



June 2020



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

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Our offices are closed to the public until further notice.

Staff are gradually returning to the office, and most staff will be back by June 15th. Please see the graphic on the right for details about our phased approach to restoring operations during COVID-19.

Council Meetings

June 2nd & 16th

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

Update on our Response to COVID-19 Phased Approach to Restoring Business Operations

Nipissing First Nation is taking a phased approach to restoring business operations with staff returning to work on a gradual basis to mitigate risks as the COVID-19 pandemic continues to evolve. There may be unique recovery measures that affect some areas of the administration and programming more than others.

Employees will return in a three-part wave and dates may shift based on COVID-19 activity. Our offices reopened to the first wave of employees on Tuesday, May 19th but remain closed to the general public until further notice. Preventive measures and training are being implemented using guidelines from public health authorities to ensure that NFN continues to provide a healthy and safe environment for staff and community members.

Our Administration team has developed a *Business Continuity Plan* to provide guidance to Chief and Council, management and staff during and after the COVID-19 pandemic. The plan describes the key services of NFN that must continue, and details the recovery of important organizational functions. Critical operations and functions to administer programs and services at NFN include: Finance & Administration, Health Services, Public Works & Maintenance, Social Services & Child Welfare, Food Bank, Natural Resources, Housing Maintenance and Nibisiing Secondary School.

Our *Business Continuity Plan* contemplates a recovery horizon that will take months, and perhaps more than a year. NFN is a diverse organization and recovery to regular day-to-day operations will not be uniform across the organization.

Business Continuity Plan Timelines (subject to change)

Wave 1

May 19

- * Offices not open to public
- * Staff providing essential services returned to work
- * Other staff will continue working from home
- * Office cleaning/sanitizing
- * Physical distancing markers & shields installed
- * No shared spaces
- * Staff receive training on PPE & infection control

Wave 2

June 1

- * Offices not open to public
- * 2nd wave of staff return to work or to reassignment
- * Other staff will continue working from home
- * Managers determine staffing needs and review COVID policy with staff
- * Staff receive training on PPE & infection control
- * Safety measures remain in place until further notice

Wave 3

June 8

- * Offices not open to public, but some curbside services may be available with proper safety measures in place
- * All staff return to work to position or to temporary reassignment of duties
- * All events cancelled until further notice (i.e. Diners' Club, Indigenous Peoples' Day, Pow Wow, etc.)
- * Safety measures remain in place until further notice

Ransomware Attack

On May 8, 2020, Nipissing First Nation administration discovered that it was the victim of a ransomware attack that affected the administration computers and server. This unforeseen event resulted in communications disruptions that we are still working to overcome.

A ransomware attack involves unknown cybercriminals using malicious software to lock or encrypt computers or networks until a ransom is paid, and when it is, digital keys, or methods of decryption, are provided. Unfortunately, ransomware attacks target all sectors and the payment of ransoms are becoming increasingly common around the world.

The ransomware attack against NFN locked the administration server, affecting every department. NFN staff interrupted the attack once discovered and immediately shut down all servers, discontinued remote access, and began working with an independent cybersecurity firm to mitigate the attack and to conduct an investigation.

The investigation and remedial work remains ongoing. At this point, there is no evidence that personal or confidential information has been released. NFN has also immediately made investments in the security of its information technology systems and has begun a review of its Information Technology (I.T.) Governance as a part of its response.

NFN administration has a policy of transparency with its members and will continue to provide updates as any new information becomes available. Notices are being mailed to all registered NFN members as per legislative requirements. First Nation members may contact Dwayne Nashkawa, Chief Executive Officer, at 705-753-6978 or send an email to ITincident@nfn.ca with any questions regarding this incident.

Health Update

As of May 27th, there are 26 positive cases of COVID-19 in the Nipissing Parry Sound District Health Unit area, with 20 listed as resolved, one death and one hospitalization. Of the 26 cases, 19 are from the Nipissing District, and seven from the Parry Sound area. There have been 6,183 tests conducted in the health unit's catchment area.

NFN's Director of Health Services, Kimberly Lalonde, and Community Health Nurse, Carole Lafantaisie, are managing public health and prevention efforts for NFN. They continue to distribute timely updates that are posted to our website, social media, and mailed out as needed to help community members stay safe and informed during this pandemic. They can be reached at 705-753-3312 or by email to chn@nfn.ca or kiml@nfn.ca.

Below is a quick reminder of the differences between COVID-19 and other viruses based on statistics from the World Health Organization (current as of May 27, 2020):

SARS	H1N1	COVID-19
2 years	2 years	5 months
8,096 infected worldwide	1.6 million infected worldwide	Over 5.7 million infected worldwide
774 deaths worldwide	18,000 deaths worldwide	356,000 deaths worldwide (6,765 in Canada, 2,155 in Ontario)

Public Health Information

North Bay Parry Sound-District Health Unit

(updated at 3pm weekdays)
<https://www.myhealthunit.ca/>

Cases in Ontario (updated daily at 10:30am and 5:30pm)
<https://covid-19.ontario.ca/>

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?

Don't 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/>

The West Nipissing Assessment Centre is open from 10am - 4pm Monday to Friday. Call 705-580-2186 to make an appointment.



Chief McLeod's Video Updates

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

- **COVID-19 Update**
May 8, 2020
- **COVID-19 Update**
May 6, 2020
- **COVID-19 Update**
April 8, 2020 with
Kimberly Lalonde,
Director of Health Services

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

Mshkawendmodaa

Let's Stay Strong Minded

STRONGER
TOGETHER



Council Connection

Keeping Our Community Informed about Key Issues

Our staged approach to restoring operations emphasizes core business practices and community recovery efforts, and covers the need to be prepared for multiple waves of this pandemic. We continue to adapt our operations to deliver services as things change, but one thing that remains the same is the importance of following public health advice:

- staying home as much as possible
- physically distancing from others when we do need to go out, and
- taking precautions, including frequent and thorough handwashing.

We know people are getting tired of staying home and away from their family and friends, but it's extremely important that we stay the course and stay safe. We've come too far to start over. So far, our collective efforts have paid off and we have kept COVID-19 at bay.

There are no cases within NFN, and the number of cases within our district hasn't increased dramatically, remaining at 26 cases, with 20 resolved, as of May 27th. But we can't take *any* chances. We **MUST** protect our families and our elders from the threat of this virus by continuing to follow public health measures. We are truly grateful to everyone who is doing their part during these challenging times.

Having said that, we are aware that some have no regard for these measures, or for the health and safety of themselves or their community. We know that these stressful times have led to an increase in substance use across the country. For individuals already struggling with addictions, the added stress and anxiety can make things worse.

We have seen an increase in drug-related issues that are putting our community at risk and we're actively working with police to deal with them. We refuse to allow anyone to put our youth and elders at risk through their criminal activities and by bringing people into the community who don't belong here.

No one should have visitors in their home at this time, and we thank all of the community members who are abiding by this because we know it's hard, but you're doing the right thing. Miigwech.

We have a strong, dedicated team in place to support anyone who is ready to start their path to wellness by accepting help with mental health and addictions issues. The Right Path Counselling service and our new land-based Community Withdrawal Management program can be reached by calling 705-753-1375.

The Right Path team have also developed a number of resources and video teachings about traditional medicines to provide community members with helpful information and connections to cope during COVID-19. Please see [page 6](#) for more details and resources.

Again, I just want to thank all of our staff for their hard work, and to our community members who are doing everything they can to stay safe, and to keep our community safe during these unprecedented and difficult times. Chi-Miigwech!

UPDATES

NFN Food Security Program Workers Out Making Deliveries

L-R: David Commanda, Rodney Commanda & Lisa Vega



List of NFN Businesses Approved to Operate (as of May 27th)

- 17 Hour Convenience
- Arrowhead Gas Bar & Convenience Store
- Carla's Kitchen & Catering
- Cheerful Charlie's Cannabis Co.
- Chester's Gas Bar
- Dot's Drive-Thru Cigarettes
- Duchesnay Store
- Eagle's Nest Gas Bar
- First North Enterprise
- George Carey, Financial Agent
- Golden Harvest Organics
- Green Medicine
- How Convenient Variety & Souvenirs
- Jocko Point Fish & Chips
- Joseph Kennedy Law Office
- Kana Leaf
- Ktigaaning Midwives
- Miller Paving Ltd/Quarry/Waste
- Necessities Gas Bar & Convenience
- Northern Brick and Tile
- Northern Convenience
- Nipissing First Nation – Miller General Partnership Inc.
- Northshore Convenience
- Old Ideas Emporium
- Smoke 'N' PC's
- Supplies for the Soul
- Tim's Convenience
- Tobacco Rd. Gifts &
- Up the Hill Variety
- Yellek Self Storage
- Young Forestry Services

Please visit our website for more information about the audit process to ensure NFN businesses are operating safely, and for an updated list of businesses that have been audited and approved to operate: <https://www.nfn.ca/businesses-open-april22/>

CHANGES TO THE... NFN FOOD SECURITY PROGRAM



EFFECTIVE WEEK NINE
Week of May 31st

CHANGES

Effective the week of May 31 the NFN Food Security Program will enter the first phase of winding down.

ELIGIBILITY

The food security program will now service only the following:

- * Seniors (60 years of age +)
- * Food bank clients

FOOD BANK CLIENTS

Food bank clients will now be limited to ordering every second week.

If you would like to see if you qualify for food bank, please call the number below and someone will be in touch for intake.

EMAIL: nfnfoodsecure@gmail.com

P. 705.498.0432



Commercial Fishing Registration

Please contact Jeff McLeod, Natural Resources Manager, at 705-753-2050 ext. 1325 or jeffm@nfn.ca for details about registering as a commercial fisher for the 2020 season.

Proposed Outdoor Fires Law

Notice is hereby given for the enactment of the proposed Outdoor Fires Law at the Council meeting scheduled to be held on Tuesday, July 7, 2020.

The bylaw restricts burning of fires measuring more than 3 feet in diameter without a valid permit (this excludes most backyard fires and BBQs). NFN may recover the costs related to responding to fire calls where any person sets a fire larger than 3 feet in diameter without a permit. Should you wish to have a copy of the complete proposed law mailed or emailed to you, please contact the Land Office at 705-753-2922, or download a copy of the proposed law on our website: <https://www.nfn.ca/outdoor-fires-law/>

Natural Resources Update

Chi-Miigwech to Community Members & Compliant Fishers

The annual gill net moratorium and temporary moratorium on spear fishing has ended as of May 16, 2020. We saw good compliance with both moratoriums thanks to a tradition-based membership who understand the importance of allowing walleye to repopulate their numbers at this crucial time of year.

Chief and Council would like to extend a 'Chi-Miigwech' to Nipissing First Nation members who refrained from harvesting during the walleye spawn. The walleye population is starting to show signs of recovery thanks to our collective efforts, which will ensure that we pass on a healthy fishery to the next generation of Nipissing First Nation members.

Fisheries Technicians

Two (2) Seasonal Positions - 18 week contract

Nipissing First Nation's Fisheries Department is seeking two (2) Natural Resources Fisheries Technicians to be responsible for supporting the Biologist. Technicians will be responsible for the collection and management of research data such as species, age, weight, length and scale samples for analysis. Data will help estimate commercial harvest.

Apply by Friday, June 12th at 4:30 p.m. Please [click here](#) to view the complete job posting.

Seniors' Lawn Care Program Update

Program underway for 2020 with some modifications

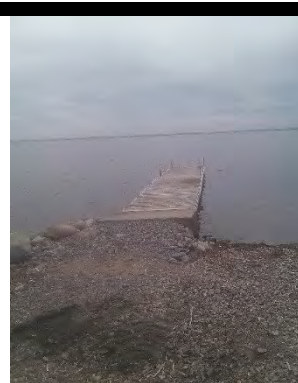
Although we are unable to proceed with the Beautification Program as in previous years due to reduced programming and public health measures, the seniors' lawn care program will continue to be offered this summer. The program will operate with modifications due to the COVID-19 pandemic.

Staff are contacting community members aged 65 years of age and up who have previously received lawn care services, or who are now eligible. We will provide further updates about the program as soon as possible.

Yellek Dock

The dock in Yellek has been installed for the season. For more information, please click on the links below (or visit the [Natural Resources](#) section of our website) :

- [Safe Boating Guidelines](#)
- [Safe Fishing Guidelines](#)



TYPES OF SELF CARE

Self-compassion is simply giving the same kindness to ourselves that we would give to others.

Christopher Germer
Author

1 PHYSICAL

Sleep
Stretching
Walking
Physical Release

Healthy Food
Yoga
Rest

2 EMOTIONAL

Stress Management
Emotional Maturity
Forgiveness

Compassion
Kindness

3 SOCIAL

Boundaries
Support Systems
Positive Social Media

Communication
Time Together
Ask for Help

4 SPIRITUAL

Time Alone
Meditation
Yoga
Connection

Nature
Journaling
Sacred Space

5 PERSONAL

Hobbies
Knowing Yourself

Personal Identity
Honoring Your True Self

6 SPACE

Safety
Healthy Living
Environment

Security and Stability
Organized Space

7 FINANCIAL

Saving
Budgeting

Money Management
Paying Bills

8 WORK

Time Management
Work Boundaries
Positive Workplace

More Learning
Break Time



Community Withdrawal Management Program Video Series:

[Wiigwaaswaaboo](#)

[Mskwabiimgnagoohns \(Part 1\)](#)

[Mskwabiimgnagoohns \(Part 2\)](#)

[Tobacco Ties](#)

[Chaga tea and lighting a fire](#)

[Shkode kinoogmaagewinan](#)

[Turtle Teaching](#)

[Waabooyanibag \(Part 1\)](#)

[Waabooyanibag \(Part 2\)](#)

These videos are available on our website:

<https://www.nfn.ca/covid19/>

Other Resources

First Nations Hope for Wellness Line

(1 855-242-3310)

www.hopeforwellness.ca for chat option

Kids Help Phone

(1 800-668-6868)

Text CONNECT to 686868

Chat option at www.kidshelpphone.ca/

Thunderbird Partnership Foundation

<https://thunderbirdpf.org/>

Visit our website for these and other resources to support mental wellness during COVID-19: <https://www.nfn.ca/covid19/>
(Click on the Coping during COVID-19 tab)

GIYAK MOSENG THE RIGHT PATH

Nbisiing Anishinaabemwin

June - O'demini Giizis (Strawberry Moon)

O'demin Giizis, nbasendis, mii go nji-wii-zhiitaayaan.

Nji-kendmaan Gzhe-mnidoo, ngii- miinig maa miikaans wii – naaswadoonyaan.

Gookmis , wii-kwejmin nake'ii waa ni-zhaawyan mina ji-nsodmaan.

Ndanwendaan wewena kina gegoo wii-mnozeg newing nake mina

wii- waabmagwaa gi-gete- nishnaabeg nji- wiidookwiwaad maa kiing.

Pii dash nga-kwedwe pii- kiishbaabyang maamwi

Maa gchi-twaa- mnidookewin , nji-kenmaan nji-moseyaan miiknaan

Ngchi--nendis ezhi'aawyaan

Baa maa pii dash minwa.

Miigwech

Strawberry Moon I humble myself to you as I prepare to go to the fasting grounds. I come to you knowing that the Creator has given me this path to follow.

Gookmis ,I come to you as I am to ask for guidance and understanding in my journey. My quest is for inner balance, to converse with the spirits of our ancestors, that will help me in this physical world.

When I sit in the of the sacred ceremonies and lodges, I will learn to walk

This road with my eyes open to Creation and respect myself for all that I am .

'Til the next time we meet again.

Strawberry Moon - I am forever grateful

Miigwech

KIDWINAAN (WORDS)

<i>Niibin</i>	summer
<i>Zhaawnong</i>	south
<i>De'min</i>	strawberry
<i>De'minke</i>	strawberry picking
<i>Zaagigan</i>	lake
<i>Dkobii</i>	go swim
<i>Maadge</i>	swimming
<i>Jiikbiik</i>	beach
<i>GZhide niibing</i>	It's hot in the summer
<i>Engoo moode</i>	ant is crawling
<i>Gnebik moode</i>	snake is crawling
<i>Miigwechwin</i>	Thanksgiving
<i>Gchi-miigwech Gzhemnidoo</i>	Thank You, Creator
<i>Kina gegoo e-miizhyaang</i>	for everything
<i>Minwa ngoding gii-zhiigak</i>	for today
<i>Giizis gii-bi-naabid</i>	for the sunrise
<i>Iw sa Bi-maadziwin, Nesewin , Ge- chi-Piitendaagwak</i>	
<i>Mshkiki</i>	For Life, Breath, sacred medicines
<i>Wewena ji-moseyang</i>	to walk in a Good Way

DIALOGUE

Nga- wi- dkobii shkwaanaakweg zaagigning.

I'm going to go swim this afternoon at the lake.

Niibing minwendaan zhaayaang jiikbiik.

In the summer I like going to the beach.

Zhide noongom giizhgak , nga wi- mooshkinaanan de'minan.

It's today, I will go pick *Ndaapsigewin* - Smudging

Ndoon – wewena nji-gnoonag wii ji-bmaadis.

Mouth – what we say is positive and helpful to others

Ntawgan – wewena nji-bzindawag e-kinoomawid.

Ears – to what we hear and listen will be positive.

Shkiizhgoon – wewena nji- nga-waabmag nwii ji-bmaadis.

Eyes – that we see is positive and what we see in others.

Ndi-nenmowin – wewena nji-mshkawenmaan.

Mind – that we think or react is positive.

O'dey – nji-mshkawi – zoongde'eyaan.

Heart – to be able to heal and use that to help others

Wiiwo- wewena nji-bmoseyaan i-naadziwin

Body – that we walk in a positive way in this physical world.

HYDRANT FLUSHING

June 8 - 12

Garden Village



LANDFILL OPEN

Saturday - Tuesday: 9-5

WASTE COLLECTION

Garbage on Mondays

Recycling on Tuesdays

Visit nfn.ca for updates



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 Couchie
705-494-6887

286 Nova Beaucage Road
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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Nipissing First Nation

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www.ktigaaningmidwives.com

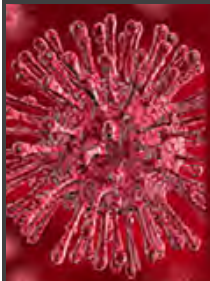
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132 Osprey Miikan — 705-471-0472

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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



COVID-19 Updates

nfn.ca/covid19 ~ 705-753-2050

Facebook: @NipissingFN ~ Twitter: @Nipissing_FN

**Miigwech to our frontline workers for their dedication,
and to our community members for staying strong.**

Mshkawendmodaa ~ Let's Stay Strong Minded



Photo Credit: Samantha Mianskum

Sign by: The Shank Family