



Nmebin Giizis
Sucker Moon



April 2020

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

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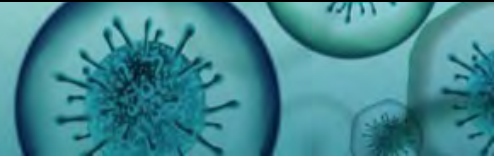
All Offices are closed until April 20th

Council Meetings

Weekly via online conferencing during COVID-19 Pandemic.

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.

CORONAVIRUS
COVID-19



Our Response & Essential Services

Effective March 20th, Nipissing First Nation has closed all facilities and suspended all programs and events until April 20th to protect the health and well-being of community members, staff, students and visitors during the COVID-19 pandemic. We will continue to monitor the situation as it develops and keep you informed.

Miigwech for your patience and diligence during these extremely exceptional and unprecedented circumstances. Please pay close attention to public health information and stay safe and healthy. We all play an important role to lessen the spread of COVID-19.

Council meets weekly and our Emergency Control Group (ECG) meets twice weekly via online conferencing to manage our response and coordinate essential services (with some modifications). We will adapt our plans as needed and provide accurate and timely updates to the community. We are implementing measures to meet the needs of the community, and to maintain essential services during our temporary office closure.

Health Services

- **Community Health Nurse**
 - ◇ Carole Lafantaisie: 705-840-8830 (cell)
- **Right Path Essential Client Services** (phone-in appointments)
- **Essential Client Transportation**
 - ◇ **Home and Community Care:**
Driver – Allen Penasse, HCC Cell # (705) 499-5921
 - ◇ **Medical Transportation:**
Driver – Eleanor McLeod, MT Cell # (705) 477-5143
Only one household (same address) is permitted in vehicle per trip.
 - ◇ **Community Transportation Services**
Driver – Jeff Stewart, Work Cell # (705) 840-8850
Services available *Tuesdays, Wednesdays and Thursdays* and are limited to one trip per week per household (same address), and limited to one (1) grocery store, one (1) pharmacy and one (1) bank per trip.

NOTE: Medical transportation will transport anyone with symptoms such as cough or fever with a surgical mask. HCC and Community Transportation Services have to refuse anyone with symptoms and report to their supervisor as these are not medical trips.

Please visit our [website](http://nfn.ca) for more details about transportation services & safety measures.

Visit nfn.ca for information & resources during the COVID-19 pandemic

Social Services

- **Ojibway Women's Lodge**
705-472-3321 (emergency), 705-472-0233 (crisis support) or 705-472-7828 (inquiries)
OFRC@nfn.ca | www.ojibwaywomenslodge.ca
- **NFN Food Bank** (open Wednesday, April 1st & 15th from 9am – 4pm)
Rebecca Commanda, Food Bank Coordinator
705-753-6972 (leave a message) | beckyc@nfn.ca
- **Ontario Works**
Ginger Penasse, Ontario Works Supervisor
705-753-6999 ext. 1324 (leave a message) | ginger@nfn.ca
- **Child Welfare (Emergency)**
Wendy Lariviere, Native Child Welfare Supervisor
705-753-6999 ext. 1322 (leave a message) | wendyl@nfn.ca

Housing

- Seniors' Apartments Cleaning and Maintenance will continue during the closure
- Rental Housing **emergency** maintenance/repairs, call or text: **705-477-1586**

Education

- As of March 31st, the Premier of Ontario has stated that schools will remain closed until May 4, 2020 at the earliest. We will provide updates as they are received via our website and social media pages.
- Links to each school board's online resources are also available on our [website](#).

Infrastructure & Public Works

- Garbage & Recycling Collection: *proceeding as scheduled*
- Landfill Operations: *modified hours*
 - ◇ Open Sunday, April 5; Monday, April 6 and Tuesday, April 7 from 9 a.m. to 5 p.m. (Closed Saturday, April 4). Further schedules will be posted to our website.
- Building Maintenance & Disinfection
- Road maintenance (as required)
- Water & Wastewater Treatment

Public Health Information

Please refer to credible sources of information for accurate updates. Both the North Bay Parry Sound District Health Unit and Ontario Ministry of Health websites are updated twice daily with the current status of COVID-19 cases in our district and in the province:

- [North Bay Parry Sound District Health Unit](#) (updated at 10:30 a.m. and 5:30 p.m.)
- [Cases in Ontario](#) (updated at 10:30am and 5:30pm)

Please contact health authorities for more information or for medical advice:

- Telehealth Ontario for medical advice at **1-866-797-0000**
- North Bay Parry Sound District Health Unit at **1-800-563-2808 ext. 5229**
- Your primary health care provider (i.e. Family Doctor)

NFN's ECG (Emergency Control Group)

Members include:

Chief Scott McLeod
705-498-7599 (cell)

Dwayne Nashkawa,
Chief Executive Officer
705-498-4268 (cell)

Kimberly Lalonde,
Director of Health Services

Carole Lafantaisie,
Community Health Nurse

Melvin McLeod,
Emergency Services
Manager

Freda Martel, Director of
Administration

Tammy Saulis, Chief
Financial Officer

Patrick Stevens, Director of
Community Infrastructure

Nancy Allaire, Director
of Education

Debbie McLeod, Social
Services Manager

Geneviève Couchie,
Communications Officer

Other Participants:

Jennifer Lalonde,
Human Resources Manager

Carole Couillard, Nbisiing
Secondary School Principal

Brian Stevens,
Maintenance Supervisor

Wendy Lariviere, Native
Child Welfare Supervisor

Michael Harney, Economic
Development Manager

Cameron Welch, Director of
Lands & Natural Resources

Glenna Beaucage, Culture
& Heritage Manager

Public Health Information

- **North Bay Parry Sound District Health Unit** (updated twice daily at 10:30 a.m. and 5:30 p.m.)
<https://www.myhealthunit.ca/>
- **Cases in Ontario** (updated twice daily at 10:30am and 5:30pm)
<https://covid-19.ontario.ca/>

Contact health authorities for more information or for medical advice:

- Telehealth Ontario for medical advice at **1-866-797-0000**
- North Bay Parry Sound District Health Unit at **1-800-563-2808 ext. 5229**
- Your primary health care provider (i.e. Family Doctor)

Think you have COVID-19 symptoms?

Do not visit an assessment centre unless you have been referred by a health care professional.

Do not call 911 unless it is an emergency.

Call Telehealth Ontario: **1-866-797-0000 OR**

Use this self-assessment tool to help determine how to seek further care:
<https://covid-19.ontario.ca/self-assessment/>

2019 Novel Coronavirus (COVID-19) What you need to know to help you and your family stay healthy



Wash your hands with soap and water thoroughly and often.

Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.



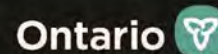
Keep surfaces clean and disinfected.

Stay home when you are sick.

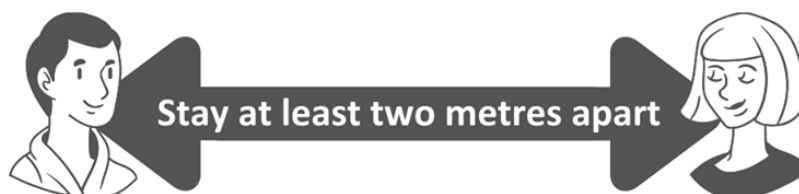


If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information, visit **Ontario.ca/coronavirus**



Tips for Physical Distancing



Stay at least two metres apart

Avoid crowded places

Stay at home as much as possible

Order essential products online if possible

For more information on physical distancing:
North Bay Parry Sound District Health Unit

www.myhealthunit.ca/physicaldistancing/



LNHL Tournament Cancelled

As everyone knows by now, our Host Committee and the Little Native Hockey League (LNHL) Executive Committee were faced with a critical and unprecedented decision to cancel this year’s LNHL tournament due to rapidly changing circumstances around the COVID-19 pandemic. The situation changed so quickly the week before the tournament, and indeed, continues to evolve daily.

As of Monday, March 9th, all parties were preparing to proceed with the tournament while working with public health and city officials to implement increased safety measures. But, by Thursday, March 13th, it seemed the world had changed overnight and we had no reason to believe that things would get better in the coming days or weeks. The decision to cancel the tournament was regrettable, but unavoidable in order to protect the health and safety of all LNHL participants, their families, our staff, volunteers, partners and friends. Chief McLeod shared this message following the news of the cancellation:

I am so proud of our LNHL Organizing Committee. After the deflating blow resulting from yesterday's announcement to cancel the tournament the committee held a meeting and without hesitation unanimously accepted an offer from the LNHL Executive to host the 2021 LNHL tournament! G'chi Miigwech to the LNHL Executive, to all participating First Nations who have been so supportive throughout this ordeal, to all the corporate and private donors and most of all, miigwech to my community NFN and our LNHL Organizing Committee!! We can all expect a rejuvenated, high spirited event for our kids at the 2021 LNHL!!! Miigwech

Protecting our Community Infrastructure

While this year’s LNHL tournament and plans for countless other events across the country have gone down the drain due to the COVID-19 pandemic, please remember that there are some things you should *never* flush down the toilet, including paper towels, tissues and wipes (even if they say flushable).

DON'T FLUSH THAT! ❌

These products are made of strong fibres that don't break down and can jam motors and/or clog screens at wastewater plants, whereas toilet paper fibres break down quickly and easily flow through sewage systems. Please help protect our sewage system by flushing only toilet paper.

Sump Pumps

We are experiencing high flows to the Wastewater Plant again this spring. Anyone who has a sump pump connected to the Wastewater (Sewage) line in Garden Village is asked to contact Patrick Stevens at 705-498-2519 as soon as possible to arrange for it to be diverted to the ditch at no cost to you.

NOTICE OF BLASTING



FRIDAY, APRIL 3, 2020

Time TBD - Subject to Weather Conditions @ MILLER QUARRY

Miller Quarry will be conducting a blast on April 3rd (subject to weather conditions, which could cause a delay into the following week). Any questions or concerns can be directed to Cathy McLeod, Land Manager at cathym@nfn.ca or 705-477-5333.



Chief McLeod's Video Updates

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

- **COVID-19 Update**
March 24, 2020
- **COVID-19 Update**
March 19, 2020
- **Community Update**
November 6, 2019

Miigwech to our dedicated staff for continuing to deliver services and to respond to the needs of the community while we all struggle to adjust to the "new normal" for now.

The coming weeks will see us all spending more time at home, and hopefully reconnecting with what really matters.

Please call Elders and loved ones to check in as you are able. We will take care of each other and come out of this stronger together.

Mshkawendmodaa
Let's Stay Strong Minded



Council Connection

Keeping Our Community Informed about Key Issues

COVID-19 Pandemic Update

Working to keep our community safe and informed

We hope everyone is keeping well and safe during these unprecedented and challenging times. We have been working diligently to implement our pandemic response plan and to maintain essential services while protecting our staff and community.

On March 31st, Chief and Council met online and decided to extend the work from home provisions that are in place for an additional two weeks until April 20, 2020. The province also announced that schools will remain closed to students until May 4, 2020. As we get closer to these dates, these decisions will be re-evaluated based on public health advice.

NFN offices remain closed during this time, and all programming and events have been suspended until April 20th, but essential services continue to be delivered. Council meets weekly online, and our Emergency Control Group meets twice weekly online to monitor the most current information regarding COVID-19. Our Health Services staff are in regular contact with the North Bay Parry Sound District Health Unit and will receive notification by phone and fax for COVID-19 cases that require follow up from NFN.

There are no plans to close access to NFN at this time given the multiple entrances and exits into each village. While some First Nations have chosen to do this, there are many factors that go into those decisions. With respect to access to health services, it comes down to assessing what is available in the community and how close we are to other health care services. It is important for our members to continue to access hospitals, doctors and nurse practitioners in Sturgeon Falls and North Bay and a shut down would impede the ability of our members to efficiently access these services.

Having said that, some of our businesses provide essential services and are on the front-lines. As such, they have increased responsibilities to protect their staff and customers by implementing measures to help prevent the spread of the virus in our community. We have provided all businesses with information about the precautions they should be taking (including limiting the number of patrons in their premises, enforcing physical distancing measures, frequently disinfecting all touch surfaces, eliminating cash payments and/or encouraging the use of the debit tap feature to minimize contact, etc.).

We are following up to ensure that these measures are being implemented and that no non-essential businesses are still operating. Council commends the local business owners who have demonstrated leadership by closing their businesses for the time being. Your sacrifice to protect the community is appreciated and does not go unnoticed.

Everyone should take precautions to limit the spread of the virus, including washing hands frequently, not touching your face, coughing/sneezing into your arm or a tissue, practicing physical distancing (staying 2 meters/6 feet apart from others) and staying home unless absolutely necessary, and especially if you are sick. *Stay safe, stay healthy, stay home!*

Visit nfn.ca for information & resources during the COVID-19 pandemic

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 16th (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 for generations to come.

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.

The NFN Fisheries Law is available at nfn.ca under Governance > Laws & Policies.



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.

Employment Opportunities Update

All competitions are temporarily on hold

Due to recent circumstances surrounding the COVID-19 pandemic and to ensure the protection of Nipissing First Nation staff, community members and visitors, all NFN offices are temporarily closed.

All competitions for posted employment opportunities will also be temporarily put on hold until further notice.

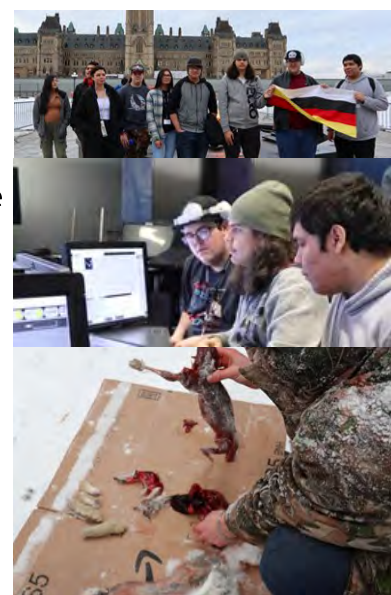


N I P I S S I N G S E C O N D A R Y S C H O O L

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.

Soaring Conference

Students went to the Soaring Conference hosted by Indspire in Ottawa and explored various career opportunities. They visited the NAV Canada Centre and participated in virtually landing airplanes. They did a walking tour of the Parliament building and the Supreme Court of Canada as well as explored various historical sites thanks to our Tour Guide - Nbisiing's own - John Chowns.



Aasgaabwitaadwin

A group of students had the opportunity to participate in a leadership camp at Nipissing University where they were able to go snowshoeing to gather medicine, make bannock on a stick, skin a rabbit, and making cedar tea.

Winter Carnival

On our final day before March Break, our school participated in a Winter Carnival. The morning was full of team events including: tea boiling competition, mascot design, cardboard sled building and races, and sled pulling races.



REMINDERS FROM THE EDUCATION DEPARTMENT:

The deadline for post-secondary applications for 2019-2020 is **Friday, May 15, 2020** at 4:30 p.m. If you have any questions or for a post-secondary application package, contact Gerry at 705-753-6995 or gerryg@nfn.ca. Post-Secondary information sessions that were planned in mid-April will be re-scheduled.

Education Updates and Online Learning Resources are posted to our website:

<https://www.nfn.ca/2020/03/25/covid-19-info/> (click on the Education tab)

Nbisiing Nishnaabemwin

Kidwinan & Dialogue

| | |
|--------------------------|---|
| Waabnong | East |
| Nmebin Giizis | Sucker Moon |
| Nookmik | early spring |
| Ziigwan | it's spring. Water begins to flow: streams, trees, etc |
| migizi | eagle |
| zaawaa | yellow |
| Aabwaa | mild |
| Gimiwan | rain |
| Pichi | robin |
| Aandeg | crow |
| Gaagaagii | raven |
| Ningide | thawing |
| Ni-zhaakamig | ice breaking up after a thunder |
| Zaagigan | lake |
| Ziibi | river |
| Gepyii giizhgad | day light longer |
| Nimkiig biidwewewdamoog | thunder in a distance |
| Nimkiikaa | thundering |
| Waawaaskonesewag nimkiig | thunder and lighting |
| Mshkawewdamoog nimkiig | loud thunder |

Wiisning Table Talk

Bi-ninan zhiwtaagan mina pweban
pass the salt and pepper

Bi-ninan pidakan, wiiyaas nwii miijan
pass the potatoes, meat i want to eat them

| | |
|-------------------|-----------|
| Naagan | dish |
| mnikwaagaans- | cup |
| pidakigan | fork |
| emkwaan | spoon |
| mookmaan | knife |
| nboobiinaagan | soup bowl |
| zhiibaasenaagaans | glass |



Nmebin Giizis

*Nmebin Giisiz, semaa nga-bgidnaa noongom giizhgak,
Gookmis nmiinik miigwechwinan ebi-jibaamgak
gmiskwiimnaan pii maa zhichkaaged maa Kiing.
Nga-zhichke iw nake'ii GZhemnidoo gaa-kidod waa
zhichkeng iw-pii.*

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

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

*Baamaa pii minwa, Nmebin Giizis,
Miigwech*

Sucker Moon (April)

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

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

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

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

Until the next time we meet, Sucker Moon,

Miigwech

Cedar - Giizhigaa'aandak

This month, in line with what we are presently experiencing, we are providing some information provided by our friend Joseph Pitawanikwat. Joe was here at NFN a few times has provided us with information regarding the intelligence of our plant nation. Right from our creation story.

We are in those times where we need to remember creator's medicines and start to use them, before we lose them. We are forever grateful for the knowledge that Joseph shared with us during his time here and we hope to have him visit us again someday soon. Here is some of what he shares:

Your stove should always have a massive pot of Cedar tea on it for quite a few life changing legitimate reasons.

- Constantly fumigating your house with awesome antivirals and ethers to stimulate perfect diaphoresis to keep your lymphatic system free and clear!
- Always available for your cup-a-day to keep the doctor, nurse, psw, surgeon, dietician and specialist away!
- It's loaded with vitamins and trace minerals so you can toss the Flintstones.
- When you want the bath of all baths you have a giant pot right there for a perfect sponge bath.

Go out to your cedar hedges, your neighbor's hedges or better yet, your grandmother's hedges and grab a handful of Cedar, slap it in a pot of water, simmer it for 45 minutes and remove it from the heat. Have a shower or bath, scrub like you've never scrubbed before. When your done soak your cloth in the weak cedar tea and proceed to simple sponge bath starting from your head, down (for obvious reasons), periodically clean your cloth in the cedar water. Cedar is a diaphoretic, it makes you sweat. Every pore is opened and pressure washed from the inside out! It's a brutal detox that should honestly be a part of everyday life. You will not want to bathe any other way.

CAUTION: This is an extremely effective method of bathing and you will become addicted.

Cedar – One of the oldest living trees in the world, known to be over 1700 years old. Cedar bough tea is used as an immune system tonic, it contains everything your immune system needs to repair and strengthen.

One special feature of cedar bough tea is that it purges the lymphatic system. When ailed by a virus or sickness, lymph nodes fill up and swell, causing discomfort, cedar purges the lymph nodes making more room for them to collect more waste, making your body extremely effective at getting rid of

all this garbage. This is why you get better so quick when using cedar tea.

You only get rid of junk 3 ways: poop, pee, sweat. How does your body get rid of waste via sweat? Lymphatic system. The one system in our bodies that we know relatively little about. This system weaves in and around blood capillaries and lives in the 'dead space' collecting waste that it sends through lymphatic vessels until it is eliminated through your skin via sweat.

It truly is one of the most powerful ways to eliminate waste, and we do not take advantage of it. We wake up in an air conditioned house, we turn the car on, that already has the AC on HIGH, from inside and when we think it's cold enough inside the car we sprint from inside and hop in the cold car, drive to our air conditioned work and when we get there we say: "Woo, thank God I almost started to sweat!"

Then we go from work to our pre-cooled air conditioned car to our air conditioned home. We don't sweat anymore, at least not the way we used to. Those farming days where there was no escape from the blistering 40 degree summers when work still had to be done. We are doing everything we can these days to force our lymphatic system into lethargy.

Before the industrialization of soaps, we used plant-based medicine tea to have sponge/basin baths! What happens when you use cedar tea to bathe? It purges your lymph vessels and nodes, relieving your skin of this constant slow leech of toxins and garbage that is slowly secreted onto the surface of your skin which is the cause of a ton of problems. This reason alone is reason enough to adopt this way of bathing and never turning back, given the epidemic of skin conditions.

Cedar also is an extreme diaphoretic, meaning it makes you sweat. What this means for your skin is that when the cedar tea soaked cloth grazes by your skin it completely opens every pore on your skin and sucks out water, sweat, basically pressure washing each and every pore on your skin, making and keeping your skin so clean and clear, that it takes days, almost a week to get dirty enough to have to bathe again, not to mention the lack of body odor. Versus soap which closes and even deposits junk into the pore clogging it and creating a ton of tiny infections. This would be enough for every woman on the planet to never look back. Cedar oils have benefits in it that carry into the tea that you clean yourself with these oils in it are anti-bacterial, anti-septic, anti-viral, anti-microbial, anti-pruritic, anti-fungal, anti-anti-anti-everything.

Cedar - Giizhigaa'aandak

What makes cedar different than all of the other trees around it, what makes it unique, what is its signature? It's an evergreen! What separates it from evergreens? Its leaves are flat and scaly, they are not needles. Let's take a closer look at those flat green scaly looking leaves and see what they have to say.

Talk to any biologist on the planet and ask him why cedar has all these grooves in the scaly looking leaves, what purpose do they serve? None, is a quick honest answer. The only way you can make sense of this style of leaf is that it has been created to show you that it looks like the lymphatic vessels in your body. Lymphatic vessels have the same branching pattern, they are flat, green, and scaly and have valves to prevent back-flow, every vessel always ends 'open' because it's designed to eliminate waste out. Every single cedar leaf has the same valves and they always end open! This is a signature from the Creator of the universe to show us and confirm with us that this plant is meant to heal our lymphatic system.

What happens in most of us is we don't sleep enough, we don't eat the right foods, were too stressed out and everything sucks all of the time! So our immune system has trouble operating the way that it should. It becomes rather lethargic, slow and sluggish. We live in a society today that accepts when our kids get sick in October, it's okay, they will get better in May, that's the way it is, that's what happens when they are in school, etc.

Cedar has an amazing compound in it called Thujone that stimulates your immune system like mad. When you are having cedar tea your immune system has 30% more macrophages, 7% more lymphocytes (Killer T, Helper T) and the dendritic cells collect their intelligence needed, faster, and deliver it to B cells and T cells in half the time, Thujone also throws B cells into overdrive which administer multiple times the amount of antibodies.

So what happens when you drink cedar tea every day? You most often get better before you even feel sick.

What happens when you start to have cedar tea once you already feel sick, you simply get better in record time.

Some communities have a living memory of always having a giant pot of cedar tea on the stove all the time, the importance of this tree is immense. The benefits of the bath and the teas influence on your immune system should be enough for you to be clawing at a cup a day. But it doesn't end there.

First Nations people have a crappy respiratory tract. What do I mean when our respiratory tract is lame? It's because it had an

environmental line of defense against invaders like viruses, bacteria and fungi. This line of defense was salt. We came from the coast. We came from an area where breathing was medicine, all that salt water. They even make commercials to advertise salt water in aerosol canisters to spray up your nose.

Normal respiratory tracts have a simple first line of defense, this is just being smooth. Too smooth for bacteria, viruses and fungi to adhere to. Now when we came from the coast with our lumpy bumpy respiratory tracts we are much more at risk for infection in this part of our body.

Is there a way to make our respiratory tract smooth like everyone else's? YES! It's called cedar. Cedar induces somatic genetic mutation specifically to the lungs, making them smooth again.

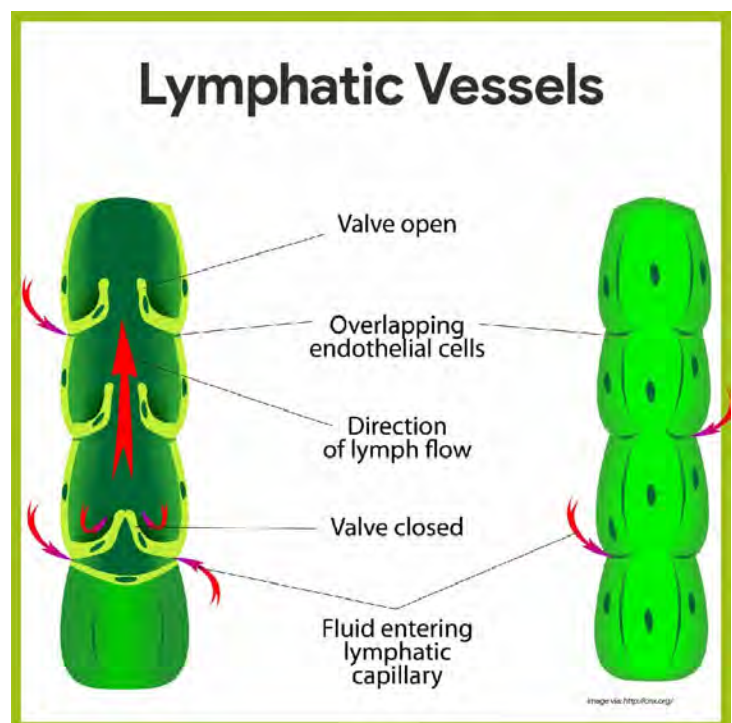
So now we have a plant available for harvest 365 days a year that we can use to:

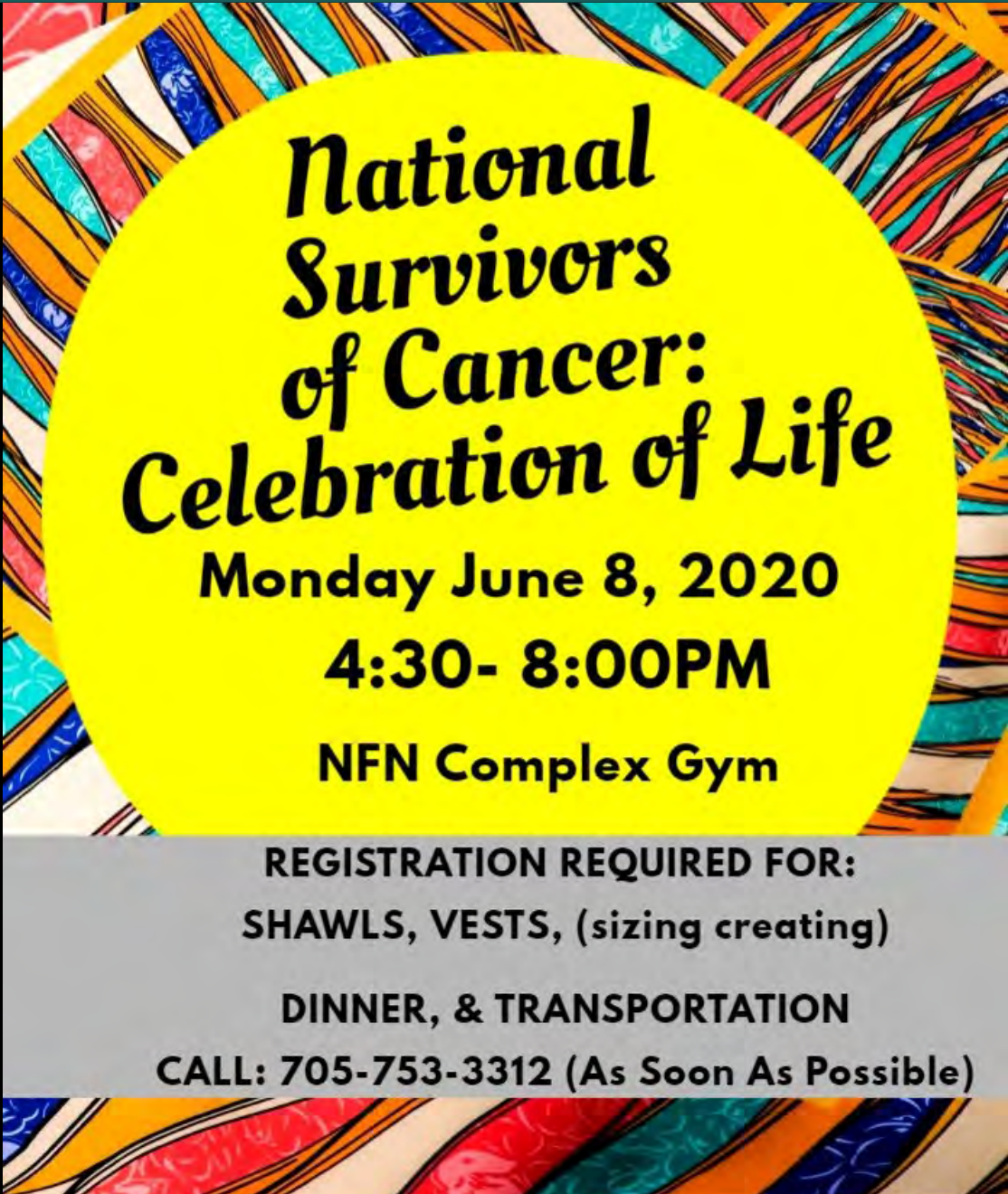
- Make the greatest bath ever
- Make tea that will either make me almost never get sick
- Make tea that will make me get better lightning quick
- Make tea that will make respiratory tract infections less likely

Hopefully this is enough information to keep a giant pot on the stove at all times!

Drink up!

Joe Pitawanakwat





**National
Survivors
of Cancer:
Celebration of Life**

Monday June 8, 2020

4:30- 8:00PM

NFN Complex Gym

**REGISTRATION REQUIRED FOR:
SHAWLS, VESTS, (sizing creating)**

DINNER, & TRANSPORTATION

CALL: 705-753-3312 (As Soon As Possible)

Diners' Club

CANCELLED

WED, APRIL 8





BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help in an emergency.

People can also have mental health emergencies, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.*

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

Register now to become certified in Mental Health First Aid:

COURSE NAME: Mental Health First Aid for First Nations

DESCRIPTION: Opportunity for participants to learn and have serious conversations about mental health and wellness. Participants reflect on life experiences, acknowledge historical context of the colonization of Canada and move forward to address and explore ways to restore balance on a journey to mental health and wellness.

DATE AND TIMES: Wednesday May 20, Thursday May 21, Friday May 22, 2020 - 8:30 am - 4:30 pm

VENUE AND ADDRESS: Nipissing First Nation Complex
Lunch & Refreshments will be provided

COST: More info will be posted closer to the date.

TO REGISTER, CONTACT: Lori-Anne McLeod @ (705) 753-1375 x 2266 or loriannm@nfn.ca
Please make cheques payable to Nipissing First Nation

What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.

VACANCY NOTICE: 2 Bedroom Apartment (Duplex) 58b Cranberry Crescent, Garden Village

Monthly Rent: \$450/month – Move in Date: May 1st

1st Month & Security Deposit required. Tenant must supply appliances and pay own Hydro

Deadline to apply: Friday, April 17, 2020 at 4:30 p.m. (*subject to extension due to office closure*)

Click [here](#) to download the application, or visit the Vacancies section of our website for more information and to view pictures of the unit: <https://www.nfn.ca/housing/vacancy/>

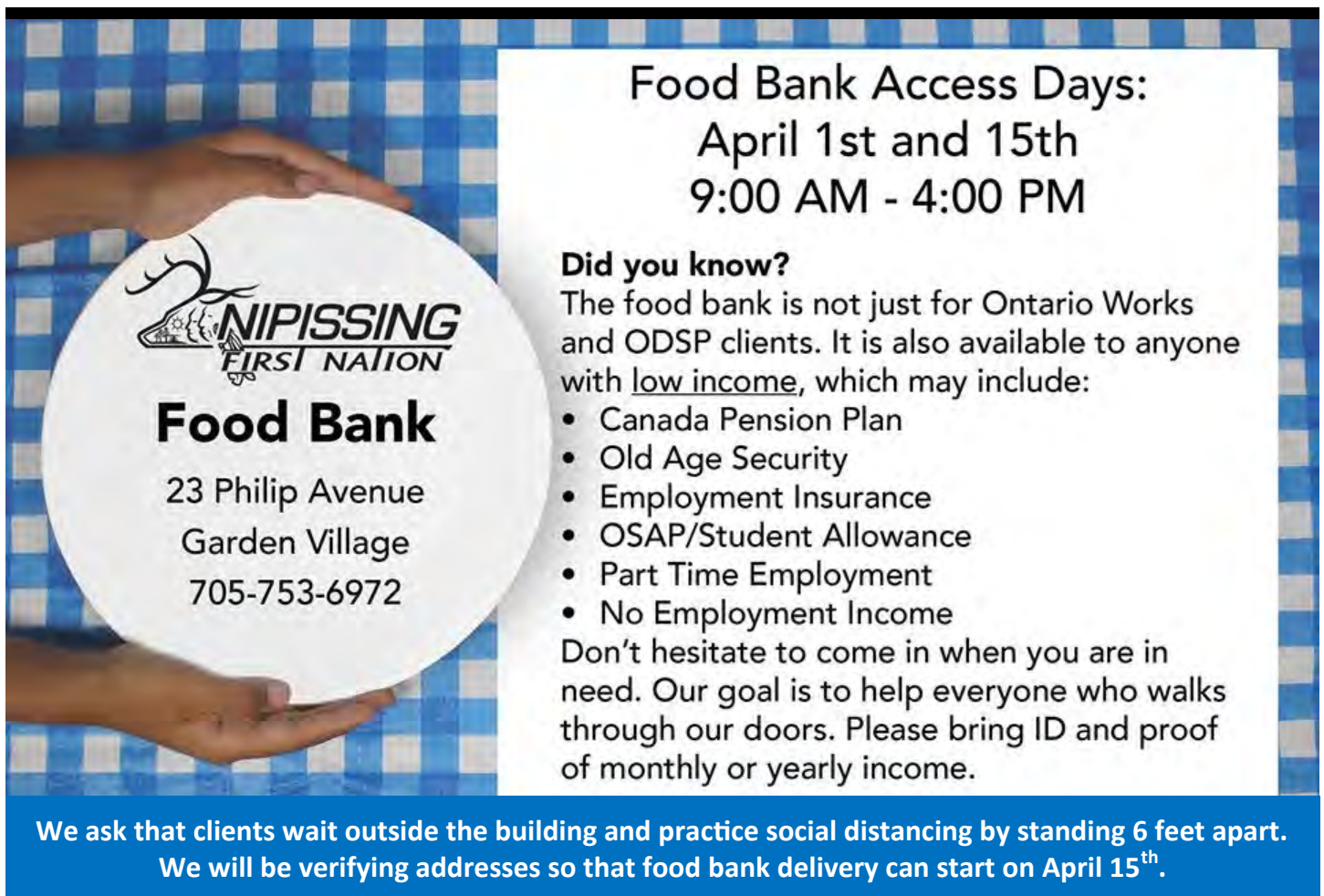
Property for Sale in Prime Area

30 Goulais Crescent, Duchesnay Village

Available to Nipissing First Nation members only. Trailer on big lot with all services and great location!

\$80,000 - Open to Offers. Serious Inquiries Only.

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



Food Bank Access Days:
April 1st and 15th
9:00 AM - 4:00 PM

Did you know?
The food bank is not just for Ontario Works and ODSP clients. It is also available to anyone with low income, which may include:

- Canada Pension Plan
- Old Age Security
- Employment Insurance
- OSAP/Student Allowance
- Part Time Employment
- No Employment Income

Don't hesitate to come in when you are in need. Our goal is to help everyone who walks through our doors. Please bring ID and proof of monthly or yearly income.

We ask that clients wait outside the building and practice social distancing by standing 6 feet apart. We will be verifying addresses so that food bank delivery can start on April 15th.

TRASH TALK



Information Series on Solid Waste Management in Your Community



REthinking Waste What is Waste Diversion?



Where does garbage go when you throw it away?
GARBAGE NEVER GOES AWAY!

So what do we do about garbage?
REDUCE! REUSE! RECYCLE!

Waste diversion means diverting materials to be reused, recycled, or composted, instead of being buried in the landfill!

Waste diversion is the process of diverting waste from landfill through:

- **REDUCTION:** not creating waste in the first place
- **RECYCLING:** use the recycling programs in your community. Recycling refers to taking used materials to create new products to prevent the disposal of these products in landfills
- **COMPOSTING:** nearly 40% of our garbage is food waste! Composting is a great way to convert food waste into nutrient rich materials to add to soil.

To achieve diversion, materials need to be sorted into categories. Separating materials like metals, organic waste (food), electronic waste and hazardous waste from your general household waste allows them to be diverted from the landfill and helps protect our environment from contaminated runoff and toxic leachate.

We can all do our part to reduce the amount of waste that ends up in the landfill. Keep an eye out for upcoming waste reduction programs in your community!

Honouring our Responsibilities to take care of Mother Earth

TRASH TALK Series is brought to you by:
Waabnoong Bemjiwang Association of First Nations
Waste Management Coordinator, Heidi Manitowabi
heidi.manitowabi@wbafn.com






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



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

 Green Medicine by the Homeopathic Pair



170 Main Street, Sturgeon Falls
705-753-9333 | www.bowandarrowcanada.com
Owner/Operator: Lana Stevens

 Bow & Arrow



George Couhie
705-494-6887

286 Nova Beaucage Road
North Bay, ON P1B 8G5

couhie.george@gmail.com
www.nativeawarenessstraining.com

Challenger Mobile Wash Inc.
Rob Couhie - 705.477.5347



Residential, Commercial, Equipment, Fleets & Vehicles

Dot Beaucage Kennedy, Elder
Nipissing First Nation

Wedding Officiant
705-493-5577

Weddings, Anniversaries, Funerals
dotbeaucagekennedy@gmail.com



K'TIGAANING MIDWIVES

40 Couhie Industrial Road
North Bay, Ontario P1B 8G5

T: 705-476-BABY (2229)
F: 705-476-2470

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

SUPPLIES FOR THE SOUL

CRAFT SUPPLIES & GIFTS

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

STAY INFORMED

COVID-19

VISIT **NFN.CA** FOR INFORMATION & CONTACTS WHILE OUR OFFICES ARE **CLOSED UNTIL APRIL 20**

Essential services are being maintained with some modifications during the closure.



All NFN Programs & Events **CANCELLED**

COVID-19 WHO TO CALL



For medical advice/info:
Telehealth Ontario at 1-866-797-0000
North Bay Parry Sound District Health
Unit at 1-800-563-2808 ext. 5229
Your Family Doctor

READY TO STOP THIS INFECTION

S



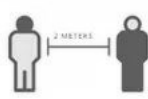
Stay at home if you are sick

K



Keep commonly touched places clean & disinfected. Keep washing your hands

O



Obey public health advice & social distancing

D



Do not touch your face

E



Emergency situations call 911

N



Nose & mouth Etiquette
Cough and sneeze into your elbow or a tissue. Throw tissue into garbage and wash your hands

Connect with Us!



@NipissingFN



@Nipissing_FN

www.nfn.ca