwech.



Lead Female Dancer - Amanda Bellefeuille

Aanii, my name is Amanda Bellefeuille, I am an Anishinaabe-Mohawk kwe from Nipissing First Nation. The proud mum of 2 awesome kids, I come from a long family line of Strong Women from our community, many of whom were leaders in their own way for our People. I am an Artist and a Social Worker in our community, and aspire to blend the two together to re-Indigenize our healing.

I have found my strengths as an Artist in several different mediums, but most notably my beadwork. After several years of learning from professional Indigenous Artists, I now use my skills to teach our youth at Nbisiing, as well as in surrounding communities.

I am a Women's Traditional dancer, and have been dancing at pow wows for the past 4 years, starting off as a Jingle Dress dancer following my own healing from cancer. I use both my art and cultural knowledge to assist the women and families that I work with, offering them teachings and creative outlets for use on their path to wellness.



Youth Male Lead Dancer Shkaabewis Tabobondung

Shkaabewis Tabobondung, Atik doodem (Caribou clan) N'bising and Wasauksing wenjibaayin. He lives in North Bay, is 16 years old and is entering Grade 11 in September.

Shkaabewis has been dancing since he was old enough to enter the sacred circle as a traditional dancer at one year old. Finding the bustle too constrictive for his energetic style, he switched to grass dancing when he was 7 years old and has been grass dancing ever since! Dancing comes naturally and Shkaabewis enjoys adding new steps as well as the standard moves! Shkaabewis is always happy to share his love of dancing and hopes to inspire others to enter the circle!



Youth Female Lead Dancer Desiree Sands

Aanii my name is Desiree Sands, but I'm more commonly referred to by my alias: Sissy. My last name comes from my father who's reserve is Walpole island. However Nipissing is and always will be home regardless of where my journey takes me. My passions in life are art, makeup, and medical sciences. I aspire to become an ent surgeon one day so at the moment I'm working hard at Nipissing University.

I've been dancing since I can remember because I love being connected to who I am as anishinabe. When I dance, I'm dancing for my Grandmother and our people who've been through the residential schooling. Together we work on healing and celebrating who we are in the circle.

Can't wait to see everyone's big cheek smiles!



Jr. Male Lead Dancer Rylan Fisher & Jr. Female Lead Dancer Jacie Martel

Boozhoo kina wiya, Rylan Fisher ndizhnikaaaz, Nipissing First Nation ndoonjibaa, Anishnaabe nda'aw, Ojiik ndoodem. Mtaaswe ndoo nsidboones. Minwendaan niimyaan! Hello my name is Rylan Fisher, I am 10 years old and I am an Anishnaabe from Nipissing First Nation. I am from the Fisher clan. I'm honoured to represent our young people at our annual Pow-Wow and look forward to dancing and smiling with you all. Miigwech!

Aanin, my name is Jacie and I'm 6 years old. I'm a big sister to two brothers, Carson and Taylum, and enjoy travelling with my mom to attend powwows because I love dancing. Miigwech to the powwow committee for asking me to help lead our powwow this year. I'm learning a lot and am thankful for this opportunity!



Nbisiing Anishinaabemwin September - Mdaamini Giizis (Corn Moon)

Mdaamin giizis, dgosenmin wii naadmawshiyana mina wii-waamdashin maa maadziwin mina wii-nsotamaan maa mnidoo maadziwin maa pii minwa waakwiing.

Gii – kendaan Gzhemnidoowin wii gii saad Mdaamini Giizis, wii naadmaawshid; ji-gwekgaabwiyaan maa megwaa maadziwin.

Gookmis mooshkeshkaagan maadziwin wii mi wiidesmninaa.

Aabwenmishin, giishpin nendamaan gego wa wiinmoonaan mii dash pii tkweshkoonaan mii ji-mno piitenmiszoyaan wii mnaadenmidzoyaan.

Miigwech.

Corn Moon, I humble myself to you for the journey of Creation shown to me and the understanding of the continuing journey of the spirits from this world to the next.

The Creator instructed Gookmis to teach me; so I may remain in balance with Creation .

Gookmis, my heart is filled with the energies to live and share this spiritual journey.

In the 13 rows of multi-coloured corn lies the spirits of the universe, waiting to begin the ever continuing cycle of life, as it was in the beginning .

I ask that I may be forgiven for the things I do not speak of the things I have forgotten. When we meet again at the crossroads, I will journey with honour and dignity for all that I am.

Miigwech.



WORDS (Kidwinan) & DIALOGUE

<i>Ni-dkwaagi</i>	Fall
<i>Ni-tkwaaw giizh gat</i>	Days are getting shorter
<i>Ngwaabiiwnong</i>	West
<i>Zhebaa</i>	This morning
<i>Ezhiwebak noongom gwajiing?</i>	Weather today outside is...
Noongom	Present/now
<i>Mno-giizh gat noongom</i>	It's nice today
<i>Noodin noongom</i>	It's windy today
<i>Gimiwan noongom</i>	It's raining today
<i>Dkayaa noongom</i>	It's cool today
Waabang	Tomorrow (future - wii)
<i>Wii- mno-giizh gat waabang</i>	It will be nice tomorrow
<i>Wii- noodin waabang</i>	It will be windy tomorrow.
<i>Wii- gimiwan waabang</i>	It will rain tomorrow.
<i>Wii- dkayaa waabang</i>	It will be cool tomorrow.
Jinaago	Yesterday (past)
<i>Jiinaago gii- mno-giizh gat</i>	Yesterday it was nice.
<i>Jiinaago gii- noodin</i>	Yesterday it was windy.
<i>Jiinaago gii- gimiwan</i>	Yesterday it was raining.
<i>Jiinaago gii- dkayaa</i>	Yesterday it was cool.

ANISHINAABEMWIN Fall 2017 Community Classes

Anishinaabemwin classes will resume once again in Mndaabmini Giizis (Corn Moon - September).

Monday, September 11th in Duchesnay

Shkinokiigiizh gad (Monday) mtaaswi shi bezhig (11th) Neyaabaa'aakwaang (Duchesnay) minwa

Wednesday, September 13th in Garden Village

Aabtaawse (Wednesday) Mtaaswi shi nswi (13th) Ktigaaning (Garden Village).

The classes are offered every week in Duchesnay and Garden Village from 6 - 8 p.m. Please sign up by sending your name and the class you would like to attend to: glennab@nfn.ca. Miigwech.

Protect, Preserve, Promote, Practice
& Pass On Your Language



JORDAN'S PRINCIPLE

ENSURING FIRST NATIONS CHILDREN HAVE
ACCESS TO THE SERVICES THEY NEED

Is a First Nations child you know getting the services they need?

JORDAN'S PRINCIPLE supports substantive equality for First Nations children when accessing government services, such as:

- Education
- Mental health
- Medical equipment
- Speech therapy

...and more

First Nations children living on and off reserve are eligible.

Service coordinators are available to ensure children have access to the services they need without delay.

Families are encouraged to contact us if they have questions or new information about any submitted or denied request under Jordan's Principle since 2007.

Phone **1-800-567-9604**

TTY **1-866-553-0554**

Visit **www.canada.ca/jordans-principle**

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

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

We have begun the planning our **7th Annual Suicide Prevention/Awareness Day**, which will include the West Nipissing Suicide Prevention Task Force presenting the **Flame of Hope** first at Twiggs Coffee in Minnehaha Bay on Sunday, September 10th at 10 a.m. and on Tuesday, September 12th at Nbisiing Secondary School at 11 a.m. We invite Nipissing First Nation community members to join us for this special occasion.

September 10th is World Suicide Prevention Day, but we will be focusing on this theme for the month of September. It is very important to learn more about suicide awareness, its relationship to mental illness and how we can save someone's life by caring and asking the right questions. Talking about suicide is still often a taboo subject. So when a person who is feeling suicidal tries to talk about their feelings of desperation, hopelessness and alienation, there is often no one there who can really hear their pain. When such feelings are shared and accepted, they can be accepted and eventually overcome. If they are ignored or denied, the person may feel no recourse but to "show the world" how serious they are about committing a suicidal act. If someone you know is threatening suicide or showing other signs of feeling suicidal, your reaction and course of action could make the difference between life and death.

How You Can Help

It can be difficult to acknowledge clues that seem to indicate that a person you know may be planning to kill her/himself. But it can be tragic to disregard them. Learn the clues to suicide:

Verbal

- "You won't have to worry about me much longer."
- "It's not worth getting up in the morning."
- "I'm going to kill myself."
- "They'll be sorry when I'm not around."

Behavioural

- Person becomes a loner.
- Increased use of drugs/alcohol.
- Lack of attention to personal habits or appearance.
- Change in sleeping/eating habits.

Situational

- Loss of a loved one.
- Failure at school/job/goal.
- Major life change.

If you observe clues that lead you to suspect someone may be suicidal, you must take action.

In situations where you have assessed a high degree of risk (such as a previous suicide attempt, discussing or threatening suicide, being pre-occupied with death, giving away personal possessions, having recently experienced the loss of a family member or friend, or even the threat of a loss through illness, divorce, etc. or the loss of self-esteem through failure or rejection), it is essential that you get professional help. This does not mean that you are responsible for their lives.

Your task is to prepare them for further support or professional counselling. If a friend or acquaintance requests your confidence, explore his/her need for secrecy, but never promise to conceal his/her suicidal condition.

- Encourage a person exhibiting some of these clues to talk about his/her feelings, problems and life dilemmas.
- Talk about suicide & death openly. Avoiding feelings doesn't make them go away.
- Be a good listener and communicate your concern for the person's well-being.
- Involve yourself, talk about details of the plan, but not try to probe into the area of unconscious motivation.
- Solicit the help of others. Don't try to carry the heavy emotional weight alone.
- Be persistent. Keep saying things like, "I'm concerned about you." "I want to talk and hear what's going on with you."
- Trust yourself - believe your suspicions. Say something. The suicidal person may be so convinced that no one cares that he/she may reject your initial overtures.
- **ASK:** what has been keeping you alive so far? Why do it now? What does the future hold in store for you? Who would be most affected if you killed yourself?

If you need support or counselling for Mental Health or Addictions issues, remember we care and are here to help!

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

Baa maa Pii, Until next time, Lori-Anne, Dr. Brenda, Cheryl, Lisa L, Julie, Maxine, Amanda & Janice

Hypoglycemia

What to do if hyperglycemia is confirmed:

1. People with type 1 diabetes must check for ketone bodies
2. Drink plenty of water to avoid dehydration
3. Identify the cause of hyperglycemia
4. Correct the cause if possible
5. Continue eating and follow prescribed treatment
6. Call doctor if the situation doesn't correct itself
7. Call the doctor or go to the emerge if:

- blood sugar rises above 20 mmol/L

- liquids taken orally can't be retained due to vomiting or diarrhea

- the level of ketone bodies in urine is 4 mmol/L - 16 mmol/L

- the level of ketone bodies in a blood sample from the finger tip is above 3 mmol/L

The person with diabetes is the person best equipped to manage diabetes, along with support and assistance from your doctor and health care professionals.

Diabetes is a chronic disease; it can't be cured, but it can be controlled.

Information derived from [Understanding Your Diabetes and Live a Healthy Life](#)

What is hyperglycemia?

Hyperglycemia happens when the blood glucose rises above target levels.

How do people with diabetes develop hyperglycemia?

People with diabetes develop hyperglycemia when there is an insufficient amount of insulin in the blood to handle the amount of glucose being released into the blood stream.

What should a person with diabetes do when hyperglycemia is suspected?

Blood glucose must be measured to confirm when hyperglycemia is suspected.

What are the long term complications of hyperglycemia?

Hyperglycemia can cause complications affecting the eyes, kidneys, nerves, heart and blood vessels.

What are the main causes of hyperglycemia?

The main causes of hyperglycemia are:

- Over consumption of carbohydrate foods;
- Incorrect dosage of antidiabetic drugs such as insulin and or pills;
- A decrease in physical activity;
- Poor stress management;
- Uncorrected low blood sugar followed by a hyperglycemic rebound in the morning;
- Taking certain medications;
- An infection or other medical conditions that impair action of the insulin.

What should a person with diabetes do when hyperglycemia is suspected?

Blood glucose must be measured to confirm when hyperglycemia is suspected.

What are the long term complications of hyperglycemia?

Hyperglycemia can cause complications affecting the eyes, kidneys, nerves, heart and blood vessels.

What are the symptoms of hyperglycemia?

The following symptoms of hyperglycemia can appear:

- Increased volume of urine and the frequency of urination;
- Dry mouth;
- Excessive hunger;
- Intense thirst;
- Involuntary weight loss;
- Infections;
- Blurred vision;
- Sores or wounds that do not heal;
- Fatigue;
- Drowsiness; and
- Irritability.

For more information, please contact:

Lawrence Commanda Diabetes Education and Resource Centre at 705-753-3312 or visit 58 Semo Road, Garden Village.



Miigwech! Dreamcatcher Charitable Organization

Jillian would like to thank the Dreamcatcher Fund for supporting her in dance and gymnastics. She has enjoyed these activities very much and looks forward to continuing with these activities in the new season!

Chi-Miigwech!

Ojibway Daycare Supervisor

Permanent Full Time - 1st round posting

The Supervisor assumes responsibility for the day to day operation of the Ojibway Daycare. The Supervisor is responsible for program planning, working effectively with staff, working with families and children, connecting with the community, mentoring students and administrative responsibilities related to the day to day operation of the Ojibway Daycare including budgets.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Member.
- Must have an Early Childhood Education Diploma.
- Must meet the requirements of the Child Care and Early Years Act.
- Minimum two years' experience in child care Supervisory role.
- Membership in good standing with the Ontario College of Early Childhood Educators.
- Two years' experience in an Ontario child care centre & working knowledge of the Child Care and Early Years Act.
- Must have a valid driver's license and access to a vehicle.

REQUIRED SKILLS:

- Excellent interpersonal, leadership and problem solving skills.
- Exhibit professional attitudes and behavior.
- Act as a role model for staff, parents and children.
- Ensure a physically safe and emotionally supportive environment that shows sensitivity to the individual needs of the children in all aspects of their development, as well as the needs of the staff and parents.
- Exceptional computer skills (i.e. Microsoft Office).

DUTIES:

- Planning, supervising and implementing the program for the Pre-school and Toddler program in accordance with the policies and philosophy of the Nipissing Ojibway Day Care Centre.
- Gearing the program to the needs of the individual child including his/her interests, special talents and needs.
- Helping each child to become aware of his/her role as an integral member of a group.
- Ensuring a warm, welcoming environment for both children and families.
- Manage staff including the training and supervision of staff, compliance with Child Care policies and orienting new hires.
- Planning and implementing methods of establishing a positive liaison with parents.
- Preparing art activities and circles according to the week's theme and incorporating the Early Learning Framework.
- Responsible for the administration and scheduling of Teachers.
- Responsible for maintaining assigned budgets under the guidance of the Social Services Manager.
- Responsible for including culture and language in the daily routine of the Centre.

A current Vulnerable Persons Screening is required for the successful candidate. Please submit a cover letter and resume with three (3) current references no later than **Friday, September 15, 2017** at 4:30pm to:

Jennifer Lalonde, Human Resources Manager
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.

NFN IMPACT Partnership

The Literacy Alliance of West Nipissing has created an intensive program to support youth with the transition into the workforce. NFN is proud to be a participating employer in the program.

Training includes:

- Self-awareness & self-management
- Coping with anxiety and stress
- Conflict management
- Handling constructive criticism
- Team work
- Workplace relationships and communications
- Service excellence

5 weeks of intensive training

Program also includes:

- WHMIS
- Smart Serve
- CPR (minimum of 8 participants)
- Completion Bonus!

Participating employers include:

- Best Blasting Mats
- Canadian Tire
- Giant Tiger
- Literacy Alliance of West Nipissing
- Nipissing First Nation
- The Tribune

16 weeks of paid full-time employment



If you are between 15 and 30 years of age and are unemployed, not on EI benefits, facing barriers to employment and/or did not complete high school, this program may be for you.

Contact the Literacy Alliance of West Nipissing at 705-753-0537 to learn more!

Homes for Sale

50 Gerald Crescent, Garden Village (no picture available)

Small house (approx. 500 sq.ft.) in need of repairs. Asking \$10,000.00. Contact Lena Chevrier at 705-580-2459 for more information.

4 Old Sturgeon Falls Road, Duchesnay

Custom-built raised bungalow with panoramic views of lake Nipissing and great income potential.



Main floor has 2 bedrooms & 2 bathrooms; fully finished basement has 2 bedrooms, 1 bathroom, kitchen, living room and own entrance.

There is also a separate self-contained year-round cabin that can be rented out. Asking \$400,000.00. Listed with Century 21 – contact Dennis Mong at 705-474-4500 to book a showing or for more info.

For Sale by Tender: 2013 GMC Acadia SLE2 AWD

Interior Features

- 3.6L SIDI V6 VV
- 6 speed automatic
- 7-Passenger seating
- 6-Way Power Driver Seat
- Front & Second Row Captain Chairs
- Power Liftgate
- Rearview Camera SY
- Auto dimming ISRV
- Winter mats

Exterior Features

- P255/65R18BW-ALS Aluminum Wheels
- Tinted Windows
- Power Mirrors
- Running Boards

Mileage: 119,516 km

Transmission: 6 speed automatic

Colour: Silver exterior, Grey interior

Price: \$14,990



Submit tenders in a sealed envelope addressed to:

Eleanor McLeod, NFN Health Services
58 Semo Road, Garden Village ON P2B 3K2

Deadline to submit bids is September 30, 2017.



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.



Dot Beaucage-Kennedy, Elder
Wedding Officiant, Anniversaries, Funerals
1-705-493-5577

dotbeaucagekennedy@gmail.com

CAROL COUCHIE BHSc, RM

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

P: (705) 724-BABY (2229)

F: (705) 724-1487

E: ktigaaning.midwives@gmail.com

WWW.KTIGAANINGMIDWIVES.COM

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



September 2017

Mdaamini Giizis (Corn Moon)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Reminders: Recycling & Garbage Collection Garbage Collection Only	Weekly Events: Language Classes 6-8pm Duchesnay Floor Hockey 4-6pm @ GV Rink	Youth Lacrosse 5-7pm @ GV Rink Ages 13-18 years	Language Classes 6-8pm in Garden Village	Child Lacrosse 5-7pm @ GV Rink Ages 6-12 years	1 Garden Stand 12-3pm @ Nbisiing Miss NFN Pageant 6pm @ Pow Wow	2 NFN Pow Wow Grand Entry @ Noon & 7pm Jocko Point Traditional Grounds
3 NFN Pow Wow Grand Entry @ Noon – Jocko Point Traditional Grounds	4 Offices Closed STAT Holiday	5 Garden Stand 12-3pm @ Yellek Council Meeting 7:30pm in Garden Village	6 Movie Night 6-8pm @ Library Ages 6-12 years	7	8 Garden Stand 12-3pm @ GV Seniors' Lodge Teen Night 6-10pm @ Library	9
10 Kids Social 10am-2pm @ Health Centre Flame of Hope 10am @ Twiggs in Sturgeon Falls	11 World Suicide Prevention Day is September 10 th	12 Kids Social 6-8pm @ Nbisiing Flame of Hope 11am @ Nbisiing	13 Diners' Club Noon @ Band Office Gym Computer Night 6-8pm @ Library	14 RSVP Deadline for <i>Let's Face This</i> event on Oct. 2	15 Deadline to Apply Ojibway Daycare Supervisor posting Teen Cooking 10am-2pm @ GV Seniors' Lodge on Saturday, Sept. 16	16 Warriors Doc Screening 11am @ Nip. U Love your Selfie 9am-4pm @ GV Outdoor Rink
17	18 Mom & Baby 9:30am-2pm @ Library in GV	19 Council Meeting 7:30pm in Garden Village	20 Teen Movie Night Ages 13-17 6-8pm @ Library	21	22 Teen Night 6-8pm @ Library	23
24 Kids Social 10am-2pm @ Health Centre	25	26 Elder Circle 10am-1pm @ Band Office Teen Social 6-8pm @ Nbisiing	27 Baseball Night 6:00-7:30pm @ GV Ballfield	28	29	30 Teaching Lodge with Tom Porter 10am-5pm in GV Location TBA



A-Kii, Bemaadzijk, E-Niigaanwang
 The Land, The People, The Future

Contact Us

36 Semo Road
 Garden Village ON P2B 3K2
www.nfn.ca

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

