

Nmebin Giizis
Sucker Moon

April 2019



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

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Get the newsletter by email
Sign up with genc@nfn.ca

Watch for our new website
on April 1st - www.nfn.ca



April 19th
Good Friday
April 22nd
Easter Monday

Council Meetings

Tuesday, April 2nd
7pm - Garden Village

Tuesday, April 16th
7pm - Garden Village

Submit agenda items by
4pm on the Thursday prior
to the Council meeting to:
Freda Martel, Director of
Administration, by email
to fredam@nfn.ca.

NFN Cannabis Law Development Update

Community Consultations to Review Draft Law April 15th & 18th

On March 21st, Council reviewed the draft Cannabis Law at a Special Council Meeting and addressed several outstanding questions prior to finalizing the draft for community review.

Community consultations will be held in mid-April to review the draft law in detail, and to make any additions and adjustments based on input from Debendaagziwaad.

IMPORTANT NOTE: All NFN members and businesses must adhere to Ontario's Cannabis Law until NFN's Cannabis Law is in full effect.

Community Consultation Dates

Monday, April 15th
6:30pm - 8:30pm
NFN Complex Gym, Garden Village

Thursday, April 18th
6:30pm - 8:30pm
Nibiising School Gym, Duchesnay

Background

Feedback from the December consultations and community surveys showed the majority of the community supported allowing retail stores and exploring production opportunities, provided that NFN's regulations uphold community safety and are enforceable.

We have been working closely with the federal and provincial governments since cannabis was legalized in October to ensure our law interfaces seamlessly with theirs, and more importantly, that there is a legal mechanism for our law to be recognized and enforced. NFN's Cannabis Law will be backed by a plan and resources to implement and enforce it.

Agreements are not yet finalized, but the Lake Nipissing Memorandum of Understanding is serving as a template for how Ontario can recognize our law while we assert jurisdiction without impeding economic development or risking community safety.

NFN's Cannabis Law will meet or exceed Provincial regulations. It will be designed to interface with provincial and federal regulations to the extent that they work for our nation, while also adding regulations to strengthen the law where we see fit. For example, we will:

- Allow cannabis retail stores in prescribed zones and in accordance with our Cannabis Law. (i.e. NFN's law will mirror Ontario's by requiring stores to be stand-alone buildings)
- Ensure a legal supply chain for our stores by working with respective governments. NFN will not allow illegal sales, and will move with enforcement agencies to curtail any illegal sales.
- NFN will raise the minimum age required to purchase to 21 (Ontario's law is 19 years of age)

The health & safety of our community members has - and will continue to be - the first and most important priority as we move forward with our Cannabis Law.

March 2019
Draft law reviewed,
threshold questions
addressed by Council

Early April 2019
Refined draft law
reflects community &
Council feedback

Mid-April 2019
Consultations with
Debendaagziwaad
(April 15 & 18)

April/May 2019
Final draft law and
Council approval
targeted for May

Business Licensing Process & Steps

NFN's current business license application review and approval process is outlined below. Please note that this process may be amended or changed to deal with business license applications specific to *cannabis*-related ventures (production or retailing).

Applications for cannabis-related businesses will not be processed until NFN's Cannabis Law has been ratified (following community consultations).

As it stands, the process to apply for an NFN Business License (unrelated to cannabis production or retailing) is:

- 1) Complete and submit the application along with your business plan.
- 2) If the information is complete, the Business License Committee will review the application to determine if the business is appropriate for NFN (i.e. is the business legal? Are there any environmental issues? Is the proposed location appropriate?)
- 3) The Business License Committee may request clarification or additional information.
- 4) A notification informing the community of the proposed business and location will be posted for 30 days giving band members an opportunity to provide feedback
- 5) The Business License request is then given to Chief and Council with the Business License Committee's recommendations based on the community's feedback
- 6) The Business License request is either approved or declined by Chief and Council

Commercial Space Available for Lease Bineshii Small Business Centre near Yellek

Two 1,025 ft² units are available for lease in the new Bineshii Small Business Centre, with the option to combine them into one 2,050 ft² unit. Lease rates are \$15.50 ft² (or \$1,323.96/mth) on a 5 year lease. Incubator rates are available for eligible tenants - such as business start-ups or home-based businesses. The incubator rates are subsidized as follows:

- First Year - \$683.33/month
- Second Year - \$854.17/month
- Third Year - \$1,025.00/month
- Fourth Year - \$1,195.83/month
- Fifth Year - \$1,323.96/month

Non band members welcome. Must be eligible for an NFN Business License.

For more information or to arrange a viewing, please contact:

Michael Harney, Economic Development Manager
705-753-2050 ext. 1264 or michaelh@nfn.ca



Request for Quotes for Graphic Design

The North Bay Parry Sound District Health Unit is working in partnership with NFN Health Services to support development of healthy eating messages and guidelines.

We require a graphic designer to develop support materials (may include toolkits, posters, tent cards, placemats, etc.). The designer is expected to present a minimum of two examples/'mock ups' allowing partners may determine the look and type of materials they will use for local promotion. Preference is given to a designer that demonstrates knowledge of the local Anishinabek (Indigenous) culture.

View the full RFP on our website (www.nfn.ca). If you have any questions, please contact Brianne Peshko at 705-474-1400 ext. 5284. Submit a quote by April 12, 2019 at 4pm to Brianne at: brianne.peshko@healthunit.ca



Highlights from the Chief's Calendar

April 1-4: Lands Advisory Board & Economic Development Conference (Winnipeg, MB)

April 8: Chiefs of Ontario Re-structuring Meeting (Toronto)

April 9-12: Special Chiefs Assembly COO (Mississauga)

April 15: Lake Nipissing Steering Committee Meeting (N.Bay)

April 15: Cannabis Law Consultation (Garden Village)

April 18: Cannabis Law Consultation (Duchesnay)

April 23-24: Police Governing Authority Quarterly Session (Sault Ste. Marie)

April 24: First Nation Advisory Council Near North District School Board (Wasauksing)



Anishinabek Nation Governance Agreement: What is it?

Chief McLeod describes this new AN Governance Agreement as a "way of getting out from the entangled claws of the Indian Act. It's not a governance agreement, it's a way out. It's a way to restore our sovereignty that was taken from us and put it back in our hands where it should have been all this time." This self-governance agreement with Canada would take us out from the Indian Act in four areas: Leadership Elections (NFN is already under our own Custom Election Regulations), First Nation Government Management, Language & Culture, and Citizenship.

Duchesnay Bridge: We were successful in our proposal to the province to form a joint venture with Miller to complete the bridge replacement project. This value of this project is estimated at \$12 million and will lead to skills development and job creation while addressing critical infrastructure. Work will begin this summer and should be complete in fall 2020.

Infrastructure Renewal: We have gotten the go ahead for the overhaul of the Garden Village Water Treatment Plant. We have secured more than \$3.8 million to get this work done, as well as resources to complete feasibility studies for other areas of NFN.

10 Year Grant Funding: NFN has received the contribution agreement and Council is in the process of signing off. This agreement is a recognition of our financial strength and capacity to manage our own affairs. It will free up some staff time as some of our reporting is lifted and we have much more control and flexibility in the management of our finances.



COMMITTEE MEMBERS STILL NEEDED



Effective April 1st

\$100

per meeting honorarium

GET INVOLVED!

Meetings are once per month



Culture & Pow Wow (1)

Economic Development (2)

Housing & Planning (3)

Lands & Bylaw (3)

Natural Resources (3)

For more information, please contact:
Freda Martel at 705-753-2050 ext. 1223 or fredam@nfn.ca

New Indigenous Child Welfare Agencies

Nijjaansinaanig Child & Family Services

Formerly Waabnoong Bemjiwang Child Welfare Agency

On March 21st, the Waabnoong Bemjiwang Child and Family Services group hosted a bundle ceremony at our administration building to formally commemorate the transfer of the Child Well-Being Project to our newly formed Child Well-Being Agency Nijjaansinaanig Child & Family Services.

This new agency represents reconciliation and restoration of jurisdiction in action as it will deliver child protection and prevention services both on and off reserve to the members of Nipissing, Dokis, Wahnipatae, Henvey Inlet, Magnetawan, Shawanaga and Wasauksing.

A key element that will set this agency apart from the mainstream Children's Aid Society (CAS) will be the development of a Service Delivery Model that encompasses Anishinaabe culture. Cultural awareness and inclusion through these initiatives will assist with keeping our children in their own communities.

The agency will be licensed to approve Alternative Caregivers (Foster Parents) very soon. This new program will be offered within the NFN community and for members living off-reserve. We will provide updates as they become available.



Bundle Ceremony

Nijjaansinaanig Child & Family Services

Anishinabek Nation - Koganaasawin

Excerpt from the Anishinabek News

Canada is supporting the Anishinabek Nation in their efforts to improve the safety and well-being of First Nations children and families and rebuild their nations in a manner that responds to the priorities and unique needs of their nation.

While meeting with the Anishinabek Nation on March 13th ... the Honourable Carolyn Bennett, Minister of Crown-Indigenous Relations, announced Indigenous Services Canada's contribution of over \$1.5 million in funding for the Community Well-Being and Jurisdiction Initiative to support the establishment of the Anishinabek Nation Child Well-Being System, including Koganaasawin, the central support body.

Budget 2018 has also provided Ontario First Nations with over \$17.6 million this fiscal year to support Community Well-Being and Jurisdiction Initiatives to help children and families stay together. Click [here](#) to read the full article on the Anishinabek News website.



Know the Facts!

It is ***your right*** to have a band representative present if Children's Aid or Nijjaasaanik requests a visit with you and your family - whether you live on or off Nipissing First Nation. We have an agreement/protocol that our Native Child Welfare department be notified prior to these agencies entering the First Nation.

It is also ***your right*** to refuse a visit until your band representative is present. NFN's Child Welfare Program provides family and child support as well as advocacy to community members when CAS or Nijjaasaanik are involved with a family.

We provide supports with home visiting, office visits and court attendance in our district.

For more information, please contact:

Wendy Lariviere
Native Child Welfare
Supervisor
705-753-2050 x1322
wendyl@nfn.ca

Allocation of Registered Traplines

Registered traplines are currently available for reallocation within the North Bay District.

Individuals interested in being considered for an available trapline should submit any required documentation (i.e. head trapper application form and/or documentation in writing of family connection, if applicable) to the Ministry of Natural Resources and Forestry by May 2, 2019:

3301 Trout Lake Road
North Bay ON P1A 4L7

or contact Norm Dokis at 705-475-5594 for more information.

Members of rights-bearing Indigenous communities generally don't require an Ontario trapping license when trapping for food, social or ceremonial purposes within their traditional territory.

For more information, contact Jeff McLeod at the Natural Resources Department at 705-753-2050 ext. 1325.

Spring Gillnet Moratorium Begins April 1st Limited traditional spearing program to be announced

The annual *gillnet moratorium* is in effect from April 1st to May 18th (dates subject to amendment by Council). To register as a commercial fisher, please visit the Natural Resources Office beginning the week of April 15th at 17 Philip Avenue, Garden Village.

The traditional practice of *spearing* during the spawning season has been temporarily suspended for the past several years due to NFN's concerns over stock status, especially with the lack of representation of adult walleye within their population. The temporary suspension, along with other management decisions, has proven successful as there are some signs of improvement, but the population is still in recovery.

Due to increases we are seeing in fish stocks, we are planning a **limited spring spearing program to be headed up in partnership between the Natural Resources and Culture & Heritage departments.**

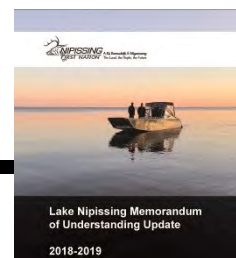
The program is intended to teach youth about traditional spearing practices and conservation, while allowing NFN members to spear within limits set by Chief & Council. These details will be communicated shortly.

NFN Fisheries Law Enforcement

Our Natural Resources Enforcement staff will be conducting land patrols until the ice is off the lake, then will be out patrolling the lake daily. If they approach you, they are just doing routine inspections to ensure that no netting or illegal spearing is taking place.

If you see suspicious activity, please contact the Natural Resources Department office:

- During regular office hours (8:30am - 4:30pm Monday to Friday), call **705-753-2050**: Jeff @ ext. 1325, Clayton @ ext. 1236 or Tyler @ ext. 1224.
- After Hours, please call/text/email Clayton at 705-498-3823 or claytong@nfn.ca or Tyler at 705-498-2506 or tylerc@nfn.ca.



MOU Update 2018-2019

A joint update on our Memorandum of Understanding (MOU) with the Ministry of Natural Resources and Forestry (MNRF) was released on March 12th and is available to view on our website (www.nfn.ca) and NFN Administration Facebook page ([@NipissingFN](https://www.facebook.com/NipissingFN)).

We have extended our partnership by renewing our Lake Nipissing MOU. The new MOU came into effect March 11, 2019 and ends March 10, 2022. It will continue to support the recovery of the walleye population and build on success achieved, including:

- Establishing strong relationships between Ontario and NFN that respect our First Nation's treaty rights to commercially fish the waters of Lake Nipissing
- Improving the sharing of fisheries data and providing resources to support the full implementation of NFN's Fisheries Law to help manage the commercial fishery.

Spring Roads Update

Nipissing First Nation has over 60 km of roads spread across our communities that are of various surface types and conditions, and our Public Works team is working to address issues in order of priority while maintaining established service standards.

Due to frequently changing weather conditions (freeze/thaw cycles), as well as the need to change over blades on our equipment (from snow plowing to road grading), it can be difficult to address multiple problematic areas at once. We have switched on the grading blades and hope to begin grading soon.

We are currently dealing with multiple problematic areas, including frozen roads (some of which are still snow packed), as well as water build-up when roads begin to thaw.

These are not ideal conditions for grading, and we appreciate your patience as we work diligently to maintain good road conditions in all of our communities, while also responding to the challenges created by changing weather conditions.

Spring Thaw & Culverts

As the snow melts, you can expect to see water accumulating in drainage ditches, parks, ponds and culverts. This is a common and natural part of spring thaw.

To protect your property from potential drainage issues, here are some helpful tips:

- Check your culverts and use a shovel to help open up any blockages
- Clear debris out of eavestroughs & point downspouts away from your home
- Make sure your sump pump is draining

***** Do not shovel or plow snow on the road, or push into culverts *****

Frozen culverts and drainage concerns

When warmer temperatures hit, we see an increase in concerns about frozen culverts and blocked ditches. Public Works responds to:

1. Flooding and potential damage to NFN infrastructure (bridges, roads, sewage, water)
2. Frozen culverts, drainage ditches, roadways and cross culverts.

Flooding to private homes is the Home Owner's responsibility. Please make sure your flood coverage home insurance is up to date.

If you have any questions, or to report a concern, please contact:

Terry Lariviere, Public Works Supervisor at 705-753-4167 or terryl@nfn.ca



Free Volunteer Income Tax Clinics at NFN

Our Social Services department will be facilitating community volunteer income tax clinics provided by Chartered Professional Accountants (CPA) on:

Saturday, April 13th
10am to 3pm
Social Services Dept.
(in new wing of the Admin building)

Call 705-753-2050
ext. 1257 to make an appointment in advance. We will be booking appointments in 45 minute time slots with 4 volunteers.



Historical Photographs of the Nova Beaucage Mine

Source: [First Nation Stories/Photos/Insights Facebook page](#)

Watch for more details about community info sessions in the near future that will provide historical information, as well as future land use plans.



Remediation Work in Yellek Former Nova Beaucage Mine Site

We have started work on the remediation of the Nova Beaucage Site in the Yellek Subdivision and on the Ministry of Transportation (MTO) M3400 lands next to the Anishinabek Nation Head Office on highway 17 near Yellek – please refer to the map below.

The first step involved access to the material by removing trees, and this activity has been completed at the Nova Beaucage Site. Brushing is now taking place on the MTO lands along the highway. These lands will be part of a future Additions to Reserve process and will become part of Nipissing Nation.

Beginning later this spring 2019 and into 2020, the material being removed will be transported to an approved disposal site. This material is classified as “NORM”, which is defined as “naturally occurring radioactive material found in the environment background.”

Information sessions will take place in the near future to provide historical information on the sites and the future land use plans for the land once it is clean. It will not be developed for residential or commercial purposes, and will remain park land, open space or possibly cemetery. The land use will be determined by Chief and Council in the future.

This remediation project is a tripartite partnership between NFN, INAC and the MTO, with funding for remediation being provided by INAC and MTO.

Should you have any questions or concerns, please contact:

Joan McLeod, Land Manager
705-753-2922 | joanm@nfn.ca

Cathy McLeod, Assistant Land Manager
705-753-2922 | cathym@nfn.ca

Close up of Mine Site contamination



- Material has been mapped and is reflected in the colour coding, green being not contaminated to varying colour coded contamination to red.
- Area of contamination is fenced
- Contains most of the material to be transported to licensed site.
- Material can be extracted with accuracy and transported in a scheduled exact manner for a controlled distribution at licensed site. (more contaminated at bottom and covered with lesser identified material)



Water Operator Receives Award

Congratulations to Aaron Beaucage on receiving the *Operator of the Year Award* for the South region from the Aboriginal Water and Wastewater Association of Ontario (AWWAO).

Nipissing First Nation recognized World Water Day on March 22nd. We reflected on the incredible work and legacy left behind by "Water Walker" Gookmis (Grandmother) Josephine who passed to the spirit world this year. We were very fortunate to have her at NFN in 2016 for a *Water is Life* event at Nbisiiing Secondary School. Baa maa pii Gookmis. Chi-Miigwech.



Aaron was recognized for the work he has done to support and build capacity within other First Nations, as well as at NFN.

Miigwech for your dedication and commitment to providing safe drinking water and effective wastewater treatment for NFN communities, and beyond.



World WATER DAY MARCH 22, 2019

"This World Water Day is about tackling the water crisis by addressing the reasons why billions of people are living without safe water."

By definition, this means leaving no one behind. But today, billions of people are still living without safe water – their households, schools, workplaces, farms and factories struggling to survive and thrive.

Marginalized groups – women, children, refugees, indigenous peoples, disabled people and many others – are often overlooked, and sometimes face discrimination, as they try to access and manage the safe water they need.

Sustainable Development Goal 6 is crystal clear: water for all by 2030."

worldwaterday.org

THANK YOU

To our diligent water treatment operators, and our staff working hard to proactively address inadequacies in water issues on First Nations, and to our residents conserving water, and working together to protect our life source.



Employment Opportunities

Watch our Website & Facebook Pages for Current Postings

The following employment opportunities are currently available with Nipissing First Nation. To view the complete job posting, visit www.nfn.ca, or call the office at 705-753-2050 to request a copy by mail, fax or email.

Beautification Program 2019 (multiple positions)

Full-Time Contracts—Duration ranges from 18 weeks to 38 weeks (Postings open to registered NFN members). Apply by Friday, April 26th at 4:30 p.m.

- Supervisor (1) - May 13th to December 20th
- Office Support Clerk (1) - May 13th to February 7th
- Labourers (6) - May 13th to December 20th
- Lawn Care Team Supervisor (1) - May 13th to September 13th
- Lawn Care Labourers (2) - May 13th to September 13th

Clerk - Culture & Heritage

Permanent Full-Time (Posting open to registered NFN members)

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

Indigenous Culture Fund Project Coordinator

Full-Time Contract to March 31, 2020 (Posting open to registered NFN members)

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

Early Childhood Development Worker

Full-Time Contract One Year w/ possibility of extension (Posting open to everyone)

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

Early Childhood Education Teacher - Couchie Memorial Daycare

Full-Time Contract to July 2019 (Posting open to registered NFN members)

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

Early Childhood Education Teacher - Nipissing Ojibway Daycare

Full-Time Contract—One Year (Posting open to registered NFN members)

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

Shuttle Service Supervisor/Driver & 2 Shuttle Drivers - Duchesnay Creek Bridge Closure

3 Full-Time Contracts—April 2019 to August 2020 (Posting open to registered NFN members)

Apply by Friday, April 12th 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.



NFN Jobs & Training

Labour Market Information & Skills Inventory Project

Four-Year Pilot Project through NFN Employment & Training

Looking for a Job? ~ Want to advance your career? ~ Want to help build NFN's economy?



Start by participating in NFNs On-Reserve Labour Market Information and Skills Inventory Pilot Project!

What is the goal of the project?

Until recently, NFN did not have any up-to-date On-Reserve Labour Market Information (LMI) and there was an information void. NFN Employment and Training are attempting to fill this gap with this pilot project, which has an overall goal of **matching community members to meaningful jobs**. We can achieve this overall goal by completing 3 smaller goals:

First Goal — Survey the Nation

Second Goal — Develop a Database

Third Goal — Educate and Train Community Members

Take the Survey!

You will receive a \$10 incentive upon completion of the survey AND your name will be entered into 1 of 2 draws for \$250!

You can complete the survey [online](#), by paper copy, through a 1-on-1 phone interview or in-person interview.

For a paper copy or to set-up an interview, or for any other inquiries, please contact NFN Employment and Training:

Call 705-753-2050

ext. 1241 for Glenn McLeod

ext. 1243 for Sarah Fisher

Or Email

glennm@nfn.ca

sarahf@nfn.ca

SURVEYING THE NATION

WHAT ARE YOU SURVEYING?

- Community members' recent employment and education activities
- Community's economic needs and strengths

WHO IS INVOLVED IN THE SURVEY

- Local surveyors and Employment & Training counsellors
- Anishinabek Nation Labour Market Development Department
- Sponsored by: Aboriginal Employment Services Inc. and Employment & Skills Development Canada

Contact Glenn McLeod at 705-753-2050 or glennm@nfn.ca when survey completed

You get \$10 for participating in the survey, and an entry into 1 of 2 draws for a \$250 gift certificate!



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

Stay Connected with Us - Please visit our website www.nbisiing.com or [Nbisiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.

Spring Break Breakfast

A few Nbisiing staff prepared a breakfast feast for students the day before March Break. Miigwech to those responsible for the planning, setup, cooking, and clean up of this event.



CPR Training

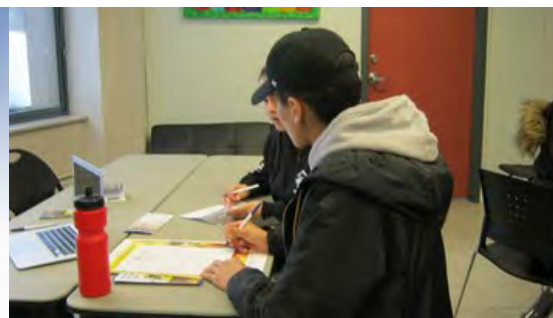
Approximately 20 students attended First Aid and CPR training and received their certification.



News from the Graduation Coach

Our potential graduates have *registered for College and University* and are anxiously waiting for their acceptance letters. The next steps are to *apply for First Nation funding and OSAP*. Recent changes to the OSAP program may be beneficial to First Nation students.

Grade 12 students have had many opportunities to explore post-secondary options, such as participating in **Wiidooktaadwin** in partnership with Nipissing University, and will be **visiting Canadore College** to explore the specific programs they have chosen, in the near future. Students have also applied for summer employment through the **Outland Youth Employment Program** and through **Shwe Miikaan**. Students will have the opportunity to obtain additional certifications in both of these programs.



Co-Operative Education Placements

Amy Noah has started her co-op at Enviro Trends and Jayden Howards is returning to Groulx Equipment this semester.

Grade 12 English Class

Grade 12 English is completing a unit on the play *Alternatives* by Drew Hayden Taylor. This play addresses many stereotypes and has allowed the students to identify bias and racism in different ways. We watched the documentary series "First Contact" and will be having a circle to discuss the topics addressed.

Outdoor Education - Medicine Making

Students in the Outdoor Education class partnered with Glenna Beaucage and the Culture Centre. Glenna harvested and brought medicines and teachings to help the students make the following medicines:

Respiratory/Cold Tea: balsam, red willow, white willow, juniper berries, white pine and labrador tea.

Sweet Fern Tea: helps stomach problems and heart burn

Pain Salve: coconut oil, red willow, white willow, tamarack, balsam, spruce resin



Wellness Lead

March brings us both warm and cold weather, preparing us slowly for Ziigwan. We watch as the snow slowly melts, dripping from tree branches and collecting in puddles along the roadside. We anxiously await the first taste of maple sap starting to flow from our relatives, the maple trees. We learn patience for the sweet goodness that springs brings, and focus on the mshkiki (medicines) that this new season provides.

We have some amazing programming currently running, as well as some great partnership workshops coming up. Currently, we have a few speakers coming in to help facilitate LGBTQ2 support groups for our students, and to give information on Gender Identity and Gender Expression. These are vital to our young ones, as the teenage years are where they are forming their individual identities, and as Aunties and Uncles to them, we need the tools to support their wellness.

In April, we are partnering with the new Withdrawal Management Team (Tyler Dokis and Shari Bentley) to facilitate Land-Based Learning sessions that will focus on teachings and wellness supports for our students. The teachings and tools will help them in their own lives, as well as with relationships they are working on (family, partners, friends, etc.), when faced with addictions. Also coming up for the Wellness Lead Program, planning is underway to facilitate a few ribbon skirt workshops for our young Kwewag, as well as a Teaching Garden. Keep an eye out for these wonderful opportunities for our youth! Miigwech/Nia:wen

Upcoming Events

Midterm Exams: April 11th & 12th ~ **Parent-Teacher Night:** April 24th

REMINDER FROM THE EDUCATION DEPARTMENT:

The deadline for post-secondary sponsorship applications for 2019-2020 is **Wednesday, May 15, 2019** at 4:30 p.m. If you have any questions or for a post-secondary application package, please contact Gerry at 705-753-6995 or gerryg@nfn.ca

Gaa-Bi Kidwaad Maa Nbisiing: The Stories of Nbisiing Anishinaabeg



COURSE:
HIS 1006 SI

DATES:
August 19-29, 2019

TIME:
Monday - Thursday
9:00 AM - 1:30 PM

LOCATION:
Nbisiing Secondary School,
Nipissing First Nation

INSTRUCTORS:
Elder John Sawyer and
Erin Dokis (erind@nipissingu.ca)

Course open to NFN community members,
including grade 12 students who have graduated.

Please contact NFN Post-secondary Education
Department to arrange for part-time registration fees
(application required for approval).

Post-secondary Worker: gerryg@nfn.ca - 705-753-6995



Anishinabek Educational Institute

Summer Upgrading Courses

English

Math

Biology

Chemistry

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

Start Date
May 6, 2019

Location
**AEI
Nipissing Campus**



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



Introduction to Land Surveying

Nipissing Nation in conjunction with Natural Resources Canada (NRCAN) and Lands Advisory Board (LAB) are offering an Introduction to Land Surveying Program. This training is open to Nipissing Nation community members with priority to Nipissing Nation members.

- Three and a half day program (Tuesday to Friday)
- Held on site at NFN Administration Building
- Offers great overview for anyone interested in this field, or considering post-secondary training to become a surveyor
- No cost to participate - lunch & refreshments provided



If you are interested, please contact the Land Office at 705-753-2922 to add your name and contact information to the list on or before:

APRIL 5, 2019 at 4:30 p.m.

When we have determined the number of participants and confirmed dates with the trainer, we will contact you.

Program is not expected to start until the end of April 2019, possibly beginning of May 2019.

LIVING WITH TYPE 2 DIABETES

Information taken from:



Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy.

Your body gets sugar from foods like bread, potatoes, rice, pasta, milk and fruit. To use this sugar, your body needs insulin. Insulin is a hormone that helps your body to control the level of sugar in your blood.

The good news

You can live a long and healthy life by keeping your blood sugar levels in the target range set by you and your health-care provider. You can do this by:

- Eating healthy meals and snacks
- Enjoying regular physical activity and managing stress effectively
- Monitoring your blood sugar using a home blood glucose meter
- Aiming for and staying at a healthy body weight
- Taking diabetes medications including insulin and other medications, if prescribed by your doctor
- Discussing with your health-care provider how often you should measure your blood sugar level.



Who can help you?

Your health-care team is there to help you. Depending on your needs and the resources available in your community, your team may include a family doctor, diabetes educator (nurse and/or dietitian), endocrinologist, pharmacist, social worker, exercise physiologist, psychologist, foot-care specialist, eye-care specialist. They can answer questions about how to manage diabetes and work with you to adjust your food plan, activity and medications.

Remember, you are the most important member of your health-care team.

For more information please contact: Lawrence Commanda Diabetes Education and Resource Centre at 705-753-3312.

Youth Retreat at Spirit Point a Success

NFN youth celebrated culture together March 15th-17th

The youth retreat at Spirit Point this weekend was a success. Our youth were immersed in culture, ceremony, and art over the weekend, and everyone had a great time.

The facilitation by Mindy Martel and Blair Beaucage was exactly what our youth needed to help fulfill their journeys at this point in their lives as Anishinaabe people. We were also grateful for our helpers: Melanie Beaucage, McKenzie Ottereyes-Eagle, Joe McLeod, and volunteers Keith Twance and Ryan Wesley.

The weekend featured presentations by Ian Campeau (history/stories) and Alysha Allaire (2 spirited teachings); a singing workshop and drum social made stronger by the participation of Brennan Govender, Paige Restoule and Nathalie Restoule; a painting session with Jules Armstrong for the kwewag (women); and teachings from Mindy and Blair on men's and women's roles for ceremony, as well as other topics such as self-esteem, confidence, journeys with the drum and stories about mno-bmaadziwin.

It's always fulfilling to see the spirits of our youth so luminous after retreats such as this one. Our staff feel privileged to work with our youth to equip them with more of the good things that our people, and our culture, have to offer. Miigwech.



Nmebin Giizis (Sucker Moon)

KIDWINAAN: (Words for April)

Nookmik	early spring
Ziigwan	it's spring
Aabwaa	mild
Gimiwan	rain
Pichi	robin
Ningide	thawing
Ni-zhaakami	ice breaking up
Zaagigan	lake
Ziibi	river
Zaawaa	yellow
Gepyii giizhgad	day light longer
Nimkiig midwewew nda-moog	thunder in a distance
Nimkiikaa	thundering
Waawaaskonesewag nimkiig	thunder and lighting
Mshkawewdamoog nimkiig	loud thunder
Waabnong	East

TEACHING:

We are living a sacred journey. At this time of the year we have entered Ziigwan (starts to flow -spring). The cycle of our people starts in March, the beginning of our year. Ninaatig is preparing to release her water during this moon of Ziispaakdo Giizis (maple sugar moon - March). We give thanks to the first maple sap from the tree. Ninaatig means "Man tree". The Prophecy of the Maple Tree is, when the last maple tree dies on the earth that will be the end of mankind. There is a story of the original tree...

It was assigned by the creator to give life to the anishnaabe. We survived on this substance. Maple sugar was mixed with the food. The sucker comes up the creeks and rivers to clean the water; it was a good source that fed our ancestors when times were hard. Our people never threw anything away. They respected all the fish and treated them with respect, as they provide sustenance for us.

This is the season where the lakes open up and our first fish nmebin (sucker) starts to spawn. When the leaves become a certain size, we start our fasting and ceremonies and everything wakes up. Every season was/is celebrated with ceremony and fasting to be grateful and not take it for granted. We honour what we have and use that doesn't belong to us. We sit down, give up water and food, friends, and are alone during fasting time.

Our original calendar was the Thirteen moons governance system. Each moon provided the phase in creation that is to provide food, shelter and sustenance to the people. These gifts are to be honoured, prayed for, respected and not abused. Anishnaabe calendar has a 28 day cycle x 12 plus one extra day because of leap year. The secular square calendar that was brought to our turtle island now has 28-31 days. If a month has 2 moons, it changes the cycle. The geese follow the moons, not the calendar dates, which could be off the natural calendar by 12-15 days. Nature, the animals, plants, all follow the natural calendar. The 2 calendars are in opposition. Dibikigiizis (the night moon) controls the sacred cycles.

When we do pipe ceremony we keep all these teachings in mind. We don't pray to them as gods, but we acknowledge them as part of the creation of Gizhemanidoo, Our creator - the one who created all life on the earth. That's why we have sunrise ceremonies and full moon ceremonies.

Nmebin Giizis

*Nmebin Giisiz, semaa nga-bgidnaa noongom giizhgak,
Gookmis nmiinik miigwechwinan ebi-jibaamgak
gmiskwiimnaan pii maa zhichkaaged maa Kiing.*

*Nga-zhichke iw nake'ii GZhemnidoo gaa-kidod waa
zhichkeng iw-pii.*

*Gookmis, nda-kwedwe wii-biintamaagooyaan nwiowyo, ndi-
nenmowin mina epiichi-piitendaagwag nbii wii-
aabchitoong, mii dash geniin ji-debnamaan miigwewin
Nmebin Giizis.*

*Nkwedwe maa, mii dash jiigbiik ni-dgoshnaan,
ji kendaagwag etemgag n'deying.*

*Baamaa pii minwa, Nmebin Giizis,
Miigwech*

Sucker Moon (April)

Sucker Moon, I offer my tobacco and humble myself to you at this time, when Gookmis leaves with you the gifts of the blood of Creation.

I do this in a way that the Creator has instructed.

Gookmis, I ask that I may cleanse my body, mind and spirit, with the spirits of the water, so that I too can receive the gifts of purification and understanding of the Sucker Moon.

I ask this so that when I come to the water's edge they will know me as I am in my heart.

**Until the next time we meet, Sucker Moon,
Miigwech**

Preparing for the Ceremony of Fasting at Nbisiing

Now in the season of Ziisbaakdoo Giizis, Maple Sugar Moon, in our territory, mother earth has begun the sacred task of flowing. We are in the season of Ziigwan (it flows). The trees are providing sap, the waters are starting to melt and flow, the fish are preparing for the sacred spawn ceremony to replenish themselves. Animals are giving birth to their young. The babies are in sacs of water that will flow at birth. Mkwa is awakened. All of these things, as instructed by Creator at the beginning. Humans need to respect these sacred times and support the natural law of replenishing. Sacred Law.

We are grateful for all of the systems and events that were put in place by Creator, to have life continue in a good way. According to our history as Anishnabie people, we were living in harmony with creation. It was so balanced, at that time, the people were able to communicate with the spirit realm. We still do, but not as pure as in our ancestor's time, with all of the distractions.

Everything was communicated in our language. Now it is in the English language, and much understanding has been lost. Language was given to us by our creator. We are now slowly struggling to learn of our ways once again. We have to work extra hard with perseverance and strength to bring back the way things were understood at one time.

Tobacco comes first in any ceremony. We go out into creation where all strength of spirit and creation is. In the forest. By ourselves in meditation and ceremony in search of the direction and understanding for our lives. Fasting is not a camping trip. You need your tobacco. Once you have made your commitment, your tobacco is accepted in the spirit realm, preparations are being made for us. Six months of preparation are made before the fast. If you want to fast in the spring, put tobacco in November. You prepare yourself for 6 months for the 2-4 days you wish to fast. Burn your smudge every day at sunrise. If you can't, burn your tobacco in a smudge bowl every day until the time of fasting arrives.

The preparation is very important. When you prepare for your fast, you are giving commitment. The spirit realm understands you are committed to do what you want to do. Some people hear about a fast and they are there the same day. There is no commitment. There is no preparation. We need to be committed to this way of life, if we choose it. We must walk with sage and tobacco and our bundle every day. When we give commitment to live this way and go out on a fast, what we are seeking will be fulfilled. Spirit has to understand we are not playing games. We are truthful about it or not truthful about it. Spirits know when we are with truth and commitment in our heart.

Parents want their children to fast. When girls receive their first moon time, they get the ceremony from their grandmother – the berry fast for one year. They cannot eat berries for one year. After one year (12 or 13 moons), then another ceremony is performed. The young woman goes on a fast in the forest for 2-4 nights and 2-4 days. A lodge is built before the fast. Then grandmother visits the young woman and teaches them how to carry themselves as a young woman in life. They use their tobacco for the one year, except moon time.

Boys are put out on fasts also for 2-4 nights and days depending how the elder works with their ceremonies. They must use their tobacco. Parents will talk to the elder and prepare their son. In the fall, animals are strong and medicines are ready to be harvested. Everything in creation is at its highest peak of strength.

During fasts, elders accommodate medical conditions. They keep an eye on people and check on them.

Give tobacco to the fire keepers. The fire must keep burning all during the fast. Once a person comes out of their fast, there is a feast and ceremony. Someone will give a cedar bath after the fast.

You can bring your bundle on your fast. Your 4 medicines. Put a line of cedar right around your lodge. You need berries. Your helper/elder needs to have fresh berries every day. Put berries in a little bowl on the west side of your lodge so that when the spirit comes, negative spirits don't bother with you. That is why cedar is put around the lodge.

Build your own lodge with your helper. That is part of your preparation. Cut your poles ahead of time and prepare your bundle. Have tarp. Prepare your lodge 3-4 days ahead of time.

At Nbisiing, our fasting time is usually in during the moon of Waabgowan, Flower moon, in May.

APRIL EVENTS

April

30 Day Fitness Challenge, Monday - Thursday, Noon @ NFN Gym

Starting Monday, April 1st at noon in the NFN Gym, come out & challenge yourself! Every Monday - Thursday for 30 days. Bring gym/comfortable clothing, running shoes, & a water bottle.

For more information, contact Jeff at jeffs@nfn.ca

April & May

Anishnaabe Weshikiniijik Nishin Go - Tuesdays & Thursdays

5:30pm - 8:30pm @ Church Hall, Garden Village

Regalia making & drum social! Come & learn songs on the big drum with Blair Beaucage, every Tuesday & Thursday until May 30th.

For more information & for transportation, contact Joe at 705-753-2050 x 1340

April

Infant Massage Classes - 1 session per week, April 3, 10, 17, 24

10am - 12:30pm @ LCHC

The art of communication through touch. Learning how babies communicate through cues & touch will foster your parenting confidence, allowing you to help your baby relax, ease physical discomforts & secure a bonded & attached relationship for life. For NFN members or those living in the community. Parent, grandparent, caregiver, & baby between 0 - 7 months. Also bring what will be needed during this time. *Limited spaces, register with Misty at 705-753-3312 x 2227*

2, 9, 16, 23, 30

Baby & Me Social Drop-In - Tuesdays, 9am - 12pm @ NFN Kendaaswin (Library)

We discuss topics such as healthy child development & parent/child attachment. Transportation & snacks provided. *For more information & for transportation, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

3

Craft Night - Wednesday, April 3, 6pm - 8pm @ NFN Kendaaswin (Library)

Ages 6 - 12. Hosted by Native Child Welfare & NFN Kendaaswin. *For more information, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

7

Kids' Social - Sunday, April 7, 1pm - 4pm @ NFN Kendaaswin (Library)

Ages 6 - 12. *For more information, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

10 & 24

Computer Night, Wednesday April 10, 6pm - 8pm @ NFN Kendaaswin (Library)

Ages 6 - 12. *For more information, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

10

Diners' Club - Wednesday, April 10, 11am - 1pm @ NFN Gym

Celebrating our elders with a luncheon every second Wednesday of the month.

For more information, please contact the Lawrence Commanda Health Centre at 705-753-3312

13

Welcoming Babies Celebration & Potluck Community Feast - Saturday, April 13, 10am - 12pm @ NFN Gym

Please bring a potluck dish to share & celebrate. A gift will be given to honour the babies born in 2018 who are registered to attend. Traditional teachings & educational displays. Everyone is welcome! *For local transportation, call 705-753-3312 by April 5th*

17

Kids' Movie Night, Wednesday April 17, 6pm - 8pm @ NFN Kendaaswin (Library)

Ages 6 - 12. *For more information, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

26

Teen Night, Friday April 26, 6pm - 10pm @ NFN Kendaaswin (Library)

Ages 13 - 24. *For more information, contact Katie at 705-753-2050 x 1323 or katiel@nfn.ca*

May 2 & 3

Goods Exchange Days, May 2 & 3 @ all NFN communities

Place unwanted but re-usable items at the roadside after 8am. *For more information, contact Shayla at 705-753-2050 x 1285 or shayla@nfn.ca*

VOLUNTEERS! A reminder to RSVP by Wednesday, April 3rd at 4pm if you received an invitation and plan to attend the Volunteer Appreciation Dinner on April 10th. RSVP to Kym at 705-753-2050 or kymc@nfn.ca

Please Join Us in wishing

Joan McLeod

*the best in her Retirement after 37 years of
Service with NFN...*

On

Wednesday, April 17th, 2019

4-7 PM

NFN Community Gym, Garden Village

The evening will begin with a brief presentation, followed by
a Community Gathering & Feast

Please RSVP by Friday April 12, 2019
kims@nfn.ca



Congratulations to all 2019 Nipissing Warriors!



Mixed Tykes



Girls Atom B



Girls Novice B



Competitive Pee wee B



Recreation Pee wee C Champions



Girls Pee wee D Champions

Not Pictured: Girls Bantam B, Bantam Rec A, Midget Rec B, Novice Competitive C, Atom Competitive C, Bantam Competitive C



Ron MacLean with NFN's Cailen Hanzlik who played for Wiikwemkoong First Nation's Girls Midget B team & helped them win the championship.

Canadian sportscaster Ron MacLean was at this year's Little NHL to hand out the final trophy.

Cailen will be playing for the Sudbury Lady Wolves Midget AA at the Esso Cup Nationals in Sudbury April 21-27



Don Cherry and Ron MacLean with a Little NHL sweater on Coach's Corner during Hockey Night in Canada.

NFN IS HOST FOR THE 2020 LITTLE NHL

We are seeking volunteers for fundraising events leading up to the Little NHL and for the Little NHL Tournament.

If you are interested, please contact Freda Martel at 705-753-2050 ext 1223 or by email at fredam@nfn.ca to put your name on the list and to leave contact information.



Miigwech to Joseph (Andy) Penasse for the \$1,000 donation to this year's Little NHL!

Goods Exchange Days

May 2 & 3, 2019
All NFN Communities

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

FREE STUFF !

Ensure items not
intended for free pick up
are not left near the curb
on Goods Exchange
Days. You can put up a
FREE! sign up as well.

Small Appliances
Furniture
Clothing
Books
Sporting Goods
Toys
Doors
Windows

As always, please drive carefully and watch for
pedestrians in their quest for curbside bargains.
A free and enjoyable way to keep good re-usable items
and materials out of the landfill.
Safely bag and gather remaining items for regular
garbage pick up on Monday, May 6.

SPRING CLEAN UP DAYS 2019

MEMBERSHIP HOUSEHOLDS ONLY

Wed, May 8 Garden Village, VLA, Mosquito Creek
Thurs, May 9 Jocko Point, Beaucage
Fri, May 10 Yellek, Duchesnay, Art's Lane

Please items on the curb by 7:30a.m., on your
scheduled pick up date.

Acceptable Items

Bulky items
Small furniture
Metal items
Household items
(Bagged & Bundled
safely)

Unacceptable Items

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

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

Unsafe or unacceptable items will not be picked
up, and will be member's responsibility to
remove. Regular Recycling/Garbage pickup
occurs Mon, May 13.

For more information, please contact: Shayla Brunet, Facilities Clerk
705-753-2050 ext. 1285 or shaylab@nfn.ca

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arrange an appointment.

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work at your own pace.

The agency provides
transportation support for
qualified applicants.

Electrical fires UNPLUGGED



PREVENT ELECTRICAL FIRES

WHAT'S THE RISK?

Electrical distribution equipment is the **fourth leading** cause of home fires.

The average dollar loss per electrical fire is **\$73,000**.

In 71% of home electrical fires, the cause is **electrical failure of the equipment**.

The **leading causes** of heating equipment fires are: circuit wiring (copper); cord/cable for appliances; distribution equipment (e.g. panel boards, fuses, circuits)

Arc fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Have a licensed electrician install AFCIs in your home.

How do I prevent an electrical fire?

- ❖ Check cords for damage such as fraying or nicks. A damaged cord can expose wires and result in a potential shock or fire hazard.
- ❖ Avoid running cords under rugs, which can damage the cord and cause a fire.
- ❖ Extension cords should be used only as a temporary connection. If permanent wiring is required, have additional outlets installed by a licensed electrician. Extension cords should not be linked together - use an extension cord that is long enough to do the job.
- ❖ Air conditioners and other heavy appliances should be plugged directly into an outlet.
- ❖ Avoid overloading a circuit with "octopus outlets". If additional outlets or circuits are required, have them installed by a licensed electrician

NIPISSING FIRST NATION FIRE SERVICES

Statistics for Ontario between 2010-2014.
Provided by the Office of the Fire Marshal
and Emergency Management

Office of the Fire Marshal & Emergency Management
www.ontario.ca/firemarshal

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COMMUNITY EVENTS CALENDAR



APRIL 2019

SUN

MON

TUES

WED

THURS

FRI

SAT

To stay up to date with events - like & follow [NFN Events](#) on Facebook!

Anishinaabemwin Community Class 6pm - 8pm

Mondays @ Nbisiing Secondary School | Wednesdays @ Church Hall in Garden Village

30 Day Fitness Challenge Monday - Thursdays, Noon @ NFN Gym

Anishnaabe Weshikiniijik Nishin Go Tuesdays & Thursdays, 5:30pm - 8:30pm @ Church Hall, Garden Village

Goods Exchange Days May 2 & 3 Spring Clean Up May 8 - 10

LEGEND: Garbage Collection Garbage & Recycling Collection

	01	02	03	04	05	06
	Spring Gillnet Moratorium BEGINS In effect until Sat. May 18 th (subject to amendment by Council)	Baby & Me 9am - 12pm @ NFN Library Council Meeting 7:30pm in GV	Food Bank Open 9am - 4pm Infant Massage Class 10am - 12:30pm @ LCHC Craft Night 6pm - 8pm @ NFN Library			
07 Kids' Social 1pm - 4pm @ NFN Library	08 Gym Night 6pm - 8pm @ NFN Gym	09 Baby & Me 9am - 12pm @ NFN Library	10 Diners' Club 11am - 1pm @ NFN Gym Infant Massage Class 10am - 12:30pm @ LCHC Computer Night 6pm - 8pm @ NFN Library	11 Gym Night 6pm - 8pm @ Nbisiing	12	13 Income Tax Filing 10am - 3pm @ NFN Social Services Wing Welcoming Babies 10am - 12pm @ NFN Gym
14	15	16	17	18	19	20
	Cannabis Law Community Consultation 6:30pm @ NFN Gym Garden Village	Baby & Me 9am - 12pm @ NFN Library Council Meeting 7:30pm in GV	Food Bank Open 9am - 4pm Infant Massage Class 10am - 12:30pm @ LCHC Kids' Movie Night 6pm - 8pm @ NFN Library	Cannabis Law Community Consultation 6:30pm @ Nbisiing Gym Duchesnay	Offices Closed for Good Friday	
21	22	23	24	25	26	27
Offices Closed for Easter Monday 		Baby & Me 9am - 12pm @ NFN Library	Infant Massage Class 10am - 12:30pm @ LCHC Computer Night 6pm - 8pm @ NFN Library	Gym Night 6pm - 8pm @ Nbisiing	Teen Night 6pm - 10pm @ NFN Library	
28	29	30				
	Gym Night 6pm - 8pm @ NFN Gym	Baby & Me 9am - 12pm @ NFN Library				

36 Semo Rd, Garden Village, ON P2B 3K2
TEL: (705) 753-2050 FAX: (705) 753-0207
WEB: www.nfn.ca

Connect with Us!



Nipissing First Nation Administration



@Nipissing_FN

www.nfn.ca