



December 2020
& January 2021

ENKAMGAK

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

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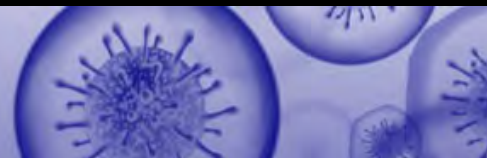
Offices closed
December 21 -
January 1 for
Christmas Break

Council Meetings

December 1st & 15th
January 12th & 26th
@ 7:00 p.m.
via Zoom Platform

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



COVID-19 Travel Advisory & Recommendations

Limit all non-essential travel, especially to and from COVID hot spots

As the second wave of COVID-19 washes over the country and proves to be worst than the first, it is critical that we don't let our guards down now.

We need to pull together as a community, as we so often do, to protect each other... even if it means staying apart for now.

Our Health Services team is working to adapt [Ontario's COVID-19 Response Framework](#) using the same colour-coded levels, but with specific measures that reflect NFN's needs.

NFN is currently in the **Green (Prevent)** zone and we want to keep it that way.

Per the travel advisory issued on November 13th, all non-essential travel outside of our district is strongly discouraged, especially to areas with high numbers of COVID-19 cases or where case numbers are surging, unless for emergencies or urgent medical appointments.

With the Christmas holidays approaching, it's more important than ever to safely plan for the holiday season. This means continuing to follow public health measures, and respecting the recommendations from our leadership and Health Services team.

The holidays are a special time that we traditionally spend with family and friends, but they also expose NFN to greater risk due to people travelling in and out of our community. This year, **we must celebrate safely - with members of our own household only - to stop the spread of COVID-19.**

We expect anyone who is planning to visit NFN to respect the following guidelines:

- Individuals living away from home, including those studying at colleges/universities, are to practice self-isolation for 14 days before returning home for the holidays. While home, travel should be limited to medical care needs, groceries or going to work.
- Stay true to your household - those you live with, or the family home you are visiting. The fewer people you have contact with, the lower the risk of exposure to COVID-19. Virtual gatherings and events are the safest way to visit and celebrate with people outside of your home. We know it's not the same as seeing each other in-person, but it's necessary to protect our loved ones.

These challenging times call on our humility and wisdom to accept that we do not know who has COVID, but that we have the knowledge and responsibility to protect ourselves and one another. ***May you all stay well and safe this holiday season and beyond.***

See pages 2-4 for COVID-19 updates and holiday tips, and pages 15-16 for details about care packages and a quarantine checklist.



Public Health Update

As of November 30th, there have been 79 positive cases of COVID-19 in the North Bay Parry Sound District Health Unit area, with 67 listed as resolved (recovered) and one death. There are currently 11 active cases in our district, and 57,519 tests have been done.

Prime Minister Justin Trudeau stated the federal government is not anticipating vaccines to be available to Canadians until early 2021, then later said by the fall of 2021.

While we wait for a vaccine, we must continue to do everything we can to keep NFN safe.

Do Your Part to Help Reduce the Spread

The greatest risk for spread of COVID-19 is close contact with another person. Reduce this risk by staying away from crowded and closed (indoor) spaces where people are gathered and continue to:

- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.
- Stay home and away from others if you are feeling sick, even if you only have mild symptoms. If you have [symptoms](#) or think you have been exposed to COVID-19, get tested.
- Practice [physical distancing](#) – stay home as much as possible, limit outings, and stay at least two metres (6 ft) away from anyone you do not live with.
- Wear a [face covering](#) where required or when physical distancing is not possible.
- Ensure you are following public and private gathering limits (indoor and outdoor).
- Download the [COVID Alert App](#) for free from the Apple and Google Play app stores. This app lets users know if they may have been exposed to the virus. COVID Alert doesn't collect any personally identifiable information. No one will know who you are or where you've been.



Gatherings & Social Interactions

- Limit indoor social interactions to household members only.
- **Maximum of 10 people** at an indoor event or gathering (previous limit of 50).
- **Maximum of 25 people** at an outdoor event or gathering (previous limit of 100).
- Gatherings of 35 at an event (25 outdoor and 10 indoor) are not permitted.
- Hosts should keep a record of everyone attending the event, including their contact information.



Celebrate Christmas and the new year with people in your household only.

Respect gathering limits (10 indoors/25 outdoors). Non-compliance can lead to fines. Report large gatherings to the APS at 1-888-310-1122.

Public Health Information

***NEW* COVID-19 cases in schools & child care centres**
(updated weekdays at 10:30am)
<https://www.ontario.ca/page/covid-19-cases-schools-and-child-care-centres>

North Bay Parry Sound District Health Unit

(updated Monday at 9:30am & 3pm and Tues - Friday at 3pm)
<https://www.myhealthunit.ca/>

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

More info/medical advice:

- Telehealth Ontario for medical advice at **1-866-797-0000**
- Local 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/>

To book a COVID-19 test, contact:

West Nipissing Assessment Centre
705-580-2186
Open 10am - 4pm
Mon, Tues, Thurs, Fri

North Bay Regional Health Centre
705-474-8600 ext. 4110

Mental Health & Wellness

The pandemic has both created and intensified so many issues in terms of employment and financial stability, mental health and addictions issues, education, access to health and social services, business operations, and the list goes on...

We are very cognizant of the unique challenges that this pandemic poses for First Nation communities, and continue to work diligently to protect our members, and especially our most vulnerable citizens.

If cases in our district surge, this may mean implementing our own enhanced measures to protect our Elders and our community as a whole.

We are also working to enhance our mental health supports through weekly gathering circles on Wednesdays from 11am to 7pm at the Right Path teepee (following COVID protocols) until December 16th, and by recruiting a second Mental Health Therapist.

We are also pleased to announce that a Suboxone Clinic will be operational at the Health Centre as of December 1st.

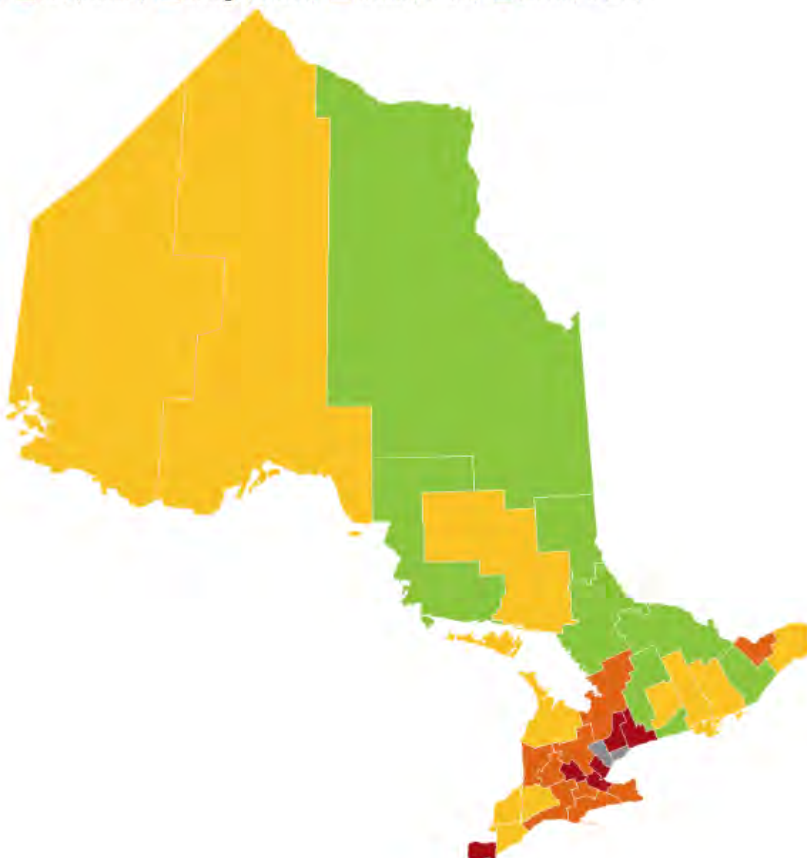
Please see page 13, or call 705-753-3312 or 705-753-1375 for more information.

Provincial Status as of November 30th

Ontario's COVID-19 restriction levels

Ontario's new framework classes public health regions into five levels, including lockdown

Lockdown Red (Control) Orange (Restrict) Yellow (Protect) Green (Prevent)

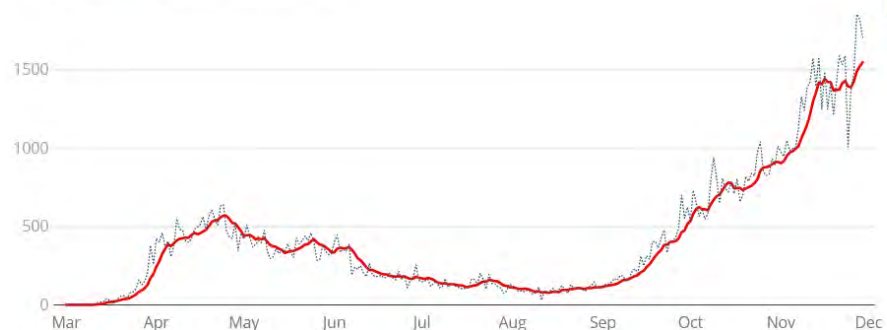


We **strongly advise** members not to travel to COVID hot spots, and to **limit travel outside of your home to necessary trips** such as going to work or school, attending medical appointments, or buying groceries.

Ontario: New daily cases of COVID-19

The red line is the average daily number of new cases over the previous seven days.

..... New cases — Daily average (previous 7 days)



CBC NEWS

Chart: Mike Crawley • Source: Ontario Ministry of Health

There are currently 14,197 confirmed, active cases of COVID-19 provincially, the most since the first was reported in Ontario on January 25.

Celebrating the Holidays Safely

With the holiday season fast approaching, here are a few tips for safe holiday celebrations. The staff at the LCHC wish everyone a safe and fun Christmas.

Safer Holiday Activities

- ◆ Virtual holiday gatherings or events with family, friends or co-workers.
- ◆ Outdoor holiday activities such as building a snowman or going on a sleigh ride with members of your household.
- ◆ Visiting Santa Claus, Mrs. Claus or their elves outdoors and taking photos while keeping two metres apart.
- ◆ Attending a drive-in or drive-through event.
- ◆ Watching holiday or other movies with your household.
- ◆ Decorating your doors and putting up lights around your home.
- ◆ Baking holiday treats with your immediate household.
- ◆ Donating to your favourite holiday charity or toy drive.

Riskier Holiday Activities

- ◆ In-person holiday gatherings or events, particularly gatherings where masks or face coverings must be removed to eat or drink.
- ◆ Indoor holiday activities such as having overnight guests or sleepovers with friends or people outside your household.
- ◆ Visiting Santa Claus, Mrs. Claus or their elves indoors and taking photos without being two metres apart. Children are not permitted to sit on Santa's lap this year.
- ◆ Visiting family and friends for non-essential reasons.
- ◆ Individuals and families in higher transmission areas should avoid going to lower transmission areas, except for essential reasons.
- ◆ Hosting or attending social gatherings or organized public events that do not adhere to provincial or local requirements.

No matter where you live in Ontario, the safest way to celebrate the holidays this year is with those you live with



COVID-19

**Got symptoms?
Stay home and
get tested.**

You can get a test if:

- You are worried you may have COVID-19
- You have been exposed to someone with COVID-19
- You are at risk of exposure to COVID-19 through your employment
- You are experiencing **symptoms of COVID-19** (someone without symptoms or voluntarily testing is no longer a priority)
- You do not need a referral to get a test
- You do not need a health card to get a test

There are two testing centres in the area:

**West Nipissing
Assessment Centre**
705-580-2186
Open 10am - 4pm
Mon, Tues, Thurs, Fri

**North Bay Regional
Health Centre**
705-474-8600 ext. 4110
Open 9am - 5pm (7 days a week) - Assessment Centre in parking lot #9 - for symptomatic patients or children 8 years & under
Drive thru options near Emergency entrance is also available for asymptomatic people.

Flu shots still available!
Contact Carole or Misty at 705-753-3312 to make an appointment.

Christmas Break Closure

Offices closed from Dec. 21st to Jan. 1st

Chief and Council approved the Christmas Break closure for two weeks starting on Monday, December 21st to Friday, January 1st.

All Nipissing First Nation offices will be closed during this time, with staff returning on Monday, January 4th.



FOOD BANK & SOCIAL SERVICES - EMERGENCY ACCESS DATES

The Food Bank and Ontario Works will be open on **Wednesday, December 30th from 9am until noon.**

In January, the Food Bank will be open on **January 6th & 20th (1st & 3rd Wednesday).**

PUBLIC WORKS

ESSENTIAL SERVICES & EMERGENCY CONTACTS

Essential services provided by Public Works will continue throughout the holidays, including road maintenance, garbage/recycling collection and seniors' snow plowing.

In case of emergency, please contact:

Steve Doucette, Public Works Manager at 705-840-3626 or Patrick Stevens, Director of Community Infrastructure,

Vote on Changes to NFN's Election Code

Voting Period is December 1-30

On September 15th, the Election Code Review Committee presented a draft work plan and timeframe for the approval of the amended NFN Election Code (or Custom Election Regulations) to Council. Formed in 2017, this independent review committee consists of NFN members and operates at arm's length from Council.

Council agreed with the committee's recommendation to proceed with a vote on six proposed amendments using electronic voting and mail-in ballots. The vote count date was scheduled for November 30th, but was pushed to December 30th to allow more time to communicate details of the vote, and to coordinate online information sessions.

Details of the upcoming vote were advertised in the October and November newsletters, as well as on our website, social media sites and digital signs. Online information sessions with the Chair of the Election Code Review Committee, Fred Bellefeuille, as well as committee members Philip Goulais and Rhonda Couchie, took place on October 28th and November 25th to answer questions about the proposed amendments. Feedback from the sessions was reported back to Council for consideration.

On November 17th, Council appointed Laura Commanda as the ratification officer for the Election Code vote, and we are currently recruiting for a Ratification Officer Youth Intern to build our capacity for community votes and elections. The posting is open to youth aged 15-29 years and the deadline to apply is December 4th. Click [here](https://www.nfn.ca/jobs) or visit [nfn.ca/jobs](https://www.nfn.ca/jobs) to download the job posting or to view all current opportunities.

Summary of Proposed Changes to NFN's Custom Election Regulations

1. To allow on and off reserve electors to run in the election as long as they reside within a 100km radius of the NFN Administration building;
2. To allow for voting over the internet, while maintaining existing voting in person, by mail and advanced poll;
3. To remove the by-election requirement if more than 8 months remains in a term for a vacant councillor seat and instead to recognize the person running for Councillor who finished 8th in the vote in the last election as the replacement Councillor until the next regular election. The requirement to have a by-election for the Chief position will remain unchanged;
4. To include Anishinaabemwin on key words within the Election Code in a manner similar to the NFN Gichi-Naaknigewin (Constitution);
5. To correct spelling and grammatical errors;
6. To amend the appeal system to add clarity.

How to Vote

Voting packages were mailed to our 2,424 eligible voters on December 1st. We regret the delay in mailing out these packages, which was originally targeted for November 15th.

If you vote by mail-in ballot, please be sure to include the "Mail-In Ballot Identification Form" in the envelope with your ballot. If you have a computer or mobile device and internet access, we encourage you to vote online at www.onefeather.ca/nations/nipissing as a secure and convenient method to have your say. **Whether you agree or disagree with the proposed amendments, please vote!**



Garden Village Water Treatment Plant

Funding in place to begin upgrades in the spring

We are pleased to announce that funding has been secured to complete long-overdue upgrades to the Garden Village water treatment facility. The upgrades include increasing the capacity of the water reservoir and installing a Miex (ion exchange) system, which will improve water quality and reduce the amount of chlorine used to treat the water.

When the Garden Village water treatment facility was built in 2008, Indian and Northern Affairs Canada (INAC) allowed plants to be designed that did not treat Trihalomethanes (THM) or Haloacetic Acids (HAAs).

THMs are a reaction between the chlorine used for disinfecting tap water and natural occurring organic compounds. This concern with THMs was identified during construction in 2008, however INAC directed the construction to continue and that the matter would be dealt with after construction was complete.

NFN has continued to press INAC and ISC for attention to this matter, and twelve years later, we have secured the \$6.8 million in funding required to bring our water plant up to the standards it should have built at in the first place. Design work is 99% complete, and once we receive approval of the final design from INAC, we will tender out the project.

Connecting Yellek & Duchesnay

Environmental work to continue through the winter

As previously announced, Nipissing First Nation received confirmation of \$3.3 million in federal funding from Infrastructure Canada, and \$809,000 in provincial funding to construct 2.1 kilometres of paved road to connect Yellek and Duchesnay. NFN will contribute \$294,000 to this critical infrastructure project.

Connecting these communities was identified as a priority in community surveys that were conducted as part of our 20 Year Capital Planning Study, which was completed in 2017. According to the assessment of community needs, creating an alternate highway access was a relatively high need for respondents, rating 3.1 out of 4. Of the 69 residents in Duchesnay who completed the survey, 54 people (or 77.5%) listed this as a high priority.

During our *Enhancing the East End* community consultations in May 2017, which served as a follow up to the 2015 consultations on how to invest interest income earned from the 2013 Boundary Claim Trust, connecting Duchesnay and Yellek was again identified as a priority by residents of the east end. Residents expressed the need for a connecting road to create safer entrances to each community, open up land for development, and lead to more centralized services to improve quality of life for residents on the east end of NFN.

Environmental work on the former CN railway bed will continue through the winter. This assessment work is being undertaken by EXP and NFN staff, including our Biologist and Environmental Officer. The final design work is being completed now in anticipation that road construction will begin in spring 2021, and may carry over into 2022.



Christmas Distribution Reminder

Each year, Nipissing First Nation distributes shares to registered members from the band revenue account.

Request forms were mailed to all member households in September, and the form is available on our website: nfn.ca/christmas-2020/

Unfortunately, we were unable to offer in-person distribution this year due to the pandemic, but we encourage you to complete the form, if you haven't already. If you would like another copy mailed to you, please call 705-753-2050 or email juliel@nfn.ca.

Request forms must be submitted every year and shares do not accumulate. Members have until March 31, 2021 to request shares.

Chief and Council have approved the following amounts for this year's Christmas distribution:

- \$250 for members ages 0-64 years
- \$320 for members ages 65+ years

For those who submitted requests by the October 23rd, payments were issued by cheque or direct deposit on November 27th. All requests received after this date may take up to 4 weeks to be processed.



What does this Agreement really mean for Nipissing?

This alone is not self-government, but it represents a step forward and a continuation of NFN's long history of getting out from under the *Indian Act*.

For years, NFN has spent own source revenue (OSR) on key areas of our administration. This work should have been supported through a transfer agreement with the federal government.

This agreement will correct historical underfunding, and will free up funds for other priorities through **new funding**, especially for Culture & Language.

We need to move forward to realize the opportunities this new funding will provide.

We only lose if we choose the status quo of the *Indian Act*.

"Governance" is... making decisions about how we want to live and what we will provide for our future generations.



Second Vote on Anishinabek Governance Agreement *Voting Period is February 1-27, 2021*

Chief and Council have decided to hold a second vote to ratify the Anishinabek Governance Agreement in February via mail-in ballots, electronic voting, and in-person voting (if this can be done safely during the pandemic).

Nipissing did not meet the threshold to ratify when we held our first community vote in February 2020 (as was the case for many other First Nations), and we recognize that there were areas to improve on in terms of how information about the agreement was presented. Some of the misinformation we saw earlier this year ultimately took away from the spirit and intent of Anishinabe governance, which is rooted in promise, hope and vision.

A comprehensive review of the process for the first vote was undertaken through surveys and interviews with community leaders, communications coordinators and Restoration of Jurisdiction staff. The goal of this review was to better understand the flaws of the first vote campaign, and to adjust the strategy for the second vote.

Although this agreement has been under development for over 25 years, many people had never heard of it. It was clear that the volume and complexity of the information that was shared with Anishinabek Nation citizens as a whole did not lend itself well to explaining the benefits for each individual First Nation, as all are at different stages of development and have unique priorities. The Anishinabek Nation agreed that the approach needed to be adjusted and led by each First Nation, and we agree wholeheartedly with this approach.

We will be undertaking a comprehensive communications campaign ahead of the vote in February to clearly communicate *what this agreement means for Nipissing*, and to address some of the issues that were expressed earlier this year. Due to the pandemic, much of this campaign will need take place online through our website and social media, in addition to virtual information sessions via Zoom, but we will also ensure that information about the upcoming vote is mailed to all eligible voters in December prior to the voting packages.

We strongly believe that this agreement is good for Nipissing. We encourage you to learn more about it and to vote in February. Earlier this year, some members said that they didn't see why Nipissing needs this agreement (since we have already done much of the work in the four areas of governance that the agreement covers*).

** The agreement only applies to the four areas of governance: citizenship; leadership selection; culture and language; and operations and management.*

Nipissing has always been a progressive nation and the fact is that all of the work we've done to date has been done using own source revenue (OSR). This agreement provides new funding, directly from Canada, which will free up our OSR to focus on other priorities that have been expressed by community members, and that we will continue to identify through community surveys and consultations. ***Niigaan Zhaamin - Forward Together!***

Census Jobs

Statistics Canada will be hiring in your community!

- Schools, housing, and health and emergency services are all planned using census data.
- Use your local knowledge and sharpen your skills by working for the census.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future— apply as of January 6, 2021!

IMPORTANT TO KNOW:

- Pay varies **by position** from \$17.83 to \$21.77 per hour (in select Northern and remote communities, rates are from \$29.25 to \$31.25 per hour), plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours, mainly evenings and weekends.

Save the date! Apply as of January 6, 2021.



www.census.gc.ca

TTY (a telecommunications device for deaf persons): 1-833-830-3109



Statistics
Canada

Statistique
Canada

Status Card Requests

A reminder that members are required to call to make an appointment to obtain new or replacement status cards while our offices are closed to the public.

Please call 705-753-2922 to make an appointment with our Membership Clerk.

The following documents are needed to process requests:

- Recent photo
- Two (2) pieces of Identification, such as: birth certificate, health card, driver's licence, passport, or an old status card (as long as the date is not expired)

Guaranteed Income Supplement

Service Canada reminds clients who have not yet submitted 2019 income information to do so as soon as possible.

Clients who do not submit their income information will not receive the Guaranteed Income Supplement, the Allowance, or the Allowance for the Survivor in January 2021. Reminder letters were sent by Service Canada on October 5th.

Contact the Service Canada Outreach Support Centre at **1-877-355-2657** Monday to Friday from 8:30am to 4:00pm if you have any questions.

Employment Opportunities

To view the complete job posting, please click on the position titles below, visit nfn.ca/jobs, or call 705-753-2050 to request a copy by mail, fax or email.

LMI Data Intake Officer – Contract to March 31, 2020
Apply by Dec 4th @ 4:30 p.m.

True Self Outreach Support Services Worker – Contract
Apply by Dec 4th @ 4:30 p.m.

Ratification Youth Intern – PT Contract to Feb 2021
Apply by Dec 4th @ 4:30 p.m.

Mental Health Therapist – Permanent Full-Time
Apply by Dec 4th @ 4:30 p.m.

Ojibway Women's Lodge Frontline Worker – Permanent Full-Time (3rd Round Posting)
Apply by Dec 11th @ 4:30 p.m.

Ontario Works Caseworker – Permanent Full-Time
Apply by Dec 11th @ 4:30 p.m.

Maintenance Worker & Recreation Monitor – Contract Position.
Apply by Dec 11th @ 4:30 p.m.

Rink Maintenance & Zamboni Driver – Contract Positions (2)
Apply by Dec 11th @ 4:30 p.m.

Please submit a cover letter and resume before 4:30pm on the deadline by mail, fax to 705-753-0207 or email to resumes@nfn.ca.



ILMI & Skills Inventory Project Phase 2 of Pilot Project Now Underway

The Indigenous Labour Market Information (ILMI) is a pilot project with the purpose of testing ways in which Indigenous communities can collect, store and use market information based on their own community members experiences.

The project began in 2018 and will be continue through to 2023. Currently, the ILMI project is being carried out in 44 First Nation communities across Canada, including Nipissing First Nation.

What is the goal of the project?

Until recently, NFN did not have any up-to-date On-Reserve Labour Market Information (LMI) and there was an information void. The purpose of the ILMI project is to provide a snapshot of the current labour force in our community to assist with planning, program development, and identifying issues that need to be addressed. NFN Employment and Training (NFN E&T) is attempting to fill this gap with this pilot project, which has an overall **goal of matching community members to meaningful jobs.**

Phase 1 - Surveying the Nation

Phase 1 started at our Annual Community Meeting in November 2018 where NFN E&T collected Labour Market Information from surveys, which included training needs and employment experiences, along with educational and skill profiles of NFN community members. A total of 540 surveys were completed by individuals who live-on, work-on, or are members of Nipissing First Nation.

Phase 2 - Following Up & Linking Information

If you completed a survey in 2018-2019, we will contact you by telephone or email to update your file in our database and to link your profile to JOB BANK. Please note: we will not be conducting in-person interviews during the COVID-19 pandemic.

If you would like to take the survey for the first time, please contact Glenn McLeod at glennm@nfn.ca or 705 753-2050 ext. 1241 to set up a phone-interview time that is convenient for you. You will receive a \$10 incentive upon completion of the survey!



Financial Audit for 2019 - 2020 Fiscal Year


Audit complete and available online

Due to COVID-19, this year's financial audit was conducted remotely. On October 20th, Council was provided with a written presentation that outlines the Statements of Management Responsibilities which outlines NFN's financial responsibilities, and the Auditor's Report that addresses the auditor's opinions in accordance with auditing practices.

Other information presented included the Audit Procedures, NFN's statement of financial position in comparison to the previous year to March 31, 2020, as well as a list of new capital assets purchased, Statement of Operations, Reconciliation of Annual Surplus, Reconciliation of Program Variances, Accumulated Surplus and Matters of Communication that outline the audit process as it stands today, where the audit requires Council approval of Financial Statements to complete.

The Auditors informed Council that NFN had a very successful year and is in a solid financial position.

The complete financial audit is available on our website: nfn.ca/finance/audits/ and the consolidated financial statements are included in the Annual Report 2019-2020 that will be mailed to all member households in mid-December.

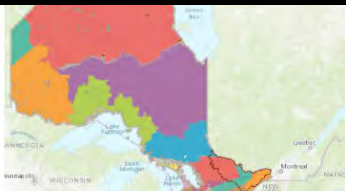


**Nipissing First Nation
Administration**
@NipissingFN · Government Organization

TREATIES

RECOGNITION WEEK

November 2-6, 2020



Home About Photos More ▾

Insights See All

Last 28 days : Oct 30 - Nov 26 ▾

People Reached **170,101**
▲ 3917%

Post Engagements **22,701**
▲ 542%

Page Likes **192**
▲ 1100%

Treaties Recognition Week (November 2-6) saw unprecedented levels of engagement on our Administration Facebook page stemming from the information we shared from Robinson Huron Waawiindaamaagewin and other sources to support treaty education.

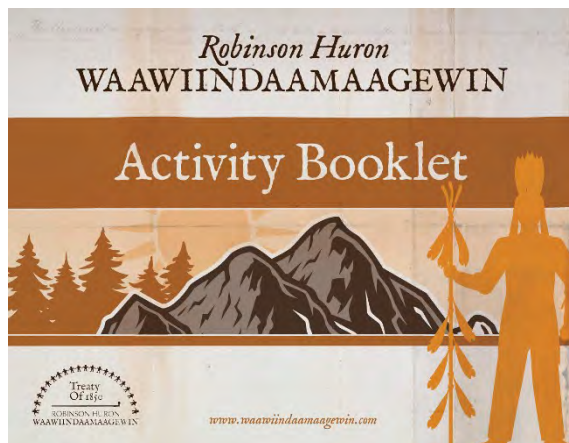
While the knowledge that this is a public forum makes us mindful of the information we post on our page, this level of engagement from the general public during Treaties Recognition Week also highlights positive opportunities for truth and reconciliation.

Many people have a sincere interest in learning about Treaties (since most weren't taught anything about them at all, which of course is no accident). It's important to provide avenues for people to learn the truth of how "Canada" came to be what it is today by abandoning its treaty obligations, implementing the *Indian Act*, and through ongoing attempts to colonize and assimilate Indigenous people. #WeAreAllTreatyPeople

Robinson Huron Waawiindaamaagewin Activity Booklet now online!

Check out this great activity booklet that is now available online: <https://bit.ly/33cOGjR>

You can also visit rhw1850treaty.com for more resources and information.



Download the 16-month Treaty History Calendar here: <https://bit.ly/2T3CDYu> or request a hard copy by mail or curbside pick-up by calling 705-753-2050 or sending an email to genc@nfn.ca.



At the end of October, members of the Little Native Hockey League (LNHL) 2020 Host Committee and the LNHL Executive met via conference call to discuss plans for LNHL in March 2021.

As you know, the onset of the coronavirus (COVID-19) pandemic forced the cancellation of the tournament earlier this year. Everyone involved was hopeful that the situation would improve and that Nipissing would host the tournament in 2021 instead.

However, as we enter the second wave of this global pandemic, and with so much uncertainty still ahead, regrettably the tournament organizers decided that the **2021 LNHL will be cancelled**. While we are disappointed about having to make this difficult decision, we are considering the health and safety of community members first and foremost.

In the course of our deliberations, we also discussed the possibility of postponing the tournament until later in the year and the feasibility of hosting a regional format. Having considered all of the many factors, we have decided that a postponement or alternate format was not feasible.

Organizing a tournament of this size and scale (there were 223 teams registered for LNHL 2020) requires a tremendous amount of time, energy and work from both the host community and LNHL Executive Committee members. There is so much that goes into organizing the LNHL including the management of logistics and hockey operations, team and player registration, volunteer coordination, facility management and accommodations, special events, as well as soliciting sponsorship revenues to offset the various costs.

In addition to many children not playing hockey this year or playing a modified format, fundraising efforts within First Nation communities to attend the event have been impacted by the pandemic. Priorities within our communities have understandably shifted significantly in the past eight months as we work to protect our citizens and to support them through the various challenges that this pandemic is creating.

"The decision to cancel this event for the second year in a row is regrettable, but unavoidable in light of the serious health risks associated with COVID-19 and its rapid spread in urban centres," said Nipissing Chief Scott McLeod. "Our team worked so hard to host what would have been an incredible tournament."

"Our number one priority is the health and safety of community members including the youth, players, coaches and elders," said LNHL President Marian Jacko. "While we are very saddened to have to make this decision, we know it is critical in order to help prevent the spread of COVID-19 to First Nation communities. With all things considered, it is simply too risky to proceed at this time. We want to assure you that we will take this time to work on improving the LNHL experience for the future," she added.

UPDATE: On November 17th, Council reviewed and approved the LNHL Host Committee's recommendation to proceed with hosting LNHL 2022. This committee and our community volunteers have put so much time and dedication into organizing this year's tournament, and we look forward to seeing the results of all this hard work come to life in March 2022.

Zhimaagnishii Giizhgak

Remembrance Day 2020 - Virtual Ceremony

Chi-Miigwech to the small committee of staff members who organized this year's virtual Remembrance Day ceremony: Steve Commanda, Freda Martel, Gen Couchie, and special thanks to Hillary McLeod for recording and editing the video that was streamed on YouTube on Facebook on November 11th at 11:00 a.m. View the ceremony here: <https://youtu.be/9vEUCdPur8U>



Anishinabek Education System REC #3

Marianna Couchie re-elected to new term on KEB Board

Board of Directors virtual Elections for the Kinooaadziwin Education Body (KEB) took place at the 23 Participating First Nations (PFN) Gathering, for four positions on November 17th. In keeping with the staggered three-year terms, the term of office for one director in each of the four Regional Education Councils (RECs) ended on November 17th. The remaining directors in each region will continue to serve on the board until the end of their respective terms.

In REC #3, **Congratulations to Marianna Couchie** who was re-elected, to a three-year term of office from 2020-2023, serving alongside Catherine Pawis (Chairperson) from Wasauksing First Nation and Phyllis Anderson from Nipissing First Nation. The following are the First Nations in REC #3: Dokis First Nation, Henvey Inlet First Nation, Magnetawan First Nation, Moose Deer Point First Nation, Nipissing First Nation, Wahnapiatae First Nation and Wasauksing First Nation.

Support for Learners

You can get financial support to help with additional costs during the 2020-2021 school year due to COVID-19.

Eligible parents or guardians will receive a one-time payment of:

- \$200 for each child up to age 12
- \$250 for each child or youth up to age 21 with special needs

You are eligible if your child:

- attends a publicly funded school
- attends a private school
- attends a First Nation operated or federally operated school
- attends school in-person or online
- is homeschooled
- is enrolled in child care
- is at home

For students attending First Nations schools, simply select:

"My child is not enrolled in either a public or private school"

Then select drop down option:

"My child is attending a First Nation operated or federally-operated school"

Learn more about the funding: <https://www.ontario.ca/page/get-support-learners>

Apply for funding: <https://www.iaccess.gov.on.ca/SupportForLearnersWeb/public/index.xhtml>



*Anishinaabe
Kinooaadziwin
Nongo,
Anishinaabe
Pane!*

Reminder for Elementary/ Secondary Students

If you live on-reserve and have not registered with the Education Office for the 2020-2021 school year, please contact us at **(705) 753-6995**.

This includes students who have chosen to learn from home this school year.

Please also let us know if you have any changes to your information, including school, address, phone number or email.

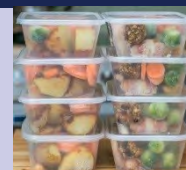
*Merry Christmas and
Happy New Year from the
Education Department!*





Meal Program for Seniors

Available until March 2021 - Orders must be placed every month



Must be a registered NFN member aged 65 years or older

Program provides a package of frozen prepared meals once a month

Call Stella Solomon at the Health Centre at 705-753-3312 to place your order for pick up or local delivery.

Monthly Order Deadlines

Order by **December 2nd** for a meal package on **December 9th**

Order by **January 6th** for a meal package on **January 13th**

Order by **February 3rd** for a meal package on **February 10th**

The Culturally Defined Withdrawal Management Program (CDWMP) is pleased to announce that the Suboxone clinic will be operational as of **December 1st at the **Lawrence Commanda Health Centre**.**

The CDWMP also provides land based activities and cultural supports.

CDWMP is an extension of addiction services within Giyak Moseng - The Right Path, and staff are housed both at 316 Ted Commanda Drive, and at the Health Centre. Staff will be providing OTN sessions with the partnering Addiction Medicine Specialist, (Dr. Ralph Dell'Aquila); dispensing Suboxone medication; providing education on Harm Reduction; and establishing plans of care both clinically and culturally for each person.

Gathering Circle

Until Dec. 16th

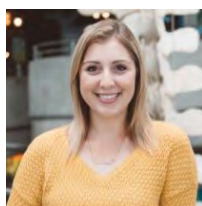
Every Wednesday from 11am – 7pm
@ Right Path Tiipii – 316 Ted Commanda Dr.

Physical distancing protocols will be followed at all times.
 Personal Protective Equipment available as needed.

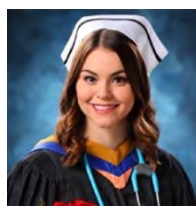


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L'ᐅᐅᐅ ᐅᐅᐅᐅᐅ
Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario

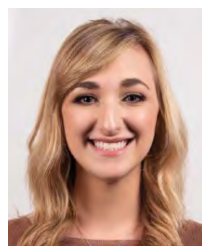
Welcome NOSM Students!



Sophie Lamoureux - I was born and raised in Sudbury. I graduated from Laurentian with a degree in Forensic Science and earned a Master's in Science Communication. I also worked at the Northeast Cancer Centre as a research associate.



Émilie Tremblay St-Aubin - I was born and raised in Kapuskasing where I hope to eventually establish my practice. I enjoy pretty much any activity that involves being outdoors. I graduated from the Nursing program in 2019, and feel fortunate to learn from you.



Dana Bartolucci - I was born and raised in Sudbury, where I was a competitive dancer for over 10 years. I earned my undergraduate degree in Radiation Therapy, and worked at the Northeast Cancer Centre for one year before beginning medical school at NOSM.



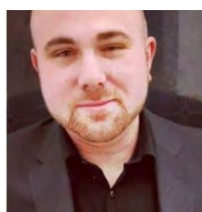
Tara Wilson - I am a second year Cree and settler student with roots in the James Bay region. I have a background in nursing sciences and have always known I wanted to be a doctor. I'm looking forward to learning all that I can during this placement with NFN!



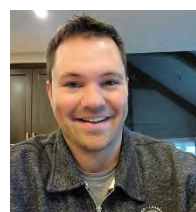
Brett Caccamo - I was born and raised in Thunder Bay. Before attending NOSM, I worked as a Registered Nurse at the Thunder Bay Regional Health Sciences Centre. Thank you for providing this opportunity. I look forward to learning more about Indigenous teachings, spirituality and healing.



Jeremy Lamothe - I grew up in North Bay/Callander area and spend most of my time outdoors. I am the father of an energetic toddler and completed an under grad in biochemistry and biotechnology at Carleton before moving on to a PhD in biomolecular science at Laurentian University.



D.J. Houle - I'm from Mattawa where I spent my first 18 years crushing rocks in my family's business. I studied ancient languages at Nipissing U, Waterloo, and McMaster before working in policing for four years. Now, I study medicine, teach at Nipissing part-time and serve as an infantryman in the Canadian Forces.



Lyndon Letwin - I was born in Thunder Bay but moved to Greenville, WI, USA where I grew up until age 18 when I moved back to Thunder Bay to pursue an undergrad in Applied Bio-Molecular Science and Masters of Biology at Lakehead University. I am very excited to learn about your community and get to know you!



Baby Calendar Submissions *for Babies Born in 2020*

The submission form is now available at www.nfn.ca, or get one from the Health Centre or Band Office. Submissions must be returned to the Health Centre by Friday, December 14th.

COVID-19 Care Packages

Limited Number Available to NFN Members - One Package per Household

Available by Local Delivery, Curbside Pick Up or Mail to members across Canada

Each Care Package Includes:

- Tote bag with LCHC logo
- One box of Kleenex
- PPE (door opener, mask and hand sanitizer)
- Recipe booklet
- Cooking thermometer
- 5 bean soup mix
- Wild rice
- Tobacco seeds with pod starter, cup and tobacco teaching
- NIDA Gtigewin Garden article



Information Handouts:

- Differences between Flu, Cold and COVID-19
- Most recent COVID-19 Symptoms list
- Quarantine Guidelines
- Self-Isolation Fact Sheet
- Coping with Stress & Anxiety during the pandemic



When ordering, please provide the following information:

- Full name
- Band number
- Address
- Phone number
- Number of people in household

To Order a Package:

Call the Lawrence Commanda Health Centre at 705-753-3312 or send an email to:

- Erika - erikaw@nfn.ca
- Stella - stellas@nfn.ca
- Lori-Anne - loriannm@nfn.ca

Mental Wellness Resources:

Giyak Moseng - The Right Path Counselling & Prevention Services

705-753-1375 | Office: 316 Ted Commanda Drive, Garden Village

Hope for Wellness Help Line - 1-855-242-3310 or use the online chat at hopeforwellness.ca. Both services are available 24/7.

Kids Help Phone - 1-800-668-6868 / text CONNECT to 686868, use the online chat at kidshelpphone.ca or access support using Facebook Messenger.





COVID-19 Quarantine Shopping List

Are you ready if you need to quarantine or self-isolate?

Items to consider for 14 days of isolation



FOODS TO HAVE:

<input type="checkbox"/>	Chicken, Beef, Pork
<input type="checkbox"/>	Fish
<input type="checkbox"/>	Nuts, Nut Butters
<input type="checkbox"/>	Canned Fish
<input type="checkbox"/>	Canned or Dried Beans
<input type="checkbox"/>	Canned Fruit
<input type="checkbox"/>	Canned Vegetables
<input type="checkbox"/>	Canned Soups/Stews
<input type="checkbox"/>	Canned Milk
<input type="checkbox"/>	Diced Tomatoes
<input type="checkbox"/>	Spaghetti Sauce

FLUIDS:

<input type="checkbox"/>	Water
<input type="checkbox"/>	Tea
<input type="checkbox"/>	Coffee
<input type="checkbox"/>	Gatorade
<input type="checkbox"/>	Gingerale
<input type="checkbox"/>	Chicken/Beef/Veggie Broth

ENTERTAINMENT:

<input type="checkbox"/>	Board Games / Cards
<input type="checkbox"/>	Books / Magazines
<input type="checkbox"/>	Toys / Puzzles
<input type="checkbox"/>	Hobbies: knitting, sewing, painting, music, etc.

PANTRY ITEMS:

<input type="checkbox"/>	Peanut Butter
<input type="checkbox"/>	Jelly/Jam
<input type="checkbox"/>	Crackers
<input type="checkbox"/>	Trail Mix
<input type="checkbox"/>	Granola Bars
<input type="checkbox"/>	Oatmeal
<input type="checkbox"/>	Barley
<input type="checkbox"/>	Quinoa
<input type="checkbox"/>	Whole Grain Pasta
<input type="checkbox"/>	Brown & Wild Rice
<input type="checkbox"/>	Drive Wholegrain Cereal
<input type="checkbox"/>	Olive Oil

DAIRY PRODUCTS:

<input type="checkbox"/>	Milk or Skim Milk Powder
<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Eggs

MEDICINE CABINET:

<input type="checkbox"/>	<u>Medication Refills</u>
<input type="checkbox"/>	Thermometer
<input type="checkbox"/>	Tylenol / Advil
<input type="checkbox"/>	Cough Drops
<input type="checkbox"/>	Cough Syrup
<input type="checkbox"/>	Immodium
<input type="checkbox"/>	First Aid Kit

BAKING SUPPLIES:

<input type="checkbox"/>	Whole Wheat Flour
<input type="checkbox"/>	Vanilla
<input type="checkbox"/>	Raisins
<input type="checkbox"/>	Nuts
<input type="checkbox"/>	Salt/Pepper
<input type="checkbox"/>	Dried Herbs
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Baking Powder
<input type="checkbox"/>	Baking Soda

PET FOOD/SUPPLIES:

<input type="checkbox"/>	Dog/Cat Food
<input type="checkbox"/>	Treats for your pets
<input type="checkbox"/>	Cat Litter / Dog Bags

HYGIENE PRODUCTS:

<input type="checkbox"/>	Toilet Paper
<input type="checkbox"/>	Diapers
<input type="checkbox"/>	Shampoo
<input type="checkbox"/>	Anti-bacterial soap
<input type="checkbox"/>	Toothpaste
<input type="checkbox"/>	Kleenex or Tissues
<input type="checkbox"/>	Feminine Supplies
<input type="checkbox"/>	Laundry Soap
<input type="checkbox"/>	Disinfectant

Many grocery stores & pharmacies now offer ordering online or by phone for curbside pick up with payment by credit or debit card.

Nbisiing Nishnaabemwin for COVID-19 Virus

Gchi-aaksiwin (Cleansing & Disinfecting)

1. **Ga -biiskaan gbidoonepzon** - you wear mask
2. **Ga - gziinjii wewena** - wash your hands well
3. **Gziibiigigan ga toon** - apply soap
4. **Wewena ga- gziibii' gninjiin** - rinse your hands well
5. **Bengnijiw** - dry your hands

Health & Wellness

Namjiwin	symptoms
Gbi doonpzon	mask
Dewziwin	body aches
Zostomwin	coughs
Zhaabziwin	diarrhea
Yeksiwin	fatigue
Gzizwin	fever
Dewkwewin	headaches
Gnagaangaabi	itchy eyes
Nbiiwaangaabi	watery eyes

Health & Wellness - COVID-19

Namjiwin	Symptoms
Biiskan gbidoonepzon	wear a mask
Dewzi	body ache
Zostamwin	cough
Yekziwin	fatigue
Gshiso	fever
Dewkwe	headache
Ngagaangaabi	itchy eyes
Nbiiwaangaabi	watery eyes
Bijjidsiin	loss of taste
Maazhde'e	nausea
Zhiishkagwe	throwing up
Shikowe	vomit
Ziikwiijaane / Gbijaane	runny nose/ stuffy nose
Jaamnonaamo	shortness of breath
Wiiskindaagne	sore throat



Pop Up Events

Follow the Native Child Welfare Program's Facebook page [@NFNNCW](#) and join the [NFN Culture & Heritage](#) Facebook group to stay up to date on exciting pop up events each month! Enter to win prizes!

RESPONSIBLE GAMBLING PROGRAM

WINTER SOLSTICE

zoom Video Communications

Nishnaabemwin
LANGUAGE TOY BINGO
All ages Family Event

BINGO

SUNDAY Dec 13 11:30-4:00 pm

NFN MEMBERS & AFFILIATES

EMAIL: BRADYP@NFN.CA

Deadline to Register is Dec 9th

Nbisiing Nishnaabemwin

Words and Prayers for December & January

KIDWINAN:

(Words)



Wolf	ma'iingan	Minowaazong	time to be happy
Gpoong	winter	Miswendam	wishing
Giidwedini	north wind	Nimkodaadin	New year
Gchi-gsinaa	very cold	Mno Niibaanaamaang	Merry Christmas
Aazhii	angel		
Nang	star	Gidaanmigoon Niibaanaamaang & Nimkodaading Kina Wiya	
Madshiweng	go visiting	Wish you All Merry Christmas & Happy New Year	
Miingoo	to receive		
Miigwe	to give		

Nishnaabemwin Prayer for December

Mnidoo Giizoons ~ Little Spirit Moon

Mnidoo Giisoons ~ Niibaanaamaang Giizis
 Mtaaswi shi-niizh giizis egoojing gaa-zhinkaazod,
 Mnidoo Giisoons zhinkaazo mii maa aabchi-mnidooyang
 maadziwin
 Mii maa maadziwin emkawaabmigaadeg
 Maa miikan wa- Gzhe- Mnidoo gaa-tood
 Mii dash pii Mnidoo- Giisoons wii ni-zhaad
 Mkinaak Mnising ge ezhinkaadeg
 Mtakmikwe ni- naandwiwed minwa
 Wii-waamdang m'ya maadziwin enjibaamgak.
 Mii maa wii- gwekwendaagwak,
 Mshkawziwin minwa gchi-mshkawendmowin

Pane nji-nishing, ni waamdaweng pane maa miikan
 Enmok wedi Mndoo-kiing.

Little Spirit Moon is the twelfth moon of Creation,
 a very spiritual time.

At this time all is being reminded of their journey set out by the
 creator.

During this time, the little spirit moon journeys to Turtle Island,
 As a healer and a seer in the hearts of all Creation.

of Creation, can flourish with the identity to make the journey from
 this world to the next.

Miigwech

Nishnaabemwin Prayer for January

Gchi-Mnidoo Giizis - Spirit Moon

Nshki-tam Giizis egoojing gaa-zhinkaazod,
 (Mnidoo Giizis Zhinkazo)
 e-piitendjigaadeg kinooaagewin pii giizis mooshned,
 nji-kenmang noongom pii Gookmis kinooaaged Maadziwin
 mii dash ge Mnidoog bi-maanjidiwaad
 gchi—twaa shkodeng nmadbiwaad Semaan gii-pkitnaawaan,
 nji-bznindamwaad Gchi-kinooaagewin Gookmis-miigwed.
 Mii maa pii mnidoosag ge wiinwaa bi-yaawaad pii shkode
 ndaapteng
 Mii dash gii-shkwaa kinooaageng, goki maa kiing bi-zhaawak,
 Pii ge waamjigaazwag bi-mi yaawaad giizhgong.
 Enaandwiwewaad zhinkaazwak,
 Waaseyaa Dbikak

Spirit Moon is the first moon of Creation.

A time when the teachings of life is being honored in silence. In this
 great moment of the full moon,

We understand this time as a time of Gookmis or the spirit that teach-
 es the meanings of the continuum of life from this world to the next.

At this time our spirits are called to sit at the sacred fire with our
 tobacco and listen to these teachings from Gookmis. When the sacred
 fire begins, the path of the spirits can be seen clearer than any other
 time.

Following the teachings, the spirits return to the earth and can be
 seen traveling across the night sky.

They are the healers of the universe or the Northern Lights.



Virtual Pow Wow a Huge Success

Miigwech to involved in creating so many memories

Words of thanks from Glenna Beaucage, NFN Culture & Heritage Manager (edited): Mno kizheb nishnaabeb mina mina weya. Gchi miigwech to our Cultural Events Coordinator for doing all it took to host our 32nd annual pow wow, virtual-style. Mindy didn't give up and really wanted our pow wow to happen for all of us, to connect us for that time, to create pride and laughter and beautiful memories. Our young people did a great job. We have come a long way.

Our videographer Sara Cornthwaite and her crew did a magnificent job of creating the live feed and pre-recorded video of our dancers. We have memories to last a long time. Miigwech to... our drum, Burning Plains, for the good songs. Our dancers who answered the call to participate. So many young people. It was emotional to see. Our flag and staff carriers. Our young elder Perry McLeod-Shabogesic, who also formed half of our baloney and bannock host and co-host team with MC Bob Goulais.

Our MCs carry the mood and flavour of the pow wow while sharing their valuable knowledge and reminding us of our cultural teachings. Miigwech to our head dancers Juanita MacLeod and Antonio Dinardo Jr., to Ian Campeau for tending to our sacred fire. You did your jobs well in leading. Miigwech also to our culture committee members who helped along the way.

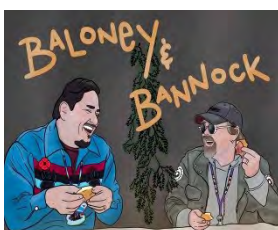
This was a beautiful celebration. Miigwech to all who signed in and shared the day with us. Gchi miigwech for the beautiful memories. Watch NFN's Virtual Pow Wow 2020 anytime by visiting the [Nipissing First Nation Administration YouTube channel](#).

Reflections from Sara Cornthwaite, Videographer: I have no words, just a full heart. Mindy, it was such a pleasure getting to work alongside you and learn from you. You are such a positive force in the community and I am nothing but grateful to have had the chance to join you on your adventure. Miigwech for everything, miigwech for including me. Miigwech for bringing pow wow to the community in a year we didn't think it was possible. My 2020 highlight was today.



To all the dancers, singers, hosts, cousins, uncles, aunties, the camera crew, community members and the full pow wow team, MIIGWECH! My favourite part about today was the laughter, I'll be smiling until next week.

P.S. Below is a "doodle" created by Sara to capture one of many special moments between Bob and Perry:



"Pretty sure this should be a monthly or bi-monthly thing. If you two did a podcast or a live session and chatted about Nipissing and shared knowledge/teachings... I think we would all watch. Heck, I'd even wear this as a shirt. It's good medicine.

Miigwech for all of the laughs this weekend... and shout out to Christina Beaucage for being the real MVP and showing up with the baloney and bannock!"



in the Spotlight

Sara Cornthwaite - *Content Creator, Videographer, Photographer, Editor & Producer*

If you watched NFN's virtual pow wow, you've already seen the immense talent and passion that Sara Cornthwaite has for her craft as a videographer, editor and producer. She also created the funny graphic of MCs Bob Goulais and Elder Perry McLeod-Shabogesic at the bottom of the previous page.

Sara's career has taken her on assignment to Africa, South America and all across North America, but it's clear that her passion for her home community of Nipissing comes across in this incredible footage, which has nearly 2,000 views on the [Nipissing First Nation Administration YouTube channel](#).

While it was difficult that there were no pow wows this year due to COVID, one positive is that we now have this beautiful video showcase of Nipissing culture to treasure for years to come. In fact, due to it being posted on public forums like our Facebook page and YouTube channel, community members from across Ontario, Canada and the United States were able to engage through the live chat feature.

NFN's virtual pow wow reached Indigenous people in the U.S. and as far away as Australia. Some commented and reached out to express how much they enjoyed the experience and to say thank you sharing our culture.

"This is probably one of my favourite projects yet. To take everything I've learned over the past 10 years and apply it to my community was the ultimate full-circle moment. To me, the project was bigger than just a live stream. It was about connecting our community for ceremony and laughter in a time where social distancing has kept us apart," she said, adding the co-hosts were instrumental.

"Bob and Perry did a phenomenal job of bringing in humour and knowledge, they were the heart of the day and it would not have been the same without them. It was a joy to partake and the highlight of my 2020." In a recent story featured on BayToday.ca titled [Sara Cornthwaite creating content for the world to see](#), Sara says she knew she wanted to work with that form of media since her days as a dance major at Widdifield Secondary School.

"There was an opportunity to use video in a school project where we had to do a story about a grassroots charity in North Bay and why they deserve to win a grant. My group decided to do a video project and we ended up winning and I just remember getting that feeling of translating messages and stories and empathy through this medium. With the school's permission I started filming all kinds of things from our spirit rallies and our election videos when I was running for council and it just brought a lot of excitement to me," she said. She went on to graduate from the video production program at Algonquin College, but had to quickly adapt the skills she'd learned as they quickly became dated and shifted from tv to social media.

Sara has made a name for herself in the industry and has worked on hundreds of projects ranging from documentaries featuring Natalie Portman to interviews at the Toronto International Film Festival to photoshoots of the wilderness in Africa. "As I shape my own journey, I tend to look back on these experiences differently. Something I'm proud of, and something that taught me more than I expected was the opportunity to travel." She goes on to explain how it gave her a new perspective on the world.

"I remember my first time going overseas to Kenya, which was my first big international trip, and I just thought it was brilliant and beautiful and had such a deep-rooted history and I just can't imagine anything else being as different from home as this. And then I got the chance to go to India and it was just as beautiful and unique and historic, and it's nothing like home, and it's nothing like my last experience," she said.

"I left North Bay and travelled the world and learned about the world of media and technology and my proudest moment was bringing it back home and sharing it with my community of Nipissing First Nation and doing that was just monumental. It's kind of trumped everything that I could have done abroad. I'm grateful for everything I've gotten to do around the world and here in Toronto, but it doesn't change the feeling of bringing it home and sharing all of those learnings and teachings."



Support Our Local & Home-Based Businesses this Christmas Season!

Home-Based / Direct Sales

Discovery Toys

Melanie Beaucage
705-498-1865

Email: mel_boke@outlook.com

Facebook: [Melanie's Toy-errific VIP Discovery Toys Group](#)

Norwex

Melanie Beaucage
705-498-1865

Email: mel_boke@outlook.com

Facebook: [Melanie's VIP Norwex Group](#)

Scentsy

Cheyenne McLeod
705-498-8704

Email: cheyennemcleod@outlook.com

Website: shiney.scentsy.ca

Tupperware

Ashley McLeod
63 Cranberry St, Garden Village
705-580-2223 (home)
705-845-5429 (cell)

Email: ashleyblais@hotmail.com

Facebook: [Ashley's Tupperific Tupperware](#)

Retail / Storefront Businesses

Chester's Gas Bar & Gifts

35 Beaucage Park Road - 705-494-9747

Eagles Nest Gas Bar & Crafts

2 Migiizi Miikan - 705-474-2726

Green Medicine Health & Wellness Store

120 Commanda Crescent - 705-474-1258

How Convenient Variety & Souvenirs

7 Nova Beaucage Road - 705-472-2226

Necessities Gas Bar & Convenience

10 Couchie Industrial South - 705-497-0631

Old Ideas Emporium

115 Little Lakes Road - 705-474-6468

Supplies for the Soul / Mino Niibish Boutique

132 Osprey Miikan - 705-471-0472

Tim's Convenience

115 Semo Road - 705-580-3023

Tobacco Road Gifts & Variety

90 Veterans' Lane

Shop Local this Christmas Season!

Miigwech to Paulette Chrétien

Our nurses worked hard through wind, snow, hail, and more snow to provide drive-thru flu shots to the community.

Over 400 flu shots were given over 2 weeks. Miigwech to Paulette Chrétien for the thoughtful gift of mugs!

Flu Shots are still available by contacting Carole or Misty at the Health Centre: 705-753-3312.





Never Miss Garbage/Recycling Day Again!



Nipissing First Nation launched its mobile app, **NFN Waste and Recycling**, to make it even easier for residents to stay connected about waste and recycling collection programs. Residents can download our mobile app for Apple or Android Smartphones to receive reminders of collection days so you'll never forget again!

Another great feature of this mobile app is that you can search our Waste Wizard to find out if a material can be reused, recycled, composted or disposed.

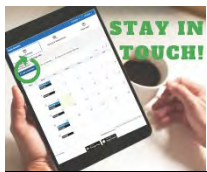
If you don't have an Apple or Android smartphone, you can also visit our website nfn.ca/public-works/garbage-and-recycling/ and search your home address in our My Schedule tool. You can then:

- Sign up for waste collection reminders by email, phone call, or text message.
- Download your collection schedule into your iCal, Google calendar or Microsoft Outlook calendar.
- Print your collection schedule.

You can also search the Waste Wizard to learn how to properly recycle or dispose of materials.

Our residents are already doing a great job recycling, composting, and diverting waste away from landfill. It's now even easier to learn about solid waste management in our community with our improved mobile app, NFN Waste and Recycling, and our online tools.

Sign up for collection day reminders and never forget to put out your recycling again!



Contact: Grant Stevens

Waste Diversion Coordinator
(705) 753-2050 | grants@nfn.ca

EXPECT WASTE COLLECTION DELAYS in the event of a snow storm



Pick up will be delayed one day
so that Public Works can ensure
roads are clear and safe.

'TIS THE SEASON TO BE FIRE SAFE!

Prevent These Leading Causes Of Fire During the Holidays.



▲ **Cooking** is the leading cause of fires during the holidays. **Always stay in the kitchen** while cooking!



◀ **Heating equipment** is the second leading cause of fires during the holidays. Heating systems and chimneys should be **inspected and cleaned annually** by a qualified service technician.

▼ **Smoking** is the leading cause of fatal fires during the holidays. Butt-out cigarettes in **large, deep ashtrays**.



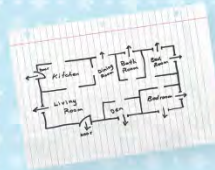
▲ **Alcohol** is a factor in approximately one in five fatal fires during the holidays. **Drink responsibly during the holiday season.**

Fire Moves **FASTER** Than You!



You Need To Be Responsible For Your Family's Fire Safety!

Install **smoke and carbon monoxide alarms** in your home. Test them every month.



Practice a **home fire escape plan** so everyone in your home knows what to do when the smoke and carbon monoxide alarms sound in an emergency.

Are you interested in homeownership / renovating your existing home or purchasing a home?
Do you need financial counseling?

HOME OWNERSHIP AND YOU OUTREACH

Make an appointment today

Confidential one-on-one financial counselling is available via Zoom or by phone - 7 Days a week



To use Zoom you will need a computer with a mic and camera (optional). The service is available to Nipissing First Nation band members.



For more information contact Scott Flamand at (705) 618-1093 or email flamandmservices@gmail.com



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