



July 2020



ENKAMGAK

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](mailto:genc@nfn.ca)



Our offices are closed to the public until further notice.

## Council Meetings

Tuesday, July 7<sup>th</sup>  
(Videoconference)

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

CORONAVIRUS  
COVID-19



## Restoring Business Operations

### Staff have returned to work; offices remain closed to public

Nipissing First Nation staff started returning to work in phases on May 19<sup>th</sup>. As of June 15<sup>th</sup>, all staff have now returned to work and are available by phone and email during regular office hours. We are making preparations to re-open our offices to the public, however no date has been confirmed at this time, and all offices remain closed to members and visitors.

As we enter the third month of this pandemic, we thank you for your collective efforts to help keep our community safe. We are truly grateful to everyone who is doing their part to protect our families and elders by following public health measures.

As businesses and services start to reopen, and as the province eases restrictions on social gatherings (increasing the limit from five to 10 people as of June 12<sup>th</sup> and allowing social circles of up to 10 people), please remember that the economy reopening doesn't mean the pandemic is behind us. Home is still the safest place to be.

We urge community members to continue staying safe by practicing physical distancing and following public health guidelines, such as proper handwashing and wearing a mask if physical distancing is a challenge. Limit non-essential trips and keep interactions with others to those who are in your social circle. A social circle can be up to 10 people that you do not have to maintain physical distancing (6ft/2m) with, but you should continue to maintain physical distancing with anyone who is not part of your circle. Note that social circles are not the same as social gatherings. Please see the next page for more details.

As you know, all NFN events and social gatherings are cancelled until further notice. Sadly, this includes our Annual Traditional Pow Wow and Bingo until the end of the year. The health and safety of staff, community members and visitors is paramount in all of our plans and decisions. Staff are working hard to provide fun virtual activities to keep the community engaged. Please see [pages 18-19](#) for more details.

Chi-Miigwech to our community members for their patience during these disruptions, particularly the unforeseen ransomware attack that recently impacted communications.

## BUSINESS CONTINUITY



Visit [nfn.ca](http://nfn.ca) for regular updates about operations, services & supports.

## Public Health Update

As of June 23<sup>rd</sup>, there have been 30 positive cases of COVID-19 in the Nipissing Parry Sound District Health Unit area, with 28 listed as resolved (recovered), one death and one person self-isolating. Of the 30 cases, 22 are from the Nipissing District, and 8 are from the Parry Sound area. There have been over 11,000 tests conducted in the health unit's catchment area. Cases in our district have not increased in recent days, despite increased testing.

Please note the list of COVID-19 symptoms was updated on June 19<sup>th</sup> and is kept current on our website [nfn.ca/covid19/](https://nfn.ca/covid19/) or visit the Health Unit's website [myhealthunit.ca](https://myhealthunit.ca/).

## Ontario Loosening Restrictions

As of June 12<sup>th</sup>, the province has made the following changes to public health measures:

- The maximum size of a social gathering increases to 10.
- Child-care centres can open, with limits on the number of children in one space.
- Shopping malls can reopen.
- Restaurants and bars can serve customers seated outdoors.
- Barber shops, hair salons and tattoo parlors can operate.
- Swimming pools, campgrounds, guided tours can resume.

As of June 18<sup>th</sup>, family and friends are able to visit loved ones in long-term care homes, retirement homes and other residential care settings in accordance with strict health and safety protocols, including: requiring visitors to pass active screening every time they visit, confirming with staff that they have tested negative for COVID-19 within the previous two weeks, and complying with the infection prevention and control protocols. This includes wearing a face covering during visits.

***As the economy reopens and restrictions are loosened, we must still remain vigilant. Please remember to physically distance, wash hands or use an alcohol based hand sanitizer often, and wear a mask when physical distancing is a challenge. Stay safe!***

## 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)

**Do not call 911** unless it is an emergency.

## Think you have COVID-19 symptoms?

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/>

## Assessment Centres

### **West Nipissing**

Open 10am - 4pm  
Mon, Tues, Thurs, Fri  
Call 705-580-2186 to make an appointment

### **North Bay Regional Health Centre**

Appointment Required  
705-474-8600 ext. 4110

## Social circles are now permitted

North Bay Parry Sound District  
Health Unit  
  
Bureau de santé  
du district de North Bay-Parry Sound

### To create a safe social circle, follow these five simple steps:

- Step 1:** Start with your current circle: the people you live with or who regularly come into your household.
- Step 2:** If your current circle is under 10 people, you can add members to your circle, including another household, family members or friends.
- Step 3:** Get agreement from everyone that they will join the circle.
- Step 4:** Keep your social circle safe. Maintain physical distancing with anyone outside of your circle.
- Step 5:** Be true to your social circle. No one should be part of more than one circle.



A social circle allows you to have close contact with a select group of people outside of your household. Please note there is a difference between a social circle and a social gathering. Visit <http://ow.ly/djgt50A6scj> for more information.



## Coping during COVID-19

The expression, *"we're all in the same storm, but we aren't in the same boat"* seems fitting during these unprecedented times we are living.

It hasn't been easy or pleasant isolating from our family and friends. We are all experiencing different challenges... whether it's balancing work, parenting, family life, education and many responsibilities - or other stresses such as financial insecurity, mental health and/or social challenges, and coping with grief and loss during an already stressful time.

***We truly are in this together - stay strong!***

STRONGER  
TOGETHER



## Council Connection

### Keeping Our Community Informed about Key Issues

**Our Response to COVID-19:** We continue to adapt and strengthen our operations to deliver services efficiently to our membership as things change. To assist with these efforts, Nipissing First Nation has received one-time funding from Indigenous Services Canada (ISC) to sustain band operations during the pandemic until December 31, 2020.

To date, NFN has allocated the majority of these funds to the Food Security Program that wrapped up on June 24<sup>th</sup> after 12 weeks of operations. The program has been an important staple in our response to COVID-19 by serving the dual purpose of providing food and essential items to members in the local area, while also helping our most vulnerable members stay safely at home. The program assisted between 150-250 households every week. Miigwech to all involved in serving our community!

While the ISC funding supported members on-reserve members and in the local area, the Federal government also provided \$75M in funding to support off-reserve members through organizations such as Friendships Centres and Native Women's Organizations. Our website is updated regularly with current information about programs and financial supports available for individuals, families and businesses. Visit [nfn.ca/support](http://nfn.ca/support) for details.

**Community Safety:** An increase in drug-related issues are putting our community at risk. We are actively working with police to deal with these issues (especially in Garden Village) and additional security patrols remain in effect. Council has suggested that NFN rental policies be reviewed, and is also looking to coordinate a task force with the Municipality of West Nipissing and City of North Bay to help address these issues. Members should contact APS at 705-472-0270 or Crimestoppers at 1-800-222-TIP (8477) to report any incidents/concerns.

**Wellness Resources:** As our community goes through this challenging time, which has been made even more difficult by the loss of several community members, we remind you that we have resources in place to help if you need support. The Right Path Counselling service can be reached by calling 705-753-1375 and have developed a number of resources to assist those who may need help - see [page 9](#) for details about the resources available.



École secondaire catholique Franco-Cité

June 17 at 12:33 PM · 🌐

What do we do when the pandemic prevents us from having guests in the classroom? We invite them to our virtual class. This is exactly what Ms. Pépin did to start the coverage unit. She invited Chief Scott McLeod to her virtual class at the NBF3U class. Students listened to a lesson on the history and importance of the wampum belt.







## Preventing Bear Encounters

Not every bear sighting is an emergency situation. Here's who to call if you encounter a bear.

### Emergency situations

**Call 911 or local police** if a bear poses an immediate threat to personal safety and exhibits threatening or aggressive behaviour, such as:

- stalks people and lingers at the site
- enters or tries to enter a residence
- wanders into a public gathering
- kills livestock/pets and lingers at the site

Police will respond first to an emergency situation, but may request assistance from the Ministry of Natural Resources and Forestry during daylight hours.

### Non-emergency encounters

Call the toll-free Bear Wise reporting line at **1-866-514-2327** (TTY [705-945-7641](tel:705-945-7641)) if a bear:

- roams around or checks garbage cans
- breaks into a shed where garbage or food is stored
- is in a tree
- pulls down a bird feeder or knocks over a barbecue
- moves through a backyard or field but does not linger

**This line operates 24 hours a day, seven days a week, from April 1 to November 30.**

### If you encounter a black bear

When bears are caught off guard, they are stressed and usually just want to flee.

**Stop. Do not panic. Remain calm.**

Generally, the noisier the bear is, the less dangerous it is, provided you do not approach. The noise is meant to "scare" you off and acts as a warning signal.

Visit the BearWise website for Do's & Don'ts when encountering black bears:

<https://www.ontario.ca/page/prevent-bear-encounters-bear-wise>

We remind residents to minimize the amount of items that attract bears, such as garbage, fish waste, bird feeders, composts and BBQ grease traps. Bears have just come out of hibernation and their natural food items like berries aren't available so they look for easy items.

APS will be increasing patrols to keep an eye out for bears, but we ask all residents to do their part. We also remind fishers that the only approved area for dumping fish waste is the designated area at the NFN Landfill. Miigwech for your cooperation to keep our community safe!

## Beaucage Park



Beaucage Park will be closed for the 2020 season. NFN does not assume any liability for unauthorized access or use of Beaucage Park during this closure. Any questions should be directed to Tom Lambert at 705-753-6985.

## 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.

To have a copy of the complete proposed law mailed or emailed to you, contact the Land Office at 705-753-2922, or download a copy on our website: <https://www.nfn.ca/outdoor-fires-law/>

## AES/KEB Joint Implementation Update

The Kinoomaadziwin Education Body and the Ministry of Education continue to work together to support the implementation of the Master Education Agreement (MEA) through the implementation of the Multi-Year Action Plan (MYAP). In year two of implementation, gains have been made in securing and incorporating feedback from Participating First Nations and district school boards to help mold various, soon to be, completed products.

The collaborative work of the KEB Regional Education Council Coordinators and IEO Education Officers continue to focus on implementing projects and activities that bridge the success and wellbeing of AES youth in district school boards.

The over 11,000 students of the Participating Anishinabek First Nations continue to be supported in the Anishinabek community school settings and in the publicly-funded schools, with the application of programs that are being tailored and designed to address specific needs and directions.

The integration of Anishinabek cultural practices, instructional methodologies, and traditional knowledge in all formal system settings is key to supporting student success and well-being. Opportunities through the Curriculum Resources and Niigaan Gdizhaami Fund projects, to develop resources to support curriculum, and that focus on local knowledge will peak student interest. Read the full document and other updates from the AES/KEB on our website: [nfn.ca/education/aes/](http://nfn.ca/education/aes/)

### Youth have told us they want...

#### More Culture

*morning prayers, smudging, feasts,  
drumming, clan systems,  
and storytelling.*

#### Cultural Competency Training

*for teachers to better understand  
Indigenous backgrounds, handling racism  
and systemic problems.*

#### Language Classes

*and more language teachers  
(must be Indigenous language teachers)*

#### Summer Learning Opportunities

*mentors and tutors, summer schooling  
for extra credits...*



## Education Department Reminders

**Awards & Incentives:** Please submit report cards to the Education Office as soon as possible. There won't be any pick-up dates available this year due to COVID-19. This year's awards and incentives will be mailed in mid-July unless curbside pick up is requested in advance (no later than July 17<sup>th</sup>). To request curbside pick up, please call Tracy at 705-753-6995 or [tracyh@nfn.ca](mailto:tracyh@nfn.ca).

**Forms & Information:** A reminder that the **Student Information and Bussing Sheet** needs to be filled out every year by all students. The form is available on our website under Departments > Education > Student Info > Elementary & Secondary.

An Authorization for Release of Information form also needs to be completed for each new student.

**Please advise the Education office of any new JK students or grade 8 grads, or if your child(ren) are changing schools.**

## Congratulations to Dr. Joan McLeod Shabogesic

We extend our sincere congratulations to Joan McLeod Shabogesic on being selected to receive an honorary degree from Nipissing University for her significant contributions to Nipissing Nation during her 37-year tenure as Land Manager. Joan most certainly deserves this recognition for her tireless work to better Nipissing Nation, and has made us all proud.

Significant milestones in her career were her responsibilities of treaty and land claim negotiations, repatriation and research. Her professional specialties include the land governance responsibilities of managing revenue generating initiatives, the establishment of protectionist measures such as land use zoning and resource management.

The archaeological management plan developed under her leadership resulted in the [Nipissing Archaeological Summer School](#), which she notes as her proudest achievement. The field school has operated since 2014, but unfortunately won't be offered in 2020 due to COVID-19. When it returns in 2021, it will undoubtedly continue to provide meaningful experiences on the land that might spark interest for students to consider further studies in archaeology and a career in this field of work. Many of the school's alumnae already earn wages from other archaeological sites in northeastern Ontario. The Nipissing Archaeological Summer School is just one of the successful projects that was initiated under Joan's leadership.

The virtual convocation ceremony is scheduled for *Friday, June 26<sup>th</sup>* and can be viewed on Nipissing University's website: <https://www.nipissingu.ca/about/convocation> Please note that this content may be viewed any time that is convenient for you and will remain available for viewing after June 26.

## Gichi-piitendmigoom (Congratulations!)

### Nbisiing RedHawks Class of 2020

We congratulate our 2020 graduates and applaud your resilience in adapting to online learning during this difficult time that has also prevented you from enjoying a convocation ceremony to celebrate your achievements.

Nbisiing's virtual graduation can be viewed on our Facebook page:  
<https://www.facebook.com/NbisiingSecondarySchool/>

**Soar High, RedHawks!**



**Congratulations  
Class of 2020!**







## Employment Opportunities

**Watch our Website & Facebook page for Current Opportunities**

The following employment opportunities are currently available with Nipissing First Nation.

To view the complete job posting, click on the position titles below, visit [nfn.ca/jobs](http://nfn.ca/jobs), or call 705-753-2050 to request a copy by mail, fax or email. Due to COVID-19, we will unfortunately not be recruiting for summer student positions this year.

**Administrative Assistant (Family Finder) – Permanent Full-Time**

Apply by Friday, July 3, 2020 at 4:30 p.m.

**Registered Early Childhood Educator (Garden Village) – Permanent Full-Time**

Apply by Friday, July 10, 2020 at 4:30 p.m.

**Home & Community Care Administrative Assistant – Permanent Full-Time**

Apply by Friday, July 10, 2020 at 4:30 p.m.

**Employment Assistance Counsellor – Permanent Full-Time** (2nd Round Posting)

Apply by Friday, July 10, 2020 at 4:30 p.m.

**Ontario Works Caseworker – Permanent Full-Time**

Apply by Friday, July 17, 2020 at 4:30 p.m.

**Food Bank Coordinator – Permanent Part-Time**

Apply by Friday, July 17, 2020 at 4:30 p.m.

**Public Works Manager – Permanent Full-Time** (2nd Round Posting)

Apply by Friday, July 17, 2020 at 4:30 p.m.

**Ojibway Women's Lodge – Relief Workers**

Open Posting – send applications to [emilyc@nfn.ca](mailto:emilyc@nfn.ca)

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



**NFN Jobs & Training**

## NFN Children's Services Bulletin

June 2020



## NFN's Summer Children's Program \* CANCELLED \*

At this time, due to COVID-19 and the guidelines for operating summer day camps, the program will not be offered

### Options...

- ✓ If you are an NFN family & require child minding to return to work, we have limited funding to assist with your child care needs (meeting criteria). If you would like more information, please contact: [brandief@nfn.ca](mailto:brandief@nfn.ca) or call 705-753-2050 ext. 3001
- ✓ If your child qualifies for the recreation reimbursement, you may use that to send your child to a day camp (available up to \$500/year)

Alternate: You may qualify for child care subsidy for emergency child care essential workers at child care programs off-reserve (Contact for more info)

CONTACT: [brandief@nfn.ca](mailto:brandief@nfn.ca) OR CALL 705-753-2050 EXT 3001 FOR MORE INFORMATION

## Coping during COVID-19

### First Nations Hope for Wellness Line

1-855-242-3310

[www.hopeforwellness.ca](http://www.hopeforwellness.ca) for chat option

### Thunderbird Partnership Foundation

<https://thunderbirdpf.org/>

### NFN Giyak Moseng (Right Path) Counselling & Prevention Services

705-753-1375

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

## Community Withdrawal Management Program Video Series:

[Wiigwaaswaaboo](#)

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

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

[Tobacco Ties](#)

[Chaga tea and lighting a fire](#)

[Shkode kinoogmaagewinan](#)

[Turtle Teaching](#)

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

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

[Poplar Buds \(Maanzaat\)](#)

[Dandelions \(Doodooshaaboo jiiibig\)](#)

[Sacred Circles](#)

[Fasting](#)

[Magakii Widaasan \(Pitcher Plant\)](#)

[Nmemneaankweaa \(Prairie Smoke\)](#)

[Gaagaagiwaandag \(Juniper\)](#)

[Wiigwaas Mshkiki \(Birchbark Medicine\)](#)

These videos are available on our website:  
[nfn.ca/covid19/](http://nfn.ca/covid19/)

Help the young people in your life find support for their mental health when they need it.  
These free confidential services are available 24/7 for children, youth, and young adults.

## MENTAL HEALTH CRISIS LINE FOR CHILDREN & YOUTH

Call: 1-844-287-9072

## KIDS HELP PHONE

Call: 1-800-668-6868

Text: TALK (for English)  
or PARLER (for French) to 686868

Live chat: [kidshelpphone.ca](http://kidshelpphone.ca)

## GOOD2TALK.CA FOR POST-SECONDARY STUDENTS

Call: 1-866-925-5454

Text: GOOD2TALKON to 686868

# CONNECT

for your well-being



Your lifetime partner  
in healthy living

North Bay Parry Sound District  
**Health Unit**  
2m 6ft  
**Bureau de santé**  
du district de North Bay-Parry Sound





# Grief During Covid-19

We as a global community have faced many losses in the past 4 months which has given rise to a pandemic of grief; feelings of uncertainty, losses, limitations, cancellations, sadness and social isolation. Added to this, is the death of loved ones during this time and restrictions to funerals and celebrations of life have been difficult for our community and the families who are grieving.

A normal reaction to loss is grief. Grief is both a feeling and a process that people typically go through after a death or other significant loss. Any meaningful loss requires us to cope and imagine a new, changed future.

We have never dealt with this exact situation before and we want to acknowledge the new challenges that may arise. We are all navigating new territory together, so be kind to yourself.

Grief looks and feels different to each person. Some feelings that can occur during grief include: anger, guilt, confusion, disbelief or sadness. Remember there is no right or wrong way to grieve. Grieving is unique to you.



We are social beings, acknowledge the grief that comes with being disconnected from others.



Support yourself emotionally by taking care of your physical needs (sleep, nutrition, fresh air, exercise).



A teen's grief can seem unpredictable and explosive at times. They are grieving while their brains are experiencing a great deal of change. Have open conversations with patience, understanding and reminders that you love them.



Acknowledge your pain, make space to grieve and practice self-compassion.

Cultivate patience, acceptance and hope.

Reach out to your community Elders, Knowledge Keepers, Spiritual Advisor support, or health care providers for grief support and information.

**Giyak Moseng The Right Path Counselling and Preventions Services**  
**705-753-1375**





# Grief During Covid-19

Any meaningful loss requires us to cope and imagine a new, changed future. First take care of yourself to ensure you can care for others in a good way.

Even in such a disconnected time of social isolation, there are many ways to stay connected through phone calls, texts, social media, face time, prayer and ceremonies.

There are many ways to honour those who have passed: memorials, facebook, virtual groups, honouring events and actions.

Pray in your own way. In a mindset (spirit) of prayer, make a tobacco offering or offering of a traditional medicine (cedar, sage, or sweetgrass).

Smudging is a way of entering into prayer, and is a powerful way to cleanse and bless the body, mind and spirit.

Light a candle in memory, reach out to someone grieving by phone or video chat.



Water is a sacred gift and connects all living beings. Spend time by the water, make an offering to the water. It is important to honour your tears when grieving.



Meditation is a way of healing and relaxation. Find a quiet space, close your eyes and take five slow breaths. Play relaxing music or guided meditation recordings. Allow your mind to be free.

To cope with so many new changes and losses, try writing your thoughts down in a journal, drawing a picture or recording a voice memo on your phone to release any thoughts. Use a journal (in any form) to express gratitude and affirmations.

Participate in spiritual practices that are available that may be virtual, available online or safe small gatherings that may be occurring for ceremony, prayer, art, song and dance.

**Giyak Moseng The Right Path Counselling and Preventions Services**  
**705-753-1375**





# Children and Grief

## **Children want to be told the truth about the death:**

Tell them in age-appropriate and direct language, ask them if they have any questions and clear up misconceptions

## **Children express their emotions through play and behaviors which may be problematic for you:**

They can't always tolerate intense emotions or know how to talk about them; they might make decisions you don't agree with; they need to take breaks from their grief and engage in age appropriate activities

## **Children look to you as a role model for how people grieve:**

Share your feelings while making them aware that they don't have to "fix it"; each child will grieve in their own unique way; they will grieve alone in an effort to shield you from their pain

## **Children want to talk about their person who died:**

They need you to tolerate listening when they tell their story or share their feelings; they fear that they will forget their loved one

## **Children need to know who would take care of them if you could not:**

They may fear for your safety especially when you are apart

## **They need to be taught coping strategies:**

Include ways to comfort themselves in your absence

## **Children benefit from being included in mourning rituals:**

your child needs the opportunity to participate in ongoing rituals; rituals aid in their understanding of death

## **They need you to help them feel safe:**

Provide clear and consistent boundaries, limits and expectations; give them room to safely interact with peers and adults outside of the family

## **Children need to be included when making decisions:**

About how to celebrate holidays, birthdays and anniversaries; about other family circumstances such as moving or changing schools

**Children need you to take care of yourself:  
they will only adapt as well as you do**

<https://kidsgrief.ca>

<https://sesamestreetincommunities.org/topics/grief>

**Giyak Moseng The Right Path Counselling and Prevention Services**  
**705-753-1375**





## Home & Community Care

### Summer Safety Tips for Seniors

#### 1. Stay hydrated

Seniors are more susceptible to dehydration because they lose the ability to conserve water as they age, and thirst signals decrease. Aim to drink 6-8 cups of water, sports drinks, or juice a day. If you will out in the sun, aim for higher to avoid dehydration. Bring a water bottle along with you. Drink continually throughout the day.

#### 2. Don't stay out for too long

Plan to keep outdoor activities in short increments. Go inside for breaks from the heat and sun. You don't always feel the effect the sun is having on you in the moment.

#### 3. Apply sunscreen and a hat

Keep sunscreen (SPF 15 or higher) in an accessible place such as your purse or vehicle so that you are likely to have it with you when you are out. Re-apply sunscreen throughout the day. Wear a hat to protect your head from the sun.

#### 4. Check the side effects of your prescriptions

Some medications can make people more sensitive to the sun. Ask your pharmacist if you will need to take any extra precautions when out in the sun.

#### 5. Stay cool

Air conditioners and fans have a cost to use, but heat waves can have health consequences for seniors. Keep your home at a safe, cool, comfortable temperature. Use washcloths or towels with cool water placed on your wrists, ankles, underarms and neck to cool down.

#### 6. Wear sunglasses

Vision loss can be common among the elderly, and too much exposure to the sun can cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

#### 7. Dress right

Dress for the weather. When it is warm out wear light-coloured, loose-fitting natural fabrics such as cotton.

**For more information and resources,  
contact the Lawrence Commanda  
Health Centre at 705-753-3312.**

#### DEHYDRATION

**What it is:** A loss of water in your body. It can be serious if not treated

**Warning signs:** Weakness, headache, muscle cramps, dizziness, confusion, fainting

**What to do:** Drink plenty of water, preferably sports drinks, which contain important salts called electrolytes. Electrolytes play an important role in regulating your heartbeat. If you don't feel better, call 911. If you do feel better after drinking fluids but have conditions such as heart failure or take a diuretic (water pill) you should phone your healthcare provider for a follow-up.

#### HEAT STROKE

**What it is:** A very dangerous rise in body temperature, which may happen gradually over days of heat exposure in older adults.

**Warning signs:** A body temperature of 40°C or higher, red hot and dry skin, a fast pulse, headache, dizziness, nausea or vomiting, confusion or lethargy, and fainting.

**What to do:** Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, put cloths soaked with cool water on your wrists, ankles, underarms, and neck to lower your temperature. Take sips of water or sports drinks, if you can do so safely if you are not drowsy, as it could cause choking.

#### HEAT EXHAUSTION

**What it is:** A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke.

**Warning signs:** Heavy sweating, or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is usually between 37°C and 40°C.

**What to do:** Move to a cool shady place and drink plenty of cool fluids such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't start to feel better after moving to the shade and drinking liquids.

#### HEAT SYNCOPE

**What it is:** Fainting caused by high temperatures

**Warning signs:** dizziness or fainting.

**What to do:** Lie down and put your feet up, and drink plenty of water and other cool fluids.



# Atigewin

## COMMUNITY GARDEN

### HOW TO GET VEGETABLES FROM THE COMMUNITY GARDEN THIS YEAR:

- Visit a garden stand
- Visit the garden during pick your own hours - the garden will only be open for picking during certain hours to keep community members safe
- Reminder: We are not able to take volunteers this year in an effort to keep everyone safe and well

**Garden Stands start August 7<sup>th</sup> (Duchesnay, Yellek & Garden Village)**

**Pick your Own hours start August 11<sup>th</sup>**

***Full details will be posted in the August newsletter***

For full guidelines on how to visit the garden stand safely or for changes to the schedule due to weather, please check the NFN Health & Recreation Facebook page or call Erika at the Health Centre: 705-753-3312.



# Community Face Masks



**\* Available upon request**

The best way to stop the spread of COVID-19 is by staying home and avoiding close contact with others outside of your home.

If you must leave your home, it is recommended that you use a face covering (non-medical mask such as a cloth mask) to reduce the risk of transmission of COVID-19

Children under 2 years of age, people who have difficulty breathing, or cannot put on or remove one,

SHOULD NOT WEAR A FACE COVERING



**Limited quantities: One mask per NFN household member**

**If you're an NFN household member & would like a mask, please email or call (leave a message) to request one.**



**705-498-2137**

**Email: [mistya@nfn.ca](mailto:mistya@nfn.ca)**



## Names of Places

Nishnaabemwin, one of the original indigenous languages of Turtle Island, can only be learned from fluent speakers. Classes don't create fluent speakers, nor do immersion camps, nor does online learning. They can help but alone, won't create fluent speakers.

The fluent speakers are the only ones who can help us with the literal meaning of phrases, words, etc. There is no greater value than learning from a fluent speaker. We need to put more value on fluent speakers for our learning. Our fluent speakers are our school. Our Nishnaabemwin teachers are taking the torch, and we appreciate every teacher and new learner.

Zhaagaanaashemwin (settler's language) has only been here within the last 150 years. Nishnaabemwin was here since the millennium, since the creation story. Our language is rooted in this land.

This month we are going to share a gem: Nishnaabe names for our traditional territory and local area. *Our people didn't name places, they described them.* Only our fluent speakers would understand why these names came to be.

To our fluent speakers and cultural knowledge holders: Please inform us of any corrections to the information shared.

<b>Mskwaabkag</b>	Red Rock	Beaucage
<b>Giiwedino Wiikwed</b>	North Bay	This version was found in some baptismal records
<b>Dimaagamii</b>	Temagami	"deep waters" from the word timiigama
<b>Mkwa Mnisiing</b>	Bear Island	
<b>Ktigaaning</b>	Garden Village	"k" our garden
<b>Nbisiing</b>	Nipissing	
<b>Nbisiing Shkonganing</b>	Nipissing Reserve	Left over land. What is reserved
<b>Gaa-baamiimjiwang</b>	Crooked Rapids	
<b>Kikendaa-baawitig</b>	Chaudierre Falls	Place of the big pot. Many pots and axes were found at the original site
<b>Manidoowngong</b>	Islands	
<b>Gete-waakaa-iganishing</b>	Goulais Point	It was flat land, used for farm animals and gardens. An American purchased this traditional land. There are a lot of bones there. Cemeteries

<b>Mamnoogiinmadbid</b>	Near Goulais Point	How the rocks looked. Where the bullfrogs would sit near Goulais Point
<b>Zhooniyaa wiikwed</b>	Cache Bay	Literal translation. Our cranberries were there. A place where things are hidden.
<b>Yekwaagam Ekwaagam Nbaangaang</b>	West Arm	Yekwaa (length), Gam (water). Hugh Stevens family lived there.
<b>Waakweshzhiing</b>	Lavigne	
<b>Nbashkaang</b>	Wiigwaam Point	
<b>Gchi Mamnoo</b>	Island next to Kevin's Camp	Bull Frog
<b>Waashkaang</b>	Mud Bay	Chevriers and Whiteducks lived there
<b>Mskime Ziibiins</b>	Mosquito Creek	
<b>Neyaaba'aakwaang</b>	Couchie Point	
<b>Neganshiing Zhingwaako Mnising</b>	Jocko Point	
<b>Manidoowngong</b>	Manitou Islands	
<b>Kenagaag</b>	Oak Island	Past the Sturgeon River
<b>Bagadeyag Ziibi Emgaadeyaag Ziibi Genoogmagmi Ziibi</b>	French River	Wide River  Long River
<b>Biiwaapkomnasing</b>	Iron Island	
<b>Memewensaapkoons</b>	Campbell's Bay	
<b>Jiigneping</b>	Veuve River	Large snakes would sun themselves on the shore
<b>Biiskaagoonaaning</b>	Marshy Bay/Canoe Pass	Water swirling
<b>Aaswaksing</b>	Cradle Falls	Something leaning
<b>Zinaapkinganing</b>	Jibraltar	
<b>Gwaapkingan</b>	Dead Man's Island	Burial mounds.
<b>Waapkaganan</b>	Island between Canoe Pass and Sandy Island	Mary McQuabbie Dokis' uncle found a birch bark casket. Inside was a baby
<b>Aabaabika</b>	Headwaters of our traditional territory	
<b>Bezhgoonzhiimnising</b>	Horse Island	
<b>Winabegok</b>	James Bay	
<b>Neyaashing</b>	Dokis Point	
<b>Ekwanbiising</b>	Thunder Bay	

**Nbisiing Nishaabe Gaabinaadziwaad Gamig –NFN Culture Centre**

**\*\*We gratefully acknowledge our fluent speakers\*\***

# Nbisiing Anishinaabemwin

## *Miini Giizis (Berry Moon)*

*Miini Giizis, nsemaa nga-bgidnaa dbasendizyaan.*  
*Gzhe-Mnidoo gii wiinmaag, i-mno-nawenigewin*  
*Mina mno-zaagidwin wewena gaa mno-zhichgaadeg.*  
*Gookmis i-naaknigewin gaa miingaasod.*  
*Miinan wii-naagdawendang ge chi-piitendaagwak*  
*Waawyeyaag ntam gaa-zhichgaadeg.*  
*Mii i- ni-kinoomaagooyaan wii ntaawgigwaa niijaansag.*  
*Mii maa pii, emkwedmaan Miinan giw- miineskaawnzhiig*  
*Pii maa wiishpangin Miinan yaamwaad.*  
*Maa mnoseg , pii kina gegoo gaa zhichkaadeg, mshikiing shi-nenjigaadenoon.*  
*Nda dbasendis mina nga-kwedwe debwewendaagziwin pii gii waamdaswaan,*  
*Noonziwaan ge noonjgeyaan mnaadenmoyaan nakeyiing .*  
*Baa maa pii minwa .*  
*Pane go Miigwechwendmin!*

Berry Moon , I offer my tobacco with respect and humbleness for what you taught me.

The Creator has instructed you to be a guardian with gentleness and kindness, keeping the balance of Creation .

Gookmis, the teachings you have given to the Berry to protect the scared circle of Creation, has become my teacher in raising my family.

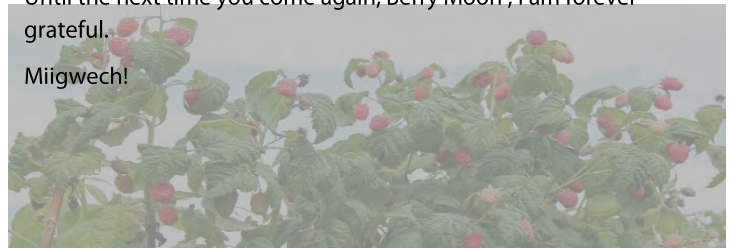
Many times I have rasp of the berry bushes against my body.

Each time I have learned from this, the true meaning of becoming in tune to the gentleness and kindness that I must give to all Creation.

Now I humble myself and ask forgiveness for times I did not see, hear or speak to you in a respectful way.

Until the next time you come again, Berry Moon , I am forever grateful.

Miigwech!



## KIDWINAAN (WORDS)

<b>Baashminsige</b>	making jam
<b>Biwaabik</b>	motor
<b>Bwii</b>	paddle
<b>Gnebik</b>	snake
<b>Gnoozhe</b>	pike
<b>Jiimaan</b>	boat
<b>Memengwaa</b>	butterfly
<b>Miinke</b>	blueberry picking
<b>Miinan</b>	berries/ blueberry
<b>Mkinaak</b>	turtle
<b>Mskobmin</b>	raspberry
<b>Mnis</b>	island
<b>Niibin</b>	summer
<b>Niibing</b>	in the summer
<b>Wiigwaas jiimaan</b>	birchbark canoe
<b>Zaagigan</b>	lake
<b>Zhaawnong</b>	south
<b>Zhebye</b>	rowing

## DIALOGUE

***Niibing wii paa-nda-miinke mnising***

In the summer I will go blueberry picking on the island.

***Jiimaaning wii paamis niibing nbiing.***

In the summer I go riding my boat.

***Niibing wiigwaas jiimaan wii paam kwazhwe.***

I go paddling in a birchbark canoe in the summer.

With no pow wows this year, we know our vendors are likely having a difficult time. We would like to try to help promote your work - whether it's maple syrup, beading, drums, carving... if you are interested we can assist with showcasing your work and contact information.

If you are interested, please let us know....

**\*\*Nbisiing Nishnaabeg Gaabinaadziwaad Gamig\*\***

**NFN Culture Centre**

705-753-2050 | [glennab@nfn.ca](mailto:glennab@nfn.ca)



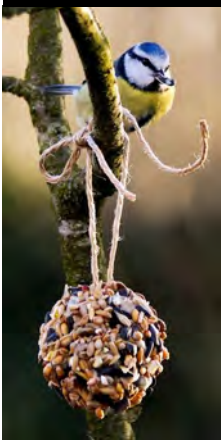
## Making Gookooshbag (Plantain) Oil for Home Use

Harvest **gookooshbag** in a clean area. Where there are no pesticides, near railroad tracks or highways. Wash the leaves and place them into a medium sized mason jar. Stack tightly. Cover the leaves completely with cold pressed olive oil or another good oil. Tighten the lid and place your jar in full sunlight outside. Let it sit for 6 weeks. Every few days, shake the jar and make sure all leaves are completely covered in oil.

The oil will have absorbed the medicine from the plant. Using a cheesecloth, wring out the leaves and keep the oil in the jar. You can leave a couple of leaves for recognition of your oil. Can store up to one year.

This is a good medicine for bug bites, inflamed skin, wounds, and infections. It leaches out toxins. I've used this for infections, and it works very well. Gookooshbag is an anti-inflammatory. You can also use some to mix with lemon juice or organic apple cider vinegar to make a salad dressing. Eat your medicines. Gookooshbag leaves can also be steeped as a tea.

As with anything, when taking creators gifts from the earth, remember to make an offering of semaa and ask mshkiki (medicine) to help people. This is an important part of healing.



## Cultural Events (Miini Giizis)

### Children's Activity - Bird Feeder (Available July 6<sup>th</sup> to 17<sup>th</sup>)

Make a simple pinecone bird seed feeder. We have a limited amount of kits for NFN members. Please contact [mindym@nfn.ca](mailto:mindym@nfn.ca) to arrange for curbside pickup of kits. This will include a basic teaching of the birds. *Note: bird feeder kits contain peanut butter. Please inform Mindy if an alternative is needed in your kit.*

### Nbisiing Nishnaabemwin Contest (Contest Ends July 24<sup>th</sup> at 4:00 p.m.)

We will be hosting a nishnaabemwin event. Please submit a video recording of at least two minutes, fully in Nbisiing dialect of any topic, within the following categories:

- Up to 6 years old
- 6-12 years
- 13 to 18 years
- 19 and over



These will be reviewed by our fluent speaker on staff, Evelyn McLeod. Final contestants will be eligible for prizes by live draw, for each category. Open to NFN members. Share a story, an activity, a teaching, your choosing.

To arrange for curbside pickup of your submission on usb flash drive, or submission by email, please contact [mindym@nfn.ca](mailto:mindym@nfn.ca).

### Video : "How we take care of our life"

We will be sharing a video by Perry McLeod Shabogesic regarding some self-care mshkiki (medicines) that can be used when struggling with addictions. This will be available on the [NFN Culture & Heritage Events Facebook page](#) after July 3<sup>rd</sup>, 2020.

For any inquiries regarding these activities, please contact Mindy at [mindym@nfn.ca](mailto:mindym@nfn.ca) or 705-753-2050 x1260.

Nbisiing Nishnaabe Gaabinaadziwaad Gamig ~ NFN Culture Centre

## Child, Youth & Family Programs

Our Native Child Welfare Program has set up online/virtual programming to help keep children, youth and families engaged. Please follow our [Native Child Welfare Program Facebook page](#) to stay updated on events planned for July.

At the end of June, we delivered special care packages to children and youth who have participated in our activities, and we really hope you enjoyed them! Below are some of our upcoming activities:

### Home Alone with First Aid - Ages 8+ (Online Delivery)

**Wednesday, July 8<sup>th</sup> from 1pm to 4pm**

Must have electronic device such as a laptop, iPad tablet or phone with high speed internet and private space.

To register, please contact Katie at 705-753-2050 or [katiel@nfn.ca](mailto:katiel@nfn.ca).

### Watch for these Virtual Activities this Summer:

- Virtual Craft Days
- Science Experiments
- Baby Group Chats
- Youth Chats
- Scavenger Hunts
- Family Contests
- Stars in the Sky



***We have also circulated a survey to families who have enjoyed programming offered through NCW in the past to find out what activities you would like to see this summer. Please submit your feedback to Katie or Jayde at 705-753-2050 or by email to [katiel@nfn.ca](mailto:katiel@nfn.ca) or [jaydes@nfn.ca](mailto:jaydes@nfn.ca).***

## Indigenous Podcasts

Check out these amazing, Indigenous focused podcasts created by Indigenous peoples from across Canada.

For more information about these specific podcasts and how to access them, visit:

- <https://warriorkidspodcast.com>
- <https://www.cbc.ca/radio/unreserved>
- <https://www.storiesfromtheland.com>







### The Story of the Warriors of 1972 is going to be a book

In partnership with Mary Beth Leatherdale ([www.marybethleatherdale.com](http://www.marybethleatherdale.com)) and Rick Wilks of Annick Publishers ([www.annick.com](http://www.annick.com)) the story of the success of the 1972 Warriors hockey team will be told. We still must work out the logistics, however, we have agreed in principle to begin the project.

#### How can community members help? I would like to hear from...

- Former players, each and everyone who played with the Warriors from 1965 to 1972. Coaches, trainers, stick boys... *For players who are no longer with us, we encourage family members to contact us as well.*
- The original Homemakers, as well as friends and relatives who remember the work they did for the team.
- The fans and recollections of the games and atmosphere of the old arena. We are looking for any Warrior experience that you may have witnessed or been a part of.

I'm also looking for photographs of individual players, as well as old jerseys, jackets, programs that we can photograph or scan. Your help will make this a book to remember.

#### For more information about this project, please contact:

Les Couchi at 705-474-0383 or [couchi19@bell.net](mailto:couchi19@bell.net)

*In an effort to lift everyone's spirits during this time where we are all staying home, the Anishinabek News did a call out on social media for dancers to submit their stories.*

*The summer series is called:  
Why We Dance*

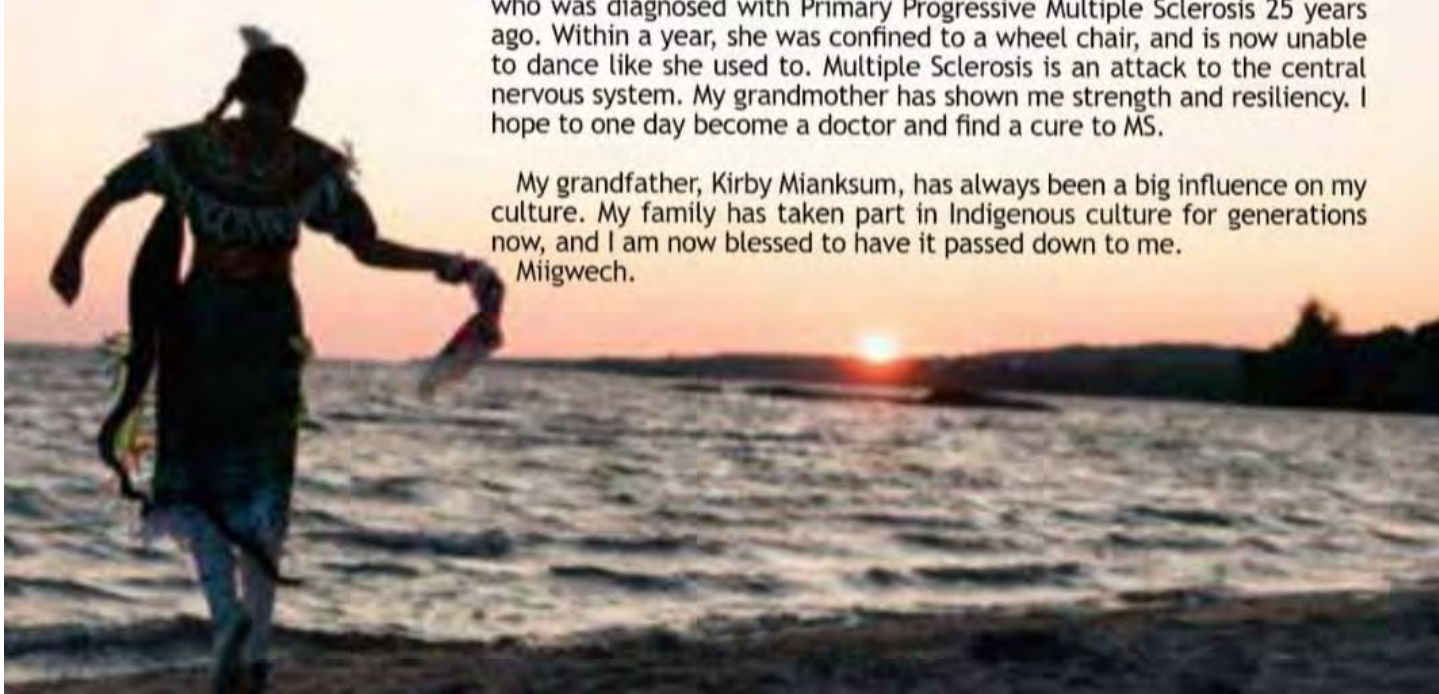
### Why I Dance

*By Ava Couchie, Nipissing First Nation*

Wachiiya, Aanii, my name is Ava Couchie and my spirit name is Kish-ikak meaning daylight. I am an oji-cree from the Nipissing First Nation Territory, and I am 12 years old.

Powwows have always been my passion. I have danced in powwows since the time I started walking. Currently, I am an old-style Fancy Dancer. I dance for those who can't dance like my grandmother, Kimberly Couchie, who was diagnosed with Primary Progressive Multiple Sclerosis 25 years ago. Within a year, she was confined to a wheel chair, and is now unable to dance like she used to. Multiple Sclerosis is an attack to the central nervous system. My grandmother has shown me strength and resiliency. I hope to one day become a doctor and find a cure to MS.

My grandfather, Kirby Mianksun, has always been a big influence on my culture. My family has taken part in Indigenous culture for generations now, and I am now blessed to have it passed down to me.  
Miigwech.







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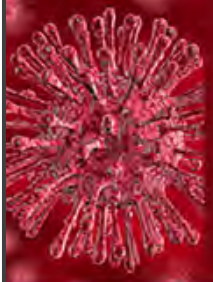
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# COVID-19 Updates

**nfn.ca/covid19 ~ 705-753-2050**

Facebook: @NipissingFN ~ Twitter: @Nipissing\_FN

## NFN FOOD BANK



### SUMMER ACCESS DAYS:

JULY 2, 2020      **OR**      JULY 15, 2020  
AUGUST 5, 2020      **OR**      AUGUST 19, 2020

**\* NEW EMAIL: [FOODBANK@NFN.CA](mailto:FOODBANK@NFN.CA) \***

**CALL: 705-753-6972 (LEAVE A MESSAGE)**

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