



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

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Sign up with [genc@nfn.ca](mailto:genc@nfn.ca)



**Monday,  
August 5<sup>th</sup>**  
Civic Holiday

## Council Meetings

**Tuesday, August 6<sup>th</sup>**  
7pm - Garden Village

**Tuesday, Sept. 3<sup>rd</sup>**  
7pm - Duchesnay

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](mailto:fredam@nfn.ca).

## Nipissing Archaeological Summer School

### Exciting summer ahead for field school students

The Archaeology Summer School is a joint effort between Nipissing's Education, Land and Economic Development/Employment & Training Offices. Back for its 6<sup>th</sup> year, the crew is:

Ken Swayze - Archaeologist	Darian Goulais - Secondary Student
Carl Ralph - Archaeologist Assistant	Parker Dalglish - Secondary Student
Glenn McLeod - Field School Coordinator	Hailey Goulais - Secondary Student
Cody Maloney - Post Sec. Student	Chase Penasse-McLeod - Secondary Student

This year, the Field School plans to re-visit a few locations that are known pre-contact sites:

- ⇒ **Dokis Point** - we found a lot of artifacts at this location last year and will be expanding on this site and assessing Moose Bay area. We were joined by the NFN Jr. Rangers on July 24-26 at this location and enjoy working with them when their schedule allows.
- ⇒ **Commanda Township** (North East Corner & Quarry) - revisiting and salvaging artifacts on the hydro line. We will assess an area in the NE corner where there was shoreline 10,000 years ago when water levels were a lot higher.
- ⇒ **Beaucage Park** - Expanding the assessed area.
- ⇒ **Frank's Bay** - We found pottery pieces in 2018 and we will expand the area.

Some locations are still pending - Smoke River, Cockburn Island, Emerald Lake, Masicott, and Sturgeon River. We will also join another Archaeology team doing the assessment for the Laronde Creek Bridge re-location and the Duchesnay Bridge.

Miigwech to Chief & Council for this continued support and belief in this valuable program!

## Nipissing Archaeological Display / Presentation Day

Thursday, August 15<sup>th</sup> in Garden Village Courtyard  
Join us for a luncheon as we display the best finds!



**Photo Credit:** Joan McLeod (Facebook)  
Joan initiated the Nipissing Archaeological Summer School 6 years ago, and although she retired as Land Manager in April, she remains involved and participated in this recent dig.



# Youth Rangers Dig into Community Projects

## Recent partnership with NBMCA on shoreline stewardship

*With excerpts from North Bay-Mattawa Conservation Authority Media Release (July 11, 2019)*

Improving the Chippewa Creek shoreline has brought together four high school students from Nipissing First Nation (NFN) and the stewardship team at the North Bay-Mattawa Conservation Authority (NBMCA) to collaborate on a shoreline stewardship project.

Four NFN students and a team lead helped the NBMCA by spreading mulch to protect the new shrubs that were recently planted to help prevent further erosion along a portion of the creek near McGaughey Avenue as part of the Stewardship Youth Rangers program.

Shoreline plantings help prevent the runoff of nutrients and pollution into the creek, protect the shoreline from erosion, and provide a cooling effect on the waterway to help improve aquatic habitat.



Cassie St-Pierre (NBMCA staff), Ryden Hanzlik, Cailen Hanzlik, Kyesha Fong, Nathaniel Perry and Julie Falsetti (NBMCA staff) add mulch around newly planted shrubs along a section of Chippewa Creek

The NFN Stewardship Junior Rangers program is offered in partnership with the Ministry of Natural Resources and Forestry. The Rangers spend 8 weeks working outdoors on natural resource management projects in and around the community. They also take part in training, such as Bear Awareness, Boat Smart, Wilderness First Aid, Young Worker's Health & Safety and Canoe Safety (ORCA), to make sure they are well prepared for their adventures.

"Our collaboration with NBMCA and MNRF inspires future environmental leaders by involving youth in community-based natural resources projects. Youth acquire valuable skills and knowledge about the environment, wild life and fish, and gain experience in protecting and sustaining our precious natural resources for future generations to come," said Tom Lambert, NFN Employment and Training Manager.

"NFN's partnership with the MNRF Stewardship Junior Rangers program over the past several years has helped youth develop personal and professional skills to help them succeed in future careers, while strengthening their roles as stewards of our lands and waters. We appreciate the opportunity to work with NBMCA on this project at Chippewa Creek," he added.

"We want to inspire youth from a young age to start being environmental leaders of the land," says Kyesha Fong, team lead for the NFN Junior Stewardship program.

"When they grow up, they're more environmentally aware of their impact and they might be more willing to volunteer in the future on their own... but also inspire them to focus on a career working with natural resources."





## Highlights from the Chief's Calendar

**July 30 - August 1:**  
Anishinabek Police Service / Police Governing Authority 25<sup>th</sup> Anniversary Meeting (Sault Ste. Marie)

**August 13:** Lake Nipissing Steering Committee Meeting

**August 14:**  
Anishinabek Lifetime Achievement Awards Ceremony (Rama)

**SAVE THE DATE!**  
**RHT Gathering**  
September 13-15  
Wiikwemkoong

## Chief's Video Update Series

Watch the latest video in the series on our YouTube channel:

**June 2019**

and on Facebook:  
**Giima Zoongawbwi**  
**Chief Scott McLeod**



**Cannabis Law Update:** NFN's Cannabis Law was enacted by Council on Tuesday, July 2<sup>nd</sup>. Although the law is *enacted*, it will not be *"in force"* until NFN ensures access to an inspected and safe cannabis supply for any retail stores that we allow on reserve. Once that happens, a Band Council Resolution (BCR) may be passed proclaiming the NFN Cannabis Law in force and allowing NFN to issue retail licenses.

On July 3<sup>rd</sup>, the day after NFN's Cannabis Law was enacted, Ontario announced that the province is moving forward with the next round of cannabis licenses by authorizing the Alcohol and Gaming Commission of Ontario (AGCO), the provincial regulator for cannabis retail storefronts, to hold a second lottery for 42 private cannabis retail store authorizations, while eight licenses were allocated for retailers wishing to operate on a First Nations reserve.

The AGCO will begin accepting applications for these First Nations licenses on July 31, 2019 at 9:00 a.m. on a first come, first served basis. Applicants interested in applying for one of these First Nations licenses must first obtain approval from the First Nations Band Council to operate a store on reserve. To that end, our Council signed BCRs to support those NFN member vendors who expressed interest in obtaining a provincial cannabis retail license.

Council remains very concerned with the approach the federal and provincial governments have taken to cannabis licensing in Canada, and the regrettable position they have taken toward First Nations by effectively limiting our participation in the industry. We are working diligently to address this issue on a daily basis. We have held numerous meetings with federal and provincial officials including cabinet ministers at both levels to express our strong desire to exercise our own jurisdiction over cannabis. However, we currently lack the capacity to inspect, test and enforce safe cannabis at this time, and with public safety trumping all other issues, Council has chosen to pursue an agreement with the governments of Ontario and Canada with respect to cannabis regulation.

**Miller Nipissing Partnership Update:** On Tuesday, July 30<sup>th</sup>, the final contract was submitted to MTO for approval. Once signed, we will begin mobilizing and recruiting staff in August, with shovels expected to be in the ground in early September.







## Anishinabek Nation Governance Agreement **BENEFITS**

**By approving the Anishinabek Nation Governance Agreement:**

First Nations can incorporate **more Anishinaabe language and cultural practices** into self-governance.

First Nations can **determine who their citizens are** and their **related responsibilities**.

First Nations will be legally recognized as **governments** that have the power to **pass their own governance laws**.

First Nations will receive **an increase in funding** provided by Canada for governance functions.

First Nations will be **removed from parts of the *Indian Act* that cover** band lists, elections for Chief and Councils, council meeting procedures.

The Anishinabek Nation (on behalf of First Nations who ratify) and Canada will **form an intergovernmental forum** to discuss matters of importance to First Nations.

**[governancevote.ca](http://governancevote.ca)**

## **Community BBQs & Information Sessions Coming Soon!**

We will be hosting community BBQs again this year and providing a chance for members to learn about the Anishinabek Nation Governance Agreement in preparation for the ratification vote this November.

Dates and details will be announced as soon as they are confirmed.



## Engineering Work in Bineshii Business Park

As part of the Bineshii Business Park Infrastructure Project, EXP Engineering Services will be conducting topographic surveys and geotechnical investigations of the proposed roadways over the course of the next eight (8) weeks.

This work may include cutting some trees to complete the survey, as well as boring holes as part of the geotechnical investigation.

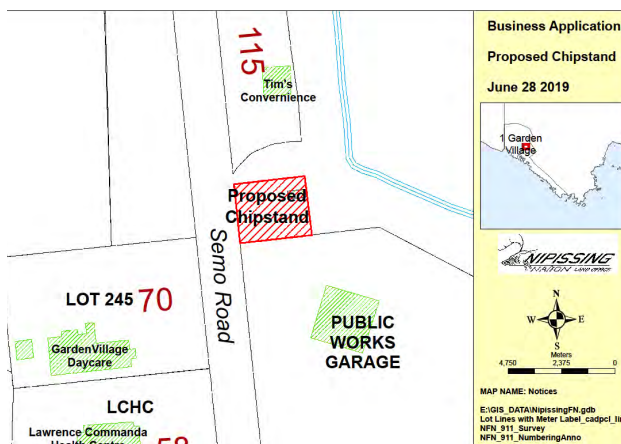
To view a map of the area, please refer to the notice on our [website](#).

Should you have any questions or concerns, please contact:

**Michael Harney,**  
Economic Development Manager  
705-753-2050 ext. 1264  
[michaelh@nfn.ca](mailto:michaelh@nfn.ca)

## Notice to the Membership Proposed Chip Stand in Garden Village

We have received an application from a Nipissing Nation member for approval for a Commercial Lease Agreement to operate a chip stand in Garden Village. The proposed location is on Semo Road, as noted on the key plan set out below.



Should you wish to express any legitimate concerns or valid objections you may have, you are to submit them in writing by **August 12, 2019** to:

### **Concerns about Proposed Business**

Michael Harney, Economic Development Manager  
36 Semo Road, Garden Village, ON P2B 3K2  
[michaelh@nfn.ca](mailto:michaelh@nfn.ca)

### **Concerns about Proposed Land Use**

Cathy McLeod, Acting Land Manager  
36 Semo Road, Garden Village, ON P2B 3K2  
[cathym@nfn.ca](mailto:cathym@nfn.ca)

## Ontario Gas Cards

Effective January 1, 2020, the Ontario Gas Card will be replaced with the more secure federal Indian status card as proof of entitlement for First Nation people to buy tax-exempt gas on-reserve.

Source:  
<https://www.ontariocanada.com/registry/view.do?postingId=26386&language=en>





### Beaucage Hall Demolition

#### Scheduled for this fall

As recommended by Indigenous Services Canada, Public Works will be demolishing the Beaucage Hall building starting this fall. Any comments can be directed to Patrick Stevens, Facilities Manager 705-753-2050 ext. 1220 or by email to [patrick@nfn.ca](mailto:patrick@nfn.ca).



### Beautification and Lawn Care Crews

Our Labour crew has started the cleanup of our community beaches and has installed a new swing set for the Yellek playground. They have also assisted with the sandbag clean-up in Jocko Point. Our Senior Lawn Care crew had a few early setbacks, but is now caught up. Both crews are doing a great job at keeping our communities looking beautiful.

Inquiries should be directed to Courtney Commanda at 705-753-2050 ext. 1262 or by email to [beautificationclerk@nfn.ca](mailto:beautificationclerk@nfn.ca). Don't hesitate to call or email Courtney if you see our crews doing a wonderful job to beautify NFN communities!



**Be Holiday Smart.**  
*Fire doesn't take the summer off!*



**Cooking is the leading cause of home fires.**



Always watch what's cooking on the stove.



Test smoke and carbon monoxide alarms in your home and cottage.

### Tips on Being Fire Smart

Shore lunch and campfires are responsible for wildfires every year. Residents are reminded that they must tend their fires at all times, making sure to put them dead out before leaving. If it's windy, the risk of a wild-fire is high – don't burn!

Residents planning on burning grass, brush or other wood debris should consider composting or taking material to landfill sites instead. Grass fires can get out of control and cause needless damage to barns, homes and cottages.

Planning to use fireworks this weekend? Under the Forest Fires Prevention Act (FFPA), any person who sets off fireworks is responsible to ensure any hot residue from the discharge of fireworks is extinguished. There may also be municipal by-laws in place regarding the use of fireworks.

Residents are reminded of their responsibilities under the FFPA. All forest fires are investigated to determine the cause, and a person can be held responsible for the costs of extinguishing or property damage incurred by a forest fire.

## Giyak Moseng (Right Path) Office Move

All clinical services of Giyak Moseng - The Right Path Counselling & Prevention Services have officially moved to 316 Ted Commanda Drive.

Our new office location houses adult and child and youth mental health and addictions services, Wiidooktaadyang and our new Culturally Based Community Withdrawal Management Programs. Having all of our clinical services under one roof will better meet the needs of our members. Our contact number remains the same 705 753-1375.



### Nipissing First Nation

36 Semo Road  
Garden Village ON P2B 3K2

Phone: 705-753-2050

Fax: 705-753-0207

Web: [www.nfn.ca](http://www.nfn.ca)

Email: [genc@nfn.ca](mailto:genc@nfn.ca)

## Highway 17/17B Rehabilitation Project Meet the New Engagement Coordinator

Renée Vaillancourt has been hired as the Engagement Coordinator for the rehabilitation work on Highway 17. Renée will act as a Liaison between McIntosh Perry, the engineering firm that is performing environmental investigations on the Highway, and our members.

Please continue to expect alternating lane closures and delays on Highway 17 from Laronde Creek Bridge to Highway 17/17B in Duchesnay.

If you have any questions or concerns about this project, you can contact Renée by email at [reneev@nfn.ca](mailto:reneev@nfn.ca) or by phone at 705-498-5095 or 705-753-2050 ext. 1241

Please join us in welcoming Renée to our team!



## Duchesnay Bridge Shuttles Ready to Hit the Streets of North Bay

Nipissing First Nation has purchased a shuttle bus and van to operate the shuttle services during the highway 17B closure for the Duchesnay Creek Bridge replacement project.

Four NFN members have been hired to provide these services.

If you have any questions or concerns about the shuttle service, contact Michael Harney, Economic Development Manager at 705-753-2050 ext. 1264 or [michaelh@nfn.ca](mailto:michaelh@nfn.ca).

## COMMITTEE MEMBERS STILL NEEDED



*Effective April 1st*

**\$100**

per meeting honorarium

**GET INVOLVED!**

Meetings are once per month



**NIPISSING  
FIRST NATION**

A-Ki, Bemaadziik, E-Niigaanwang  
The Land, the People, the Future

**Anishinaabemwin - Seeking 2 members**

**Lands & Bylaw - Seeking 3 members**

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



## 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, click on the position titles below, visit [www.nfn.ca/jobs](http://www.nfn.ca/jobs), or call the office at 705-753-2050 to request a copy by mail, fax or email.

#### Housing Administrative Assistant

Permanent Full-Time with Benefits - Apply by Friday, August 2<sup>nd</sup> at 4:30 p.m.

#### Maintenance Supervisor (East End)

Permanent Full-Time with Benefits - Apply by Friday, August 16<sup>th</sup> at 4:30 p.m.

#### Education Officer

Permanent Full-Time with Benefits - Apply by Friday, August 23<sup>rd</sup> at 4:30 p.m.

#### North Bay Indigenous Hub - Child Care Supervisor

Permanent Full-Time with Benefits - Apply by Friday, August 16<sup>th</sup> at 4:30 p.m.



**NFN Jobs & Training**

***Qualified applicants are invited to submit a cover letter and resume before the deadline. Applications received after the deadline will not be considered.***

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

***Miigwech to all applicants for their interest; however, only those who qualify for an interview will be contacted.***



## Kinoomaadziwin Education Body Request for Proposals

The Kinoomaadziwin Education Body (KEB) has issued three (3) Request for Proposals (click on the links below to view these documents on our website) or visit our homepage at [www.nfn.ca](http://www.nfn.ca):

- [Cultural Competency Curriculum Writer](#)
- [Health and Social Services Inventory Researcher](#)
- [Longitudinal Research Proposal Writer](#)

**The closing date for all three RFPs is *before 2:00 p.m. on Friday, August 2, 2019.***





**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](http://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.

Please note that the office will be closed until August 16<sup>th</sup>, 2019 for Summer Holidays. If you are looking to contact administration, you can call the NFN Education Department at 705-753-6995 for assistance.

If you are interested in registering for the Fall 2019, please click on the link below to complete our online registration. We will respond to all registration inquiries starting the week of August 19<sup>th</sup>.

Miigwech and have a safe and enjoyable summer!

**REGISTER ONLINE:** [https://docs.google.com/forms/d/1FZqSuU8YhisGcyXGfRKMcdTHBlBodBzarSBXj2w\\_yak/edit](https://docs.google.com/forms/d/1FZqSuU8YhisGcyXGfRKMcdTHBlBodBzarSBXj2w_yak/edit)

## Pick Up Dates for Start-Up and Incentive Awards

**Garden Village** - Ready for pick up at Education Office August 12-16

**Duchesnay** - pick up at Nbisiing Secondary School on August 22

Any awards not picked up will be mailed on August 23<sup>rd</sup>. For more information, contact Tracy at 705-753-6995 or email at [tracyh@nfn.ca](mailto:tracyh@nfn.ca) or to arrange pick-up or mail-out.



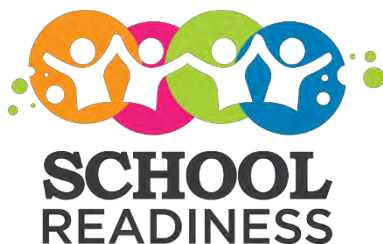
## STAY UP-TO-DATE »

If you have had a change of address, a change of schools, and/or for new JK and SK registrations, please contact Tracy at the Education Office at 705-753-6995 or [tracyh@nfn.ca](mailto:tracyh@nfn.ca).

If there has been a change of school boards, a new Authorization for Release of Information form must be completed and is available on the [Elementary & Secondary section of our website](#) or by contacting Tracy.

From time to time, we receive information items that can be useful for students (bursary, workshops, programs) and these are usually time sensitive. In order to get the information out to you in a timely manner, we require an email address. To keep your records up to date, please contact Tracy to leave your email address.





## Nipissing First Nation School Readiness Program

This program is being offered to those children's first entry to school, this fall. The dates will be August 13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup>, 2019. The program will assist children to become familiar with routines and what may be expected when they enter school. Sessions include:

\* **Bus Safety**

\* **Arriving at School and Departing**

\* **Classroom Expectations**

\* **Playground Rules**

**There will also be an interactive evening PARENT session on making healthy lunches with community nutritionist Erika Weidl.**

## Registration

If you would like your son/daughter to attend please pick up registration forms at the Day Care Centre or contact Jessica Commanda at (705) 498-9871. The deadline to register is **August 2, 2019**. Please contact Jessica if you have any other questions.



## Indspire Update

This update is to share information about the work of Indspire in supporting Indigenous students over the past year and their role in advancing First Nations, Inuit and Metis student success. Indspire is a national Indigenous charity that invests in the education of Indigenous learners for the long-term benefit of our people, their families, communities and Canada.

In addition to providing funding to students pursuing post-secondary, Indspire recognizes that our young people also need support to succeed in K-12 before considering higher education. The annual *Soaring: Indigenous Youth Empowerment Gatherings* allow students to explore post-secondary options through campus tours, engage in career workshops and an interactive tradeshow with industry professionals, opening them to a world of possibility.

Indspire does not administer the Post-Secondary Student Support Program, or the University and College Entrance Preparation Program provided through Indigenous Services Canada. They raise funds from federal and provincial governments, philanthropic foundations, educational institutions, the private sector and individual donors to ensure a brighter, and more hopeful future for our people. In 2018-19, Indspire awarded \$16.3 million, through 5,553 scholarships and bursaries to Indigenous students. This includes \$10,318,585 in financial awards which were provided to 3632 First Nation students.

Within Nipissing First Nation, **13** post-secondary student(s) were supported through \$38,500 in scholarships, bursaries, and awards. They are enrolled in the following fields of study:

- Aboriginal and Northern Studies
- Counselling
- Early Childhood Education
- Education
- Educational Leadership
- Indigenous Relations
- Law and Society
- Nursing
- Plumbing
- Psychology
- Public Policy and Administration's Graduate Diploma in Indigenous Policy and Administration
- Social Service Worker
- Social Work



## AUGUST EVENTS

1, 8,  
15, 22**Making Pow Wow Giveaways - Thursdays, 1pm - 4pm @ Culture Centre**

Help make lovely giveaway gifts for our 31st Annual NFN Pow Wow. Some fabric & beads supplied. Please bring your own supplies if possible. *For more information, contact Gail at [gailmenfn.ca](mailto:gailmenfn.ca)*

6, 13,  
20, 27**Baby & Me Social Drop-In - Tuesdays, 9am - 12pm @ Nipissing Nation Kendaaswin (Library)**

We discuss topics such as healthy child development & parent/child attachment. Transportation & snacks provided. *For more information & transportation registration, contact Katie at [705-753-2050](tel:705-753-2050) x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

12, 19,  
26**Baseball Fundamentals - Mondays in August, 6pm - 8pm @ GV Baseball Field**

Ages 8 - 14. Bring your reusable water bottle. Parent volunteers are encouraged! *For more information, contact Jeff Stewart or Krystal McLeod.*

1

**Pow Wow BBQ - Thursday, August 1, 11:30am - 1pm @ Culture Centre Parking Lot**

Help raise money for the 31st Annual NFN Pow Wow. All invited! Hamburgers, bologna & fried bread, sausages, salad, & desserts! Juice, iced tea, water, & pop! \$10 for a meal.

6

**Open Sew - Tuesday, August 6, 6pm - 9pm @ Culture Centre**

Work on your pow wow regalia or any other projects. Bring your supplies & there will be a facilitator on site. *For more information, contact Mindy at [705-753-2050](tel:705-753-2050) x 1260 / [mindymenfn.ca](mailto:mindymenfn.ca)*

9

**Reconnecting with our Roots - Friday, August 9 @ 341 Couchie Memorial Drive**

Everyone is Welcome! Reusable water containers & feast bundles are mandatory. 5:45am - sunrise ceremony, healing circle, feast prep. 8:30pm - sweat lodge ceremony. Partnership with NFN Withdrawal Management & NFN Culture Centre. *For more information, contact Tyler or Brady: Tyler [705-753-2050](tel:705-753-2050) x 2231 / [tylerdenfn.ca](mailto:tylerdenfn.ca). Brady [705-753-2050](tel:705-753-2050) x 1290 / [bradypenfn.ca](mailto:bradypenfn.ca)*

10

**Amazing Race - Saturday, August 10, 9am - 3:30pm @ GV Outdoor Rink**

Ages 12 - 18. Learn about diabetes prevention while competing in this fun challenge - be the first to make it to the finish line! Traditional teachings & crafts. Many prizes & giveaways! Harvesting vegetables from the community garden & preparing a healthy lunch. *Limited space. NFN membership priority. Transportation, lunch, & snacks provided. Register before August 7 at [705-753-3312](tel:705-753-3312)*

10

**Drum Bag Workshop - Saturday, August 10, 9am - 4pm @ Training Boardroom**

Ages 13 - 24. Facilitator: Jean Lariviere. Hosted by Native Child Welfare. *For more information, contact Bella at [705-753-2050](tel:705-753-2050) x 1274 / [bellamenfn.ca](mailto:bellamenfn.ca)*

12

**Chief Commanda & Waterfront - Monday, August 12, 10am - 4pm**

Ages 13 - 24. Admission, lunch, & transportation provided. Hosted by Native Child Welfare & Nipissing Nation Kendaaswin. *For more information, contact Katie at [705-753-2050](tel:705-753-2050) x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

13

**Ribbon Skirt Workshop - Tuesday, August 13, 6pm - 9pm @ Training Boardroom**

Ages 13 - 24. Facilitator: Brenda Lee. Hosted by Native Child Welfare. *For more information, contact Bella at [705-753-2050](tel:705-753-2050) x 1274 / [bellamenfn.ca](mailto:bellamenfn.ca)*

14

**Bowling - Wednesday, August 14, 10am - 4pm @ Partners Billiards & Bowl, North Bay**

Ages 13 - 24. Admission, lunch, & transportation provided. Hosted by Native Child Welfare & Nipissing Nation Kendaaswin. *For more information, contact Katie at [705-753-2050](tel:705-753-2050) x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

## SPECIAL EVENTS

# AUGUST EVENTS

14

### **Diners' Club - Wednesday, August 14, 11am - 1pm @ NFN Gym**

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

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

15

### **Youth Medicine Walk - Thursday, August 15, 6pm - 9pm @ 6 Serenity Lane**

Facilitator: Perry McLeod-Shabogesic. Ages 13 - 24. *For more information, contact Bella at 705-753-2050 x 1274/ bellamenfn.ca*

16

### **Community Family Fire - Friday, August 16, 7pm - 10pm @ NFN Courtyard / Fire Pit**

All ages are welcome to sit around the fire with some storytelling & singing! There will be hot-dogs, marshmallows, & refreshments provided. Everyone bring a friend & family member! *For more information, contact Bella at 705-753-2050 x 1274/ bellamenfn.ca*

20

### **Open Sew - Tuesday, August 20, 6pm - 9pm @ Nbisong Secondary School**

Work on your pow wow regalia or any other projects. Bring your supplies & there will be a facilitator on site. *For more information, contact Mindy at 705-753-2050 x 1260 / mindymenfn.ca*

20

### **Teen Night/Crafts for Pow Wow Giveaways - Tuesday, August 20, 6pm - 9pm @ Nipissing Nation Kendaaswin**

Ages 13 - 24. Make pow wow giveaways or just come & hang out! *For more information, contact Bella at 705-753-2050 x 1274/ bellamenfn.ca*

22

### **Soup Kitchen - Thursday, August 22, 11am - 1pm @ NFN Gym**

Come out & enjoy a hot meal every 4th Thursday of the month! Hosted by the NFN Food Bank. *For more information & to book transportation, contact Becky at 705-753-6972*

28

### **Traditional Teaching on Gambling for Youth - Wednesday, August 28, 4:30pm - 8pm @ Lawrence Commanda Health Centre**

Facilitator: Perry McLeod-Shabogesic. Ages 9 to 18. Dinner & transportation provided. Seating for 24. Funded by Anishinabek Responsible Gambling. *For more information, please call the Lawrence Commanda Health Centre at 705-753-3312*

Traditional Teaching and craft, Many Prizes and Giveaways! Harvesting vegetables from community garden; and preparing a healthy lunch!

## NSHKE! GA-KWECHKANIN AMAZING RACE

Learn about diabetes prevention while competing in this fun challenge - be the first to make it to the finish line!

**Who:** Youth Ages 12 - 18 years old

**Where:** Outdoor Rink, Garden Village

**When:** Saturday, August 10, 2019  
9:00am-3:30pm

**Limited Spaces ~ Register: 705-753-3312**

**NFN Membership Priority**

**Last day to register is August 7, 2019**

Transportation Provided

Snacks and lunch provided







# **NIPISSING WARRIOR DAYS**



Slo-Pitch Tournament

Friday August 16 - Sunday August 18

@ Garden Village Baseball Field

## **KICK OFF TO LITTLE NHL 2020 BEGINS SATURDAY AUGUST 17**

Exclusive Little NHL  
Merchandise

Food Vendors

Nevada Tickets

Custom 2020  
Nipissing Warriors Jersey  
Raffle Tickets

50/50

Beer Garden

*\*proceeds will go to help with the hosting of the Little NHL in 2020\**



## Nipissing Warrior Days

### Food Vendor Application 2019

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

TELEPHONE: (    ) \_\_\_\_\_ CELL: (    ) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

AFFILIATED FIRST NATION: \_\_\_\_\_

Please describe the items you wish to sell (i.e. burgers, fries, etc.): \_\_\_\_\_

 \_\_\_\_\_  
 \_\_\_\_\_
**Number of Days:**    ☐ Sat, Aug. 17    ☐ Sun, Aug. 18

# of Days: \_\_\_\_\_

**Vendor Rates:**    Food Vendors: \$50 for one day or \$75 for weekend    Total Cost: \$ \_\_\_\_\_**Payment Options:**    ☐ CASH    ☐ DEBIT    ☐ CREDIT    ☐ CERTIFIED CHEQUE    ☐ MONEY ORDER

**Special Note:** All payments can be made in advance to the Nipissing First Nation Finance Department indicating they are for *Nipissing Warrior Days "Food Vendor"*. Early payment guarantees a vending area and your vending location will be on a "first come, first served" basis.

You will be responsible for your own booth. **All Fees will be Non-Refundable.**

**REGISTER:** Complete and return this form to Kym Couchie by email to [kymc@nfn.ca](mailto:kymc@nfn.ca), by fax to 705-753-0207, by mail to 36 Semo Road, Garden Village ON P2B 3K2. If you have any questions or are unable to register by mail, email or fax, please call 705-753-2050 ext. 1341.







## Gtigewin Community Garden Stand

### SCHEDULE FOR 2019



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

**Stands will be open from Noon - 3pm or until supplies last**

#### Thursday, August 1<sup>st</sup>

Duchesnay - Nbisiing Secondary School

#### Monday, August 19<sup>th</sup>

Yellek - Playground

#### Monday, August 26<sup>th</sup>

Garden Village - Seniors' Complex

#### Thursday, August 29<sup>th</sup>

Duchesnay - Nbisiing Secondary School

#### Tuesday, September 3<sup>rd</sup>

Yellek - Playground

#### Monday, September 9<sup>th</sup>

Garden Village - Seniors' Complex



**Please note:** Dates may change due to weather or crop availability. Check the [NFN Health & Recreation Facebook page](#) or call the Health Centre for updates: 705-753-3312.

## Evenings in the Garden

Interested in picking your own vegetables but need some help or tips?  
Come by the Gtigewin Community Garden during these times to harvest your own vegetables with the assistance of our garden worker!

### **THURSDAYS FROM 5:30PM - 8:30PM**

August 15<sup>th</sup>, August 22<sup>nd</sup> & August 29<sup>th</sup>





## THIRD ANNUAL Gtigewin K'Tgaaning Cook-Off

Enter a dish or stop by to be a taster!

**When:** Tuesday August 20th, 2019 @ 12:00 - 1:00 pm

**Where:** Open grass area beside Gtigewin Community Garden  
(next to Senior's Complex in Garden Village)

Call to register your dish by August 19th @ 753-3312

All dishes must have at least one item from the community garden or your garden

**Dish with the most votes wins a prize!**

All welcome!



---

## Pick Your Own at the Garden

Join us also on August 20th from 9am - 1pm to pick your own vegetables from the garden. Assistance will be available if needed.

All pickers can enter their name in a draw to win a prize!





# 28<sup>th</sup> Annual NFN Charity Golf Tournament

*Chi-Miigwech to all of the sponsors, participants and volunteers who helped make our tournament a great success while raising funds for the NFN Food Bank and Little NHL 2020 Host Committee.*

## MIIGWECH TO OUR SPONSORS

### PLATINUM



### HOLE-IN-ONE

Caisse Populaire Verner  
True North Chevrolet Cadillac

### FRIENDS OF NIPISSING

17 Hour Convenience  
Caisse Populaire Verner  
Canadore College  
Challenger Mobile Wash  
Designed Roofing  
Dokis First Nation

Jocko Point Fish & Chips  
Kenalex Construction  
Mitchell Jensen Architects  
Municipality of West Nipissing  
North Bay Police Association  
Spectrum Group



**Congratulations to Dustin Fox, Gerard Peltier, Zeke Peltier & Melvin McLeod**  
on finishing the day with the lowest team score of 57 (14 under par)



Canadian  
HeritagePatrimoine  
canadien31st Annual  
Traditional

# Pow Wow

*Gaa-Miingooyan Enyweng*

*The Language That Was Given To You*

**Aug 31st & Sept 1st, 2019**

Due to flooding in Jocko Point it has been RELOCATED to  
36 Semo Rd. Garden Village P2B 3K2, Baseball Field

**Featuring Specials at Noon Saturday & Sunday**

M.C: Bob Goulais

Arena Director: Clifton Couchie

Host Drum: High Ridge Singers

Co-Host: Boys From the Bay

Head Elders: George Couchie & Virginia Goulais

Veteran Representative: To Be Announced

Head Male Dancer: Mckenzie Ottereyes-Eagle

Head Female Dancer: Desiree Sands

Head Male Youth: Brent Couchie

Head Female Youth: Kelsey Borgford

**Friday Evening - Miss NFN**

**11:00am till 2:00pm: Registration**

**1:00pm Saturday: Grand Entry**

**5:00pm Saturday: Drummers and Dancers Feast**

**7:00am Sunrise Ceremony Thursday to Sunday**

**Jingle Dress Special Sponsored by Linklater Family**

**Feast Bundle Special "Bring your Feast Bundle"**

Contact Person: Mindy Martel, Event Coordinator  
705 753 2050 ext. 1260 or Mindym@nfn.ca

**\*Free Admission\* EVERYONE IS WELCOME !**

**Vendors Must Register - Rough Camping 18+**

**ABSOLUTELY NO DRUGS / ALCOHOL or Pets**





## Nbisiing Anishinaabemwin August - Daatkaagmini Giizis (Blackberry Month)

Daatkaagmin Giizis, Semaa nda- pkidnaa mina dbasendis

Giyat gii-kanoondiyaangban mina n'de mooshne mkshkawziwin

Gbishkoo giizis

Ngii-kendaan Gzhemnidoo ndawenmid nji-bi-gnoonjgeyaan maa nake'ii

Gookmis bgosendam wii – dbasendisyaan Daatkaagminan miigwewnan ,nkwedwe pii kinoomaagewnan wii-bzinmang kwedwewin maa Mnidoo-kiing ebinjibaamgak.

Nkwedwe ni- shkiishkoon mina tawgan nji-zheskin , nji-miingoyaan endwenmaan maa ndi-nenmowin , wiiwyong mina mino-mnidoo-win. mii dash ji-moseyaan maa Nishnaabe Miikaang megwaa Mnidoo Zhichkewin.

Noongom kwedwe ebwewendmowin iw gaa –kidsiwaan .

Pii dash mkeshkaadyaang Miiknaang , ga- chi- piitendis eshi-aawyaan.

Baa maa dash minwa,

Gmiigwechiwin

Daatgaagmini Giizis, I offer my tobacco and humble myself.

It has been a long time since we spoke and my heart is filled with energy like the moon.

I know the Creator would want me to come and speak this way.

Gookmis, I humble myself to the gifts of the thimbleberry.

I ask in the time of these teachings, to hear the words that come that come from the spirit world.

I ask that my eyes and ears be open, to receive what is needed to balance my mind, body and spirit so I may walk this anishnaabe road in the spirit of Creation.

I ask forgiveness for the things I do not speak of and the things I have forgotten.

Until the next time

Miigwech



### WORDS (Kidwinan)

<b>Biitwa'ii</b>	between/middle
<b>Gaawbiwnong</b>	west
<b>Giizis ningishmo</b>	sunset
<b>Gija'ii</b>	on top
<b>Gmaagshin</b>	laying down
<b>Mkadewaa</b>	black
<b>Naama'ii</b>	under
<b>Niigaan</b>	front
<b>Pime'ii</b>	side
<b>Shkwayang</b>	behind
<b>Shpiming</b>	up



### The Culture Committee is hosting a



**Thursday, August 1<sup>st</sup>**

11:30 a.m. to 1:00 p.m.

NFN Culture Centre Parking Lot

We will be serving hamburgers, bologna & frybread, sausages, a salad and a variety of dessert. Juice, ice tea, water and pop will be available also.

**\$10.00 will get you a sandwich, salad and a drink.**

Or individual sandwiches are \$3.00 each.

SPONSORED BY NFN CULTURE DEPT.



# *Honouring Münan*

SATURDAY, AUGUST 10TH, 2019  
6 SERENITY LANE W 9AM - 12PM

MORNING MEDICINE WALK AND LUNCH IS PROVIDED

CONTACT BRADY TO REGISTER AT  
(705)-753-2050 EXT 1290 OR BRADYP@NFN.CA



# Gitchitwaa Shode - Teaching of the Sacred Fire

Shared with us by an NFN elder in 2018

Teachings help us to live a good life, how to grow as a human being, with positive teachings. The teachings help us to find our inner strength, our inner spirit.

Semaa was offered first, before the teaching could take place. We want to include the spirit in our teaching. Our inner spirit (jiiby). The spirit that comes into our physical body in the womb of our mother. Jiiby travels with us all of our life until our last breath and our heart stops beating. The spirit then travels back to our creator and Gaagiizhgang – the place where we will all go, no matter what color we are. Our spirit belongs to our Creator –Gzhemnido.

Commercial tobacco is being abused by the human beings. We have to grow our own natural semaa. Sage is used to cleanse our spirit, mind, body and emotions. We will then be in ceremony. We cleanse our eyes – to see good things in our brothers. We cleanse our voice – to be truthful and honest and not to harm others with our words. We cleanse our ears – that we will listen with a good mind and to take good things to live a good life. If we hear things that are not good, we need to forget these. We cleanse our mind to be open to the good teachings and learning and to pursue the good trail. Others will follow our trail. We need to leave good tracks in this life.

We cleanse our whole body and stand before our creator in a good way to live our life to the best way we can. Mnobimaadziwin. We don't just light up smoke and that's it...



The fire keeper will use these medicines. He will smudge all objects in his sacred bundle, will smudge the people, and himself. He will offer prayers. He will pray over the water. The women will hand out cups and kwe will hand out water from a copper pouring vessel. Nbii is part of the ceremony. The lifeblood of mother earth. Creation would not survive. Nbii flows through mother earth. The gift of nbii was given to the kwewag by the Creawtor. Kwewag are carriers of nbii and they have to ensure that it is clean and to always be there for the next seven generations. Nbii is sacred. Kwewag need to take responsibility more seriously. It is becoming polluted. Josephine Mndamin brought awareness. Young Autumn Pelletier now does the work set out by Josephine. Nbii is in balance with fire.

When you light your fire, use your semaa. Think about the Creators light – The Fire. . Fire has been burning for eternity since the beginning. Grandfather Giizis – it is the same fire we will be working with, since the beginning of time. It is the Creators power. As nini, that is your connection to the Fire.

The cultural knowledge keeper will then sing the songs: the invitation song, relation songs. Many songs are offered. When we sing these songs, we invite the spirit realm, animal world, plant world, and fish world...The song travels all over. The conductor will then smoke the pipe and offer Prayer with the pipe. The men's pipe is smoked because we are doing a fire teaching. Male spirit.

When the Europeans arrived, they saw our relatives doing these things. In England, they considered this the work of witches. So that is how they explained it to others. They couldn't understand how we could do these things.

Shkode Nini is a big responsibility. Not just to make fire, but to work with the fire. When you walk on Semaa Miikan, semaa is one of the most sacred medicines. We also learn about ourselves as males. Shkiniigi – young man. There is also we need to learn.

## ***Gitchitwaa Shode - Teaching of the Sacred Fire Continued***

Respect the other side of the human beings – kwewag. One day we will look for a partner. And kwe will look for a partner. It is important to understand about mnobimaadziwin, one of the most important teachings is to carry respect. Before you can respect others, you have to respect yourself. Use the 7 grandfather teachings as your guide. They help you to pursue mnobimaadziwin. Never disrespect a kwe. If you do that, then you disrespect Creator. He gave kwewag the gift of creating life. When using semaa, you are carrying those teachings and ready to work as a young man. There is absolutely no excuse to disrespect kwe for any reason whatsoever. You can't say you drank too much. If you want to work with fire, you need to do that in the most respectful manner. Respect your fire and respect all things.

When we are around the sacred fire in a circle, we remember that the circle is an honor. There are protectors. It is relaxing. It is a good feeling.

Migiisii Miigwaan. When we use the eagle feather in the circle, the words are Sacred. You cannot tell lies, only truth. Words of the Heart.

When the Europeans arrived, they saw our relatives doing these things. In England, they considered this the work of witches. So that is how they explained it to others. They couldn't understand how we could do these things. This new settler government banned our sacred ways for many years. The Sacred Fire was re-introduced to Nipissing, as it was travelling from community to community. It was to stay for 4 days. Bear Island had called Nipissing, as we are the next community from them. It was through NNADAP program. Peter Beaucage and Mike Couchie went to pick up the fire and transport it here. They were met at the landing and they had brought a galvanized pail with them to pick up the fire. We now use lanterns to transport the Sacred Fire. The women used to make fire bags and decorated them with porcupine quills.

The early 1980's was the first time the Sacred Fire came to our community. Right after our first pow wow. 25 years ago. It is the first time the fire came back to our community, and now we have it at our school. We notice that families are starting to use the Sacred Fires. It is healing for our community, and helping us grow as a nation.

The men guard the doorway. It is man's responsibility. The more you make fire the old way, the more pure it is. What you put into it. Use your striker, etc. Sometimes we don't have enough people to help with the fire. Women can do it if there are no men. You can light a candle if you can't have a fire. The fire may be small, but in the spirit realm, it is still a fire for them.

Make no interruption of the fire. Don't let it go out. Do your best. Try to have 2 people at the fire. Sometimes spirit will pass things this way. It is good to have an older and experienced fire keeper and a younger one. Don't pollute the sacred fire with garbage, cigarette butts, etc. Give the spirit his/her favorite foods. Keep the fire clean.

There may be other spirits that come through the fire.

It is an honour to be a fire keeper, to help a grieving family or for a community need.





## Passion takes lead role in North Bay Indigenous Hub

**By Kelly Anne Smith for the Anishinabek News**

NORTH BAY – With the inaugural Executive Director hired at the North Bay Indigenous Hub, plans are underway to have a primary care service available soon.

Executive Director Laureen Linklater-Pizzale began February 25. With offices and examination rooms now at the interim Main Street location, Linklater-Pizzale is creating a base team of a nurse practitioner and physician.

It is projected that the North Bay Indigenous Hub (NBIH) will be fully functioning at the former Dr. MacDougall Public School site closer to the end of the year.

The NBIH partnership with Nipissing First Nation, Dokis First Nation, Temagami First Nation and the North Bay Indigenous Friendship Centre will support about 5,500 people. The primary health care team will be travelling to the First Nations as well.

Besides primary health care at the newly renovated building, there will be a daycare on the main floor for 87 children including 10 infants. EarlyON child and family services will also be offered. The children will be involved with language, traditional teachings, Elder visits and positive self-identity promotion. The former school playground has lots of potential for fun play, medicine gardening and story-telling.

In the interim office, a small bulletin board reads, “We do not heal the past by dwelling there. We heal it by living fully in the present.”

The executive director says that with the receptionist in place, awareness will begin on how to make a referral or self-refer to the service and get the support required.

Linklater-Pizzale will be increasing the primary care team closer to the grand opening with different allied staff.

“We’ll have a dietician, social workers, and mental health clinicians. We are going to have more traditional healers aboard as well. I’m currently working with Nipissing First Nation. Right now, all of the job postings will be going through their website.”

Nipissing First Nation’s Communications Officer Genevieve Couchie is working with the NBIH to develop a communications plan for public awareness, which will include social media.

Linklater-Pizzale knows people are excited.

“I’m excited for them too. It’s a matter of having enough people to support that launch. It’s like a needs assessment right now for each community,” expresses Linklater-Pizzale. “What’s going to happen in the next month? I will be visiting the three First Nations. I will be doing community engagement where I’m going to find out what their needs are from the staff and from the community themselves.” She will create a team based on that information.

“If there are more issues around diabetes, or other medical issues, or substance abuse or they need more culturally appropriate services that involve medicines and traditional healing. Those people would be able to go over there and help out.”

The NBIH Indigenous approach will focus on hope, meaning, purpose and belonging and/or including the traditional healer role in some manner. Linklater-Pizzale says Traditional healing is the core.

“That service is going to be very unique to a lot of primary care initiatives that are going on in the community because instead of trying to fit a mainstream service for our Indigenous people in the community, it’s the opposite. They are going to come there and receive the support that is most appropriate for them at the beginning.”

“It’s about building that trust with your patients,” adds Linklater-Pizzale. “In order for you to do that, you have to spend some time with them. We look forward to building that team that is going to be the most supportive for the community, in all sorts of capacities, traditional and western.”

The NBIH and the North Bay Indigenous Friendship Centre will refer people to each other’s appropriate programs in order to fill existing service gaps.

*Continued on next page*

### *Passion takes lead role in North Bay Indigenous Hub Continued*

The North Bay Indigenous Hub will work with the Ministry of Education, Ministry of Health and Long-term Care and District of Nipissing Social Services Administration Board.

Linklater-Pizzale is working on the transition from Nipissing First Nation to their own entity.

"It will be a formal board once we are incorporated as an agency. That will be within the next couple of months."

Reflecting on her path to the executive director of the NBIH, Linklater-Pizzale said she did some soul searching.

"One of the things I noticed when I moved here 18 years ago, was there was no health access service which I was used to when I lived in Timmins. We had a place called Misiway Milopemahtesewin, a health centre. I went there for everything. When I moved here, I wondered where can I access this service. And I always said to myself, 'I want to open one of those'. That's so long ago."

Linklater-Pizzale is from Moose Cree First Nation, on the west coast of James Bay. From grade two through to highschool, Linklater-Pizzale lived in Timmins. She then lived with her grandparents in Moose Factory before moving to North Bay.

"Once I saw this posting, I was very contemplative. I just lost my mother in February. The posting came out in January. She encouraged me. She said, 'You need to go for it. You can do that'."



The inaugural Executive Director of the North Bay Indigenous Hub, Laureen Linklater-Pizzale, stands beside the Main St. W office as she prepares for the full service at permanent location.

Linklater-Pizzale talked of her 15 years of experience managing three mental health units at the North Bay Regional Health Centre.

"That included the regional Aboriginal Health Service. When I was there, I was so passionate about the outcomes of Indigenous people."

She then spent almost two years with the Anishinabek Nation as the Family Well-Being Coordinator for the Social Development Department. The program centers on community-driven culture for improved outcomes for children, youth and families.

"I felt it had so much good to offer the communities. I still believe in that program. It sparked culture back into communities. People are really trying to connect with that. In such a short time, I don't know how anything else could ignite that as much as that program."

In her new role, Linklater-Pizzale says the NBIH will reflect reconciliation. "I'm excited to connect people with services they haven't had before or are having a hard time accessing. There will be opportunity to learn about our culture as well," she expresses. "This building has a potential for educating the community about us as people, the history of our people and how we are looking to better ourselves."

The executive director says reconciliation is important.

"We are looking at opportunities to support our community as a whole to make it healthy. Encouraging everyone to have the same understanding of where we come from, that's how we battle racism and discrimination."

Linklater-Pizzale insists that not only will the NBIH reduce hallway medicine at the hospital, but that it will provide the best support available for Indigenous people.

"Because we have that appropriate service now. We have that piece that was missing all this time when it should have been a foundation of our support system," notes Linklater-Pizzale.

"We have a lot of community members that are from way up north on the James Bay coast. Some of them come down here for school or for new opportunities. Some of the people, their first language is not English. Having that support system in place for the language translation to be there will ensure they get the most appropriate service and diagnosis so we can treat them in the best way possible."



# NORTH BAY INDIGENOUS HUB

**JULY 2019**

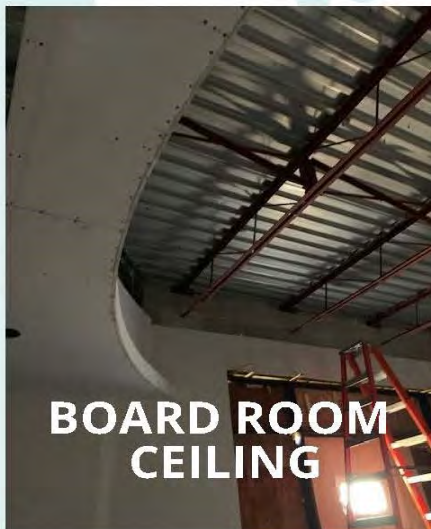
*Progress photos of the Indigenous Hub's  
future home at 1040 Brookes Street  
(former Dr. MacDougall School)*



**GYM**



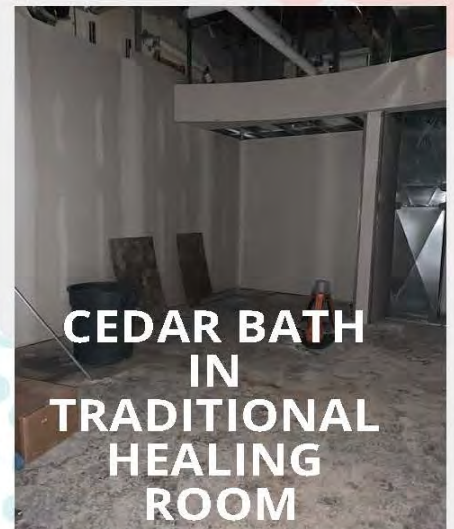
**PRIMARY CARE  
WAITING AREA**



**BOARD ROOM  
CEILING**



**TRADITIONAL  
HEALING  
COORDINATOR  
OFFICE**



**CEDAR BATH  
IN  
TRADITIONAL  
HEALING  
ROOM**



**VIEW FROM  
HALLWAY**



**STAIRWELL**

Updates about the  
Indigenous Hub are  
available on our website  
under [News & Notices](#).  
Watch for current  
job postings on the  
[www.nfn.ca](http://www.nfn.ca) and on our  
Facebook page [@NBHub](#)



# Planning for Regular Physical Activity

## Taking the First Steps

Information taken from: **DIABETES CANADA**

**Maybe all you need is a little help to overcome common challenges to being active.**

### ☒ Making physical activity a priority.

Physical activity is something your body needs everyday to be healthy. Treat physical activity like sleep or food.

### ☒ Fitting physical activity into your day.

Pick the same time each day to be physically active. Scheduling physical activity as part of your regular routine may help you to be more active. It is also important to avoid sitting for long periods of time. Try to interrupt sitting time by getting up briefly every 20-30 minutes.

### ☒ You do not have to try something new.

Regular physical activity can be something you already do; for example, gardening or walking. Just being more regular with your activity will benefit your diabetes.

### ☒ Do not let your diabetes stop you.

For most people with diabetes, walking and light- to moderate-intensity activities are safe and helpful. Remember to take good care of your feet and to be aware of your blood sugar when being physically active.

### ☒ Physical activity and exercise get easier.

When you are active, your heart rate increases; you may breathe a little harder, sweat, or even feel a little sore the next morning. This is normal. With time, as your fitness improves, all physical activities in your life will feel easier and be more enjoyable!

### ☒ Sticking with it pays off.

If you are having trouble getting going with physical activity, try making a plan. There may be a few false starts in the beginning. This is normal. Try to see your next opportunity for physical activity as a step closer to a regular routine.

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

## Physical activity for life





# JOIN THE GREEN SIDE

Rinse & Clean  
your containers!

Make sure to **RINSE / CLEAN** your containers.

Unrinsed containers, or unaccepted items in the blue bin can damage equipment at the Recycling facility, or contaminate the rest of the bin leaving the item, and others, unrecyclable.

**ACCEPTABLE CONTAINERS** will have a symbol somewhere on the packaging:



NFN Uses a 2-Box Sorting System. One for **CONTAINERS** and one for **PAPERS**. Do not mix the papers and containers.



## BLUE BOX BLUNDERS

DO NOT PUT THESE  
ITEMS IN BIN

- Grocery store plastic bags
- Any type of plastic that has NO number for recycling (Trash bags, ziplock bags, potatoe chip bags, 6 pack plastic )
- Any laminated or resealable plastic bags (including ziplocks, cheese plastic)
- Soiled Paper, fast food wrappers, paper plates or ice cream boxes
- Fast Food drinking cups (eg. Tim Horton's)
- Cereal Liners
- Cellophane (Plastic wrap)
- Butchers paper
- Shower liners
- Bubble wrap
- Coffee Pods
- Foil gift Wrap
- Syrofoam
- Candy Wrappers
- Hard plastics such as dishes, toys, laundry baskets, hoses and tupperware



## ADVERTISING & ANNOUNCEMENTS

**GREEN  
MEDICINE**  
THE NATURAL CHOICE



Congratulations to Mitch Dokis and Kerry Lynn Peltier on officially opening their new store "Green Medicine" which carries a wide selection of holistic healing medicines to improve your wellness.

**120 Commanda Crescent in Duchesnay | 705-474-1258**



Come out and enjoy a hot meal  
Thursday August 22, 2019

**11AM - 1PM**

**Garden Village Gym**

4th Thursday each month  
Call Becky 705-753-6972 to book transportation  
by 4:30 p.m. on August 15<sup>th</sup>

## Check out the Bow + Arrow Boutique! You can't miss...

NFN member Lana Stevens is the proud owner of Bow + Arrow Boutique in Sturgeon Falls. She lived and worked in Toronto in retail management for 16+ years for companies such as Banana Republic, Aritzia and Pottery Barn before coming home to her roots.

Lana purchased her own building and opened her boutique in December 2018 with the help of the Nipissing-Parry Sound Business Centre. Offering traditional services with a boutique as well as a more modern service like e-commerce and social media platforms to satisfy the new generations of shoppers will expand her client base and keep her on trend.

Bow + Arrow's location is 170 Main Street in Sturgeon Falls, ON. Offering quality men's and women's clothing, including brands such as Micheal Kors, Levis, Mexx and Dockers. Instagram: [bowandarrowcanada](https://www.instagram.com/bowandarrowcanada) Facebook: [Bow & Arrow](https://www.facebook.com/Bow-&-Arrow) Lana Stevens: 705-753-9333 [bowandarrowlana@gmail.com](mailto:bowandarrowlana@gmail.com) | [www.bowandarrowcanada.com](http://www.bowandarrowcanada.com)



## Miigwech to the Dreamcatcher Charitable Foundation

Jasper Goulais would like to thank the Dreamcatcher Charitable Foundation for their support in Tumblebugs gymnastics at Gymtrix Trampoline and Gymnastics Centre. Chi-Miigwech!

Jillian-Rain McLeod would like to thank the Dreamcatcher Charitable Foundation for their support in pre-competitive gymnastics. Chi-Miigwech!





## 3 Bedroom House for Sale in Garden Village

**Available to NFN members only**

**123 Gerald Crescent Garden Village**

1,000 sq.ft. single storey on 100 x 200 lot

NEW renovations include: roof shingles, deck, propane furnace with central air, doors, vinyl siding and windows.

Call 705-493-2064 or trapper23@persona.ca

**Serious Inquiries Only - Open to Offers**




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705-494-6887

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North Bay, ON P1B 8G5

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

**Challenger Mobile Wash Inc.**  
Rob Couchie - 705.477.5347



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North Bay, Ontario P1B 8G5

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F: 705-476-2470

ktigaaning.midwives@gmail.com  
www.ktigaaningmidwives.com



**Now Open in the Bineshii Small Business Centre**

**132 Osprey Miikan — 705-471-0472**

Located on highway 17 between the Eagle's Nest Gas Bar & Young Forestry Services

*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 - Yellow Hominy Corn/Wild Rice

# COMMUNITY EVENTS CALENDAR



## AUGUST 2019

SUN

MON

TUES

WED




THURS

FRI

SAT

**Baseball Fundamentals:** Mondays, 6pm - 8pm @ GV Baseball Field (none on the 5<sup>th</sup>)  
**Baby & Me Social Drop In:** Tuesdays, 9am - 12pm @ NFN Library  
**Pow Wow Giveaways:** Thursdays, 1pm - 4pm @ NFN Culture Centre (ends on the 22<sup>nd</sup>)  
**LEGEND:**   Garbage Collection   Garbage & Recycling Collection

To stay up to date with events - like & follow **NFN Events** on Facebook!

					<b>01</b> <b>Pow Wow BBQ</b> 11:30am - 1pm @ Culture Centre Parking Lot  <b>Garden Stand</b> 12pm - 3pm @ Nbisiiing SS	<b>02</b>	<b>03</b>
<b>04</b>	<b>05</b> <b>CIVIC HOLIDAY</b> 	<b>06</b> <b>Open Sew</b> 6pm - 9pm @ Culture Centre  <b>Council Meeting</b> 7:30pm @ NFN Council Chambers	 <b>Food Bank</b> 9am - 4pm	<b>07</b>		<b>08</b>	
						<b>09</b> <b>Reconnecting w/ our Roots</b> @ 341 Couchie Memorial Dr	<b>10</b> <b>Amazing Race</b> 9am - 3:30pm @ GV ODR  <b>Honouring Miinan</b> 9am - 12pm @ 6 Serenity Ln  <b>Drum Bag Workshop</b> 9am - 4pm @ Training Boardroom
<b>11</b>	<b>12</b> <b>Student Incentives -</b> Aug 12 - 16 @ Education Office  <b>Chief Commanda &amp; Waterfront</b> 10am - 4pm	<b>13</b> <b>Ribbon Skirt Workshop</b> 6pm - 9pm @ Training Boardroom	<b>14</b> <b>Diners' Club</b> 11am - 1pm @ NFN Gym  <b>Bowling</b> 10am - 4pm @ Partners Billiards & Bowling	<b>15</b> <b>Nipissing Archaeological Day</b>  <b>Medicine Walk</b> 6pm - 9pm @ 6 Serenity Lane  <b>Evenings in the Garden</b> 5:30pm - 8:30pm @ GV Community Garden	<b>16</b> <b>Community Family Fire</b> 7pm - 10pm @ NFN Courtyard Fire Pit  <b>Nipissing Warrior Days</b> 6pm - Midnight @ GV Baseball Field		<b>17</b> <b>Nipissing Warrior Days</b> 8am - Midnight @ GV Baseball Field & ODR
<b>18</b> <b>Nipissing Days</b> 4pm @ GV Baseball ODR	<b>19</b> <b>Garden Stand</b> 12pm - 3pm @ Yellek Playground	<b>20</b> <b>Pick at the Garden</b> 9am - 1pm @ GV Community Garden  <b>Third Annual Garden Cook-Off</b> 12pm - 1pm @ GV Community Garden  <b>Open Sew</b> 6pm - 9pm @ Nbisiiing SS  <b>Teen Night/Pow Wow Crafts</b> 6pm - 9pm @ NFN Library	 <b>Food Bank</b> 9am - 4pm	<b>21</b>	<b>22</b> <b>Student Incentives</b> @ Nbisiiing SS  <b>Soup Kitchen</b> 11am - 4pm @ NFN Gym  <b>Evenings in the Garden</b> 5:30pm - 8:30pm @ GV Community Garden	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>Garden Stand</b> 12pm - 3pm @ GV Seniors' Complex	<b>27</b>	<b>28</b> <b>Traditional Teaching on Gambling for Youth</b> 4:30pm - 8pm @ LCHC	<b>29</b> <b>Garden Stand</b> 12pm - 3pm @ Nbisiiing SS  <b>Evenings in the Garden</b> 5:30pm - 8:30pm @ GV Community Garden	<b>30</b>	<b>31</b> <b>NFN Pow Wow</b> @ NFN Band Office	

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Connect with Us!



Nipissing First Nation Administration



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