

Zisbaaktoke Giizis
Sugar Moon

March 2020



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



Monday, March 16th
Nipissing Day

Council Meetings

Tuesday, March 3rd
7pm - Duchesnay

Tuesday, March 24th
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.

DEBENDAAGZIWAAD NAAKNIGEWIN Citizenship Law

Nipissing First Nation is in the process of developing a Debendaagziwaad Naaknigewin (Citizenship Law) that defines the rights and obligations of Nipissing debendaagziwaad (in accordance with the Gchi-Naakniigewin "refers to the people of Nipissing First Nation. Those people who are recognized as "those who belong" to the Nipissing First Nation") and endaawaad (in accordance with the Gchi-Naakniigewin "means those Endaawaad who live on the Nipissing First Nation but are not Debendaagziwaad") within the jurisdiction of Nipissing First Nation.

We are pleased that the following members have offered to work on the development of this law. In order to assist them in their work for our Nation, they are interested in receiving your input. Please feel free to make contact with them at the following email addresses to ask questions about the development of this law, to provide them with your thoughts about this law, or to offer suggestions for the committee to consider:

Arnold May	arnoldcmay@gmail.com
Elaine Commanda	elainecommanda2@hotmail.com
Kile George	kilegeorge@outlook.com
Margaret McLeod	McLeodmargaret69@gmail.com
Noreen Nichol	nnichol@hotmail.ca
Susan Robson	suerobcooks@yahoo.ca
Virginia Goulais	pajiin@yahoo.com
Corey Goulais (Council – Chairperson)	coreygoulais@gmail.com
Michael Sawyer (Council - Chairperson)	mikersawyer@hotmail.com

Two community forums have been scheduled:

Wednesday, April 8th from 6pm - 8pm in Garden Village - New Wing Lobby
Thursday, April 9th from 6pm - 8pm in Duchesnay - New Community Hall

Please note: additional forums will be coordinated and will be advertised at a later date.

If you have any questions regarding this process or require any additional information, please feel free to contact Dwayne Nashkawa, Chief Executive Officer at dwaynen@nfn.ca or by phone at 705-753-2050 ext 1222.

Miigwech! We look forward to hearing from you and seeing you at our community forums.



LNHL is right around the corner...

After a year of planning, we are ready to host Ontario's largest Indigenous youth hockey tournament! Our host committee has been busy producing the opening ceremonies, organizing special events, coordinating volunteers and vendors, recruiting sponsors and ordering awards for the 4,000 players expected to participate in this year's tournament.

We have been working closely with the LNHL Executive to ensure a successful event. We look forward to welcoming over 10,000 people during the week and promoting Nipissing First Nation's theme for the tournament: *All Nations, One Family*.

Our opening ceremonies will showcase the talents of dozens of Nipissing members, while also highlighting the inspiring story of the *Nipissing Warriors* (1965-1975), which serves to exemplify the four pillars of the LNHL: *Citizenship, Education, Sportsmanship and Respect*.

Miigwech to our LNHL 2020 Sponsors

Hosting an event of this scale simply wouldn't be possible without the generous support of our corporate and community partners. Chi-Miigwech for contributing to the LNHL's efforts to promote unity through sport for Indigenous youth from across Ontario.

DIAMOND SPONSORS

PLATINUM SPONSORS

GOLD SPONSORS

SILVER SPONSORS

BRONZE SPONSORS

Host Committee Meet our Team!

Freda Martel
Tournament Coordinator
fredam@nfn.ca

Tammy Saulis
Finance Coordinator
tammys@nfn.ca

Gen Couchie
Sponsorship Coordinator
genc@nfn.ca

Sarah Fisher
Vendor Coordinator
sarahf@nbisiing.com

Patrick Stevens
Design Coordinator
patrick@nfn.ca

Melvin McLeod
Committee Member

Meriza George
Committee Member

Rick Stevens
Council Member

Christina Beaucage
Committee Member

Samantha Goulais
Committee Member

See pages 17 & 18 for the
Opening Ceremonies &
Special Events agendas.

Watch our [website](#) and
[@NipissingFN](#) Facebook
page for LNHL Updates.



Highlights from the Chief's Calendar

March 9-10:
IPAC Conference
(Toronto, ON)

March 15:
Little NHL Opening
Ceremonies
(Mississauga, ON)

March 16-19:
Little NHL Tournament
(Mississauga, ON)



**Good Luck to our
Nipissing Warriors!**

Chief McLeod's Video Updates

Watch the latest video
in the series on our
YouTube channel:
November 2019

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



Council Connection

Keeping Our Community Informed about Key Issues

Anishinabek Nation Governance Agreement Vote Results *Voting period ends on Saturday, February 29*

Once the voting period closes on February 29 at 8:00pm, ballots will be tabulated by our First Nation Ratification Officer. The *unofficial* results will be immediately posted at the Administration office, as well as on our website (www.nfn.ca) and official Facebook page ([Nipissing First Nation Administration](https://www.facebook.com/NipissingFirstNationAdministration)) as soon as possible after polls close.

The threshold required to ratify the ANGA is 25% + 1 of eligible voters must vote "Yes", and there must be more "Yes" votes than "No" votes. With 2,364 eligible voters, Nipissing First Nation will need 591 + 1 = 592 "Yes" votes, and fewer "No" votes to meet the threshold.

If ratified, the ANGA will mean more band-support funding in four areas: Citizenship, Elections, Governance & Operations and Culture & Language. Nipissing has already been doing work in these areas, but we have financed it ourselves using own source revenue and enhancement funds. Under the ANGA, financial resources will flow to us to support these areas, allowing us to re-allocate our OSR and enhancement funds to other priorities.

As Chief McLeod has stated, "This is not about empowering government to have more control over us; this is about empowering ourselves to make decisions on our own... Staying under the *Indian Act* is not being sovereign. This is a step towards sovereignty."

Update on Cannabis Operations on Nipissing First Nation *Production facility breaks ground and first retail store set to open*

Chief and Council congratulate *Golden Harvest Organics Inc.* for breaking ground on their new cannabis cultivation project that will bring over 80 jobs to our community. The facility will be regulated by Health Canada and licensed under NFN's Cannabis Law.

Congratulations also to *Kana Leaf* on the opening of NFN's first legal cannabis retail store, which will be regulated by the Alcohol and Gaming Commission of Ontario (AGCO) and licensed under NFN's Cannabis Law.

Gimaa Zoongawbwi Chief Scott McLeod
February 6 at 9:47 AM

Day 2 of the Chiefs of Ontario SCA. NDP Leader Jagmeet Singh responds to a question from NFN member Robin McLeod Shabogesic as to what he is going to do to pressure the Liberal Government to stop the ongoing "wilful and reckless" discrimination of Indigenous children in care and finally implement the Spirit Bear Plan to end all inequalities in public services for First Nations children & families. Nipissing First Nation Administration



Gimaa Zoongawbwi Chief Scott McLeod
February 20 at 11:11 AM

In Toronto this week for a series of meetings. One in particular with provincial and federal ministries to lay the groundwork for an agreement that would see an equitable model for FN's retail cannabis stores that goes beyond the provincial model and maintains our jurisdiction and authority. Nipissing First Nation Administration





36 Semo Road, Garden Village ON P2B 3K2
(705) 753-2050 | www.nfn.ca

Statement of Support for the Wet'suwet'en from Nipissing First Nation's Chief & Council

GARDEN VILLAGE, ON (February 27, 2020) - Nipissing First Nation stands in solidarity with the people of Wet'suwet'en who are protecting their traditional territory from infringement. We must show support not only for the rights of the Wet'suwet'en people, but also to affirm our own rights to govern and protect our lands.

With the barrage of information coming through social media, and the way mainstream media has been (mis)representing Indigenous nations and voices in the process, it can be difficult to distinguish facts from rhetoric and truth from hidden agendas.

The fact is that the Wet'suwet'en, as represented by their hereditary leaders, never gave up rights nor title to their 22,000 square kilometer territory. They fought for many years to have their sovereignty recognized and affirmed by Canadian Law, and it was – by a Supreme Court of Canada ruling over 20 years ago (in 1997).

And yet here we are... watching Canada break its own "Rule of Law". Perhaps we shouldn't be surprised – Canada has yet to ratify the *United Nations Declaration on the Rights of Indigenous Peoples* (UNDRIP), which it opposed, then finally signed almost a decade after it was adopted by the General Assembly.

What happened to the doctrine of "free, prior and informed consent" about any developments on or near aboriginal title lands? Why are Indigenous people being forcefully removed from their own lands? How many Canadians understand the longstanding issues that continue to act as barriers and systematically discriminate against Indigenous people?

As the Anishinabek Nation Grand Council Chief Glen Hare stated, "these aren't just First Nation issues – these are human rights issues." Issues, he adds, that include decades-long boil water advisories and Canada's decision to challenge the Canadian Human Rights Tribunal compensation ruling in favour of First Nations children, youth and families – a case that was filed 13 years ago to address Canada's discrimination towards First Nations kids.

Many people who have taken the time to inform themselves do understand the injustices Indigenous people face, as evidenced by the support shown across the country and even globally. This support comes from a place of shared values, and a desire to protect our precious lands and waters from exploitation before it's too late.

Nipissing First Nation's leadership supports our Wet'suwet'en family's sovereign right to self-determination, including the right to govern and protect their lands. They need the time and space to move forward with a unified voice in whatever direction they choose to take. What we've seen from mainstream media and Canada's leadership is alarming and distressing. It's an example of reconciliation at its worst, and colonization at its best.

This is not just about pipelines. Indigenous people deserve better.

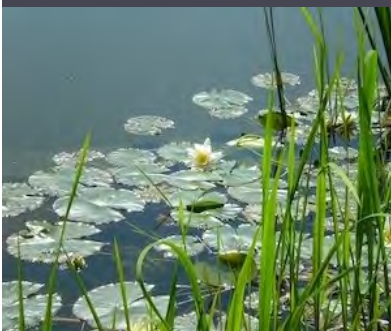
Quick Facts

Did you know?

A 4-lb. female walleye will lay 100,000 eggs, which means that the walleye population can replenish itself if we protect adult walleye.

Spawning habitat on Lake Nipissing is ideal for walleye, meaning if weather conditions are suitable and there are enough spawning fish, walleye will be able to produce large year classes of fish for the future.

A gill-net surrounding a spawning shoal in the spring kills 100+ spawning fish and causes a loss of 2.5 million eggs (on average); this prevents thousands of walleye from reaching their prime-spawning habitat, which can cause a loss of at least 25 million more eggs.



Spring Moratorium Begins April 1st

Protect the spawning fish, protect the future

The spring moratorium is the most important management tool we have to protect the spawning fish and ensure the long-term health and sustainability of Lake Nipissing and our fishery. If we protect the spawning fish, we protect the lake... and our future. This starts with a successful spring moratorium.

The annual gillnet moratorium is in effect from April 1st - May 23rd (dates subject to amendment by Council). The temporary moratorium on the cultural practice of spear fishing remains in effect to boost the success rate of the spawn.

From the NFN commercial fishers who depend on a plentiful supply of walleye to the occasional angler who is happy to bring home a small catch for the day, **we all need to do our part** to ensure that we can enjoy the resource that Lake Nipissing provides for us. **Miigwech to all community members who follow the NFN Fisheries Law.**

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 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.



NBMCA @theNBMCA · 1h

Congratulations to @NipissingU student recipients of NBMCA awards for environmental leadership yesterday! Kyesha Fong (left - Jack Smylie Memorial Bursary) and Katherine Tripp (right - Ken Adams Memorial Award) with Sue Buckle, NBMCA.





NFN Jobs & Training

Employment Opportunities

Watch our Website & Facebook 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, or call the Administration office at 705-753-2050 to request a copy by mail, fax or email.

JOIN
OUR TEAM

Public Works Manager - 1st Round

Permanent Full-Time with Benefits - Apply by Friday, March 20th at 4:30 p.m.

Junior Finance Officer - 2nd Round

Permanent Full-Time with Benefits - Apply by Friday, March 6th at 4:30 p.m.

Ojibway Women's Lodge - Relief Workers

Relief Work. Open until positions filled. Send applications to emilyc@nfn.ca

North Bay Indigenous Hub - Early Childhood Educators

Full-Time, Part-Time and Casual employment. Open until positions filled.

Please submit a cover letter and resume before the deadline. Applications received after the deadline will not be considered.

More Information about NFN Job Posting Rounds

Per Nipissing First Nation's hiring procedures, the following steps are used for screening and recruitment processes.

- 1st round postings are open to all registered Nipissing First Nation members.
- 2nd round postings are open to spouses of Nipissing First Nation members and registered members of other First Nations.
- 3rd round postings are open to all applicants (status and non-status)



SCHOOL BUS DRIVER/TRAINEE WANTED

You must be at least 21 years of age, have a clean driving record, and enjoy working with children. If successful, you must be able to provide a current, clean criminal reference with vulnerable sector check. You must also provide, or be willing to obtain, a current medical check and valid First Aid/CPR.

Preference will be given to those with a valid "B" license. If successful, we will provide you with the necessary training and licensing if required.

To apply or to get more information, please contact **Charlene Bellefeuille**:

70 Semo Road, Garden Village, ON P2B 3K2
Email: charleneb@nfn.ca | Phone: 705-753-6995

Nipissing First Nation members are encouraged to apply to all rounds of employment postings.

As per Section 24(1)(a) of the Ontario Human Rights Code, Nipissing First Nation gives preference to First Nation applicants for any employment opportunities.



ANISHINABEK EDUCATION SYSTEM

MEMBERSHIP UPDATE
FEBRUARY 2020

KEB ORGANIZATIONAL REVIEW

In October 2019, the Kinooaadziwin Education Body (KEB) engaged a consulting firm to conduct an organizational review of the KEB and a governance review of the Anishinabek Education System (AES). The review will identify opportunities to enhance operational efficiencies and maximize on existing structures. Since November, MNP has conducted one-on-one interviews with dozens of AES stakeholders, including KEB Directors and employees, REC Representatives, and leadership. In November and December, a feedback survey was distributed to all Participating First Nations, and more than 100 responses were received by MNP.

In January and February, the KEB Board of Directors continued to work closely with MNP, to ensure the ongoing work of the review. MNP will next meet with the Board of Directors at the end of February, for an engagement session in Phase Two of the review process. This phase of work will enable MNP to develop a preliminary report with recommendations for effective change-management. The final report from MNP is expected to be complete in mid-March 2020.

NIIGAN GDIZHAAMI FORUM 2020

The 5th annual Niigaan Gdizhaami Forum is taking place next week, on February 25 & 26, 2020 in Toronto. More than 150 participants have registered to attend the two-day conference, which will offer a streamlined agenda and for Participating First Nations and Ontario District School Boards.

This year's forum includes networking sessions for the Regional Education Councils and a keynote address by Dr. Sean Lessard. Rotating workshops on day two will focus on the topics of student transitions, special education and cultural competency training.

Dwayne Pamajewon will lead participants through the two-day agenda, as the master of ceremonies, and youth will be engaged in dedicated youth workshops and activities, while participating in joint workshops as well. A full report on the forum will be available in Spring 2020.

ANISHINABEK NATION GOVERNANCE AGREEMENT - RATIFICATION VOTE

The KEB continues to work collaboratively with the governance team at the Union of Ontario Indians. KEB representatives attended the Anishinabek Nation's Governance Summit in January, and hosted a rotating session that focused on collecting feedback related to the relationship of the two agreements and the process for amalgamating the fiscal agreements. This input will be used to guide the KEB in its collaborative work with the Anishinabek Nation throughout the transition period. Twelve AES First Nations are running ratification votes for the Governance Agreement in February, and several First Nations are expected to proceed with ratification votes in late Spring/early Summer 2020.

MASTER EDUCATION AGREEMENT

The Master Education Agreement with Ontario is nearing its third year of implementation. The agreement includes a Multi-Year Action Plan, which supports a total of 17 collaborative projects and initiatives. Several of these initiatives are reaching notable milestones.

Niigaan Gdizhaami Fund: 23 projects funded in 2019-2020 are well underway, and all projects will be completed by the end of July 2020. The third year of the grant will be released at the end February and will be open for proposal submissions until mid-May.

Language and Culture Reference Group: A Language and Culture Reference Group was recently implemented by the KEB. A call for participation was issued to the Participating First Nations in January and one representative from each REC has been confirmed. The group met in mid-February and is currently providing input on a cultural competency program.

Communications: A [quarterly communique](#) has been jointly developed by the KEB and the Ministry of Education, for distribution among the Participating First Nations and Ontario District School Boards. The communication provides updates and information related to the Master Education Agreement.

Education Department Reminders

Student Incentives

We will distribute all incentives and awards in March:

March 3, 2020 from 2 p.m. – 6 p.m. at Nbisiing Secondary School in Duchesnay

March 4, 2020 from 10 a.m. – 6 p.m. at the Education Office in Garden Village

If not picked up, incentives and awards will be mailed out on March 10, 2020.

To evaluate if your child is eligible for incentives and awards, we require up to date information. Make sure you have submitted a signed *Release of Information* form so that we may receive copies of report cards from their school.

Contact us if you've had any change in school, address, phone number, and/or email to have incentives mailed or to update Authorization for Release of Information forms.

Student incentives are available to registered Nipissing First Nation members who live on-reserve.

- Elementary incentives are distributed in March for the first report card*
- Secondary incentives are distributed in March for semester one

* *Note: Labour actions affecting elementary school students may delay report card submissions and distribution of incentives.*

Other reminders:

- If you have a student starting in JK, register at the Education Department.
- If you are a First Nation member living on NFN, you need to register with the education office and update your contact information.
- The Education Department can assist Grade 8 students getting ready to transition to high school.

For more information about Student Incentives, contact: **Tracy Hanzlik, Elementary/Secondary Support Worker** at the Education Office: (705) 753-6995 ext. 3014 or tracyh@nfn.ca.

AES Consent Mail Outs

Once again, families with school-aged children will receive packages in the mail with information and consent forms regarding the *Data and Information Sharing Agreement* between the Ministry of Education, the Kinnoomaadziwin Education Body and NFN. These forms will only be sent to those who we have not received consent forms from already. These forms give NFN permission to share student data and information with the KEB and the Ministry of Education. This information is used to help support student success and well-being, inform project planning and service delivery, and develop reports and statistics.

Those who submit their consent forms by April 30, 2020 have a chance to win a Fitbit! Winner will be notified on May 1st!

For support and information regarding the collection of consent forms, please contact Hillary McLeod, Education Officer at the Education Department: (705) 753-6995 ext. 1282 or hillarym@nfn.ca.

Post-Secondary Information Sessions

Come by and pick up a NFN post-secondary application package and get some answers about your future!

- **April 15, 2020 from 5:00 – 6:00 p.m.** at the Council Chambers in Garden Village
- **April 16, 2020 from 5:00 – 6:00 p.m.** at Nbisiing Secondary School in Duchesnay
- **April 22, 2020 from 12:10 – 12:40 p.m.** at Nbisiing Secondary School in Duchesnay

Post-Secondary application deadline is **May 15, 2020**. For more information, please contact Geraldeana Goulais, Post-Secondary Support Worker at the Education Department: (705) 753-6995 ext. 1321 or gerryg@nfn.ca.



N I P I S S 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.

Guest Speakers

Nbisiing students were lucky to hear from multiple guest speakers this month. Summer Fisher spoke to students about her experience with World Canada Youth and the internship she completed in Peru. Students were able to learn about Summer’s experience, the culture and traditional foods in Peru, and how they could get involved with World Canada Youth in the future if they are interested.



Students also got to hear from Ian Campeau this month who told stories of Nipissing history and Jesuit reports that describe Feast of the Dead ceremonies. Ian gave a language teaching, and expressed to students the importance of First Nations Governance and the impacts of colonization on traditions. Ian also took time to speak individually with students who are considering careers in the music industry.

Community Teach In at Canadore



Nbisiing students were invited to the Community Teach In event in preparation for the Canadore Pow Wow. Natalie and her colleagues gave traditional medicine teachings, and we all had a chance to sample delicious teas with warm bannock.

Students were also able to make their own jar of medicines. In the afternoon, we received an Anishinaabemowin presentation from an Elder from Wiikwemikoong Unceded Territory. We wrapped up the afternoon hearing from several dancers on

how dancing and drumming have been life changing influences.

Co-op and Dual Credits



(On the left) Jaden is pictured starting his cooperative education placement at the Oak East Eatery. He’s also enrolled in the Hospitality Dual Credit at Canadore College for this semester.

(On the right) Cole and McKinnley are showing off their Canadore College Dual Credit hoodies. They were both very pleased to have participated in the post-secondary transition program last semester. Cole in Metal Fabrication, and McKinnley in Early Childhood Education.



MARCH BREAK - AGES 12+

BILLIARDS

Wednesday, March 18th



AT HIGHBALL BILLARDS - NORTH BAY

Bus departs Garden Village

● **11:00AM**

Space is Limited ~ Call Richard McLeod to Register 705-753-3312

● **FOOD** ● **POOL** ● **FUN!**

PARENTS MAY ATTEND WITH CHILDREN 8 - 12 YEARS OF AGE

Child, Youth & Family Programs



Outdoor Activities - March 2nd @ Band Office Playground. (6-8pm)

A chance for youth to get outside and play fun activities. (Ages 6-12)

Contact Katie @705-753-2050 Ext. 1323 or katiel@nfn.ca for more information.



Baby Group—March 3rd & 10th @ NFN Library. (9am-12pm)

A chance for mothers to bond with their babies, snacks will be provided! (Ages 0-5)

Contact Katie @705-753-2050 Ext. 1323 or katiel@nfn.ca for more information.



Skating Night– March 4th @ NFN Outdoor Rink. (6-8pm)

A chance for youth to spend time skating (Ages 13-24)

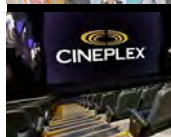
Contact Jayde @705-753-2050 Ext.1274 or jaydes@nfn.ca for more information.



Craft Night– March 4th @ NFN Library. (6-8pm)

A chance for youth to get creative with their peers. (Ages 6-12)

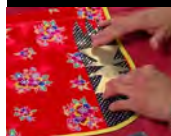
Contact Katie @705-753-2050 Ext. 1323 or katiel@nfn.ca for more information.



Galaxy Cinemas Night– March 6th @ North Bay Movie Theatre / Meet up at band office. (5-11:30pm)

A chance for youth to go see a new movie in theatres. (Ages 13-24)

Contact Jayde @705-753-2050 Ext.1274 or jaydes@nfn.ca to register!



Regalia Making— March 7th & 8th @ Band Office Training room. (9am–4pm)

A chance for youth to make or gain knowledge on making regalia (Ages 13-24)

Contact Jayde @705-753-2050 Ext.1274 or jaydes@nfn.ca to register/ transportation.



Urban Air—March 8th @ Urban Air Sudbury. Lunch, Transportation and admission fees are covered.

(Limited to 15 participants– anyone under 12 must be accompanied by an adult)

Contact Katie @705-753-2050 Ext. 1323 or katiel@nfn.ca to register before March 5th @4pm.



Teen Cooking– March 11th @ Gym Kitchen. (5pm– 9pm)

A chance for youth to learn how to cook different meals. (Ages 13-24)

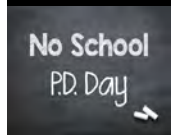
Registration : Contact Jayde @705-753-2050 Ext.1274 or jaydes@nfn.ca



Movie Night– March 11th @ NFN Library. (6-8pm)

A chance for youth to watch a movie and eat snacks with their peers. (Ages 6-12)

Contact Katie @705-753-2050 Ext. 1323 or katiel@nfn.ca for more information.



PD DAY ACTIVITIES—March 13th @ NFN Gymnasium and outdoors. (9am-3pm)

Please bring outdoor gear, snacks and lunch will be provided. (Age: School aged children)

Contact Katie @705-753-2050 Ext. 1323 or katiel@nfn.ca for more information.



Bowling—March 17th @ Sturgeon Falls Bowling Alley/ Meet at Band Office. (10am-2pm)

A chance for family and friends to bowl. (All Ages/ Families)

Contact Jayde @705-753-2050 Ext.1274 or jaydes@nfn.ca to register / get transportation



Game Night– March 25th @ NFN Library. (6pm-8pm)

A chance for youth to play games with each other. (Ages 13-24)

Contact Jayde @705-753-2050 Ext.1274 or jaydes@nfn.ca for more information.

Health & Wellness Programs & Updates



International Women's Day Tea & Desserts

Hosted by the Ojibway Women's Lodge

Friday, March 6th from 1pm to 3pm @ Band Office Gym

Everyone is welcome!

For more information, please contact sylviaf@nfn.ca



National Cancer Survivors Day

Celebration of Life Event for all NFN Cancer Survivors

Monday, June 8th from 6pm - 8pm @ Band Office Gym

You are invited to join us for dinner to support people who have survived cancer.

If you are a cancer survivor (either past or present), you are invited to step forward to identify yourself. As a newly identified cancer survivor, if you would like to receive a shawl or vest in 2020, please call us to register for sizes. If you don't wish to be identified, you and your family are still welcome to join us.

To register for shawls/vests and dinner/transportation, please call:

Lori-Anne McLeod at 705-753-3312 ext. 1226 or loriannm@nfn.ca

*Celebration
of
Life*



Managing Blood Sugar When You're Sick

Information taken from: **DIABETES CANADA**

When you get sick, your blood sugar levels may fluctuate and become unpredictable.

If you're sick, it's **very important** that you:

- drink plenty of water or sugar-free fluids (avoid caffeinated drinks that can lead to dehydration)
- check your blood sugar levels more often than usual (e.g. every two to four hours)
- take 15 grams of carbohydrate every hour if you are not able to follow your usual meal plan
- replace food with fluids that contain sugar if you can't eat solid food
- continue to take your insulin or other diabetes medication
- call your doctor or go to an emergency room if you vomit and/or have had diarrhea two times or more in four hours

If you have a cold or flu and want to use a cold remedy or cough syrup, ask your pharmacist to help you make a good choice. Many cold remedies and cough syrups contain sugar, so try to pick sugar-free products.

As an extra precaution, you should always check with your health-care team about guidelines for insulin adjustment or medication changes during an illness.

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





MARCH is Nutrition Month!

Check out the events happening in March...



HEALTH'S KITCHEN: INDIGENOUS FUSION

Do you like cooking or want to get more comfortable in the kitchen? Join us in this Health's Kitchen to cook up recipes involving traditional foods in non-traditional ways. Prepared recipes will be shared for dinner.

PRIZES TO WIN!

Tuesday March 24th 5:00pm - 8:30pm @ the Health Centre

Call LCHC @ 753-3312 to register. Register in advance as spaces are limited.

Eating for Our Health and the Earth



Join us for this Lunch and Learn about foods that are good for our health and that will help take care of the earth. **Prizes to win!**

Lunch Provided

Tuesday March 3rd, 2020

12:00—1:00pm @ the Health Centre

Limited seats available

Call LCHC @ 753-3312 to register by March 2nd

VISIT the Nutrition Month Booth at the Health Centre

The theme of Nutrition Month 2020 is **More than Food**. We often talk about what healthy foods to eat but it's also important to think about **HOW** you eat. Stop by the Health Centre to check out our booth and learn a few tips.

The booth will be on display from **March 2nd to March 31st**

Call Erika @ 753-3312 for more info

Answer a few questions at the booth and be entered in a draw for a prize!

\$100 No Frills Gift Card



OR

Collection of 3 cookbooks



Cultural Events



Full Moon Ceremony

Monday, March 9th @ 7pm - Ktigaaning Midwives

Please bring your skirts, feast bundles, copper cups, yellow cloth and a snack to share if you wish.

For more information, please contact:

Evelyn at 705-753-2050

or by email to evelynm@nfn.ca.



Sweat Lodge Ceremony

Friday, March 20th, 2020 @ 5pm -
341 Couchie Memorial Dr.

Please arrive early as our conductor wants to share the importance of being involved in your own healing by preparing the sweat lodge and other teachings.

Please bring your feast bundles, skirts, towel, shorts, copper cups, and pot luck for lunch afterwards.

For more info, please contact Mindy Martel at 705 753 2050 x 1260 or mindym@nfn.ca or

Our Nishnaabemwin teachers and speakers are creating resources

We had a group of our NFN Nishnaabemwin Language teachers and NFN Nbisiiing teachers work during the winter to work on creating much needed nishnaabemwin resources for their use in the schools.

This project was based on the book *Gaawin Gindaaswin Ndaawsii*, which was authored by NFN's Jenny Kay Dupuis and translated by Muriel Sawyer, Geraldine McLeod and Tory Fisher. Under the guidance of Muriel Sawyer, the teachers created lesson plans and units. Permission was gratefully given by the author.

Our speakers and some of the NSL teachers have been working on translating lesson plans from Jr K to Grade 2, using resources already created by Lakeview Public School in M'Chigeeng, with their permission of course.

Usually our NSL teachers create standalone resources as they go along in their teaching, which they will continue to do, but will now have a fair amount of lesson plans from the work we have been doing.

This work will soon be complete and was made possible by the Aboriginal Language Initiative at Canadian Heritage.



Artist: Christi Belcourt

Nbisiing Nishnaabemwin

Kidwinan & Dialogue

zaawaa	yellow
nookmi	early spring
ni aabwaa	mild, warm
gnwaa giizhgat	longer day light
ziigwang	thaw streams, trees and snow melts
ziispaaktoke	making maple sugar
zhiwaagmisgan	maple syrup



Waawaashkeshk Enaagmod - What the Deer Says

Waawaaashkesh ndizhinkaaz.

I am called Deer

Ndoo gchi gzhiikkaaptoo maajibowiyeyaan pii nooknani-waad ma'iingnag mina dawenjge ninwag .

I run very fast so the wolves and hunters cannot get me.

Nitaa maadge aazhge'aadgeyaan.

I can swim well across water.

Ndoo paa wiisin dbikak wiya ji-paamenmisig.

I like to eat at night when no one bothers me.

Chi-shpaagnagaag boong ndoo- aanmizmin miptooyaang.

We have a hard time to run in the winter the snow is deep.

Miigwech Muriel Sawyer

Ziisbaaktoke Giizis

Nso giizis egoojing gaa zhichgaasod,

Ziisbaaktoke Giizis zhinkaazo.

Mii maa pii shki maadziwin waamdawegaadeg

Minwa mshkikiin ,enji- maadziimag kina gegoo

Wii-biinag.

Ninaatig go wa bezhik ezhi-mshi-kiiwid,

Zhemnidoo gaa-miingoyang wii-biinaagwak miskwiimnaan

Pii ni-nookmig.

Aabchi-mshkawziimgat maa mshkiki dbishko

Go'naa kina enmaajigwang, jibkensan emwidoowaad.

Mii maa egniwaamdangang pii miigwechiwenmang.

Miigwech

(Maple Sugar Moon – March)

Sugar Moon is the third moon of Creation.

This is a time when new life begins to show itself

And provide the medicines from all creation for purification.

The sugar maple is one of the medicines that the creator

Has given us to balance our blood, that along with the season of spring.

It is a strong medicine, that along with the other plants, roots and herbs.

Carry the spirit of healing within. For this we acknowledge that we are forever thankful.

Thank You.





Some NFN and Local History

Shared by Larry McLeod Shabogesic

George said Penasses were the eagle people – thunderbirds. Benaasiwag.

Panguish went by here too. They were close to Shabogesics.

The Goulais family married in, initially. They came when they were forming NFN. They lived at Goulais Point. They came from the Levasse River.

The Couchie s selected Duchesnay to settle because the lumber mill at Duchesnay Creek. Where the old church is now in Duchesnay, there were 14 little lumber camp shacks. The Couchie's married into local native people. Couchie's were of mixed blood.

Stella Beaucage said old Benjamin Goulais, Jim Goulais' grandfather came here, having moved from the Goulais Mission in Sault Ste Marie. Shabogesic took them in.

Shabogesic moved right across from the Sturgeon Falls Museum. There were remnants of shacks there near the cranberry marsh. Old Fred McLeod showed this area to his daughter Leda at one time.

Stella Beaucage said there was an argument at Goulais Point and the Chevrier s moved to Mud Bay encampment. Everyone else moved back here. There was controversy between the Chevriers and Goulais. The Beaucages just always stayed here.

Indian Affairs caused most of these conflicts. In 1923 was the first Indian Affairs election. Traditional Chiefs were not spoken to. There was usually a head man from each family/clan. The first election was a Commanda. There was no more head men talking to the families, they were pushed aside. The Indian affairs elections caused havoc after that. The Bear Feast was made to try to correct that.

Our only refuge after that became the church.

Shabogesic was one of the 1st people in the 1800's that would take the time to meet with people.

Old Shabogesic moved to where Ephraim Commanda now lives. Peter McLeod bought the bay where Fred McLeod was.

Old Mike Penasse raised Fred McLeod Sr. He was like a surrogate father and took care of him.

The Antoine's used to be here also. Then they moved to Mattawa.

After contact, the zhaaganaash found very simple people, they thought. Simple living, not simple as like in the English dictionary. Our lives were full. Our spirituality, our medicines, our governance. We had our territories picked for fishing, hunting. There was always a plan. When someone died, we had our own way of doing things until it became disallowed.

The orientation of the reserve church faced the same as the ceremonial lodges. Even how we sat in those churches.

Bear Feast

Larry heard a story from old George Couchie: The bear feast happened before the 1st world war. He remembered the people. Old Shabogesic called the feast to see what way they would go next. There was a lot of upheaval in 1915. The Rebellion of 1885 had just happened. They spoke about the man who came running into the community to talk about pushing the government back.

He spoke of how they got the bear, how they cooked it and how they had a big meeting and spoke of how they would survive, what they were going to do. The Bear Feast was to get our power back, together and to get all relatives in. If you didn't attend the meeting, you would be the poorest man for the next winter's survival. You wouldn't be invited to the next meeting

Bear Feast: Larry saw one in the 1990's. He went north to go and see it. They put the bear and roasted it whole. They gave meat and a bowl of grease and a type of bread. The bear was just cut up at will. As you ate, you would ask for things, like a ceremony. When Larry witnessed it up north, it was exactly as George described it. George never saw that since he was young.

George said they even ate the bone marrow. It was all given out. This was done in the fall.



SUNDAY, MARCH 15, 2020

OPENING CEREMONIES

49TH ANNUAL LITTLE NATIVE HOCKEY LEAGUE TOURNAMENT
Paramount Fine Foods Centre - 5500 Rose Cherry Place, Mississauga

**Bi-Biingeyok (Welcome) to all
participants from all nations.**

Doors Open @ 4pm, Show Begins @ 5pm

Welcome & Opening Miigwechewin

Nipissing Warriors Drum Group: *Honour Song & Gaawin wiika*

Performance by Keith McLeod: "Oh Canada" (original song)

Kick off to LNHL 2020 ... All Nations - One Family

Main Event: NHL Alumni vs. Team LNHL 2020

Use your rally towels to cheer on your favourite team!

Closing Remarks & Passing of Eagle Staff

Final Performance: Ian Campeau - Electric Pow Wow

Join us in the Concourse Level after the opening ceremonies
for photos and autographs with the NHL Alumni team.

Special Events Schedule

MARCH 16 - 19, 2020

INSPIRATION | FUN | INTERACTION | FAMILY

Monday, March 16 from 4pm - 6pm

Nipissing Ambassadors Night @ Iceland Multi-Purpose Room

Special Guests: Ian Campeau (DJ NDN) & Quentin Commanda (Que-Rock)

Sponsored by Hydro One - Food & Refreshments provided

Tuesday, March 17 from 1pm - 2pm

3 Nolans Equipment Exchange @ Iceland Multi-Purpose Room

Tuesday, March 17 from 2pm - 3pm

The Olympic Journey @ Iceland Multi-Purpose Room

Special Guests: Cheryl Pounder and Becky Kellar (Olympic Gold Medalists)

Sponsored by Anishinabek Nation Health Secretariat in partnership with the Anishinabek Educational Institute. Jersey Draw for female LNHL'ers!

Tuesday, March 17 from 2pm - 4pm

Smudge Pan Autographs @ Iceland Upper Level

Sponsored by Original Traders Energy

Tuesday, March 17 from 7pm - 9pm

Smudge Pan Show @ Iceland Multi-Purpose Room

Conway Kootenay - Comedian, MC, Actor & Stunt Man

Sponsored by Original Traders Energy - Limited Seating



Wednesday, March 18 from 2pm - 4pm

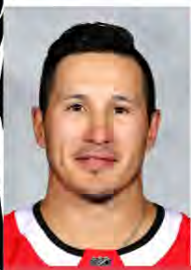
Jordin Tootoo Autographs & Photos @ Iceland Upper Level

Sponsored by Original Traders Energy

Wednesday, March 18 from 7pm - 9pm

Jordin Tootoo Keynote @ Paramount Sports Hall of Fame

Sponsored by Original Traders Energy - Limited Seating



Other Activities during the Week

Hydro One Hockey Shoot Out @ Iceland North Boardroom

Debajehmujig Theatre Group @ Paramount Centre Lounge

Elders' Lounges/Viewing Areas @ Paramount & Iceland Arenas

Free Legal Outreach Clinic @ Iceland Multi-Purpose Room

Monday from 9am - 4pm, Tuesday & Wednesday from 9am - 1pm

Pamaj Mobile Gaming Trailer @ Paramount Centre Entrance Wednesday from 10am - 4pm

Ron McLean Keynote Talk @ Iceland Multi-Purpose Room Wednesday (time TBA)



IT TAKES A *Community*
TO KEEP OUR KIDS SAFE



PLEASE STAY VIGILANT

Report any suspicious person(s) or activities to a LNHL 2020 Volunteer or Arena Captain. Call 9-1-1 in an emergency.



SAFETY REMINDERS FOR PARENTS & GUARDIANS



Tips for Young Children:

- Make children memorize a parent's phone number
- Set boundaries about places where they may go
- Explain that they should never go with strangers
- Teach children to observe their surroundings
- Reinforce the importance of the "buddy system"
- Teach your child it's ok to say "no" if they feel threatened
- Explain their safety whistle and tell them to blow it repeatedly if they feel they are in danger

Tips for Youth & Teens:

- Set limits for internet and social media usage
- Stay current with the apps and sites they are using
- Talk about inappropriate requests from strangers
- Stress that they should never share personal information (address, school, phone #) online or with a person they don't know or have just met

Property for Sale in Prime Area

30 Goulais Crescent, Duchesnay Village

Available to Nipissing First Nation members only

Big lot with all services. Location, Location, Location!

\$80,000 - open to offers

Serious inquiries only. Please contact:

Dot at 705-493-5577 (call or text) or email dotbeaucagekennedy@gmail.com



Working
**SMOKE ALARMS
SAVE LIVES**

Change your
CLOCKS...



Change your
BATTERIES!



Thursday, March 26th, 2020

11AM - 1PM

NFN Complex Gym

4th Thursday of each month

Call the Food Bank at 705-753-6972

to book transportation by March 19th, 2020



**Health Food & Organic Grocery Store
Alternative & Holistic Health Service**



120 Commanda Crescent
Duchesnay - Nipissing First Nation
705-474-1258



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705-753-9333 | www.bowandarrowcanada.com
Owner/Operator: Lana Stevens



Bow & Arrow



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705-494-6887

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North Bay, ON P1B 8G5

couchie.george@gmail.com
www.nativeawarenessstraining.com

Challenger Mobile Wash Inc.
Rob Couchie - 705.477.5347



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Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.
Artwork & Jewelry by First Nations Artists - Pendleton Products - Yellow Hominy Corn/Wild Rice



March 2020

Ziisbaaktoke Giizis (Sugar Moon)

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 Outdoor Activities 6-8pm @ Band Office Playground Nutrition Month Booth @ LCHC Open until March 31 st – Draw Prizes!	3 Baby Group 9am-12pm @ Library Lunch & Learn 12-1pm @ LCHC Council Meeting 7:30pm in Duchesnay	4 FoodBank OPEN 9-4 Skating Night 6pm-8pm @ ODR in GV (Ages 13-24) Craft Night 6-8pm @ Library (Ages 6-12)	5	6 Int'l Women's Day Day Tea 1-3pm @ Band Office Gym Galaxy Cinemas Trip 5-11:30pm @ Cineplex North Bay (Ages 13-24)	7 Regalia Making 9am-4pm @ Band Office Boardroom (Ages 13-24)
8 Urban Air Sudbury (Call to Register) Regalia Making 9am-4pm @ Band Office Boardroom (Ages 13-24)	9 Moon Ceremony 7pm @ Ktigaaning Midwives in Duchesnay	10 Baby Group 9am-12pm @ Library	11 Teen Cooking 5-9pm @ GV Gym (Ages 13-24) Kids Movie Night 6-8pm @ Library (Ages 6-12)	12	13 PD Day Activities 9am-3pm @ NFN Gym/Outdoors (School aged kids)	14
15 LNHL 2020 ALL NATIONS ONE FAMILY Opening Ceremonies Begin @ 5pm Paramount Fine Foods Centre in Mississauga	16 Craft Night 6-8pm @ Library (Ages 6-12) LNHL 2020 ALL NATIONS ONE FAMILY	17 Bowling 10am-2pm @ Chatelanes in Sturgeon Falls (All ages) LNHL 2020 ALL NATIONS ONE FAMILY	18 FoodBank OPEN 9-4 Billiards Pool Trip 11am @ High Ball Billiards (Ages 12+) Call to Register LNHL 2020 ALL NATIONS ONE FAMILY	19 LNHL 2020 ALL NATIONS ONE FAMILY	20 Sweat Lodge Ceremony 5pm @ 341 Couchie Memorial Drive	21
22	23	24 Health's Kitchen 5-8:30pm @ LCHC Council Meeting 7:30pm in GV	25 Game Night 6-8pm @ Library (Ages 13-24)	26 Bi Mino Wiisin (Soup Kitchen) 11am – 1pm @ NFN Complex Gym	27	28
29	30	31	Follow our NFN Events Facebook page to stay up to date!			



EVENTS

Contact Us

36 Semo Road
Garden Village ON
P2B 3K2

TEL: (705) 753-2050
FAX: (705) 753-0207
WEB: www.nfn.ca



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